



JSS Ayurveda Medical College & Hospital, Mysuru  
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# JSS AYUR BULLETIN

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## Shiroabhyanga: Rediscovering the Ancient Ayurvedic Secret to Stress Relief and Hair Health

Shiro abhyanga or Hair oiling is a powerful Ayurvedic Dinacharya with multiple health and hair benefits. However, it forms a part of the Ayurvedic Dinacharya i.e practices that MUST be done DAILY or at least multiple times a week. This may come as a surprise to many. Oiled hair is not aesthetically pleasing today. Moreover, there has been a consistent campaign in the beauty industry against traditional practices like hair oiling, so many believe that this is simply a surface level practice.

In fact Ayurveda tells us that the number of hair oiling benefits are very high, and many of these benefits accruing from hair oiling have more to do with overall health than hair health.

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In Ayurveda, Shiro Abhyanga (Ayurvedic head massage) is not just a method of relaxation but a deeply therapeutic ritual. The practice involves applying warm, medicated oils with gentle strokes to the scalp, neck, and shoulders.

This nourishes the scalp, relaxes the nervous system, and promotes overall health. Since ancient times, Shiro Abhyanga has been used to rejuvenate the body, mind, and spirit.

### 1. The Concept of Shiro Abhyanga in Ayurveda

The word Shiro means "head" and Abhyanga means "massage." In Ayurveda, the head is considered the control center of the body, housing the brain, sense organs, and vital energy points (Marmas).

Regular head massage balances the three doshas (Vata, Pitta, Kapha), reduces stress, and restores harmony between the mind and body.

### 2. Shiro Abhyanga and the Choice of Oils

The effectiveness of Shiro Abhyanga depends greatly on the oil used. Different oils serve different purposes:

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Sesame Oil – Warming and grounding, ideal for calming Vata dosha

Coconut Oil – Naturally cooling, balances excess Pitta (heat) and soothes the scalp.

Brahmi or Bhringraj Oil – Nourishes the scalp, supports memory, brain health, and promotes hair growth.

Amla Oil – Strengthens hair roots, reduces dandruff, and adds natural shine.

Using the right oil according to your body type and season maximizes the therapeutic effects.

### 3. Benefits for the Nervous System

A key benefit of Shiro Abhyanga is its ability to calm and support the nervous system. Regular practice can:

- Reduce stress, tension, and anxiety.
- Induce deeper, more restful sleep.
- Improve memory, focus, and concentration.
- Bring emotional balance and mental clarity.

#### 4. How Shiro Abhyanga Supports Hair and Scalp Health

Many people today turn to Ayurvedic head massage for healthy hair. Problems like hair fall, dandruff, and premature graying can often be managed with regular oil massage.

By stimulating circulation to the scalp, Shiro Abhyanga strengthens hair follicles, promotes thicker growth, and adds natural shine.

#### 5. Relief for Headaches and Eye Strain

In today's digital lifestyle, screen fatigue, headaches, and neck stiffness are common. Massaging the temples, scalp, and the base of the skull with oils like coconut or sesame provides quick relief from eye strain, migraines, and muscular tension in the neck and shoulders.

#### 6. How to Practice Shiro Abhyanga at Home

You don't always need a spa for this ritual. A simple home routine works beautifully:

- Warm a small amount of oil.
- Part your hair and apply oil directly to the scalp.
- Massage gently in circular motions using your fingertips.
- Cover the entire scalp, temples, behind the ears, and back of the neck.
- Leave the oil for 30–60 minutes (or overnight for deeper nourishment).
- Wash with a mild herbal shampoo.

- Practicing this 2–3 times a week can bring visible results for both mental calmness and hair vitality.

#### Frequently asked questions on Shiro Abhyanga

##### 1. How often should I do Shiro Abhyanga?

Ideally, 2–3 times a week. Even once a week can provide relaxation, stress relief, and stronger hair.

##### 2. Can I use coconut oil in winter for head massage?

Coconut oil is cooling, so it's best suited for hot weather. In colder months, sesame or warming herbal oils are more suitable.

##### 3. Is Shiro Abhyanga safe for everyone?

Yes, it is generally safe. However, people with cold, sinus infections, or fever should avoid it. If you have chronic health conditions, consult a doctor first.

##### 4. Does Shiro Abhyanga help with insomnia?

Yes. Gentle head massage relaxes the nervous system, lowers stress hormones, and naturally promotes deep, restful sleep.

##### 5. Should I wash my hair immediately after massage?

It's best to let the oil stay for at least 30–60 minutes for absorption. Leaving it overnight can be even more beneficial.





## Sutturu Jatra Mahotsava 2026

Sutturu Jatra Mahotsava 2026 was held from 15-01-2026 to 20-01-2026. The theme for Jatra exhibition was "Child & Mother care in Ayurveda". JSS Ayurveda Medical College won 3<sup>rd</sup> prize for the Jatra Exhibition.



