

The Management of Vishada (Depression) by Shirobasti with Baladhatrayadi Tailam

Dr. Raghunath S. Raut

Professor YCAMC & Hospital,
Beed Bypass, Nipani, Aurangabad (MH)

Abstract :-

In this study, evaluated the effect of Shirobasti with Baladhatrayadi tailam in Vishada (Depression). In this clinical trial there were 30 patients treated with Baladhatrayadi tailam for 14 days and role of Shirobasti in Vishada (Depression) was assessed. The symptoms of Vishada (Depression) was recorded before and after the treatment and compared the effect. In this trial there were significant improvement was found in Vishada (Depression).

Key Words :- Shirobasti, Shirobhayanga, Shiropichu.

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 mrdha tail-Shirobhayanga, Seka (Shirodhara), Shiropichu, with Baladhatrayadi tailam was used two treat Vishada (Depression). In this study Shirobasti with Baladhatrayadi tailam was used two treat Vishada (Depression).

Aims & Objectives :-

- 1) To Study the mental disorder that is Vishada (Depression)
- 2) To Study the effect of Baladhatrayadi tailam by Shirobasti method.

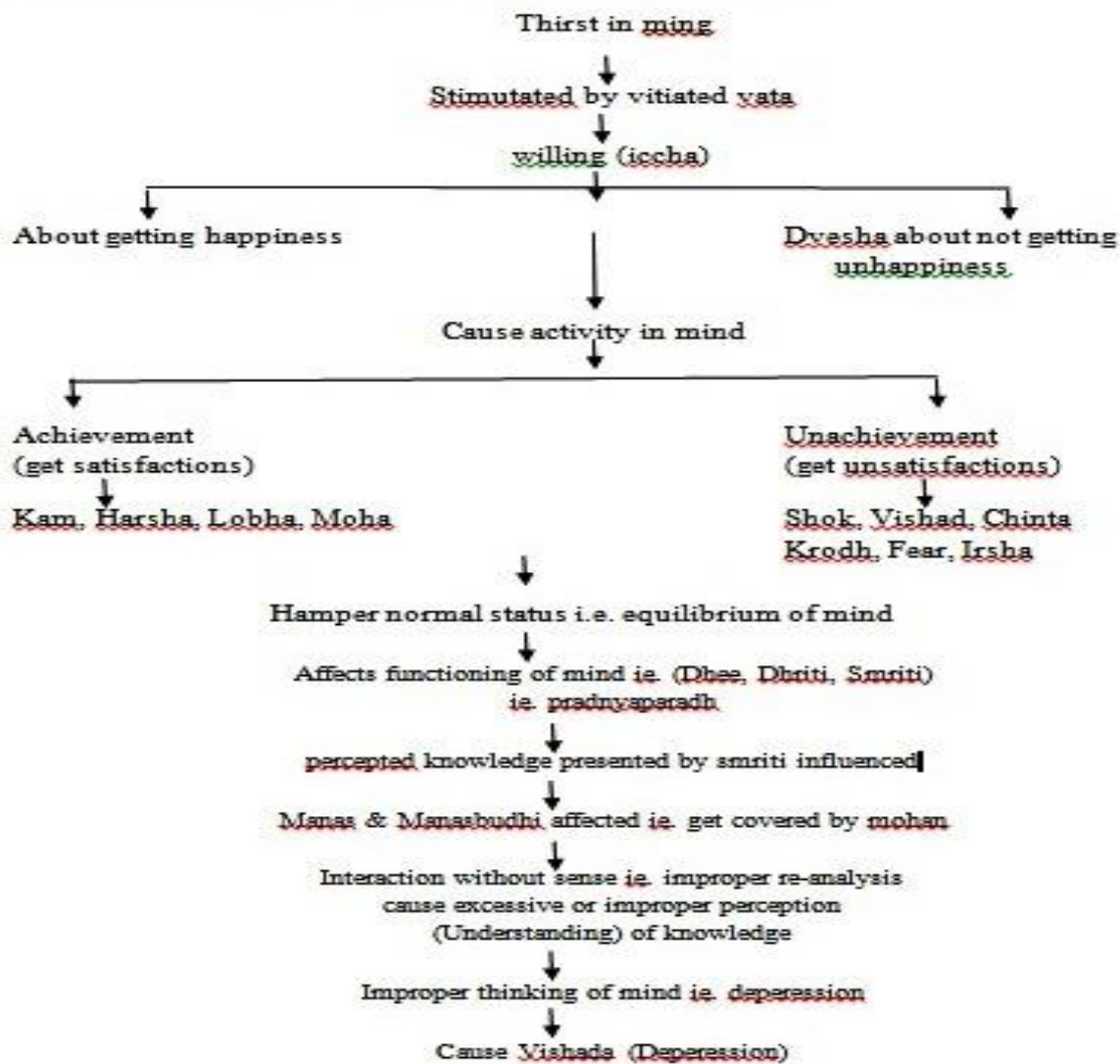
Etiology of Vishada (Depression):-

Vishada 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, Kalpa), 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 Vishada (Depression).

