

STANDARD OPERATIVE PROCEDURE & PROBABLE MODE OF ACTION
SHIROPICHUDr. Arun Kumar Gupta*¹ and Dr. Trupti Gupta²¹MD (Panchakarma), Assistant Professor Dept. of Panchakarma, L.N. Ayurveda College & Hospital Bhopal.²MD (Agadtantra), Assistant Professor Dept. of Agadtantra, Rajeev Gandhi Ayurveda College & Hospital Bhopal.

*Corresponding Author: Dr. Arun Kumar Gupta

MD (Panchakarma), Assistant Professor Dept. of Panchakarma, L.N. Ayurveda College & Hospital Bhopal.

Article Received on 21/08/2020

Article Revised on 11/09/2020

Article Accepted on 01/10/2020

ABSTRACT

Headache is one of the commonest symptoms, and primary headache disorders are among the most pervasive disorders, heartrending people in all countries.^[1] India appears to be no exception. The Global Burden of Disease Study 2010 (GBD2010) found tension-type headache (TTH) and migraine to be the 2nd and 3rd most prevalent disorders worldwide. The human head is homespun to all the body's major sensory organs, and the most imperative of these is the brain. Although the nose, ears, tongue, nerves, and others parts are important, without a healthy brain, they'd all be inoperable. Shiropichucures the diseases of Head & also maintain the health of head. Mode of action of *Shiropichu* can be pronounced locally as well as systemically. *Shiropichu* increases the circulation there by amending the brain circulation which is very important in stress. Symptom like migraine headache, which is caused by extra cranial Vasodilatation and the neurological symptoms which are produced by intra cranial vasoconstriction. *Shiropichu* may be helpful in regularizing the blood supply of brain and can relieve the pain of migraine. *Shiropichu* is one of the most active treatments for dropping stress and nervous tension. It works through action on *TarpakKapha*, *Sadhak Pitta* and *PranVayu*.

KEYWORDS: Shiropichu, Standard operative procedure & Mode of Action.

1. INTRODUCTION

Headache is one of the conjoint symptoms, and primary headache disorders are among the most universal disorders, affecting people in all countries.^[1] India appears to be no exception. The Global Burden of Disease Study 2010 (GBD2010) found tension-type headache (TTH) and migraine to be the 2nd and 3rd most prevalent disorders worldwide.^[2] Headache disorders, which are characterized by recurrent headache, are associated with personal and societal burdens of pain, disability, damaged quality of life, and financial cost. Despite regional variations, headache disorders are a worldwide problem, heartrending people of all ages, races, income levels and geographical areas. *MurdhaTailamis* one of the active methods to deal with the different types of neurological disorders in which *Shiropichu* indications good results in headache. It is a simple day to day technique which can be executed even by the patient himself/herself. It does not require much apparatus and medicines yet gives relief in headache. *Shiropichu* works in psychosomatic disorders. Placing of a piece of cloth soaked in medicated liquid is useful in falling and splitting of hairs, burning sensation of scalp.^[3,4] The clinical conditions where Pichu is indicated are: The context of Shirashoola reveals the clinical condition where Pichu is advocated. It is clearly

indicated that in Vatajashirashoola, if the condition is severe the technique of Pichu is opted rather than Abyanga.^[5] In Dantapatanaka when the paroxysm of the disease disappears, by the course of the disease or after its management, Pichu can be accomplished continuously using Vatasani taila.^[6] Pichu with Vasanitaila or Dhanvantarataila is directed in Manyastambha.^[7] In children when the nasal passage is choked with Kapha, Shiropichu is helpful when done with Sigrupatra rasa and Erandataila or with the juice of Sahadevi with Trikatu and breast milk.^[8] Pichu is expansively used in the context of Pinasa, in Arogyakalpadruma, Pichu for two Yama with Manjishtadiyamaka is directed in Pittajapinasa, Mustadiyamaka in Kaphajapinasa, Talisapatradiyamaka in Dushtapinasa. Pichu is also directed in the state of unconsciousness in Sannipatajwara.^[9] Shiropichu is insignificant procedure of Murdhnitaila, So here in this manuscript, we attempt to develop Standard operative procedure and try to know probable mode of action of Shiropichu.

