

3rd International Summit on
Mental Disorders and Illness
May 13-14, 2022 | Webinar

Volume:24

Clinical assessment of the impact of shirodhara with water treatment in the management of primary headache with associated anxiety and depression

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Shirodhara (dripping of fluid on forehead) is a popular ayurvedic treatment for relieving the headache and stress. **Shirodhara induces** a peaceful state of awareness that results in a dynamic psychosomatic balance. The present study was conducted on 40 cases of primary headache for 15 days duration with an objective of clinical efficacy evaluation of Shirodhara with water and Shirodhara with water and Ashwagandha (**Withania somnifera**) extract orally in the management of headache along with associated anxiety and depression. The patients were randomly divided into two groups of 20 each. It was observed that the patients of group B treated with water shirodhara and Ashwagandha (**Withania somnifera**) extract (500 mg once a day) have shown significant improvement, whereas the group A treated with only Shirodhara with water also showed similar improvement.

Biography

Dr Bertrand Martin graduates from the Faculty of Medicine of the University of Lausanne in 1973. He specializes in Public Health in Guatemala where he obtains a Master Degree (1976). He then administers development and research programs in Saudi Arabia, and Mali. He comes back to Switzerland in 1988. Interested by the mental aspects of medicine, he undertakes a specialization in psychiatry and opens a medical practice in Lausanne (1990) and then moves to Vevey in 2012. Due to his interest for Yoga which arouse at the age of thirteen, he decides to formally study yoga and ayurvedic medicine in Benares and attends a one year course (1993-1994) at BHU (Banaras Hindu University) in India. This university presents the unique characteristic to unite under the same administrative and scientific direction, allopathic and ayurvedic medicine. Dr. Martin currently treats his patients with therapies integrating allopathic medicine, ayurvedic medicine, Yoga, meditation and hypnosis, in his new practice in Vevey, Switzerland.

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