

Study to Assess the Benefits of Tila Taila Shiroabhyang in Medical Health Professionals: A Study Protocol

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Abstract

Background: Shiroabhyanga is mentioned in many Samhitas as a part of Dincharya (daily regime of personal hygiene) & part of treatment for Shiroroga. The shiroabhyanga comes under the classification of the "Murdha Taila". Shiroabhyanga is one of the procedures of Dincharya that people avoid nowadays; it has convenient benefits in Shiroroga, anidra, which is the common problem medical professional's face. Taila abhyanga is one of the best for controlling vitiated Vata. It is famous for soothing effects: stressful life, insomnia which causes an effect on relationship, family. Stress may lead to poor mental health and alcohol abuse, heavier smoking habits, depression, anxiety, emotional withdrawal, gradual loss of empathy toward the patient. The Shiro abhyanga is very well in all these conditions.

Aim: To assess the benefits of Teela tail shiroabhyanga in medical health professionals an observational study.

Objectives: To assess the benefits of shiroabhyanga in medical health professionals. Methodology: Cross-sectional observational study will be done on medical health professionals of the Wardha.

Results: The result will be analyzed statistically based on the study.

Conclusion: Conclusion will be based on observation and analyzed data.

Keywords: Head massage; Medical health professionals; Insomnia; Mental health; Unhealthy lifestyle; Shiroabhyanga

Introduction

Ayurveda's goal is to prevent and cure disease. It is a science that deals with treating diseases and maintaining the health of the healthy. Ayurveda's primary goal is to maintain a healthy person's health while curing a patient's condition. Nowadays, occupational stress has such a negative impact on individuals that it can lead to the onset of various ailments.

Shiroabhyanga is mentioned in many Samhitas as a part of Dincharya (daily regime of personal hygiene) & part of treatment for Shiroroga. The shiroabhyanga comes under the classification of the "Murdha Taila". Oleation or Snehana is told as Purva Karma of Panchakarma. Snehana is divided into 'Bahya' and 'Abhyantara' types. Shiroabhyanga is the former i.e., 'Bahya' Snehana. According to Charaka Samhita, 'Shiroabhyanga' helps to promote Nidra, i.e., sound sleep. Shiroabhyanga is a daily practice that prevents headaches, thinning, greying, and hair loss. It also strengthens the skull, strengthens the hair root, and makes the hair black and long. It aids in the maintenance of one's health. It also nourishes the sensory organs, softens the skin, and gives the face a lustrous appearance. In Charaksamhita, Abhyanga is mentioned as one of the 'bhava' [1].

Background

Definition: Application of medicated or non-medicated tail, ghrita to the head is said to be shiroabhyanga. Shiroabhyanga is the subtype of Murdha Taila. It can be included in a subtype of Abhyanga also. Generally, sukoshna or cold oil is used for this purpose. The main indication of shiroabhyanga is Shiroroga, khalitya, palitya, keshbhumi

rogas, shirorukshata, shirokandu [2]. The Murdha Taila is of four types. They are Abhyanga, seka, pichu, basti. The Murdha Taila is bahuguna (have multiple benefits) and tad Vida, uttarottam (is beneficial) in progressive order, i.e. Seka is more valuable than Abhyanga, pichu is more valuable than seka, Basti is most helpful than pichu seka and Abhyanga [3]. Sthana of Abhyanga: Special places like shir (head), shraavan (karna) or ear and pada i.e., legs are explained for Abhyanga.

Bheda: Samvahana, Kesh - mardana Utsadana, are the 3 types explained by Vatsyayana Kamsutra. According to Tiruka, 5 types are as following, Shushkanga Mardana, Tailanga Mardana, Kshiranga Mardana, Swayamanga Mardana, and Yamalanga Mardana.

Shiroabhyangamatra as per Dhatu (Tissue), Matra (Seconds)

Hair follicles 300 matra (95 sec), Skin 400 matra (127sec), Blood. 500 matra. (159sec), Muscular tissue 600matra (190sec), Fat. 700 matra (220) Bones. 800 matra (254sec), Nervous system/ Bone marrow- 900 matra. (285 sec) [4].

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Citation:

press the head forward to backward and backward to forward. Shiro abhyanga increases the body's prana, the subtle part of the vata dosha. Shiroabhyanga is also beneficial to people's health in body and mind relaxation, hair growth, and skin.

Shiro refers to the mind, head, and neck, whereas abhyanga relates to massage. The skull is the hub of the neurological system and is one of the first locations that the fetus grows in the pregnancy. The brahmarandhra, or tenth gate, is a temperate region on the top of the baby's skull. In the midbrain, it is located directly above the pineal gland and the olfactory lobe [11].