2. AIMS AND OBJECTIVES

1. To Develop Standard operative procedure of Shiropichu.
2. To Know probable mode of Action of Shiropichu

3. Standard operative Procedure of *Shiropichu*

Poorvakarma

Requirements

Sr. Nu.		Sr. Nu.	
1.	Cotton	5.	Luke warm water
2	Bandage	6.	Two Pan
3.	Heating apparatus	7.	1 Spoon
4.	Therapist- 1	8	Chair

Early morning at time of sunrise is the most ideal time to perform *Shiropichu*. Before going to procedure, we examine the patient. If patient is fit for *shiropichu* then we performed *Shiropichu*. The patient is made to sit comfortably in a knee high chair. Oil is heated in a water bath to make it lukewarm.

Pradana karma

About 30 ml of oil is poured on a 3* 1 inch thick cotton pad and it is placed on the vertex of the head. Using a square cloth (40 inch) the head is draped which allows the cotton pad to be in firm touch with the scalp.

Duration of the procedure is 30-60 mins

Paschat karma

After the stipulated time the cloth and cotton pad is removed and the patient is allowed to take rest for a while. Then take head bath.

Indications of *Shiropichu*

Placing of a piece of cloth soaked in medicated liquid is useful in falling and splitting of hairs, burning sensation of scalp. The clinical conditions where *Pichu* is indicated are:

The context of *Shirashoola* reveals the clinical condition where *Pichu* is advocated. It is clearly stated that in *Vatajashirashoola*, if the condition is severe the procedure of *Pichu* is opted rather than *Abyanga*.^[10] In *Dantapatanaka* when the paroxysm of the disease disappears, by the course of the disease or after its management, *Pichu* can be performed continuously using *Vatasani taila*.^[11] *Pichu* with *Vatasanitaila* or *Dhanvantarataila* is indicated in *Manyastambha*.^[12] In children when the nasal passage is blocked with *Kapha*, *Shiropichu* is beneficial when done with *Sigrupatra rasa* and *Erandataila* or with the juice of *Sahadevi* with *Trikatu* and breast milk.^[13] *Pichu* is extensively used in the context of *Pinasa*, in *Arogyakalpadruma*, *Pichu* for two *Yama* with *Manjishtadiyamaka* is indicated in *Pittajapinasa*, *Mustadiyamaka* in *Kaphajapinasa*, *Talisapatradiyamaka* in *Dushtapinasa*. *Pichu* is also indicated in the state of unconsciousness in *Sannipatajwara*.^[14]

Precaution during Procedure

1. Patient should fit for procedure
2. Oil temperature should not more than 99 degree F.
3. Avoid *Shiropuchi* in this conditions like, Skin thermo sensitivity, open wound of Head, *Dustyavran*

of head, *Ajeerna*, *Aamavastha*, *Tuberculosis* and *Tumor* in head.

4. Probable Mode of action of *Shiropichu* Mode of action of *Shiropichu* can be pronounced locally as well as systemically. Absorption of substances through the skin depends on a number of factors, the most imperative of which are concentration, duration of contact, solubility of medication, and physical state of the skin and part of the body unprotected. In *Shiropichu* oil form is used which has good compact concentration with longer duration of contact. Also the skin over the scalp is thin as equated to other parts of the body and absorption is quicker and extra from the scalp. (As per the principle of drug absorption extreme absorption is in the scalp region.) Local effect of *Shiropichu* is contingent on the type of medicine used for the technique. Local effect is centered on cellular absorption of drugs through transdermal route. Systemically cellular absorption and circulation has possessions on CNS. According to the modern medicine, local application like ointment permits through the stratum corneum into the blood vessel and extends the suitable organ. Similarly the oil on forehead can be absorbed and certainly extends the brain cortex. The symptoms alike tension headache, and muscular tension affected due to continued contraction of skeletal muscles can be relieved by the physical effect of *Shiropichu*.

Shiropichu increases the circulation there by correcting the brain circulation which is very important in stress. Symptom like migraine headache, which is caused by extra cranial Vasodilatation and the neurological symptoms which are produced by intra cranial vasoconstriction. *Shiropichu* may be supportive in regularizing the blood supply of brain and can dismiss the pain of migraine. *Shiropichu* is one of the supreme effective treatments for dipping stress and nervous tension. It works through exploit on *TarpakKapha*, *Sadhak Pitta* and *PranVayu*. Due to *Tikshana*, *Vyavayi* & *Sukshmaproperty* of *Taila*,^[12] it enters easily into *Manovahasrotas* modifying vitiation of *ManasDosha* (*Raja* & *Tama*). At the similar time the *Bhrimhana*, *Balya*, *Vaataashamana*, *Medhya* properties of *Taila* amends all *Maanasvikaras*.