## Republic Day

Republic Day was celebrated in our Institution on 26-01-2026. Dr VA Sajeew Kumar, Scientist & Associate Centre Head, Defense Institute of Biodefence Technology, DRDO-DIBT, Mysuru, was the chief guest for the event.



## THE DESI OIL MELA 2026 AT NANJARAJA BAHADUR CHOULTRY ON 09<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> JANUARY 2026

A Medical Camp under the Desi Oil Mela 2026 program was successfully conducted at Nanjaraja Bahadur Choultry on 9th, 10th, and 12th January 2026 with the objective of providing healthcare services to the community.

### 9th January 2026

The camp was organized at the above-mentioned location from 10 A.M. to 8 P.M. The camp was conducted under the guidance of Consultant Dr. Maithri G M, with active participation from postgraduate scholars Dr. Rakshith Kumar L, Dr. Likitha M, and Dr. Harshitha T R.

A total of 1000 beneficiaries attended the mela. Out of these, 30 patients were clinically examined, consulted, and treated during the camp. Necessary medical advice and appropriate treatment were provided based on individual health conditions. In addition, a demonstration of NASYA KARMA was conducted during the mela and also explained about many panchakarma procedures to educate attendees about its procedure, benefits, and therapeutic significance.

The medical camp was carried out smoothly and efficiently, with good cooperation from the organizing team and the local community. The initiative contributed significantly toward improving health awareness and delivering essential medical care to the beneficiaries.



### 10<sup>th</sup> January 2026

The Camp was organized from 10 AM to 8 PM at NANJARAJA BAHADUR CHOULTRY. The camp was conducted under the guidance of Consultant Dr. Jyoti, with active participation from postgraduate scholars Dr. Chethan Kumar R, Dr. Paturu Sarvani, and Dr. Harshitha T R.

On the 2<sup>nd</sup> day of the mela, around 1,000 beneficiaries participated in the mela. Among them, approximately 58 patients underwent clinical examination, received medical

consultation. Personalized medical advice and suitable treatment with diet do's and don'ts were offered based on each individual's health needs. In addition, a demonstration of NASYA KARMA was conducted during the mela and also explained about many panchakarma procedures to educate attendees about its procedure, benefits, and therapeutic significance.

The medical camp was conducted in an organized and effective manner, supported by strong coordination from the organizing team and active cooperation from the local community. This initiative played a vital role in enhancing health awareness and ensuring the delivery of essential medical services to the beneficiaries.

**11th January 2026**

The camp was organized at the above-mentioned location from 10 A.M. to 8 P.M. The camp was conducted under the guidance of Consultant Dr. Vidyashree M, with active participation from postgraduate scholars Dr. Surabhi S and Dr. Shambhavi.

A total of 1000 beneficiaries attended the mela. Out of these, 50 patients were clinically examined, consulted, and treated during the camp. Necessary medical advice and appropriate treatment were provided based on individual health conditions. In the evening there was panel discussion by all the senior faculties by all the health departments among them Dr Shivaprasad Huded sir added usefull valid points about Ayurveda medicines and its practices in today's world which was very informative

The medical camp was carried out smoothly and efficiently, with good cooperation from the organizing team and the local community. The initiative contributed significantly toward improving health awareness and delivering essential medical care to the beneficiaries.

**Overall Outcome**

Over the course of all three days, the medical camp played a significant role in enhancing health awareness, promoting Ayurveda, and delivering essential medical care to the beneficiaries.

A total amount of ₹19,050 worth of medicines was sold during the medical camp over all three days combined.



# MEDICAL CAMP CONDUCTED AT COURT COMPLEX, SRIRANGAPATNA

Organized by: JSS Ayurveda Hospital. Date: 13-01-2025

## Introduction

A General Medical Camp was conducted by JSS Ayurveda Medical College at the Court Complex, Srirangapatna on 13-01-2025 from 9.00 AM to 4.00 PM. The camp aimed to provide free healthcare services to court staff.

## Objectives

- To provide free health check-ups and early diagnosis of diseases
- To create health awareness
- To provide clinical exposure to PG scholars and interneers

## Camp Organization

The camp was organized at the Court Complex. Three consultant doctors, eight PG scholars, and four interneers from JSS Ayurveda Medical College were deputed. Duties were allocated for screening, consultation, medicine distribution, and overall management to ensure smooth conduct of the camp.

## Camp Activities

The camp commenced at 9.00 AM with patient registration and screening. Patients were examined by consultant doctors, and appropriate treatment along with medicines was prescribed. Medicines were dispensed free of cost. Health advice regarding diet and lifestyle was also provided.



## Patient Statistics

Total Beneficiaries: 81  
 Pharmacy Dispense Amount: ₹8,165/-  
 Consultant Doctors: 3  
 PG Scholars: 8  
 Interneers: 4

## Conclusion

The General Medical Camp was successfully conducted from 9.00 AM to 4.00 PM, benefiting 81 court staff members. The camp provided valuable clinical exposure to students and helped deliver quality healthcare services.

