

**EFFECT OF SHIRODHARA IN ANXIETY: A CASE REPORT****Dr. Poonam Kumari\***

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**ABSTRACT**

There is tremendous increase in the emotional illnesses like anxiety, unhappiness, and strain due to numerous issues like social estrangement, lockdowns, poor socioeconomic circumstances. Among these, generalised anxiety disorder (GAD) has advanced a disturbing situation in the country. The present study was expected to amount the efficacy of Shirodhara. Aims and Objective of the study was to assess the effect Shirodhara in Anxiety. The patient was provided with brain boosting Taila shirodhara in Anxiety. If we see the result, in between the 10 days of treatment patient reported relief in his symptoms. After 2 months, there was a significant reduction in all the symptoms. If we see, Warm liquids used in the Shirodhara procedure cause augmented infiltration of blood in scalp region thus relaxing muscle and nerve endings. Shirodhara causes tranquillity of mind and induces natural sleep by prolonged and continuous pressure. In the present case, the treatment showed significant relief and was found very effective in Anxiety.<sup>[1]</sup>

**KEYWORDS-** *Anxiety, shirodhara, present, symptoms.*

**INTRODUCTION**

Anxiety is understood as the state of anxiety or awkwardness arising due to the expectancy of insecurity or assault. It is pathological when it is unreasonable, exaggerated, recurrent, and causing significant psychophysiological distress. Generalized anxiety disorder (GAD), a common variant of anxiety disorders, has a 2 - 5% prevalence in the general population.<sup>[1]</sup> Sweeping Anxiety Disorder is characterized by excessive or unrealistic anxiety about two or more aspects of life (work, social relationships, financial matters, etc.), often escorted by

symptoms such as palpitations, shortness of breath, or other bodily indications. About 5.8% in India and 4% globally are supposed to be grief from some point in their life.<sup>[2]</sup> Anxiety is an extremely common problem, affecting about 23.4 percent of females and 14.3 percent of males. In fact, it is the greatest common mental illness worldwide. If we look at the Data from the National Institute of Mental Health propose that around 31 percent of adults can expect to experience some type of anxiety disorder in their lifetime.

A balanced state of Dosha, Agni, Dhatu, Mala, Manas, Atma, and Indriya is healthy.<sup>[3]</sup> From an Ayurvedic viewpoint, anxiety is a disparity in the Vata Dosha. Vata is the “air” principle. It is light, dry, and mobile. An imbalance of Vata, mentally, is related with an overabundance of lightness or movement, erratic thoughts, worries, obsession, confusion, and difficulty focusing. Vata imbalance is also associated with a hyper-excitability nervous system and trouble sleeping. If you have ever heard someone, say they feel “ungrounded,” that is a classic description of Vata imbalance. It is too much energy in the mind, not enough at the feet. Thus, when Vata is disturbed, you feel ungrounded, disconnected from the earth. To treat anxiety/Vata imbalance, you must stabilize your energy, calm the nervous system, relax the mind, release obsessive thoughts, connect to your body and to the earth, and ultimately surrender to the flow of the Universe. Shirodhara (Shiro means head and Dhara means flow) involves gentle pouring of a medicated liquid upon the forehead. It is traditionally used to treat variety of conditions related to cognition, sleep, and anxiety. Continuous pouring of Shirodhara on forehead for a specific period has tranquilizing effect & regulates rhythm Mana & Prana Vayu it also induces Sleep.

## CASE REPORT

A 40 years old married woman with middle socioeconomic background obtainable in outpatient panchakarma department on 18/09/2023 at Government Ayurvedic College and Hospital, Kadamkuan, Patna with the following since last 1 year.

1. Increase in worrying tendencies and negative thoughts
2. Irritability and impatience
3. Fear of being left alone
4. Feeling of weakness
5. Tremors of hand
6. Insomnia
7. Loss of interest in work and social gathering

**PERSONAL HISTORY GENERAL CONDITION (G.C)**

Moderate, Appetite - decreased, Diet - only veg, Bowel - normal but sometimes constipation, Urine - normal, Thirst - normal, Sleep - insomnia, Habits – 2-3 times tea in a day and Occupation - housewife. General examination. The patient was conscious, well-oriented, and spoke normally. There was the absence of pallor, icterus, clubbing, and cyanosis. Bp - 120/70 mm hg, PR - 70/ min, Height - 162 cm, Weight - 62 kg, and BMI - 23.6 kg.

**MENTAL STATUS EXAMINATION**

Patient was moderately built, appearing appropriate to the age, depressed mood, and facial expression was sad and eye contact was not maintained properly, attitude with the examiner was co-operative. Psychomotor behaviours were markedly reduced. Voice and speech were low in volume and pitch with a hesitant flow of speech. Patient was answering only after question. On examination of the perception there was no auditory and visual hallucination.

**INVESTIGATION ROUTINE**

Blood test, serum electrolytes were within the normal limits.

**RESULTS**

Assessment was done based on sign and symptoms. Marked improvements were seen in depressed mood and anxiety of the patient. After completion of the treatment, patient's working power and activities were increased and his sleep becomes normal. On discharge patient was advised to continue the medicine for 2 months.

**DISCUSSION**

Depression is a leading cause of morbidity and mortality worldwide. Physiologically it can be defined as the state of decrease functioning of some part of brain. Decrease in serotonin and norepinephrine are the main neurotransmitters involved in depression. Shirodhara is a procedure which comes under the external application of medicated liquid poured from the height of 4 Angula (inches) over the forehead and it is mostly used for neuromuscular relaxation and nourishment. Shirodhara is a relaxation therapy which relieves mental exhaustion as well as pacifies the aggravated Vata Dosha.<sup>[10]</sup> Dhara produces some magnetic waves due to flow of oil. Strikes on the surface of the skin produce vibrations (electrical waves) which are transformed to the cerebral cortex & hypothalamus. Hypothalamus acts as the centre of the stimulation & inhibition centre in the body, hence soothing effect created on

hypothalamus. It results in the secretion of various neurotransmitters like epinephrine, serotonin, and dopamine etc.<sup>[4-5]</sup>

## CONCLUSION

In Ayurveda Psychiatry have several approaches to understand the mental health problem and its management. In this case maximum symptoms of depression were diagnosed as Kaphaja Unmada and the condition was managed accordingly. Shirodhara along with other upkarma which are beneficial for nervous system disorders helps in balancing vata dosha's and cure such disease with tremendous results.

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