

THE NATURAL RELAXATION THERAPY “SHIRODHARA W.S.R. TO JALDHARA”

Stuti Sahani¹, Mrigank Shekhar² and Sudarshan Bind*³¹P.G.Scholar, Department of Shalya Tantra, Government Ayurvedic College and hospital, Chaukaghat, Varanasi.²Assistant Professor Department of Shalya Tantra Government P.G. Ayurvedic College and hospital, Chaukaghat, Varanasi.³Assistant Professor, Department of Kriya Sharir, Dr.Vijay Ayurvedic Medical College and hospital Kaithi, Varanasi.***Corresponding Author: Sudarshan Bind**

Assistant Professor, Department of Kriya Sharir, Dr.Vijay Ayurvedic Medical College and hospital Kaithi, Varanasi.

Article Received on 14/08/2020

Article Revised on 04/09/2020

Article Accepted on 24/09/2020

ABSTRACT

Panchakarma is a traditional form of detoxification of the body and mind that facilitates rejuvenation. Different therapies are included under it. Shirodhara is one among deeply relaxing therapies of panchakarma where medicated liquids are dipped slowly and steadily onto the forehead and Agyachakra of the patient, laying down upon a massage table. Various liquids such as coconut water, buttermilk, kwath, milk, water, etc. are used according to individual need of patient. The procedure where plain water is used as liquid medium is called jaladhara. This procedure induces a relaxed state of awareness, which results in a dynamic psycho-somatic balance. Head is place of prana, udana and vyana vayu, sadhaka pitta and tarpaka kapha. Jaladhara re-establishes the functional integrity between these three subtypes of Dosha. The forehead and head are arias of many vital spots (Marma). Jaladhara makes the patient to concentrate on these vital areas by which the stability arrives in the functions of mind. It induces Agyachakra that resides between eyebrows and produce utmost state of relaxation. Jaladhara is equally effective to shirodhara and have an advantage over previous therapy that water is a natural resource and whole society can afford it easily.

KEYWORD: shirodhara, natural relaxation, modern co-relation, agya chakra, economical jaladhara.**INTRODUCTION**

Shirodhara is a Keraliya panchakarma therapy and in ayurvedic classical texts much description of it are not available. A south Indian book “Saharsa yoga” has the explanation of this procedure. Shirodhara is made by two terms ‘Shiro’ and ‘Dhara’. Shiro means ‘Head’ and Dhara means ‘to flow’. Various liquids medium are used according to need of individual. When fresh tap water is used as liquid medium then the process is called Jaladhara. The procedure includes a continuous flow of fresh water is poured onto forehead of patient. This relieve stress and avoid mental illness. Jala has soothing effect over body by pacifying vata as well pitta Dosa.^[1] It has profound effect on establishing the mind and emotion, restoring mental calm.

MATERIAL AND METHOD**Jala**

Acharya charak described water as best Asvasanakara.^[2] Classical texts has two types of jala named Antariksa jala and Bhauma jala.^[3]

1-Antariksa jala: Antariksa jala is divided into four types i.e. Dhara, Kara, Tausara, and Haima. Among these,

Dhara jala is best due to laghu guna. Which has further two types, Ganga, Samudaga.

2-bhauma jala: it is subdivided into kaupa jala, tadaga jala, vyapya jala, nairjara jala, sarasa jala, chaundya jala, kaidara jala, pallava jala, audbhida jala, nadeya jala.,

Jaladhara

Therapy mainly includes three steps.^[4]

Purvakarma

For jaladhara a special type of table is used, called drauni, made with raised edges of all the four sides, dharapatra is prepared from steel having wide mouth and tapering sides which open to circular hole at bottom, at this point a brass screw is used to stop or start the jala dhara. Jaladhara patra is hanged on hanger wire about four fingers (three inches) above the patient head, the fresh tap water is used for jaladhara at room temp.

The patient is asked to laydown on dhara table on supine position with his head resting on slightly elevated and both eyes are covered with cotton piece, the patients pulse, respiration and temp. And B.P., ARE recorded before starting the jaladhara.

Pradhanakarma

The fresh tape water at room temp. Which filled up to about three four of its capacity in dharapatra and poured in pendulum movement continuously on the four head of the patient for thirty minutes.

Paschatkarma

After jaladhara, water is whipped with a napkin. Pulse, respiration and B.P. should be recorded again. After rest for few minutes patients is allowed to leave room. Jaladhara sitting is repeated once daily for at-least twenty one days.

Advantages of Jaladhara

Jaladhara is an effective treatment for reducing stress and expanding one's consciousness. The mind, body and spirit intimately connected and jaladhara by calming stressful mind, relaxes the entire physiology. Imbalance of Prana Udana and Vyana vayu, Sadhaka pitta and Tarpaka Kapha can produce stress and tension. Jaladhara re-establishes the functional integrity between subtypes of doshas.^[4]

Agnya chakra is seat of two measure endocrine gland Pituitary and pineal gland. Jaladhara stimulates the pituitary gland by its penetrating effects to bring the hormonal balance.^[5]

It shows calming and centring effects for Vata dosha and provides coolness to reduce pitta dosha¹. It is said that Jaladhara provides better effects in phobic and panic disorders.^[4]

In Yogic philosophies the natural respiration path (invisible) is told to prevent over the forehead, the obstruction in which leads psychic ailments. The continuous pouring of water removes the obstruction in this path by its mechanism.^[6]

CONCLUSION

Jaladhara is a natural relaxing therapy of Ayurveda which purifies the mind, alleviates anxiety, reduces headaches expends awareness. According to study Jaladhara shows better results in panic attacks and phobic disorders. It pacifies especially Vata dosha and thus effective in Vata vyadhis involving anxiety disorders. It is seen that it is equally effective to Shirodhara. In Shirodhara medicated oil is used which is very costly on other hand Jala is used in Jaladhara being a natural resources which is easily available and affordable.

REFERANCES

1. Sushruta Sushruta Samhita, commentary Ayurved-tattva-Sandipika, Drava Dravya viganam, 45/39, edited by kaviraj ambika dutta Shastri, Varanasi, Chaukhamba Sanskrita Sansthana, 2010; 221.
2. Agnivesha, Charak, Dridhabala, Charak samhita, Sutras than, Yajjah Purushyaadhyaya, 25/40, edited

by Priyavrat Sharma, edi 9, Varanasi, Chaukhamba Orientalia, 2005.

3. Susruta, Susruta Samhita, commentary ayurveda-tattva sandipika sutra sthan, drava dravya viganam, ch 45/7, edited by kaviraj ambika dutta Shastri, Varanasi, Chaukhamba Sanskrita Sansthana, 2010; 217.
4. P.sanjay, a clinical study on role of jaladhara and shankhpushpi in management of chittodvega (anxiety disorder) IPGT&R Jamnagar, 2001
5. Pokharel S, Sharma A.K., Evaluation of insomrid tablet and shirodhara in the management of Anidra (insomnia). Ayu, 2010; 31(1): 40-7.
6. S.Caroline et al, A randomised comparative trial of yoga and relaxation to reduce stress and anxiety, complementary therapies in medicine. June 2007; 15(2): 77-83.