



Institution's Innovation Council
Saurashtra University

“Use of Panchakarma and Shirodhara in mental health”

25th October 2023

At

Maharshi Arvind Department of Psychology,
Saurashtra University

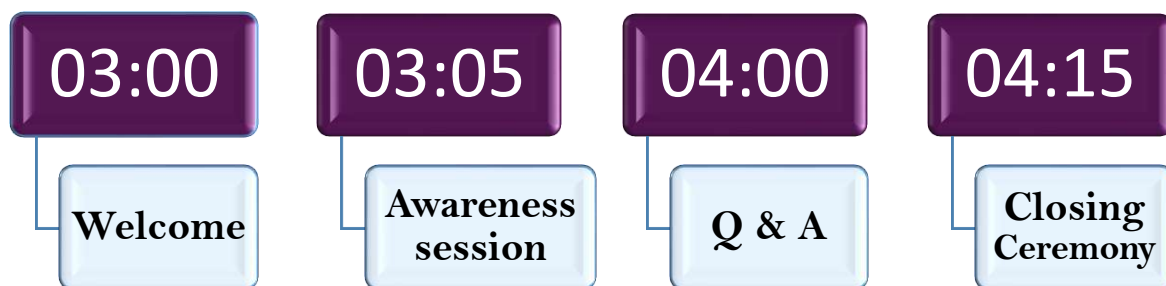
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Saurashtra University – IIC

The university is dedicated to instruction, research, and extending knowledge to the public (public service). Ministry of Education (MoE), Govt. of India has established 'MoE's Innovation Cell (MIC)' to systematically foster the culture of Innovation among all Higher Education Institutions (HEIs). The primary mandate of MIC is to encourage, inspire and nurture young students by supporting them to work with new ideas and transform them into prototypes while they are informative years. Saurashtra University is one the Organization that have constituted the IIC to foster the vision of MoE and be a part for the promotion and development of innovation ecosystem.

Event Schedule



Event Registration Link

bit.ly/SUSEC-USE

Brief about Event

SU Start-up and Entrepreneurship Council, in collaboration with IIC Saurashtra University organized a seminar on “Use of Panchakarma and Shirodhara in mental health” on 25th October 2023.

The event was held at Seminar Hall, Maharshi Arvind Department of Psychology, Saurashtra University. The speaker was greeted with a token of appreciation. Dr. Pratiksha Desai informed the students about Panchakarma and Shirodhara. Its uses and benefits were explained. Panchakarma is a treatment program for the body, mind, and consciousness that cleanses and rejuvenates. It is based on Ayurvedic principles, every human is a unique phenomenon manifested through the five basic elements of Ether, Air, Fire, Water, and Earth. This means that the dosh Suppresses by the langhan pachan process may aggravate at time of its convenience but the dosh eliminated by the shodhan process never aggravate any time. Also, explained the meaning of “Shirodhara and Panchakarma.”

Panchakarma treatments work on the body by Utilising a combination of treatments from steams, saunas, massages, and specific diets. Panchakarma treatment includes preventive, curative and promotive actions for various issues. Panchakarma is a procedure in which utklishtha doshas are expelled out through the nearest route after snehana swedana & abhyanga. The term Panchakarma is made out of two words. Panch- five karma- Refer to the procedure which has multi-dimensional therapeutic effect and having the capacity to expel the doshas in larger quantity. These are Vamana, virechan, asthapana basti, anuvasana basti, nasya, Shirodhara.

The treatments involved in Panchakarma, such as massage, steam therapy, and Shirodhara (oil pouring on the forehead), can help to calm the mind and relax the body. This can lead to a reduction in the levels of cortisol and other stress hormones, which can have a positive impact on mental health. Shirodhara is a classical and a well-established ayurvedic procedure of slowly and steadily dripping medicated oil or other liquids on the forehead. This procedure induces a relaxed state of awareness that results in a dynamic psycho-somatic balance.

Shirodhara is a type of murdha taila application of oil to head/scalp.in which prescribed medicated oil/liquid is continuously poured over the forehead and then allowed to flow over the scalp from a specific height for a certain period of time. Then after the end of the session, the students asked questions to the madam about panchakarma and shirodhara.

Key Points

During the session, below mentioned points were discussed:

- Ayurvedic Treatments for Mental Health Disorders
- Panchakarma: Five Purifying Actions
- Healing through Ayurveda
- Ayurvedic Herbs that control stress and keep the mind calm
- FAQs related to Use of Panchakarma and Shirodhara in mental health

Outcome

As per the event, students learned that Ayurveda is the art of healthy living that works on the basis of 5 elements that the human body is made of, namely, fire, earth, water, and space. Ayurveda comprises various therapies, and Ayurveda panchakarma is one of the most preferred therapies.

Also, Shirodhara done with Brahmi oil for 45 minutes may be beneficial for moderate to severe insomnia. Panchakarma helps the body to get rid of the waste that has accumulated in the body, blocking the flow of some systems such as the nervous system, digestive system, and circulatory system. Ayurveda believes in maintaining a balance between the 5 elements to maintain a healthy human body. Like some other ayurvedic therapies, Panchakarma is used to reinstate that balance to the human body.

About the Speaker/Chief Guest



Dr. Pratixa Desai Doctor

Red Stone Ayurveda Hospital

USE OF PANCHAKARMA AND SHIRODHARA IN MENTAL HEALTH

Department of Psychology, Saurashtra University in collaboration with the IIC and SU Startup and Entrepreneurship Council, Saurashtra University will be hosting a seminar on **"Use of Panchakarma and Shirodhara in mental health"** on 25 October, 2023.

DR. PRATIXA DESAI
Red Stone Ayurveda Hospital

WEDNESDAY
25 OCTOBER, 2023

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