

# Taladharana

**A**pplication of the herbal paste on the vertex followed by bandaging is known as Taladharana.

This procedure is performed as a preparation of the client for svedana process.

Frequently this is also prescribed as an individual therapeutic procedure.

As a preventive measure, taladharana is applied on the vertex, and has cooling effect on the body, more particularly on the head.

Thus, it prevents the complication of over perspiration.

## INDICATIONS

As a preparation of the client, taladharana is carried out before subjecting to sarvanga sveda.

Correcting imbalances of pitta dosha.

Anxiety and other psychological illness.

Hypertension

Insomnia

Premature graying of hair.

## REQUIREMENTS

Medicinal paste as per the prescription.

Medicated oil for Shiro-abhyanga.

Plantain leaf -3 inches wide 2 feet long cotton ribbon.

Cotton thread

## PROCEDURE

Morning hours after the evacuation of the bowel and bladder as well as brushing the teeth, client is subjected to abhyanga procedure.

After the abhyanga client is asked to comfortably sit on a knee-high chair.

Then the taladharana is applied.

Before beginning the treatment, the therapist should chant the svastivacana hymn or prayer.

This is the procedure when taladharana is performed as a part of svedana treatment.

If tala dharana is performed as an individual treatment, it is carried out after the bath so that the medicines may be kept the head undisturbed for a longer duration.

Here also the client is subjected to shiro-abhyanga before applying the taladharana.

## TYING A HEM

2 feet long and 3 inches wide cotton ribbon is folded along its length to make it a half inch wide hem. This hem is tied around client's head at the level of the forehead. Preferably the knot is placed posteriorly just below the bony prominence at the occiput. This hem absorbs the liquid oozing from the paste smeared on the head later during the procedure there by preventing soiling of the face.

## **APPLYING THE PASTE**

The paste of medicine is smeared on the vertex. Smearing is done on approximately four-inch-wide circular area and the thickness of which should be around 1/3rd of an inch.

## **MAKING A DEPRESSION**

With the thumb a shallow depression is made at the centre of the paste. So that it can accommodate about 5 to 10 ml of oil.

## **POURING THE OIL**

About 10 ml of oil is filled into the depression made at the centre of application. And the depression is closed by placing a leaf of nirgundi (*Vitex negundo*) or petals of lotus flower. This will prevent the spilling of the oil.

## **COVERING WITH PLANTAIN LEAF**

A plantain leaf of adequate size is made pliant by holding it on live charcoal or flame. This leaf is then placed on the head covering medicinal paste on the vertex. To keep this in position it is tied with a cotton thread approximately at the level of earlier placed hem. This herbal paste is kept in this state for a desirable period and then is cleaned.

## **DURATION**

Taladharana is kept in position for about 2 to 3 hours and then removed.

Also, it should be removed before the paste applied over the vertex gets dried up.

If the taladharana is applied as a part of svedana therapy, then it is kept till the completion of the svedana treatment.

## **AFTER PROCEDURE**

After removing the taladharana the client is allowed to take head bath with hot water.

Alternatively, one can use the decoction of usheera (*Vetiveria zizanioidis*) for head bath instead of hot water.

Use of Bengal gram powder is preferred for cleaning the head instead of toilet soap.

## **Different formulation**

### **Amalaki (*Emblica officinalis*):**

Taladharana with pericarp of amalaki is advisable in clients who will be subjected to any form of sarvanga svedana procedure.

The preparation of paste of amalaki required for the application should be prepared on the previous day of intended taladharana.

For this 200 ml of butter milk is taken in a vessel and to which 200 ml of clean water is added.

To this diluted butter milk 100 grams of dried pericarp of the amalaki is added. This mixture is properly boiled till the pericarp of the amalaki becomes very soft.

The mixture is then ground into a fine paste.

This paste is kept undisturbed overnight for cooling. This paste of amalaki is now ready for use as an application.

### **Arjuna (Terminalia arjuna):**

The freshly prepared paste prepared from the leaves of arjuna (*Terminalia arjuna*) is found to be effective in clients suffering from psychological disorders.

### **Kachoradi churna:**

Taladharana of this herbal combination is very effective in clients suffering from insomnia.