

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

Rutuj Narendra Nerkar¹, Saroj Tirpude², Shweta Parwe^{3*}, and Bhushan Mhaikar⁴

¹Intern, Mahatma Gandhi Ayurveda College, Hospital and Research Centre, Salod; Datta Meghe Institute of Medical Sciences, Wardha, Maharashtra, India

²Assistant Professor, Department of Samhita, Mahatma Gandhi Ayurveda College, Hospital and Research Centre, Salod; Datta Meghe Institute of Medical Sciences, Wardha, Maharashtra, India

³HOD & Professor, Panchakarma Department, Mahatma Gandhi Ayurveda College, Hospital and Research Centre, Salod; Datta Meghe Institute of Medical Sciences, Wardha, Maharashtra, India

⁴Associate Professor, Department of Samhita, Mahatma Gandhi Ayurveda College, Hospital and Research Centre, Salod; Datta Meghe Institute of Medical Sciences, Wardha, Maharashtra, India

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. This 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), shrahan (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, Svayamanga 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].

***Corresponding author:** Shweta Parwe, Professor and HOD, Department of Panchakarma, Mahatma Gandhi Ayurveda College Hospital and Research Centre, Datta Meghe Institute of Medical Sciences, Wardha, Maharashtra, India; E-mail: drshwetap001@gmail.com

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Concept of Modern Massage

Etymology "To touch, feel, or handle" is how the Arabic word "Massa" is translated. "Massa" is a Latin word that means "dough" or "mass." The Hebrew 'me-sakj' "to anoint with oil" could be an ancient etymology. There was some debate about the word's origins at first. Few scholars said it was derived from the Arabic word Mass (to touch), while others claimed it was derived from the Greek word Masein (to knead) (to touch, to feel, to grasp). Due to the widespread usage of massage in the East and ancient Rome, the Arabic and Greek origins postulated by Savery in 1785 and Piory in 1819, respectively, are considered more authentic.

Definitions: Massage does not appear to have a standard definition. According to Graham, massage refers to a series of operations that are typically performed with the hand on the body's exterior tissue in various ways, whether for therapeutic, palliative or sanitary purposes. These are some of the definitions offered by some of the most knowledgeable people on massage. "Massage is the practice of soft tissue manipulation with physical, functional, and in some cases psychological objectives and goals", according to a simple definition.

Massage Classification Classical/manual massage techniques are divided into four basic types based on their nature and characteristics. There are multiple subgroups within each group.

1. By character of techniques: a) Stroking, b) Pressure, 3) Percussion, 4) Vibration
2. By which; depth of tissue approached: a) Light massage, b) Deep massage
3. By which; part of the body used: a) General massage, b) Local massage
4. Utilizing application of pressure: a) Manual massage, b) Mechanical massage

Types of massage according to movements

1. Touch
2. Stroke
3. Friction
4. Kneading
5. Vibration
6. Percussion
7. Joint movements [5].

Prakruti is formed by the union of (male & female gametes) Shukra and shonita at the conception process due to dosha predominance [6]. The most popular method in Dinacharya is Shiro Abhyanga (Head Oil Massage), which may be used to treat various ailments while also healing and rejuvenating the individual. It is an important treatment modality, and especially so, in maintaining health in the healthy Ayurveda proclaims that those who are desirous of being healthy and happy should perform Abhyanga as part of Dinacharya. Abhyanga is adopted for healing, relaxation and as a treatment modality in many diseases. According to Dinacharya, it is one of the most important therapies of daily routines. In this article, an attempt has been made to gather Thoughts on how Abhyanga can aid to avoid stress and create a healthy life style [7].

Baths, oil massages, especially on the head, flower-based scents, and relaxing music are effective ways to fall asleep. (8) Prakruti – Constitution, According to Ayurveda, three main parts make up a human's existence. These three characteristics determine a man's constitution at birth. These three factors combine to generate seven different types of constitutions. The individual with only Vataja Prakruti (constitution) sleeps for a shorter period than those with any other constitution. Apart from that, due to its Anti-Kapha characteristics, Vata Dosha causes sleep loss. The following are some of the causes given by Acharya Susruta for sleep deprivation. The mind also plays a significant role in losing sleep due to increased Vayu, increased Pitta due to mental harassment or elevated stage of mind due to weakness due to accidents, harm, or any injury. Tamo Guna of Mind aids in the production of sleep. It is linked to the Kapha Dosha and aids in the production of sleep. When our mind is agitated by a notion, the Rajo Guna grows, similar to the Vata Dosha. As a result, an increase in RajoGuna causes an increase in Vata Dosha and a decrease in the influence of Tamo Guna, resulting in insomnia [8].

