

**The Effect Of Shirodhara With Balaashwagandhadi Tail In The Treatment Of Anxiety Neurosis**

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**Abstract :**

*In this study , evaluated the effect of Shirodhara with Balaashwagandhadi tail in anxiety neurosis.*

*In this clinical trial there were 30 patients treated with Balaashwagandhadhi tail for 14 days and role of shirodhara in anxiety neurosis was assessed. The symptoms of anxiety neurosis was recorded before and after the treatment and compared the effect. In this trial there were significant improvement was found in anxiety neurosis.*

**Key words :-** Shirodhara , Shirasek , shirahsechan.

**Introduction :-**

Most people live under stress , strain and insecurity. People facing many problems in life , fast running life , heavy competition in many fields, less service chances even after taking high education , poor hygiene. So the mind affected by all these things. Therefore people affected by many mental disorders like anxiety (chittodweg in ayurved) , Depression (vishad),Memory loss.

In modern medical science, the treatment has certain limitations . That is why mental disorders become a challenge for science. But in ayurveda , many drugs and therapies are available. The drugs are Bramhi, Yastimadhu, Guduchi, Shankhapushpi, Amalki and Rasayan Kalpa. Therapies like Panchakarma plays an important role in Ayurvedic treatment which mainly includes Panchakarmas and allied treatment of panchakarma that is murdha tail – Shirobhangya, Seka (Shirodhara),Shiropichu,Shirobasti.

In this study seka that is Shirodhara with Balaashwagandhadi tail was used two treat anxiety neurosis.

**Aims and Objectives :-**

- 1.To study the mental disorder that is anxiety neurosis.
- 2.To study the effect of Balaashwagandhadi tail by Shirodhara method.

**Etiology of anxiety neurosis (Chittodweg) :-**

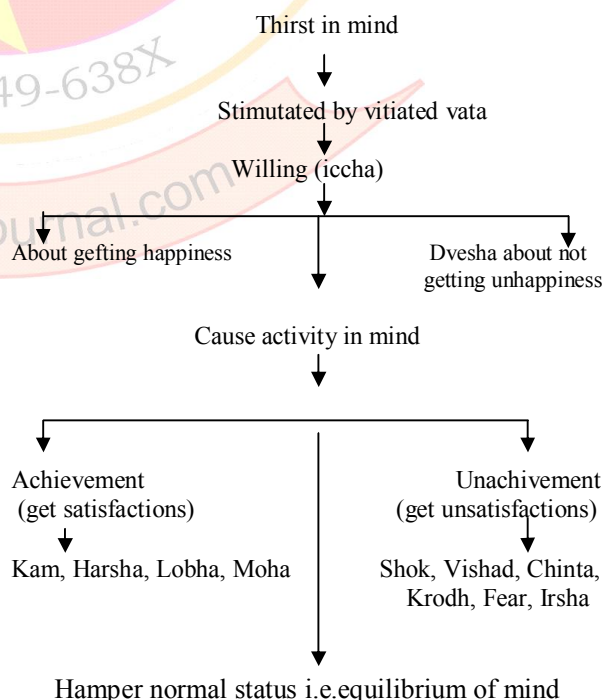
Atichintan is the main causative factor of mental disorder. There are nine causative factors :- 1) Panchamahabhut, Atma, Man, Kala, Dik (Disha). The panchamahabhut are represented by Tridosha – (Vata, Pitta, Kapha), Dhatu (Ras, Rakta, Mansa, Meda, Asthi, Majja and Oja) and Mala- No specific mala except retention of stimuli that is vegadharana. The Vitiation of

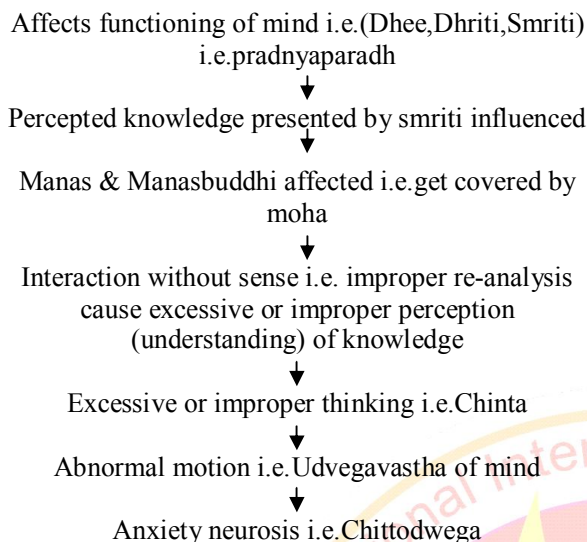
Above mentioned causative factors disturb mental status which cause anxiety neurosis.

