



Significance of Shirodhara Therapy in Relieving Post COVID Psychological Symptoms

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Abstract

There are many people suffering from Covid & many of the people are recovered from it. Many of the patients recovered from Covid are suffering from psychological symptoms and are seeking for support. This study is a light of hope for them by knowing the significance of "Shirodhara Therapy (1)"

Keywords: Covid-19; Shirodhara Therapy; Anxiety; Depression Ayurveda; Stress; Psychological Symptoms

Introduction

Everyone aims of Happy and peaceful life. But now, world is facing COVID 19 pandemic which is the cause of loss of PEACE. There are many people suffering from Covid & many of the people are recovered from it many of the patients recovered from Covid are suffering from psychological symptoms and are seeking for support here is a light of hope for them.

Materials & Methods

Shirodhara

The word includes a combination of - "shiro" - meaning head & "Dhara" - meaning stream.

Shirodhara Therapy

Shirodhara Therapy is an Ayurvedic method of treatment in which medicated oil/ other medicated liquids are poured gently and steadily over forehead in a continuous stream at a particular point from a specific height. Medicated oils / Buttermilk / Milk / Kwatha are used for doing Shirodhara

treatment [1,2].

Time - it should be done in morning it is done for at least 20 -25 minutes.

Shirodhara therapy is described by Ashtang hrudaya. it has benefits as -

- It calms mind.
- it promotes better sleep
- it improves concentration
- It relieves anxiety
- It increases blood circulation of head & brain
- It relieves stress
- It relieves from nervousness.
- It changes the abnormal state of vatadi dosha into normal one

What are the Post Covid Psychological symptoms?

As Per Many researches, The Patients of COVID are suffering from Psychological symptoms like -

- Post traumatic stress disorders
- Stress
- Anxiety

- Depression
- Dementia
- Insomnia
- Emotional disturbances
- Irritability

Discussion

Shirodhara works by calming the mind and reducing stress which is the main cause of other psychological symptoms. As per Researches on Shirodhara, it has been proven effective in Psychological symptoms as-

Sr.No.	Psychological Symptoms	Referred article
1	Stress	Impact of Shirodhara on biological markers of Stress: A case Study [3]
2	Anxiety	Clinical trial of Shirodhara in Chittodvega Vis-A-Vis Generalized Anxiety Disorders [4] Therapeutic Efficacy & Mechanism of Action of Ayurvedic Shirodhara: An Evidence based Review [5]
3	Dementia	Clinical trial of Shirodhara in Chittodvega Vis-A-Vis Generalized Anxiety Disorders [4]
4	Irritability	Clinical trial of Shirodhara in Chittodvega Vis-A-Vis Generalized Anxiety Disorders [4]
5	Depression	Ayurvedic Therapy for the management of major depressive disorder [6]
6	Insomnia	Role of Shirodhara with Ashwagandha taila in management of stress induced insomnia [7] Clinical Trial of Shirodhara in Chittodvega Vis-A-Vis Generalized Anxiety Disorders [4] Therapeutic Efficacy & Mechanism of Action of Ayurvedic Shirodhara : An Evidence based Review [5]

Probable mode of action of shirodhara - As per Ayurveda

As per Charaka Acharya [8], the state of Vata dosha in the body is responsible for the state of mind. Charaka Acharya describes Vata dosha as the main cause of one's Happiness or sadness. So it can be said that the abnormal state of vata dosha can lead to irritability, anxiety, stress, sleep disturbances, etc. Shirodhara changes the abnormal state of vata dosha into normal vata dosha, it helps the body for relieving the unnecessary stress and anxiety thus leading to calming of mind.

As per Modern Science

Shirodhara works on the law of Energy conservation. It modulates the secretions of various neurotransmitters and hormones by adjusting the intensities of electromagnetic waves of the brain [9].

Conclusion

So, In conclusion, it can be said that shirodhara can be used in patients suffering from post covid Psychological symptoms.

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