

Application of special Ayurvedic treatment procedures for enhancement of quality of *Uttamanga*

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Abstract

The human being, the most complexed creature in the world, has excellent brain functions including the ability of literacy, speaking, thinking, creativity, sensibility, technical knowledge and many more. With the evolution of the world, God *Mahabrahma* presented this unbelievable gift to mankind. Since then the human used and exploited his brain to fulfill his needs and appetite, not only for constructive purposes but also for destructive purposes changing this world to its present state. As a result, people are suffering from numerous medical problems which further develop competitiveness, sedentary and comfortable life style, stress and unsatisfied egos etc. Among all these countless disorders, those which affect *Uttamanga* (Head) should be given prime concern. Skin, *Nethra* (eye), *Karna* (ear), *Nasa* (nose) and *Mukha* (mouth) are the main doors which influence the brain and lead not only for the causation of *Urdhva-chatrugata* diseases but also for other physical illnesses. 'Stress' is a mental condition which can destroy the man within few seconds. Most non-communicable diseases and occupational diseases too are stemming from these organs as a result of stress. Modern science and technologies have failed in finding solutions for these problems. But Ayurveda system explains and clearly advocates effective measures to prevent and overcome all such diseases by using powerful therapeutic techniques. *Shiromurdha Thila* treatment (for head), *Vakthra Vimardhana* (for face), *Akshi Tharpana* (for eyes), *Karna Poorna* (for Ear), *Nasya* (for nose) are some of them. Ayurvedic medicine has very powerful therapeutic methods which revealed primary importance in self - care and self - healing individualized system. The preventive measures of *Urdhva-chathrugata* diseases from great Vedic tradition must be identified.

Keywords: *Uttamanga*, *Urdhva-chatrugata*, stress

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