

## Role of Shirodhara in treating stress induced Insomnia

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In Ayurveda, NIDRA is considered as one of the tripods of life. Happiness or misery, proper or improper growth, knowledge or ignorance and life or death of a person significantly depends on the sleeping pattern and quality of rest. But, in current era, change in life style and several environmental and social distresses are significantly influencing the stress levels across the globe. Many are experiencing high pressure and stressful life in this competitive world. Stress, in simple words, is a reaction to a stimulus that disturbs human's mental or physical equilibrium. Chronic stress leads to Insomnia, which is known as ANIDRA. If insomnia is not treated properly in earlier stage, it may lead to anxiety and other psychosomatic disorders.

In medical science, there are solutions for many health disorders. Similarly, for insomnia, there are various treatments in Ayurveda. This treatment is commonly known as "Shirodhara". Shirodhara is a Sanskrit word, where "Shiro" represents "Head" and "Dhara" means "Pouring medicine" that is in liquid form. In this treatment, medicinal fluids will be poured in a rhythmic way on the forehead from certain height for prescribed time. Shiro dhara is a process of effectively controlling / maintaining prana and vyana vatas, tarpaka, kapha and alochaka pitta. It maintains equilibrium between neuro peptides and neuro transmitters and regulates the bioclocks of the human mind and body. Hence corrects the pain stimulus, amnesias and sleep disorders are also another segment where in shiro dhara helps. This increases cerebral circulation through acting on "Manomaya kosha" and it restores peace of mind. In practice, there are various types of treatments and medicinal liquids. Some major types of dhara, science and the significance of shirodhara will be discussed in detail in this poster.

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