



ROLE OF SIRODHARA IN MANASIKA ROGA

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ABSTRACT:

In modern developed world, we have an active and turbulent culture. We ever desire new things and seldom content with what we have. As a result of this human psych has failed cope with rapid change of pattern, life styles fast progress of technological and industrial developments. This ultimately resulted in the feeling of loneliness, not being appreciated, anger, stress and anxiety. Ayurveda considers alpasatwa as the most important cause for mansik vikaras vata is said to be the controller and promoter of the manas. Ayurveda has recognized interdependent relationship of mind and body, and has clear concept about psychosomatic approach. Dhara considered as one of the specialties of Keraliya panchakarma is a process of running a fine stream of liquid medicaments for a stipulated period of time. Dhara has of three types. The present paper is limited to Role of Shirodhara which is successfully employed in mansik roga's like psychosis, stress etc.... The structures involved, mechanism and benefits are discussed in the main paper.

KEYWORDS: *Sirodhara, manasic roga, mind, anxiety*

INTRODUCTION:

Ayurved has duly recognized the individuality of *manas, shareer* and their inseparable relationship in living body. For all *manasic vikaras Alpasatwa* [weak mind] is the most important component. *vata dosha* which is one of the *Tridoshas* is said controller and promoter of *manas*. Excited *vata* depresses mind gives rise to fear, grief, feeling of helplessness, delirium etc. This suggests Ayurveda is perhaps the earliest medicare system to have a clear concept about psychosomatic approach.

Classification of Mental disorders according to Modern:

I. Neurosis:

- (A) Anxiety neurosis;
(B) Hysterical neurosis



- i). Conversion type; (ii). Dissociative type
(C) Phobic neurosis; (D) Obsessive-compulsive neurosis;
(E) Depressive Neurosis; (F) Neurasthenic neurosis:

(G) Depersonalization neurosis (H) Kypochondriacal neurosis;

II. Psycho physiologic Disorders

III. Personality Disorders and other non psychotic Disorders

- (A) Personality disorders
i. Paranoid Personality; ii. Cyclothymic Personality
iii. Schizoid Personality; iv. Explosive Personality
v. Obsessive compulsive Personality
vi. Hysterical Personality; vii. Asthenic Personality
viii. Anti-social Personality
ix. Passive aggressive Personality

(B) Sexual deviations; (C) Alcoholism; (D) Drug dependence

IV. Psychoses (Non-organic):

- (A) Schizophrenia; (B) Major affective disorder
(C) Paranoid states; (D) Other psychosis situational disturbances

METHODOLOGY:

Dhara is the process of running a fine stream of liquid medicaments for a stipulated period of time. Though this process is defined in Ayurvedic classics as Moordha taila, Seka, Pariseka, it is improvised, experimented and expertised by Kerala traditional physicians under the name "Dhara chikitsa" and is popularly known now-a-days as one of the Keraliya Panchakarma methods. This is of 3 types.

1. Moordhanya (Dhara over head)
2. Sarvangeena (Generalised)
3. Pariseka (Localised)

The present paper is limited to Moordhanya dhara popularly known as Sirodhara. In Sirodhara the medicaments are made to trickle over on to the fore head. Though classically indicated in pain and diseases of head and neck, it is successfully employed in variety of diseases most important Manasika rogas like Psychosis, Insanity, epilepsy, stress, anxiety, neurosis, confusion, insomnia etc.

Vata - Tila taila; **Pitta, Rakta** -Ghrita:

Kapha - Ruksha taila

Vata Pitta - Tila taila & Ghrita in ratio of 1:1

Vata Kapha - Tila taila & Ghrita in ratio of 1: 1/2

Dhara types - Indications:

- Takra Dhara : Glani, Ojakshaya, Sirahsula, Hridroga etc.
- Ksheera dhara :Anidra, Unmada, Sirograha, Chittodvega, Chittavasada, Sirthsula, Stress
- Sanya Dhara : Chiitodvega, Sannipata jwara and Stress.
- Taila Dhara : Sirahsula, Manasika vyadhi.
- Ghrita Dhara : Pitta predominant disease, Anidra.

In addition to above material, using Narikela jala, Aranala, Kasayas and even pure water can be used according to the necessity.

The medicaments are allowed to flow from a height of 4-8 inches from the fore head and the duration ranges from 30-90 minutes depending on the disease and dosha.

Anatomical structures involved in dhara:

Dhara pharmacologically passes into *Manas* and thus the process cleans the vitiated doshas, which help in Manovikaras, Sirahsula etc. This may act upon the CNS. ANS and administered drug may gets absorbed in the following three anatomical possible pathways.

I. Arterial Supply:

Fore head skin → Scalp → external & internal carotid branches →Subaponeurotic space → Middle meningeal artery.

