SHIRODHARA an ancient therapy for mind

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Shirodhara is the most commonly used and displayed in advertisements related with Spa industry. Any Spa can't be imagined without Shirodhara facility. Pouring of a liquid on the forehead is known as Shirodhara, it can be done by different medicaments like Taila (oil), Takra (buttermilk), Kshira (milk), Kwatha(decoction), etc. When it is done with medicated Ghee or Taila, it is called Tailadhara, when it is done with medicated buttermilk called Takra dhara, when it is done with medicated milk called Ksheera dhara. Dhara is not only used in psychic diseases but also used in psychosomatic diseases like IBS (Irritable Bowel Syndrome), psoriasis hypertension etc.

Biography

Kartikey tyagi has completed his Bachelor of Ayurveda degree at the age of 25 years from H.N.B.Gharwal University, Shrinagar, U.K. and pursuing his M.D. studies from R.G. University of Health Sciences. He has attended many national & international seminars and workshops. He has presented 3 scientific papers in national & 2 scientific papers in international seminars. He has won the prestigious SHARANGDHAR award & KASHYAP award in the year 2005 and 2010 consecutively for his excellent academic performance in the field of ayurveda.

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