

**A REVIEW OF EFFECT OF SHIRODHARA ON PSYCHOLOGICAL SYMPTOMS IN MENOPAUSAL SYNDROME****Snehal Sunil Chougale<sup>1\*</sup> and Pradnya Deshmukh<sup>2</sup>**

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Article Received on  
19 May 2024,

Revised on 09 June 2024,  
Accepted on 29 June 2024

DOI: 10.20959/wjpr202413-31634



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**ABSTRACT**

Menopause means permanent cessation of menstruation at the end of reproductive life due to loss of ovarian reserve. The age of menopause is between 45 to 55 years. In menopause there is increased frequency of anxiety, headache, insomnia, irritability and depression. Women also suffer from dementia, mood swing and inability to concentrate. In modern science, the management of menopausal syndrome is through Hormone Replacement Therapy (HRT). It gives relief from menopausal symptoms but there is an associated risk of serious side effects. In Ayurveda menopausal syndrome describe as Rajonivrutti anubandhaj vyadhies. In Rajonivrutti psychological symptoms occur due to vitiation of manovaha strotas also there is predominance of vata dosh. It causes laghuta andrukshta in body. It can be cured by Shirodhara. Objective of this study is to study the effect of shirodhara on psychological symptoms in menopause. Total 12 articles were

reviewed for this study of which 4 articles were about effect of shirodhara on psychological symptoms of menopause and other articles on psychosomatic disorders like anxiety, insomnia, depression. Shirodhara is a form of Ayurvedicsnehan procedure where in involves gently pouring liquid over forehead. Thus, Shirodhara is effective on psychological symptoms in menopausal syndrome.

**KEYWORDS:** Menopause syndrome, Psychological symptoms, Shirodhara, Rajonivrutti.

## INTRODUCTION

Menarche and menopause are important phase of women's life. From menarche a women undergoes several behavioral and physical changes and finally attains a complete cessation of menses known as menopause or rajonivrutti. The phase of menopause have important influence on physical, psychological, social and emotional aspect of women. The age of menopause ranges between 45-55 years average being 50 years.<sup>[1]</sup>

In Ayurveda Rajonivrutti as a disease condition is not mentioned separately. Rajonivrutti kala mentioned by Acharya Sushrut i.e. 50 years.<sup>[2]</sup> In menopause many physical and psychological symptoms occurred. In menopause many psychological symptoms occur like anxiety, headache, insomnia, irritability, dementia, mood swing, inability to concentrate.<sup>[3]</sup> These symptoms occur due to changes in hormone activity. There is significant fall in serum level of estradiol. In modern medicine to treat this condition Hormone Replacement Therapy used often there is spectacular relief from symptoms but there is associated risk of serious side effects.

According to Ayurved health is combination of healthy body, mind, atma and indriya. In Rajonivrutti psychological symptoms commonly occur due to vitiation of manovaha strotas. Shirodhara act by strengthening themanovaha strotas. Shirodhara is a form of Ayurvedic therapy that involves gently pouring warm liquid over forehead. It is a process in which medicated oil, milk, kwath is poured in continuous stream of drip on forehead in specific manner and height. There are various forms of shirodhara such as Taildhara, Takradhara, Ksheerdhara, Jaladhara and kwathdhara. Shirodhara is mainly indicated for neurobehavioral and psychosomatic disorder.

## AIM

To study effect of shirodhara on psychologic symptoms in menopause.

## OBJECTIVE

1. Review of published clinical data in view of effectiveness of Shirodhara on psychological symptoms
2. To know the mode of action of Shirodhara.
3. To update recent studies of Shirodhara on psychological symptoms of shirodhara.