Gunja Taila Shiro abhyanga effects: Gunjatail Shiroabhyanga with Gunjatail offered improved relief for all Darunaka symptoms, particularly in Kandru, Rooksha, Twaksphutana, and Keshachyuti. Tilataila Shiroabhyanga with Tilataila: Shiroabhyanga with Tilataila offered modest relief in all Darunaka symptoms; however, 60 per cent of patients did not exhibit any improvement. According to the preceding discussions, the drug's effect is more significant in Group A than Group B. As a result of the findings mentioned above, it can be concluded that Shiroabhyanga with Gunjatail had a greater overall effect on Darunaka patients with highly significant statistical values than Shiroabhyanga with Tilataila, which may potentially cause sleep loss [9].

Benefits of Shiroabhyanga

1. It is beneficial in treating the central nervous system and head disorders.
2. It prevents headaches and induces sleep.
3. It supports all of the sensory and motor organs.
4. It helps to improve vision.
5. When practiced daily, all of a person's senses become healthy.
6. It protects the scalp from dryness and irritation.
7. It aids in the prevention of premature greying and hair loss.
8. It aids in the improvement of the hair's complexion on the face.
9. Facial massage with oil and cosmetic application to the face to improve the skin of the face, prevent wrinkles and skin illnesses like pimples, and reinforce the eyes and cheeks.
10. It promotes hair growth that is long, black, and strong.
11. A person who does Shiroabhyanga daily would never experience hair loss.
12. Facial skin becomes soft, glossy, and glowy with regular Shiroabhyanga [10].

Abhyanga has a variant called shiroabhyanga. Pour some oil on the top of your head. The oil is then smeared all over the head, from the sides of the skull to the temples, with fingers. Try massaging the scalp along with the see manta marma points. Hairs are twisted clockwise after rubbing this oil all over the head. Finally, with two hands,

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, flour of the Bengal gram is used cleansing oil.

Precautions

As the therapist uses his bare hands for the massage, he should make sure that the client is not suffering from any contagious disease. If the client has any tender points, massage should not be done at such sites.

Problem faced by medical health professionals

A stressful existence leads to sleeplessness, which impacts relationships and families. Stress can result in poor mental health and alcohol misuse, increased smoking, sadness, anxiety, emotional withdrawal, and a progressive loss of empathy for the patient. Psychosomatic conditions like short-duration migraines, skin rashes, irritable bowel syndrome, cardiovascular diseases and strokes. Behaviour changes like irritability, alcoholism, addictive behaviour.

Need for study

Shiro Abhyanga is one of the procedures of Dincharya that is avoided nowadays; it has efficient 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 its soothing effects. Due to this, and we planned the study to assess the benefits of shiroabhyanga.

Aim & Objectives

Aim: To study the benefits of Taila shiroabhyanga in medical health professionals

Objectives: To assess benefits of shiroabhyanga in medical health professionals

Materials and methods

Study Design Cross-sectional observational study

Study Area and Population

The study will be conducted in an urban field practice area of Private Medical College, Sawangi Meghe, and Wardha.

Methodology

This study will be conducted among Mahatma Gandhi Ayurveda College Hospital and Research Centre, Salod [H], Wardha. 100 students will be selected in the age's group 18 to 25yr in Male and Female Students. The teela used from Dattatreya Rasashala, MGACH & RC. The students will advise Shiro Abhyanga with teela Taila of 30 ml for 40 minutes in the morning for one day only. Then they will provide a validated questioner and assess the benefits of Shiro Abhyanga in medical health professionals [14].

Study Setting

The study will be conducted among medical students of the Wardha District.

Inclusion Criteria

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

Exclusion Criteria

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

Sample Size: 100.

Study Duration: 6 months

Study Tool and Data Collection

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.

Ethics and Dissemination

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)

Consent

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

Statistical Analysis

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.

Methods

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.

Strength and Limitation

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.

Observation and Result

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

Discussion

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.

Conclusion

This will be done based on observation of data.

Consent

It is not applicable.

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