**Signs and symptoms :-**

Anutsaha (loss of interest), Ekantpriyata (introvert), Fear (bhay), Atichintan (full of thoughts), Rodan (easily move to tears), Unable to take decision, Chittodweg (unstable mind), Manovygrata (stressful mind), Lac of confidence, Nidralpata (insomnia), Daurbalyam (weakness), Shram (fatigue), Hridspand (palpitation), Negative thinking, Shirashoolam, Bhram (giddiness), Kshudhamandya (anorexia), Anannabhilasha (loss of willing to have food), Ratialpata (loss of libido), Apakti (indigestion), Talushosh (dryness of mouth), Excessive sweating, Vidagdha pitta (acidity),

**Samprapti ie Psychopathology of Anxiety Neurosis :-**





**Criteria of assessment :**

- 1) The universal Hamilton’s anxiety rating scale will be used to assess the patient. The score will be calculated before the treatment & after the end of treatment.
- 2) The ayurvedic view of assessment will be designed and ayurvedic version of Hamilton’s scale will be prepared after studying anxiety in Ayurveda and the spectrum of shirodhara.

**Graphical representation of Average % of symptoms before treatment (Blue Colour) & after the treatment(i.e relieved.symptoms –shown by red colour) in 30 patients in graph as follows:**

**Materials & Methods :**

**A) Literature Review :**

The available references related with shirodhara,sneha, tail, drugs, from different literary sources will be taken from the Ayurvedic texts & previous work done related with shirodhara & anxiety neurosis .

**Clinical study:**

The Clinical study will be carried out on minimum 30 patients of anxiety neurosis.

**B) Selection Criteria :**

- a) Inclusion criteria :
  - 1) Patient will be selected irrespective of sex, religion, socioeconomic status, education, occupation etc.
  - 2) Age limit from 16 to 65 years.
  - 3) Patient will be selected complaining of Manasa type
  - 4) Patient will be selected complaining of Anxiety as a dominant symptom.
- b) Exclusion Criteria :
  - 1) Complaining of anxiety as a post effect of somatic problem.
  - 2) Any organic brain disorder.
  - 3) Complaining of Unmada, Upasmara, any type of seizure.

**C) Duration and Time :**

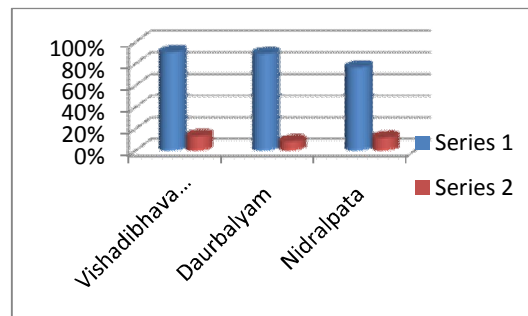
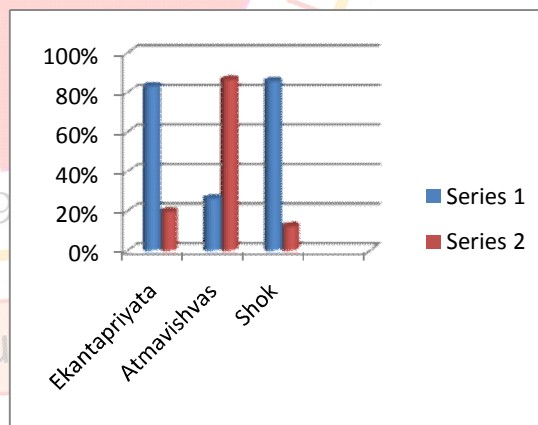
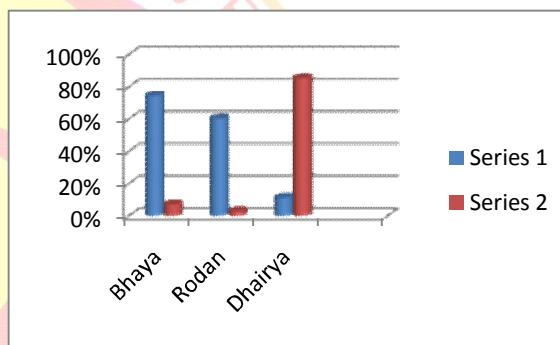
All patients will be treated for 14 days & time of shirodhara will be 45 minutes (at least 10 days in successive 14 days.)

