SHIRODHARA – A CRITICAL ANALYSIS

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INTRODUCTION

• **Shirodhara** is an ancient Ayurvedic healing practice performed in India for over 5,000 years.

• The word shirodhara breaks down into two ideas: “shiro,” meaning **head**, and “dhara,” which means **flow**. Together they form a concept that aims to bring physical and emotional balance by rejuvenating the spirit and preserving health.

• This is achieved through a relaxing technique in which warmed oil is poured over a pt’s forehead for an extended period of time.

• It is one among moordhni taila explained by diff acharyas

• There are specialized **forms** of shirodhara called tailadhara, ksheeradhara, takradhara and jaladhara.
• Procedure
• Guna
• Arha
• Anarha
• Mithya yoga
• Critical analysis
• Conclusion
Moordhni taila

- It is one among Moordhni taila. -Su.Su.
- Moordhni means retaining taila for a stipulated time over the head.
- Acc to Vagbhata 4 types-
  i) Shiro abhyanga
  ii) **Shiro seka or dhara**
  iii) Shiro pichu
  iv) Shiro basti
Shirodhara

Vidhi

- Poorva karma
- Padhana karma
- Paschat karma
Poorva Karma

- Two stages
  - Sambarasa sangraha
  - Atura siddha
Sambara sangraha

• Droni
• Dhara patra & dravya
• Bheshaja
• Paricharaka
Droni
Materials required for the preparation of droni

Plaksha
Ashoka
Amra
BilvaNimba
Agnimantha
Gandhasara
Nyagrodha
Kapitta

Udumbara
Asana
Champaka
Khadira
Arjuna
Varuna
Punnaga
Bakula
Droni Pramana

- Length – 4 Hasta
- Breadth – 1 Hasta
- Height – \(\frac{1}{4}\) th Hasta
DHARA PATRA
Materials required for the preparation of dharapatra

• Mrittika
• Swarna etc loha patra
• Size of Patra nalikagra is equal to the size of the kanista anguli of the patient
• Dravya matra in dhara patra – 128 karsha
Paricharaka guna

- Anurakta
- Saavadhana
- Shubha
- Should take care of the patient
Aatura siddha

• Pt should lay down in supine position on the droni with calm mind
• Closing the eyes of patient with cotton.
Bheshaja siddha

• Sneha drvya preparation – sukhoshna dravya should be used

• Preparation of dharapatra, filling of patra with sukhoshna sneha dravya
PRADHANA KARMA
Pradhana karma

• Pt should be in comfortable supine position
• Dhara patra should be retained in the center of the head
• Dhara started initially in centre of the head for 5min
• Later oscillated from centre to lateral sides of head
• Height of the dhara patra should be 4 angula from the head.
• Temperature of the dravya should be maintained throughout the procedure
• Continuous flow is maintained
• Care should be taken while oscillating dhara patra, so that it should not spill on the face
• Duration: 30-45 min
• At the end of the procedure again dhara should be poured at the centre of the head for 5 min
• Course – 7, 5, 21 days
Paschat karma

• Thorough head wash with sukhoshna jala
• Removal of cotton pad and wiping the eyes with clean cloth
• Advise patient for head bath with sukhoshna jala
• Patient should avoid exposure to cold, dust, wind
Moordha taila guna

- Uttarottara shresta: abhyanga, seka, pichu, shirobasti
- Abhyanga - rukshata nasha
- Parisheka – kandu, daha, shopha, vrina, kleda
- Pichu – kesha sputana
- Shirobasti – vata shamaka
Contd...

- Regular shirodhara enhances blood circulation to the brain, improves memory, nourishes hair and scalp, assists in providing sound sleep and calms the body and mind.
- Shirodhara is one of the most effective treatments for reducing stress and nervous tension.
- Ultimate mental and emotional relaxation therapy
- Beneficial for many diseases connected with the head, neck, eyes, ears, nose and throat
- Beneficial for many diseases of the nervous system like nerve disorders, facial palsy, paralysis and ptosis (drooping) of the eyelids.
- Beneficial for curing long standing insomnia and schizophrenia
- Prevents hair lose, premature graying and cracking of hair
- Relieves headache and burning sensation of the head
- Nourishes and rejuvenates the body
- Stimulates the nervous system giving sturdiness to the body
- Improves digestion
• Sharpens the sense organs
• Gives strength to the neck and head
• Improves the health of the skin
• Cools the body and relieves pain.
• Helps relieve fatigue, tension, anxiety, anger, chronic headaches, rheumatism, hypertension, asthma, hair problems and stress
• Rejuvenates the entire face
• Activates the pituitary gland
• Increases spiritual awareness
• Regulates mood and depression disorders
• Activates the memory & stimulates the 6 & 7th charka which regulates our breathing patterns.
• It improves concentration, intelligence, confidence
Contraindication

• Full stomach
• People with severe anxiety and combined control issues
• Pregnancy
• Recent neck injury
• Alcoholism
• Abrasions or cuts on head
• Rashes on forehead or scalp
Pathya

- Takra or yusha prepared out of maricha, ghrita, katu etc
- Hitakarak laghu ahara
Apathya

• Vegavarodha
• Vyayama
• Krodha
• Shoka
• Hima, atapa maruta sevana
• Chankramana
• Prayana
• Divaswapna
• Dhooma sevana
Atiyoga laxana

- Daha
- Shira & shareera sada
Critical Analysis

- SNEHA
- MASTISHKYA
- MAJJADHARA KALA
- VATA PRADHANYATA
- ANATOMICAL
- PHYSIOLOGICAL
- FLUID DYNAMICS
CONCLUSION

• Based on drugs – it is both samanya & vishesha chikitsa
• Both preventive & curative
• Shirodhara is said to be a uttama chikitsa for all shiroroga & vatavyadhi
THANK U ...