



#shirodhara

Shirodhara is a form of a classical and well established Ayurvedic therapy that involves gently pouring liquids on the center of the forehead of the patient, resting quietly on a comfortable bed. It can be one of the steps involved in Panchakarma. Depending on the specific need, coconut water, buttermilk, milk, medicated oils are used. The name 'Shirodhara' comes from the Sanskrit words shiro (head) and dhara (flow). The clinical benefits observed with Shirodhara in anxiety, neurosis, hypertension, and stress. for more details visit [Tatkshana ayurvedic hospital in bangalore.](#)