The human body has ten gates from which the prana can leave them are as follows

1. Two Eyes
2. Two Ears
3. Two Nostrils
4. Mouth
5. Genitals
6. Anus
7. Brahmarandhra, at the adhipati marma point.

The brahmarandhra closes at about nine months, and during that time, a gentle scalp massage with oil can help the child learn, think, and remember more and assist the five senses. Shiro abhyanga increases arterial, venous, and lymphatic flow and nourishes the skin and local tissues. It also enhances the condition of the scalp, which may help to stop hair loss. According to Ayurveda, Mana is a ubhyatamaka indriya that connects the brain to the other ten indriyas (5 karmaendriyas + 5 gyanendriyas). When the shleshma and tamas gunas affect the mana, its ability to link is either impeded or temporarily halted. Nidra is the name for this natural transitional stage. Due to exhaustion, the mind and sense organs cannot experience sense objects, known as Nidra or sleep. It is merely a physiological entity that is necessary for living a regular, healthy existence. Nidra is referred to in the classics as tryaopastambha, or life's sub-pillar. Proper sleep is essential for bodily strength, complexion, and sustenance. Mahabhringaraja tail reduces nidranash [12].

Benefits of mahabhringaraja tail shiroabhyanga on health Hair roots become strong, and Hair becomes black and long. All senses of that person become healthy. The facial skin becomes soft and shiny. A person gets relief of Headache, Hair fall or premature greying of hair. The person gets good sleep.

Procedure

The procedure of shiroabhyanga includes smearing the oil to the portions of the scalp above the neck, followed by placing specific strokes. The whole process may be performed in the following steps:

1. Smearing the oil
2. Massage from before backward
3. Picking strokes
4. Flat palm strokes
5. Rocking strokes
6. Finger stroke
7. Fist strokes

8. Squeeze strokes
9. Pressing
10. Ear massage [13].

After Procedure

The client is asked to rest on the chair for 15 minutes, and he may be allowed to take a head bath with hot water. Alternative to the soap, four of the Bengal gram is used cleansing oil.

Precautions

I n c l u s i o n C r i t e r i a

1. Age group between 18 to 28 yrs.
2. Medical health professionals from Mahatma Gandhi Ayurveda College Hospital and Research Centre, Salod (H), Wardha.

E x c l u s i o n C r i t e r i a

1. Medical health professionals any health issues like fever, severe headache.
2. Those who are not willing to perform shiroabhyanga and non-cooperative.

S a m p l e S i z e: 100.

S t u d y D u r a t i o n: 6 months

S t u d y T y p e a n d D a t a C o l l e c t i o n

A pre-tested, validated principal investigator will do a structured and self-administered questionnaire based on a study with a co-principal investigator's help. It will consist of socio-demographic details like name, age, and place.

E t h i c a l a n d D i s s e m i n a t i o n E t h i c s

Ethics and Dissemination Ethics approval was obtained from Institutional Ethics Committee, Mahatma Gandhi Ayurvedic College, Hospital and Research Center, Salod (H), Wardha442001. (Ref.No. MGACHRC/IEC/2021/263, dated 28/07/2021)

C o n s e n t

Written consent of the subject will be taken before the shiroabhyanga procedure.

S a m p l e A n a l y s i s

Data will be analyzed based on appropriate statistics by using SPSS software. Subjects will be enrolled for the study after clearance from the Institutional Ethical Committee.

M e t h o d

Search for Literature review, plan of work, blueprint in the form of flow chart, questioner preparation, and validation of questioner, data collection, and the statistical analysis will be done using descriptive and chi-square statistical tools.

S e g h a d L i a i

It is an effortless procedure to use daily for everyone; not a much specialized person is not needed for the shiroabhyanga process. The design is much time consuming, and it is used according to the weather or seasons or according to time. Side effects of using the shiroabhyanga procedure may be headaches, head heaviness, cold or lethargy.

O b s e r v a t i o n a n d R e c o r d

Observation will be noted and presented in the form of a Questionnaire. Correlation and analysis will be done.

D i s c u s s i o n

The discussion will be done based on observation of data. Shiro Abhyanga is one of the procedure of Dincharya that is avoided by people's nowadays; it has convenient benefits in Shiroroga, anidra, which is the common problem faced by medical professionals. Taila Abhyanga is one of the best for controlling vitiated Vata. It is famous for soothing effects. Due to this reason and we planned the study to assess the benefits of shiroabhyanga.

C o n c l u s i o n

The study will be done based on observation of data.

C o n s e n t

It is not applicable.

A c k n o w l e d g e m e n t

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