II. Venous Drainage:

Supra orbital } → Angular vein → Facial vein →
& Supra trochlear } Cavernous Sinus.

III. Nerve Supply:

Posterior articular Br. }
Occipitalis Br. } → Facial Nerve → Pons.
Temporal Br. }
Zygomatic Br. }
Fronialis Br. }

Ophthalmic Br. } →Trigerninal →Pons.
Maxillary Br. }

Sensory receptors → Spinal Nerves → Spinal cord → Medulla oblongata → Pons → Cerebral peduncles → Cerebrum.

Mechanism of action of Dhara :

Dhara acts by trans-cutaneous penetration of medicine through the skin and absorption by capillary infiltration. It also acts through exteroceptors, which are located near the surface of fore head and scalp. Action may mediate through tactile and thermo receptive sensations. Receptors involved for tactile-touch are root hair plexuses: free nerve endings. Merkel's discs, Messner's corplescles and end organs of ruffini. Tactile pressure receptors are free nerve endings; end organs of ruffini and pacinian corpuscles and thermo receptors are might be free nerve endings.

Warm liquids that are usually employed in Dhara chikitsa stimulate the efferent vaso-dilator nerves and causes vasodilation peripherally. It increases capillary filtration co-efficient, and lipid-water co-efficient of the drug.

Many of the nerve endings like Ophthalmic branch of Trigeminal nerve, facial nerve endings and dermatomes are arranged over the surface of frontal skin and scalp these will be stimulated during Dhara chikista and impulses are transmitted to CNS. This results in the subsidence of Tension, Neuralgic and Vascular headaches.

Pressure has an effect on impulse conduction also. If prolonged pressure is applied to a

nerve, impulse conduction is interrupted and part of the body may go to sleep.

In Dhara chikitsa, prolonged and continuous pressure due to trickling of medicated liquids causes tranquility of hypothalamus and induces natural sleep.

Light massage brings back the deranged mechanisms in the brain to normalcy and causes buffering action, which impacts on cardio and cerebrovascular systems.

Gentle massage overhead, improves circulation to head, relaxing the muscles and nerve endings. Refresh both mind and body relieving tension and fatigue. Increase fresh oxygen and glucose supply to the brain through improved circulation. Improves CSF circulation around brain and spinal cord, increases release of hormones, enzymes by stimulating pituitary and pineal glands. Increases prana the subtle aspect of Vata dosha energy of the body. Alleviates Vata, helps in relieving stress and promote natural deep sleep. Improves mental clarity, memory and ability to concentrate. Regulates and balances the sensory and motor centers in the brain. Facilitates release of Serotonin, relieves sroto-avarodha.

Among the 10 Marmas located in the Head. 7 are coming in direct touch with the process Dhara, Stapani, Simanta, Adhipati will be stimulated mainly during the Dhara in Manovikara and help in bringing back the homeostasis of Manas.

Yogic centers in the body described in the classics by the name of Chakras. Among these 7 chakras, 2 chakras are located in the head viz. Ajna chakra [Optic thalami]. Sahasrara (Cerebrum). By this it can be hypothesized that, with Dhara chikitsa probably these two chakras getting stimulated and activating the hypothalamus, thereby keeps the hypothalamus functioning normal and influences the sleep rhythm, behavioral pattern. Autonomic balance.

During the Dhara chikitsa man concentrates on trickling of drops, i.e. nothing but meditation, which increases the intensity of alpha brain waves, induces natural sleep. By that majority of mental disorder and insomnia will be relieved.

Probably it is normalizing the two important neurotransmitters, Serotonin and Norepinephrin metabolism and regulates a wide variety of neuropsychological processes like sleep induction, mood disturbances and dilatation of constricted and constriction of dilated blood vessels.

DISCUSSION:

Main anatomical structures involved in the Dhara chikitsa through the forehead are, middle meningeal artery, cavernous sinus and many peripheral nerve endings of facial and trigeminal cranial nerves and spinal nerves. The processes Dhara having direct links with brain through neural pathways connecting the hypothalamus which is responsible for the regulation of mood, sleep rhythm behavioral pattern, blood pressure and autonomic balance, by stimulating them and producing the desired results.

Stimulation of Sirogata marmas, meditation and awakening of chakras. pressure effect of Dhara stream and its consequent effects of above said factors evidently proved that the claim of Ayurvedic texts as "Siras talvantara gatam sarvendriyaparam manah" (Bhela Samhita).

CONCLUSION :

By the help of neuropsychological evidences of ANS and CNS it can be very well inferred that Dhara chikitsa is not merely a local application of medicated fluids but it has got wonderful effect through normalizing the metabolism of neurotransmitters and increases the intensity of alpha brain waves. This goes a long way in controlling and promoting mental faculties and thus plays an important role in the management of Manasika roga as an adjuvant therapy along with the front line therapy with drugs and helps in speedy recovery of the patient

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