# 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
- 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.

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## **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**

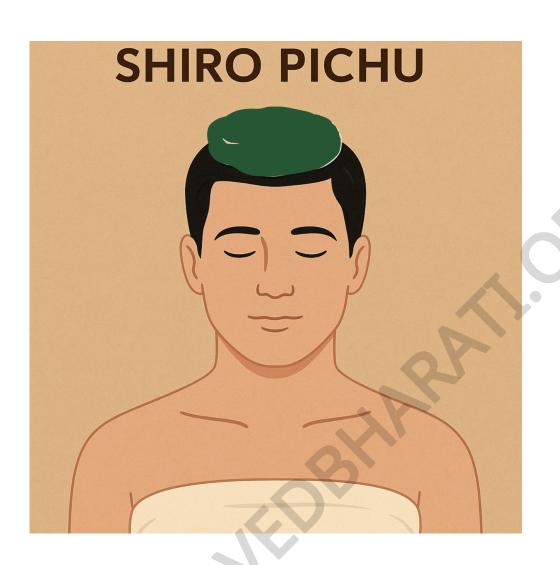
- Peenasa (Cold or Runny Nose): If the patient experiences cold-like symptoms, stop the procedure and manage accordingly.
- 2. **Diet and Lifestyle**:
  - The patient is advised to take **rest** and consume **light**, easily digestible food during the treatment period.

# **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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