

A REVIEW LITERATURE: MURDHNI TAILA*¹Dr. Kalpana S. Wakode and ²Dr. Pooja Yashwant Keware¹Associate Professor, Shalakyatantra Department, Government Ayurvedic College, Nanded.²PG Scholar, Shalakyatantra Department, Government Ayurvedic College, Nanded.***Corresponding Author: Dr. Kalpana S. Wakode**

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Article Received on 03/08/2020

Article Revised on 24/08/2020

Article Accepted on 14/09/2020

INTRODUCTION

Ayurveda, the science of life, is treating mankind since ancient time and it aims to treat the diseases from its base and not only the symptoms. Now a day, in a world of competition, peoples are suffering from various stress related disorders like depression, insomnia and anxiety etc. A person might appear to be healthy but he may be suffering from one or other psychosomatic complication which may require relaxation therapies to lead a healthy life. One such therapy is Murdhni Taila.

Murdha or Murdhni means head and Taila means oil. Thus Murdhnitaila is a procedure of conducting various treatment over the head with medicated Tailas such that the oil remains in contact with the scalp for fixed duration of time. Head where the brain, nerves, and sense organs are situated is considered as the 'Uttamanga' i.e. the best organ of the body as it controls all the activities of the body. Also the Shira is one of the three most important Marma in the body - Basti, Hriday, Shira.

Definition

Murdhnitaila is a type of treatment in which various procedures are carried out with which various decoctions, medicated Ghrita, Taila remain in contact with the scalp for a fixed duration of time.

Types

Murdhnitaila is of 4 types.

1) Shiro Abhyanga

Abhyanga means massage. Smearing oil and massaging head with herbal oils is Shiro Abhyanga

Indications

It is indicated in Rouksha i.e. the dryness of skin over scalp and Kandu i.e. itching sensation in the head.

Taila Yoga

Prapoundrikadi Taila – Sarva Murdhagat Rogas Brahmi Taila – Murdharuja, Urdhwajatru Vikara Asanabivadi Taila – Netra Roga Nimbadi Taila – Darunaka Triphaladi Taila – Shirorog, Khalitya, palitya, Pratishtyaya

2) Shiroseka/Dhara

A process of Murdhni Taila in which medicated oils or Ghrita and other substances such as Takra, Ikshu Rasa, Kashaya, Ksheera etc is continuously poured on forehead and then allowed to flow over the scalp in a specific rhythm, is called as Shiro Dhara.

Indications

It is indicated in Arunshika (boils in the head), Shirastoda (pricking pain in the head), Daha (burning sensation in the head) and Paka (suppuration in the head, inflammation leading to the formation of pus).

Procedure**Purva Karma**

Local Snehana i.e. Abhyang is to be done on the face, neck and shoulder. Gauze is to be tied around the head just above the eyebrows of the patients. Cotton swab to be kept in ear.

Pradhan Karma

Patient should lie on the table in supine position. Dharapatra should be adjusted over the forehead so that the distance between the wick and forehead should remain 4 Anguli. Then the Sukhoshna herbal oil is to be poured in Dharapatra. A continuous stream should be maintained and the entire forehead should be sprinkled by a rhythmic oscillation of Dharapatra.

Duration

According to Dharakalpa chapter 17, Dry and Pittayukta Vata – two and half Prahar Snigdha and Kaphayukta Vata – one Prahar

Time of Procedure

The appropriate time is Pratahakala i.e. morning. It

should not be done in noon or night.

Short period of rest and massage is to be given followed by lukewarm water bath.

Pashchyat Karma

The head of the patient should be wiped out with cloth.

Selection of Sneha

According to Dharakalpa, Sneha should be selected according to the condition of Dosha Prakopa.

Dosha	Sneha
Vata	Tila Taila
Pitta & Rakta	Ghrita
Kapha	Tila Taila
Vata + Pitta + Rakta	Tila Taila & Ghrita in equal amount
Vata + Kapha + Rakta	1 part Tila Taila + ½ part Ghrita

Taila Yoga

Himasagar Taila – Pitta & Raktaj Shiroroga

Mahavishgarbha Taila – Vatajanya Shirobhighata,

Ksheerabalataila – Daha, Paka

3) Shiro Pichu

Cotton pad soaked in herbal oils is kept over the head and tied with the bandage for a fixed duration of time is Shiro Pichu.