5. CONCLUSION

The human head is homespun to all the body's major sensory organs, and the most imperative of these is the brain. Although the nose, ears, tongue, nerves, and others

parts are important, without a healthy brain, they'd all be inoperable. *Shiropichucures* the diseases of Head & also maintain the health of head. Mode of action of *Shiropichu* can be pronounced locally as well as systemically. *Shiropichu* increases the circulation there by amending the brain circulation which is very important in stress. Symptom like migraine headache, which is caused by extra cranial Vasodilatation and the neurological symptoms which are produced by intra cranial vasoconstriction. *Shiropichu* may be helpful in regularizing the blood supply of brain and can relieve the pain of migraine. *Shiropichu* is one of the most active treatments for dropping stress and nervous tension. It works through action on *TarpakKapha*, *Sadhak Pitta* and *PranVayu*.

REFERENCES

1. Stovner LJ, Hagen K, Jensen R, Katsarava Z, Lipton RB, Scher AI, Steiner TJ, Zwart J-A The global burden of headache: a documentation of headache prevalence and disability worldwide. *Cephalalgia*, 2007; 27: 193–210.
2. World Health Organisation and Lifting the Burden ATLAS of headache disorders and resources in the world 2011. World Health Organization, Geneva, 2011.
3. SarmaPriyavrat; DravyagunaVijnana, Caukhambha Amarabharati Prakasana, Varanasi, UttarPradesh, 1998.
4. Sharangadhara; Sharangadhara Samhita Madhyama Khanda, English Translated 3rd edition, by Ayurved Vidvan Prof. K. R. SrikanthaMoorthy, Caukhambha Orientalia, Varanasi, Uttar Pradesh, 1997.
5. Raja RadhaKantadeva - ShabdhaKalpaDruma, Chaukambha Sanskrit series office, Varanasi, 3rd edition, 1967
6. Sushruta; SushrutaSamhita; reduced by Nagarjuna; with commentaries NibandhaSangraha of Dalhana and Nyayacandrika of Gayadasa; Vaidya Yadavji Trikamji Acarya, Narayan Rama Acarya, Kavyatirtha; Reprint edition, Krsnadas Academy, Varanasi, UttarPradesh, 1998.
7. SushrutaSamhita with English translation of text and Dalhana's commentary along with critical notes by Dr.P.V.Sarma, First edition; Varanasi; CaukhambhaBharati Academy, 1999.
8. Vagbhatacarya; AshtangaHridaya with Commentaries Sarvangasundara of Arunadatta and AyurvedRasayana of Hemadri; edited by PanditBhisakacarya, HariSastriParadkar.
9. Vagbhatacarya; AshtangaSangraha with Hindi Vyakhya by KavirajTridev Gupta; Reprint Edition; Krishnadas Academy, Varanasi, UttarPradesh, 1993.
10. Raja RadhaKantadeva - ShabdhaKalpaDruma, Chaukambha Sanskrit series office, Varanasi, 3rd edition, 1967.
11. Sushruta; SushrutaSamhita; reduced by Nagarjuna; with commentaries NibandhaSangraha of Dalhana and Nyayacandrika of Gayadasa; Vaidya Yadavji Trikamji Acarya, Narayan Rama Acarya, Kavyatirtha; Reprint edition, Krsnadas Academy, Varanasi, UttarPradesh, 1998.
12. SushrutaSamhita with English translation of text and Dalhana's commentary along with critical notes by Dr.P.V.Sarma, First edition; Varanasi; Caukhambha Bharati Academy, 1999.
13. Vagbhatacarya; AshtangaHridaya with Commentaries Sarvangasundara of Arunadatta and AyurvedRasayana of Hemadri; edited by PanditBhisakacarya, HariSastriParadkar.
14. Vagbhatacarya; AshtangaSangraha with Hindi Vyakhya by KavirajTridev Gupta; Reprint Edition; Krishnadas Academy, Varanasi, UttarPradesh, 1993.