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Multidimensional effects of shirodhara on psychosomatic axis in the management of psycho-physiological disorders

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Abstract

// Manah sareerayo sthapah parasparam anuvrajeth /

/ Aadhara Aadheya bhawatwat taptaajyam ghatoriva //

This particular quote from great Indian epic 'Mahabharata' santi parwa beautifully emphasizes the mind body relation. It means that "The mind (psychic component) is like ghee (clarified butter) in an earthen pot (the body or somatic component). The warmth or chill of either necessarily affect the state of the other" . Ayurveda postulates that the man is a triune of mental, physical and spiritual factors –'*satwatma sareeram'*. '*Satwa van sate sarva'* that is a person who is rich in satwa guna never becomes the victim of stress factors either psyche or somatic.

Now-a-days many clinical conditions of different physiological systems even simple Acne, Warts and also the infectious conditions like TB becoming psychosomatic disorders, because of modern day living. Psychosomatic disorders represent a therapeutic enigma. Despite compelling evidence to suggest the integrity of mind and body, humans are famously prone to experiencing them as separate. Ayurveda essentially sees every disease as a psychosomatic manifestation and views the mind and body as two aspects of one unity. Considering the involvement of HPA axis in most of the psychosomatic disorders, an attempt is made to use the word 'Psychosomatic axis' in synonymous with HPA axis/Shatchakras. Shirodhara, the queen of all Ayurvedic treatments, is the pouring of warm herbal oil over the forehead. This treatment rejuvenates the nervous system, releases emotions, opens the subtle channels and unfolds bliss throughout the mind and body. 'You are neither asleep nor hypnotised, but it's like having a deep and penetrating massage on the mind.' This paper explores the advanced understanding of shirodhara and rasayana and their role in prevention and treatment of psychosomatic disorders and promotion of mental health & in turn to emphasize its importance in current day practice.

Biography

Dr. Sathya N. Dornala BAMS., M.D (Kaychikitsa/Goldmedalist)., M.S (Psychotherapy & Counselling)., Ph.D (Panchakarma)., Vaidya-Scientist Fellow; presently working as "Panchakarma Specialist" at Swami Vivekanand Ayurvedic Panchkarma Hospital, Dilshad garden, Delhi. He introduced new terminology *Geriayutrics* (Ayurvedic Geriatrics), *Oil Birthing* (Application of Pizhichil for Sukha prasava/eutocia), acronym Di.E.T (Dietary intervention Exercise Treatment), Rasayana DOTS (R-DOTS) and Ghrita Dhara into clinical practice in the cases of ASD, CP, MR. First time he correlated Swine Flu (H1 N1 Flu) with Abhinyasa Jwara and also proposed Ayurvedic Integrated Theory of Ageing (AITA). He received many international and national awards namely International Aryabhatta award for excellence in Ayurvedic Research by Association of Ayurvedic Professionals of North America (AAPNA), Best International White Paper Award by the Ayurvedic Foundation of South Africa (TAFSA) etc., He authored 4 books and many scientific articles on ayurveda in various national and international journals and delivered many lectures on scientific aspects of Ayurveda. He is also a peer reviewer for many journals. Presently he is working on "Hypothetical Understanding of biology of VATA Vis – a – Vis Nitric Oxide Signalling System".