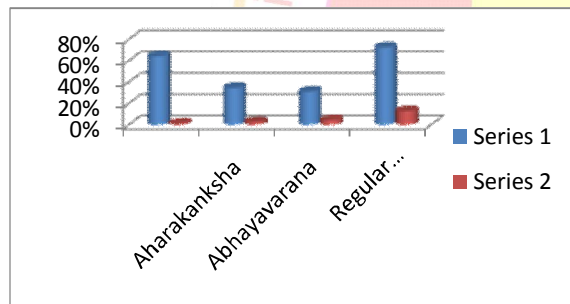
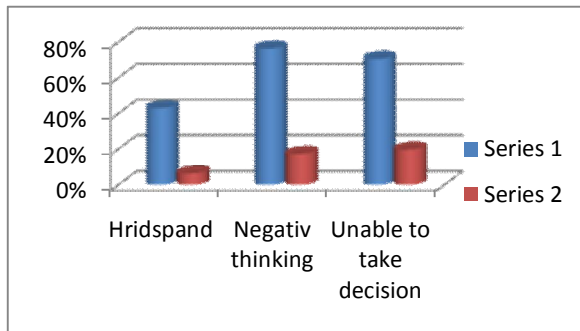
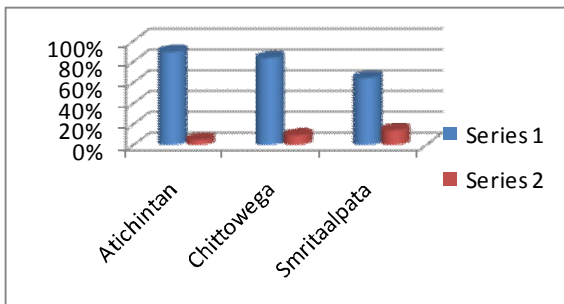
**D) Preparation of shirodhara tail :**

The Medicated oil i.e.Balaashwagandhadi tail will be prepared as per text.

**E) Method of administration :**

It will be poured continuously on forehead with a thin line through a specially prepared vessel or pot known as **shirodhara yantra** for 14 days.





**Discussion :**

For the results, specially designed Ayurvedic Anxiety rating scale is used. The highly significant improvement was seen in various symptoms of anxiety neurosis. The significant improvement was seen in Shirashool also. It is not related to mind as compared to other symptoms. The good results were seen only on the symptoms. Those are mostly related to mind i.e. pran, vyan, agni & rasadhatu, oja are very closely related to benefit of Shirodhara. Shirodhara gives good results in Nidranash (Insomnia) i.e.increase sufficient Nidra (sleep) that means Nidra gives rest, stressless state to mind & sole (Atma) resulting freshness i.e.prasannata in mind.

For getting more significant relief in (Manasroga) anxiety neurosis require poorvakarma before Shirodhara i.e.Shirobhangya, Abhangya, Nasya, Karnapuran. If given with internal medicines eg. Rasayan, Medhya, Dravya.

It can also enhance the effect of Shirodhara in anxiety neurosis due to encouragement, counseling ,discussion about disease and meditation.

**Conclusion :**

Hence, ultimately it can be concluded that anxiety neurosis if treated with other measures i.e. assurance, counseling, conservative medicines and other panchakarma like abhangya, shiropichu, nasya gives more significant effects. Shirodhara also works like a antipsychotic drugs like modern medicines i.e.it gives rest, peace to mind & increase sleep which stop atichintan that means it is somewhat like alopathic drugs effect.

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