Indications

It is indicated in keshha Shata (hairfall), Sputan (dryness of skin over scalp) and Netrastambha (stiffness of eyes).

Procedure

Purva Karma

Abhyanga should be done to face neck and shouldres followed by local Swedana.

Pradhankarma

Patient is asked to sit on chair of the height of the knee. Then the cotton pad having length and breadth of 16 cm is to be soaked lukewarm oil. This pad is then kept over the Brahma randhra of patient and tied with Bandage.

Pashchyat Karma

Remove the pichu and wipe the head completely.

Duration

It should be given 30-90 minutes and can be repeated for upto 7 or 14 days.

Taila Yoga

Tripaladi Taila – Khalitya, Palitya Naradiya Taila – Ardita

4) Shirobasti

Pooling of medicated oils or liquids in a chamber made over head for a fixed duration of time.

Indications

It is indicated in Ardita (facial paralysis), inadequate sleep, Nasasyashosha (dryness of mucosa of nose and mouth) and Darun Shirorog (various complicated disorders of head region). The efficacy of these 4

procedures is comparably mentioned by Acharya Vagbhat as, Shiroseka is more effective than shiro Abhyang.

Shiro Pichu is more effective than Shiroseka and Shirobasti is more effective than Shiro Pichu.

Procedure

Purva karma

A person is to be purified by giving him Vaman (emesis) and Virechan (purgation) etc.

Then oil massage i.e. Abhyanga and fomentation (Swedana) is to be given locally.

Pradhan Karma

The patient is made to sit on chair of the height of the knee. A strap of leather about 12 Angula and equal to that of head circumference should be wrapped around the head and tied just above the ear. The joints and intervening spaces should be packed with the paste of Masha (black gram flour) in order to prevent the leakage of oil. Then the medicated oil, prescribed for the disease is poured over the head in lukewarm condition to a height of 1 Angula over the scalp. It should be retained still secretions appears in the nose and mouth.

Time and Duration

The oil should be retained over the scalp according to dominating Dosha in the disease as following,
Vataj Vyadhi – 1000 matra (53 minutes) Pittaj Vyadhi – 800 matra (43 minutes) Kaphaj Vyadhi – 600 matra (31 minutes) Swastha Vyakti – 1000 matra (53minutes).

A Matrakal is defined as the time period required for closing and opening of the eyelids once.

Acharya vagbhat told that it can be done for 3, 5, 7 days but maximum period is of 7 days. According to Acharya Sharangdhar the duration of Shirobasti is 5-7 days but Acharya Sushrut has recommended it for upto 21 days.

Pashchyat Karma

Oil is removed with spoon or sponge from the compartment and patient is made dry.

Massage is to be given to head, shoulder and neck again.

Taila Yoga

Mashabaladi Taila – Kampavata Ksheerbala Taila – Ardita, Shirashoola.

Dhanvantaram Taila – Kampavata Himasagar Taila – Anidra.

Brahmi Taila – Anidra

Mode of Action

Probable mode of action of Murdhni Taila- It is Snigdha-Sweda Yukta procedures. It has dual effects of both Snehana and Swedana. Snehana is such a procedure which possesses the properties opposite to that of Vata. Thus it plays important role in the control of vitiated vata especially Vyana Vayu.

Vayu controls all the activities of the body and mind as it is Yantratanradhar.

Yantra(formula) which runs the Tantra (Machine) called as Shareera (body).

Benefits of Murdhni Taila

According to Acharya Vagbhat, Murdhni Taila is highly beneficial for brain, nerves, sense organs and hairs. It controls vitiated Vayu and Pitta in the head. Since the brain and nerves controls the entire functions of the body, soothing them with Murdhni Taila procedures will help to keep the body fit and healthy.

According to Acharya Charaka,

If the head is kept moist by applying oil on it, it prevents headache, baldness, premature greying of hairs, hairfall. It helps hair to get deep rooted, long, dense, look beautiful and black in colour.

It keeps sense organ in healthy condition. It induces good sleep thus improving glow and complexion of face. It provides peace of mind and relieves stress.

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