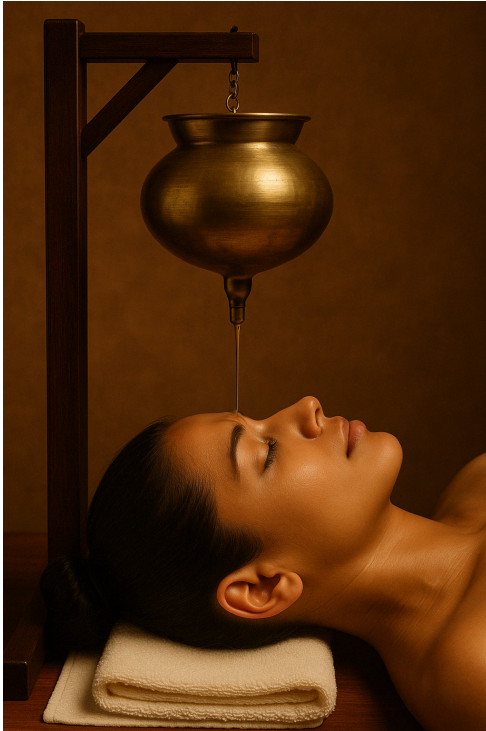


## Chapter 29. Sirodhara with Oil



Sirodhara is a type of **Moordha Taila** therapy in which a continuous stream of medicated oil is gently poured over the forehead and allowed to flow over the scalp from a specific height. It is widely used in Ayurveda for its calming and therapeutic effects on the nervous system.

### Indications:

Sirodhara is beneficial in the treatment of:

- Anxiety neurosis
- Insomnia
- Neurological disorders
- Psychological and psychosomatic disorders

### Contraindications:

It should not be performed in:

- Patients with **Kaphagraatha** (kapha-related disorders)
- Those who have just undergone **Sudhikrama** (purificatory treatments)
- Those suffering from indigestion (**Ajeerna**)

### Commonly Practiced Medicines:

- **Ksheerabala Tailam**
- **Dhanwantaram Tailam**



## Infrastructure Facilities:

- A fully equipped **Panchakarma Therapy Room**

## Manpower:

- A qualified and experienced technician
- An attendant

## Materials Required:

- Sirodhara device
- Varti (cotton wick)
- Medicated oil (1.5 litres)
- Gauze
- Cotton ear plugs (2)
- Soft pillow (with rexin)
- Hot water bath
- Vessels (3)
- Nadi Sweda device
- Oil for Talam (10 ml)
- Rasnadi Choorna (5 gm)
- Soft towels (2)
- Dhara Patra (vessel)

## Specifications of Dhara Patra and Varti:

- The **Dhara Patra** (vessel) should have a capacity of 2 litres, with a round bottom and wide-open mouth. It should have a hole at the center, with a small finger-sized opening for the **Dharavarti** (cotton wick).
- **Dharavarti** should be packed tightly in the hole, allowing a continuous flow of the medicated oil.

## Procedure:

### Pre-operative Procedure:

1. **Talam** (medicated paste) should be applied to the patient's head.
2. **Abhyanga** (oil massage) should be done over the face, neck, shoulders, and chest.
3. **Karna Poorana** (pouring oil in the ears) should also be performed.
4. Gauze is tied around the patient's head, above the eyebrows. Eyes are closed with cotton pads, which are bandaged.
5. Cotton earplugs are inserted to protect the ears.

### Main Procedure:

1. The patient lies in a supine position on the **Droni** (treatment table), with a soft pillow under the neck.
2. The **Sirodhara** device is positioned over the patient's head at a height where the oil falls from about 3 inches above, in a continuous stream with the thickness of a little finger.
3. Medicated oil, warmed to around **40°C**, is poured into the **Dhara Patra**.
4. The stream of oil is oscillated across the forehead, ensuring the entire forehead receives the oil. The oil is recollected from the **Droni** and poured back into the **Dhara Patra**.
5. The process continues for 45 to 60 minutes.

### Post-operative Procedure:

1. The gauze and earplugs are removed, and the remaining oil is wiped off from the head and body.



2. **Rasnadi Choorna** is applied to the head.
3. If advised, the patient may take a hot water bath.

## Duration:

- The procedure lasts between **45 minutes to 60 minutes**.

## Diet:

- The patient is advised to consume light food such as rice prepared with black gram and ghee, or rice with dal. They should follow dietary regimens similar to those prescribed in **Snehapana Vidhi** (oil therapy).

## Complications:

- If the patient becomes excessively **Atisnigdha** (too oily), they may develop anemia or experience reactions from the nose, mouth, and anus.
- If the patient does not follow the proper **Pathya** (dietary restrictions), they may develop skin irritation, fever, swelling, piles, or even fainting.

## Management:

- These complications can be managed by administering **Takrarishtam** (a fermented buttermilk preparation).

## Vital Data Recording:

- Pathological investigations such as blood and urine tests should be performed before and after the treatment.

Specific biochemical investigations like **Blood Urea** and **Serum Cholesterol** should also be carried out.