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Effect of *Shirodhara* in Hypertension- A Case Study

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ABSTRACT

Hypertension is not described in any Ayurvedic samhitas. This clinical case study of shirodhara shows positive, means hypertension lowering effect. Shirodhara is well known for its effect on mind and brain. Modern anatomical and physiological aspect also shows correlation between the shirodhara and blood pressure.

KEYWORDS

Shirodhara, Til tail, Hypertension, Headache, Anxiety, Trigeminal nerve, Glossopharyngeal nerve, Cardiac Accelerator nerve, Vagus nerve, Vasodilation, Cardiac output, Heart rate



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INTRODUCTION

Hypertension is the root cause of number of lethal clinical conditions. There are wide range of causative factors responsible for hypertension. But all the pathological changes acted on the nervous system to result in to increase in blood pressure i.e. hypertension. Near about all the anti-hypertensive drugs acts on nervous system to make control on hypertension.

Sensory and motor root impulses acted equally and opposite to each other. Strong is the stimulus strong is the reflex, like wise calming stimulus produces calming reflex. This is the main retro-verse nerve stimulation theory behind the message and healing effect therapy. Shirodhara is also a retro-verse calming nerve stimulation procedure. The calming nerve sense produced by warm oil and second stimulus created by the continuous rhythmical oil dropping stimulus. Both are reaches to brain, and in response to it the brain produces calming diminished motor signals. Which spread all over the body that make body relaxing.

AIM AND OBJECTS

Study, understand and explain the effect and mode action of Shirodhara in hypertension.

MATERIALS & METHODS

1) Literature Review-

Extensive literary review were taken from standard Ayurvedic Texts, Modern texts of Shirodhara¹

2) Clinical Study-

In this study patient was not on special treatment for hypertension but he was treated for his anxiety and headache. We found allied changes in hypertension also, hence this case study is published.

3) Ethical committee clearance-

This is not any research project or trial or a pilot study of any visionary project. So no need of ethical committee clearance certificate. It's just an accidental correlative finding found during treatment of patient in OPD of panchakarma department at Dr. V.P. Ayurved Medical College, Jalna.

4) Chief complaints of the Patient-

- Anxiety.
- Headache.
- Tachycardia.
- Age of patient: 40 years.
- K/C/O Hypertension since 5 years and taking treatment of it Tab. Amlapres 5 mg. O.D
- B.P. was 160/95 mm of Hg.

Management

- 1) The Patient was being treated in OPD.
- 2) Anti-hypertensive treatment i.e. Tab. Amlapres 5mg. Continued as it is.



3) Patient was treated with Shirodhara

- Preparation of Medicine.
- Til Taila was used for Shirodhara
- Duration & Dose -

Shirodhara was given once a day for 45 min.

- Shirodhara was given for 10 days.
- Methods of Administration

Shirodhara was done according to standard textual methods.

- Daily recording of all complaints and B.P. was done as routine O.P.D. Follow up of Patient.

OBSERVATION

The clinical observations of a case is as follows in the table no.1

Table 1 Clinical observations and follow up

Sr.no	Complaints	Anxiety	Headache	Tachycardia	Blood Pressure mm of Hg.
1	Visit	P	P	P	160/96
2	1	P	P	P	160/96
3	2	P	P	P	160/96
4	3	P	P	P	160/96
5	4	P	A	P	160/96
6	5	P	A	P	150/90
7	6	P	A	A	140/86
8	7	P	A	A	140/84
9	8	A	A	A	130/84
10	9	A	A	A	130/84
11	10	A	A	A	130/84

P – For symptom Present, A- for Symptom Absent

DISCUSSION

As the scope of this clinical research project was to assess the efficacy of the Panchakarma treatment Taildhara especially on Hypertension the patients from OPD were randomly selected.

All the Patients were given silting of Taildhara treatment on consecutive day internally a placebo tablet was given in bid dose for three months.

All the patients Co- operated & tolerated well to the course and no untoward effect was found in any of the case.

NERVE SUPPLY OF SHIRODHARA AREA²

CNS TRACT-

The Shirodhara area is enervated by sensory ophthalmic division of trigeminal nerve having two branches supraorbital nerve & supratrochlear nerve.

SPINAL TRACK OF TRIGEMINAL NERVE -

50% fibers of trigeminal nerve divide into ascending and descending fibers.

The descending fibers predominantly reaches up to upper cervical spinal cord. C-



1 that means these are at the origin of Cardiac accelerator nerve of the heart.

These descending fibers of Trigeminal nerve perform motor function through Cardiac accelerator nerve.

HYPOTHETICAL MODE OF ACTION OF SHIRODHARA

Healing Impulse conducted during Shirodhara through Trigeminal nerve go to descending fibers of trigeminal nerve up to SPINAL TRACK OF TRIGEMINAL NERVE at C-1 level. These fibers mix with fibers of Glossopharyngeal nerve go to Cardio Vascular Center (CVC) which is in medulla oblongata.

Then CVC produce impulse which travel through Vagus and Cardiac acceleration nerve make action of Vasodilation, reduction of heart rate and Cardiac output.

CONCLUSION

From the above case study we can conclude that Shirodhara of til tail may be an effective treatment in Hypertension. It is a safe, non-invasive, acceptable and affordable treatment too.

Limitations and further prospective

This is case study of one patient to establish this as therapy a mass sample research project is required.



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