Signs and Symptoms :-

Anutsaha (loss of interest), Vishad (Depression), More chatting, Fear of sadness (Shok), Ekantpriyata (Introvert), Fear (bhay), Atichintan (full of thoughts). Unable to take decision, Manovyagrata (stresful mind), lack of confidence, Nidranash (insomnia), Daurbalyam (weakness), Shram (Fatigue), Bram, (Giddiness), Kshudhamandhya (Loss of appetite), Hridspan (palpitation), less speaking, Less Activity, Negative thinking, Apakti (indigestion), Talushosh (dryness of mouth), Excessive sweating, Vidagdha pitta (acidity),

Samprapti ie Psychopathology of Vishada (Depression) :-



Materials & Methods :-

A. Literature Review :

The available references related with Shirobasti, sneha, tail, drugs, from different literary sources will be taken from the Ayurvedic texts & previous work done related with Shirobasti & Vishada (Depression).

Clinical Study :-

The Clinical study will be carried out on minimum 30 patents of Vishada (Depression).

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 Depression as a dominant symptom.

b) Exclusion Criteria :

- 1) Complaining of Depression 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 Shirobasti will be 45 minutes (at least 10 days in successive 14 days).

D. Preparation of Shirobasti tail :

The Medicated oil ie. Baladhatrayadi tailam will be prepared as per text.

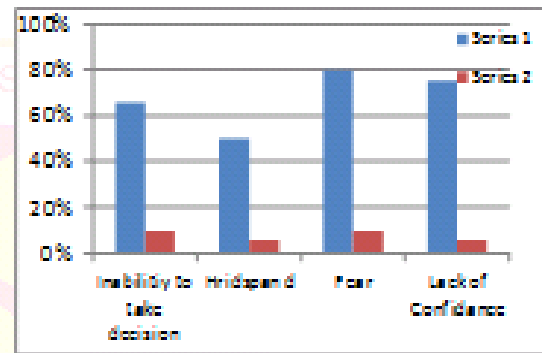
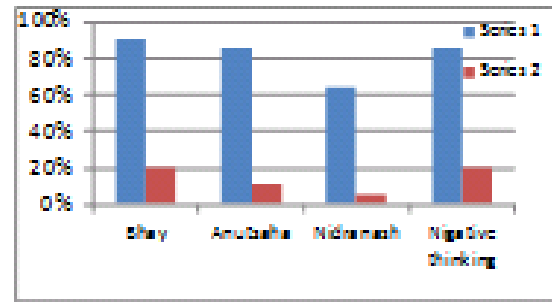
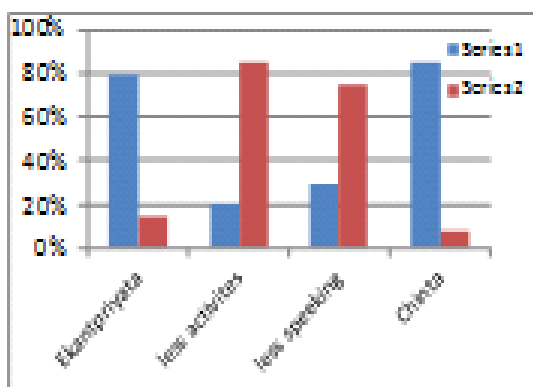
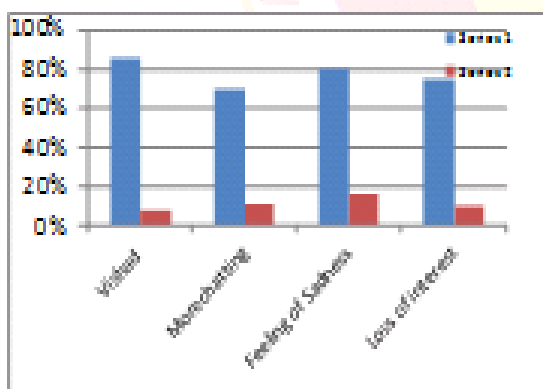
E. Method of administration :

Luke warm oil is poured in Shirobasti yantra, which is fitted at shaved head of patient (upto four fingure depth at base of scalp) for 14 days period. Temperature of luke warm oil is maintained by frequently change of oil in the Shirobasti.

Criteria of assessment :-

- 1) The universal Hamilton’s depression 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 depression in Ayurveda and the spectrum of Shirobasti.

Graphical representation of Average % of symptoms before treatment (Blu colour) & after the treatment (ie. relived. symptoms – shown by red colour) in 30 patients in graph as follows:



Discussion :

For the results, specially designed Ayurvedic depression rating scale is used. The highly significant improvement was seen in various symptoms of depression. The significant improvement was seen anufsha 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 ie. pran, vyan, agni & rasadhātu, oja are very closely related to benefit of *. * gives good results in Nidranash (Insomania) ie. increase sufficient Nidra ((sleep) that means Nidra gives rest, stressless state to mind & sole (Atma) resulting freshness ie. prasannata in mind.

For getting more significant relief in (Manasroga) depression require poorvaikarma before shirobasti ie. Shirobhanga, Abhanga, Nasya, Karnapuran. If given with internal medicines eg. Rasayan, Medhaya, Dravya. It can also enhance the effect of Shirobasti in depression due to encouragement, counseling discussion about disease and meditation.

Conclusion :-

Hence, ultimately it can be it can be concluded that depression if treated with other measures ie. assurance, counseling, conservative medicines and other panchakarma like abhanga, shiropichu, Shirodhara, nasya gives more significant effects.

Shirobasti treatment was found to be effective in Vishada (depression).

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