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Moordha Taila as a Nityaupakrama; A Review

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Abstract:

In the present era of materialization and increased in pace of life had affected health factor of humans. The dietary changes thus made also have a huge effect on metabolism of the body. Change in environment and increase in pollution had added to the effect. The health of hair had affected in the majority of the cases. Increase in stress and lack of nutrient supply also hamper the hair health. Decreased hair health and increased stress in vice versa affect each other. Thus to address this present issue, a review is done on procedure of Moordha Taila and inculcating it in our daily routine – Nityaupakrama.

Keywords: *Moordha Taila, Nityaupakrama, hair health*

Introduction:

Ayurveda is one of the most primitive and holistic life science known to mankind. It's not only a curative health science but also a preventive and healthy living life science. It mentions certain sets of rules which when followed leads a healthy and happy life. Here both the mind and body is taken into consideration. The activities which are performed in a certain sets of rules in order to maintain the health is considered and termed under *Dinacharya* in Ayurveda. These activities includes both the external purification as well as internal purification processes. This adds to the natural health of skin and hairs. *Moordha Tailam* is one such activity which is practiced for maintaining the health of hairs and Scalp. This also has effect on one's mental calmness and sound sleep. Thus firstly we will brief the *Dinacharya* i.e. *Nityaupakrama* and then will elaborate *Moordhataila*.

Dinacharya –

Set of activities to be done in daily routine are mentioned and detailed in Ayurveda classics.

This are as follows;

<i>Karma</i>	Activity to be done	Contemporary activities
<i>Utthan - Brahma Muhurta</i>	Waking up early (96 minutes before sunrise)	One can wake up near to sunrise or at regular morning time till 7am.
<i>Souch</i>	Defecation	By drinking warm water on has to defecate naturally
<i>Dantadhavana</i>	Brushing the teeth and cleaning the tongue	Can use medicated paste or use drug sticks
<i>Anjana</i>	Collyrium	Can be once a week
<i>Nasya</i>	Application of <i>Sneha</i> within both nostrils	Can Apply <i>Sneha</i> in nostrils with little finger
<i>Kavala and Gandusha</i>	Oil pulling and holding it in mouth	Can practice it while bathing
<i>Dhoompan</i>	Medicated smoking	Can be practiced once in a week
<i>Abhyanga</i>	Body oil massage	Can be practiced once in a week or can apply oil to Soles, head and ears at the time of bed
<i>Moordha taila</i>	Application of oil to head	Practiced after taking bath and at time of bed
<i>Vyayama</i>	Exercise	Moderate exercise is advocated in early hours
<i>Ubtana</i>	Skin applications	Can be practiced during bathing. Application of soaps for cleansing purpose can be replaced with this Karma
<i>Snana</i>	Bathing	Extracts of <i>Neem</i> and other skin friendly <i>Dravya</i> can be used on daily basis

<i>Vastra- Ratna dharana</i>	Clothing	Use of cotton clothing
<i>Ahara</i>	Dietary regime	Wholesome and freshly prepared food can be taken
<i>Ratricharya</i>	Night regime	Can take warm milk and ghee at the time of bed for better sleep and overall rejuvenation

Each activity is set with a defined purpose to improve the health of that specific *Indriya* and to maintain overall sound health.

Here the contemporary part of each activity is mentioned in the table in order to follow the regime without disturbing the principles of Ayurveda.

Moordha Taila –

It is the process mentioned in *Dinacharya* in which the *Sneha Dravya* are applied to the head.

Types –

Oil/ *Sneha* can be applied in following types which are mentioned under *Moordha Taila*,

1. Shiro Abhyanga –

Application of *Sneha Dravya* to the head followed by the head massage is termed as *Shiro Abhyanga*. It is beneficial for the health of scalp, hair roots and hairs also. It is to be practiced every day in order to maintain the health of hairs and to supply the required nutrients to it. Thus it is one of the main route of drug administration in *Shiroroga*.

2. Shiro Seka -

Shiro Seka is also termed as *Shiro Dhara*. In this there is continuous pouring of medicated liquids on scalp or fore head using *Dhara Yantra*. On basis of liquid medium used it is further categorized in *Takra Dhara, Taila Dhara, Ksheer Dhara, Jala Dhara* etc. This procedure helps to relax the mind and reduce the stress factor. It also helps in patients of insomnia.

3. Shiro Pichu -

In this procedure, a piece of cloth or gauze piece is smeared in liquid medium of medicated liquids and then it is kept on Ant. Fontanelle i.e. *Bramha Randhra*. It is a *Vata* pacifying procedure and thus can be implemented in *Vataj Vayadhi* of scalp and hairs. It is also beneficial in *Vata Roga* like *Pakshaghata, Ardita, Netra Satmbha, Anidra* etc.

4. Shiro Basti -

In this procedure the oil or any other medicated liquids are retained over the head for certain period of time. In it a vessel like – *Basti* is prepared over the head and then medicated liquid is

poured in it, it is then kept for certain period of time according to disease and then the assembly is removed. It is indicated in *Indiya Janya Vyadhi* which are primarily *Vata* dominant.

Dosha and Sneha used;

<i>Dosha</i>	<i>Sneha</i>
<i>Vata</i>	<i>Tila Taila</i>
<i>Pitta – Rakta</i>	<i>Ghruta</i>
<i>Kapha</i>	<i>Til Taila</i>

Here the procedure of *Moordha Taila* is mentioned and is to be practiced in *Dinacharya* – ones daily routine. So the *Shiro Abhyanga* is the procedure which can be practiced on daily basis. Also the other procedures like *Shiro Dhara* and *Shiro Basti* can be performed according to the requirement and vitiation of *Dosha*. The procedure of *Shiro Pichu* can be prescribed for the patients of hair fall and other scalp related problems. It can be practiced daily in given said steps for the underlying disorder.

Inference –

Here by following the daily routine as per prescribed by the Ayurveda in *Dinacharya* it will prove to be beneficial for overall health. In consideration of cosmetic health of skin and hairs, which is gaining importance in present times, these procedure of *Moordha Taila* is found to nourish and improve the health of facial skin and mainly the health of hairs. It is also beneficial for the other mind related disorders like stress, headaches, insomnia, mental confusion etc. Thus in present context, *Moordha Taila* can be useful and should be practices on daily basis.

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