## MATERIAL AND METHOD

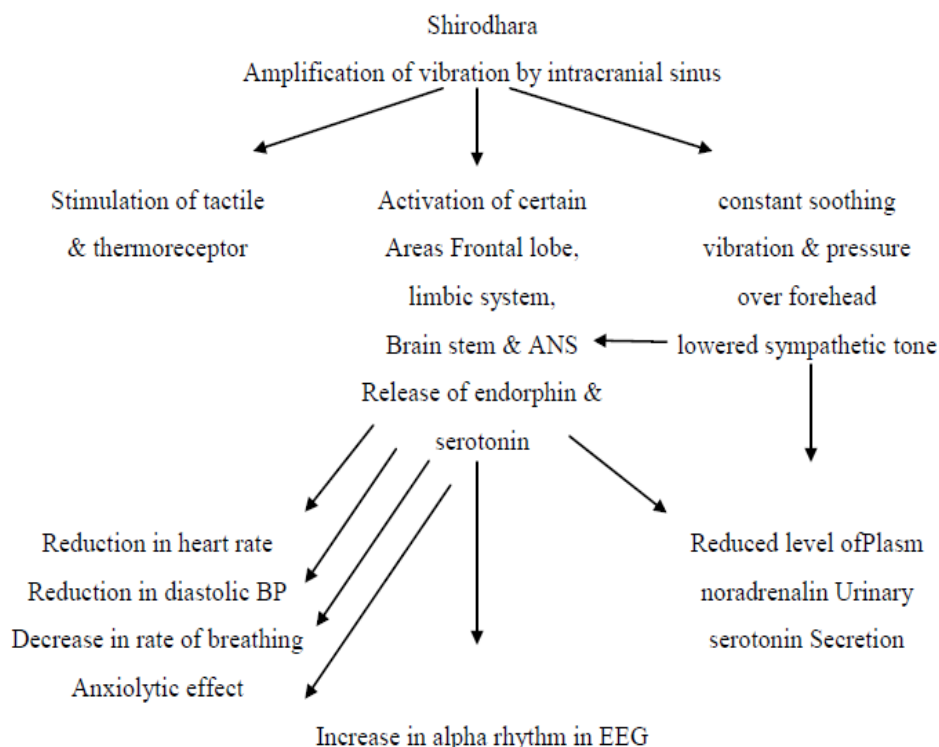
All relevant data regarding menopausal psychological symptoms and Shirodhara from classics and recent articles in journal.

## OBSERVATION

Sr. No	Title	Author Name	Observation
1	An assessment of manasik bhavas in menopausal syndrome and its management	Dr. Khyati Santwani	Symptoms like headache, muscular tension, caused by skeletal muscle contraction it relieves by shirodhara. Decrease anxiety by inhibitory synaptic action of GABA, antidepressant effect like Mono amine oxidase inhibitor. It has effect on ANS, endocrine system on adnyachakra. <sup>[4]</sup>
2	Role of Jatamansi siddha phanta shirodhara in management of rajonivritti with special reference to menopausal stress	Dr. Dibyajyoti Moharana	Shirodhara reestablish functional integrity between pran udan & vyan vayu, sadhak pitta & tarpak kaph. it stimulate agnyachakra thus help in regulating neuroendocrine system to maintain hormone and neurotransmitters related to hypothalamus, pituitary and pineal gland etc. to have proper relaxation and tranquility. <sup>[5]</sup>
3	The management of menopausal syndrome with Shirodhara and Shaman yoga - A pilot study	Dr. Shravan N Kamble	Therapy has shown Highly significant result in Ushnaanubhuti Daha, Mutradaha, Yonidaha, Santapa Krodha and significant result in Trushna kshudhadikyata. Where as insignificant results in, Swedaadikyata and Glani Therapy has shown Highly significant result in. Shirashoola (Headache). Balakshaya (Weakness). Vibandha (Constipation). Anidra /Alpanidra (Sleeplessness), Anavasthita chitatvam (Mood swing),

			Chinta (Anxiety), Krichchhra Vyavayata (Loss of libido). Maithuna asahishnuta (Dyspareunia). Sandhivedana (Joint pain), Yoni Shushkata (Vaginal dryness). <sup>[6]</sup>
4	Study on mental health disturbance in menopausal syndrome and its management with medhya rasayan and Shirodhara	Dr. Anil Kumar Singh	Significant decreases observed in depression, fatigue, irritability, insomnia, vertigo improvement in medha and smriti. moha, shok, krodh, bhaya decreases. <sup>[7]</sup>
5	Therapeutic efficacy of Shirodhara in psychosomatic disorder	Dr. Vaidehi V Raole	Shirodhara is deeply relaxing and induces a relaxant state; these effects are mediated by the brain wave coherence, alfa waves, and a down regulation of the sympathetic outflow. Shirodhara facilitates to counterbalance manasik and sharirik doshas. <sup>[8]</sup>
6	Clinical evaluation of Jatamansi siddha tail Shirodhara on anxiety neurosis	Dr. Anup Jain	Jatamansi siddha tail balances vatprakop Restore the strength of mana. The active principle Nardostachy jatamansi act as Antidepressant and anxiolytic in patient having anxiety neurosis. <sup>[9]</sup>
7	Shirodhara in the management of chittodvegjanya anidra	Dr. Nirmal Bhusal	The Shirodhara helps the patient to concentrate, which leads to stability in the functions of mind. Prakriti of the Patient being Vata Pitta Pradhana. In this case Dashamula Kshira Kwatha was selected. Dashamula being Vata Kaphagna and Kshira being Pitta Shamaka. There was significant improvement in Chittodvegjanya Anidra. <sup>[10]</sup>
8	Impact of Shirodhara on biological marker of stress: A case study	Dr. Sujata Rajan	Shirodhara showed significant improvement in serum biomarkers of stress, which are reduced after Shirodhara. It provided significant relief in the

