

Wednesday (2026-2-11)

## ***Shiropichu*: Ayurvedic Head Oil Therapy for Deep Sleep, Headache Relief, Hair Health & Mental Calm**

### **What Is *Shiropichu* and Why Is It So Powerful?**

Did you know that a simple cotton pad soaked in warm medicated oil placed on your head can bring deep sleep, relieve chronic headaches, and even support hair growth? *Shiropichu* is a traditional Ayurvedic therapy where a soft, sterile cotton pad (*pichu*) is soaked in herbal oil and gently placed or tied on the crown of the head (*Brahmarandhra* area). Unlike *Shirodhara* (continuous pouring), *Shiropichu* is simpler, more affordable, and easier to practice at home while still delivering profound results.

In Ayurveda, the head is considered the seat of *Prana* (life force) and the control center for the entire nervous system. *Shiropichu* nourishes the brain, calms *Vata dosha*, and balances the mind-body connection. It is especially beneficial in today's stressful world for people suffering from insomnia, tension headaches, anxiety, hair fall, and mental fatigue.

### **How *Shiropichu* Is Performed**

The procedure is gentle and relaxing. A clean cotton pad is soaked in warm medicated oil (*Brahmi taila*, *Ksheerabala*, *Balashwagandhadi*, or plain sesame/coconut oil depending on the condition). The soaked *pichu* is placed on the top of the head and kept for 30 to 60 minutes while the person lies down comfortably. Gentle massage around the scalp may be added. The oil slowly penetrates through the scalp, reaching the brain and nervous system via rich blood supply and *marma* points.

Generally, sesame oil is excellent in winter for its warming effect, while coconut oil works well in summer for its cooling properties. The treatment is usually done in the evening or before bedtime for maximum relaxation and sleep benefits.

### **Proven Benefits for Sleep and Insomnia**

*Shiropichu* is highly effective for insomnia and poor sleep quality. Clinical studies show that regular application significantly improves sleep onset time, total sleep duration, and sleep efficiency. The oil nourishes *Majja dhatu* (nervous tissue) and calms overactive *Vata*, allowing the mind to settle into deep rest. Many patients report falling asleep faster and waking up refreshed after just a few sessions.

### **Relief from Headaches and Migraines**

One of the strongest indications of *Shiropichu* is chronic headache and migraine (*Ardhavabhedaka*). The therapy reduces inflammation around the head, improves cerebral circulation, and relaxes tense muscles and nerves. Recent case studies and clinical trials

in India have shown remarkable reduction in frequency and intensity of headaches, with many patients experiencing 50-70% relief within 2–4 weeks of regular treatment.

### **Support for Hair Health and Scalp Problems**

*Shiropichu* is widely used for premature graying, hair fall, dandruff, and dry scalp. The medicated oil nourishes hair roots, improves blood circulation to the scalp, and balances *Pitta dosha* (which governs hair health). A 2025 case study using coconut oil *Shiropichu* showed significant hair regrowth and reduced scalp inflammation in Alopecia Areata patients.

### **Mental Calm, Anxiety Reduction & Brain Health**

The therapy has a profound calming effect on the mind. It stimulates the vagus nerve indirectly, reduces cortisol levels, and promotes parasympathetic dominance. Studies on similar head oil therapies report decreased anxiety, improved concentration, and better emotional stability. It is also used as a supportive treatment in neurological conditions like facial palsy and stress-related disorders.

### **Safety, Precautions & Best Practices**

*Shiropichu* is generally very safe when done correctly. Use only pure, cold-pressed oils and clean cotton. Avoid during acute fever, sinus infection, or open wounds on the scalp. Pregnant women and people with high Pitta should consult an experienced Ayurvedic doctor. Start with 30 minutes and plain sesame or coconut oil if you are new to the practice. Generally, doing it 4–5 times a week in the evening gives excellent results.

### **How to Make *Shiropichu* Part of Your Daily Ritual**

After your evening walk or light dinner, warm 20–30 ml of oil. Soak a cotton pad, place it on the crown, and lie down for 30–45 minutes. You can listen to calming music or do gentle breathing. Wipe excess oil with a soft cloth before sleep. Consistency is key — many people notice deeper sleep and calmer mind within the first 7–10 days.

### **Conclusion: A Simple Yet Profound Practice**

*Shiropichu* is one of Ayurveda's most accessible and powerful head therapies. Just a few minutes before bed can bring better sleep, relief from headaches, healthier hair, and a calmer mind. It is natural, cost-effective, and deeply nourishing — perfect for modern life.

For more health tips, visit and download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#), and watch videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

### Special Acknowledgement: Inspiration and Guidance

The inspiration for writing these blogs stems from free “Zero Medicine” Zoom sessions conducted by **Dr. Kirti Runwal** and hosted by the **Awesome 20** group daily at IST 8:40 A.M. daily (7 days a week) throughout February, 2026 at the same zoom link to attend <https://benchmarkod.com/Magical-2025/fs/10> . I would like to express my heartfelt gratitude to her and the entire Awesome 20 group for their profound knowledge and invaluable insights in the field of Ayurveda, which encouraged me to share this scientific and traditional approach to health.

### Bibliography

1. Rani S, et al. Effect of Nabhi Taila and Shiropichu in Primary Dysmenorrhea. J Ayurveda Integr Med. 2022.
2. Yadav K, et al. Clinical study on Shiropichu in Khalitya (Alopecia). World J Pharm Res. 2023.
3. Conceptual Study on Shiropichu and Its Role in Psychological Disorders. Ayushdhara. 2023.
4. Case study on Shiropichu with coconut oil in Alopecia Areata. J Ayurveda Integr Med Sci. 2025.
5. Systematic review on Murdhni Taila therapies including Shiropichu for headache and insomnia. Int J Res Ayurveda Pharm. 2024.
6. Clinical evaluation of Shiropichu in stress and anxiety. Anc Sci Life. 2022.
7. Comparative study of Shiropichu vs Shirodhara in insomnia. J Ayurveda Integr Med. 2023.
8. Transdermal absorption and neuroprotective effects of medicated oils via scalp. J Ethnopharmacol. 2024.