

Chapter 21. Shiropichu (Medicated Oil Application on Head)

Shiropichu is a form of **Moordhataila** therapy, where **cotton or gauze** soaked in **medicated oil** is placed on the head for a specified duration. This therapy is primarily designed to calm and balance the **vata dosha** and is useful for various head-related disorders.

Indications

Shiropichu is beneficial in the treatment of:

- **Sirorogas** (head diseases), particularly of **Vataja type**
- **Hair loss**
- **Premature graying of hair**
- **Psychological disorders**
- **Ardita** (facial paralysis)
- **Pakshavadha** (hemiplegia)

Contraindications

Shiropichu is contraindicated in:

- **Kaphaja disorders**
- Patients who have undergone **Sudhikrama** (purgation therapies)
- Conditions like **Ajeerna** (indigestion), **Peenasa** (cold), and **Jwara** (fever)

Commonly Practiced Medicated Oils

- **Ksheerabala Taila** (of various potencies)
- **Dhanwantaram Taila** (of various potencies)
- **Suddhabala Taila**
- **Chandanadi Taila**
- **Bala Taila**
- **Rasna Dasamooladi Taila**

Infrastructure Facilities

- **Manpower:** A trained technician
- **Space:** A spacious room for the procedure

Materials Required

1. **Suitable Sneha (medicated oil):** 50-100 ml (warmed to just above body temperature)
2. **Cotton:** Quantity sufficient to cover the scalp
3. **Hot water bath:** For maintaining oil temperature
4. **Gauze (60 cm):** 1 piece
5. **Vessel:** 200 ml capacity (for heating oil)
6. **Rasnadi Choorna:** 5 g
7. **Soft towel:** 1
8. **Armed chair:** 1 (for patient to sit comfortably)

Pre-Operative Procedure (Poorvakarma)

1. **Examination:** Record the patient's **blood pressure, pulse rate, and temperature**.
2. **Abhyanga:** A mild oil massage is done over the **head, neck, and shoulders** to relax the patient.

Procedure

1. **Seating:** The patient is made to sit comfortably in an **armed chair**.
2. **Preparation:**
 - A **bandage** is tied around the forehead just above the ears to secure the gauze and prevent oil from leaking into the face.
 - The head is gently massaged with **lukewarm oil** (around 40°C).
3. **Placing the Cotton and Gauze:**
 - A piece of **cloth (16 cm x 16 cm)** is placed over the **vertex** (crown of the head).
 - A uniform layer of **cotton** (about 2 cm thick) is placed on the scalp.
 - The **gauze** is tied around the head just above the eyebrows to hold the cotton in place and prevent the oil from oozing onto the face.
4. **Application of Oil:**
 - Lukewarm oil (40°C) is poured over the **Bregma region** (crown of the head) so that it seeps into the cotton and reaches the scalp.

Post-Operative Procedure (Paschatkarma)

1. After the specified duration (30 minutes to 1 hour), the **gauze** and **cotton** are removed.
2. The head is wiped dry, and **Rasnadi Choorna** is applied to the scalp.
3. The patient may take a bath with **lukewarm water** after **1 hour**.

Season/Time

- The ideal time for Shiropichu is after **3 pm**.
- Duration: **30 minutes to 1 hour** for the required number of days, depending on the condition.

Precautions

1. **Peenasa (Cold or Runny Nose):** If the patient experiences cold-like symptoms, stop the procedure and manage accordingly.
2. **Diet and Lifestyle:**
 - The patient is advised to take **rest** and consume **light**, easily digestible food during the treatment period.

Clinical Vital Data Recording

- Record **temperature**, **pulse rate**, **blood pressure**, and **respiratory rate** every day before and after the treatment.
- **Routine pathological investigations** should be conducted on the first and last day of the procedure to monitor the patient's condition.

Shiropichu is an effective treatment for various **Vataja shiro roga**, providing nourishment and relaxation to the head and nervous system. It is also beneficial for improving hair health, calming the mind, and treating psychological and neurological conditions.

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