			grading of the POMS Score There was a significant reduction in systolic and diastolic blood pressure after shirodhara. It showed appropriate responsiveness to the stress system. <sup>[11]</sup>
9	Psychoneuroimmunological effects of Ayurvedic oil dripping treatment	Sonia Venkatraman	Shirodhara has anxiolytic and ASC inducing effect, it promotes decreasing noradrenalin and exhibits a sympatholytic effect, resulting in activation of peripheral foot skin circulation and immunopotentiality. <sup>[12]</sup>
10	Clinical study on effect of different methods of Shirodhara in patients of insomnia	Dr. Vasant Patil	Single point drip method Shirodhara compared to Oscillatory drip method Shirodhara provided better relief clinically in subjective parameters like sleep, provided moderately significant improvement in Functioning (physical and mental) and highly significant improvement in systolic blood pressure. <sup>[13]</sup>
11	Therapeutic efficacy and mechanism of action of ayurvedic Shirodhara : an evidence based review	Dr. Haramohan Moharana	Shirodhara is effective in management of condition like psychological symptoms in menopause, ADHD, cellular ataxia, essential hypertension, premature ejaculation, generalized anxiety disorder, insomnia. <sup>[14]</sup>
12	Effect of shirodhara in generalized anxiety disorder.	Dr. Sanjeev Rastogi	Effects of shirodhara are found to be equated with meditative state and a reduction in catecholamine and an increased serotonin reuptake is proposed as one mechanism of its action. Shirodhara can be a good addition to existing anxiety management protocol with reduced dependency and reduced adversity. <sup>[15]</sup>

**Probable mode of action of Shirodhara<sup>[16]</sup>****DISCUSSION**

The phase of menopause has important influence on physical, psychological, social and emotional aspect of woman. The menopause is natural phenomenon & one of life's important milestone, sometimes increasing age & diminishing qualities from lifemake the menopausal condition more difficult. In Ayurveda menopausal syndrome describe as Rajonivrutti anubandhaj vyadhies. In Rajonivrutti psychological symptoms occur due to vitiation ofmanovaha strotas. Rajonivrutti occur at end ofproudhavastha and beginning ofjaravastha. At this age there is predominance ofvata dosh. It causes laghuta andrukshta in body. It can be cured byShirodhara. Shirodhara therapy is extensively used for psychological Symptoms of menopause.

Clinical trials were conducted to evaluate the efficacy ofshirodhara. In one study 3 groups taken group A treated with conjugated estrogen 0.625mg once daily for 45 days. Group B was treated with Sarswatarishta 20 ml BD with water and group C Shirodhara with Bala tail It was observed that patient undergoingshirodhara had better relief of psychological symptoms of menopause as compare to other 2 groups. Another clinical trial was conducted to evaluate efficacy ofshirodhara & shaman yoga. This combines therapy has better effect in

psychological symptoms. Shirodhara from jatamansi phant may act by increasing concentration reduce post-menopausal stress. Jatamansi siddha tail shirodhara is more effective than tila tail shirodhara in view of long-term relief of anxiety neurosis.

Shirodhara with Ksheerbala tail in anxiety disorder has good result. Shirodhara showed significant improvement in serum biomarkers of stress. Single point drip method of shirodhara has better relief in insomnia as compare to oscillatory drip method Shirodhara. Shirodhara procedure showed better effect in combating psychological symptoms in menopause.

## CONCLUSION

Shirodhara show significant effect on psychological symptoms in menopause like Stress, insomnia, anxiety, mood swing, irritability, inability to concentrate, depression.

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