

## Clinical Study of Stress Release using Water Shirodhara Therapy.

Dr. Bertrand Martin (1995)

N=25

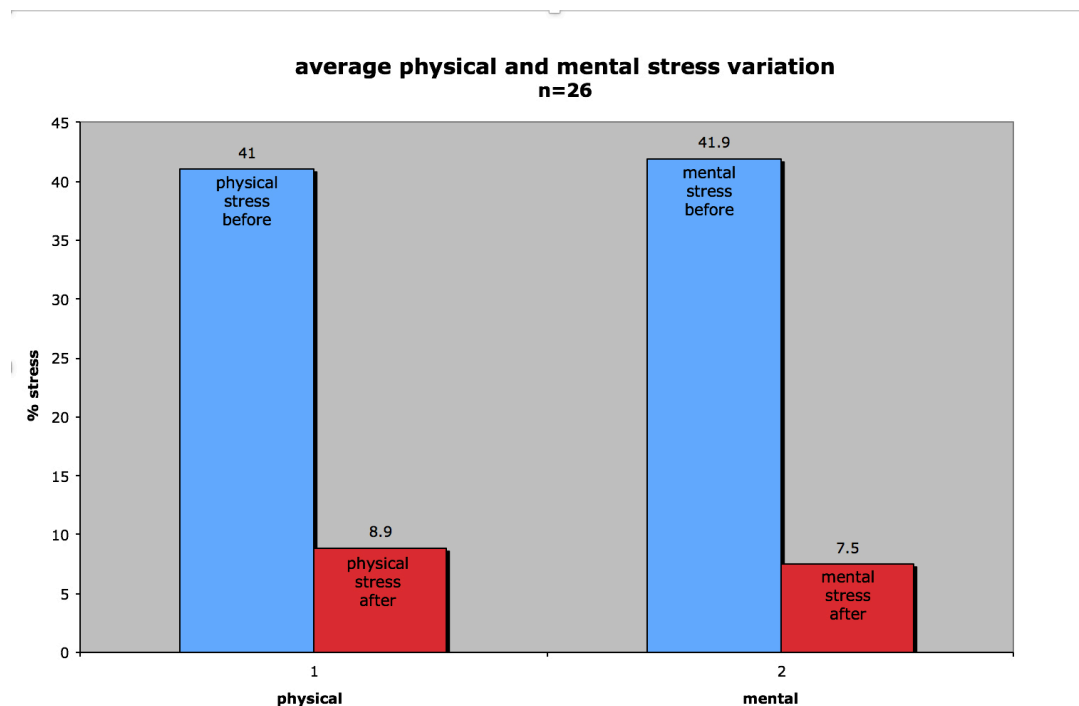
At my practice, Shirodhara technique was tested on a group of 25 people who did not know what they were going to test. Each received a treatment of approximately 1 hour.

The following questions were asked before and after the session:

"If 0% is the minimum and 100% the maximum of physical and mental stress that you have experienced in your life, how much stress do you feel right now, for physical stress and mental stress?"

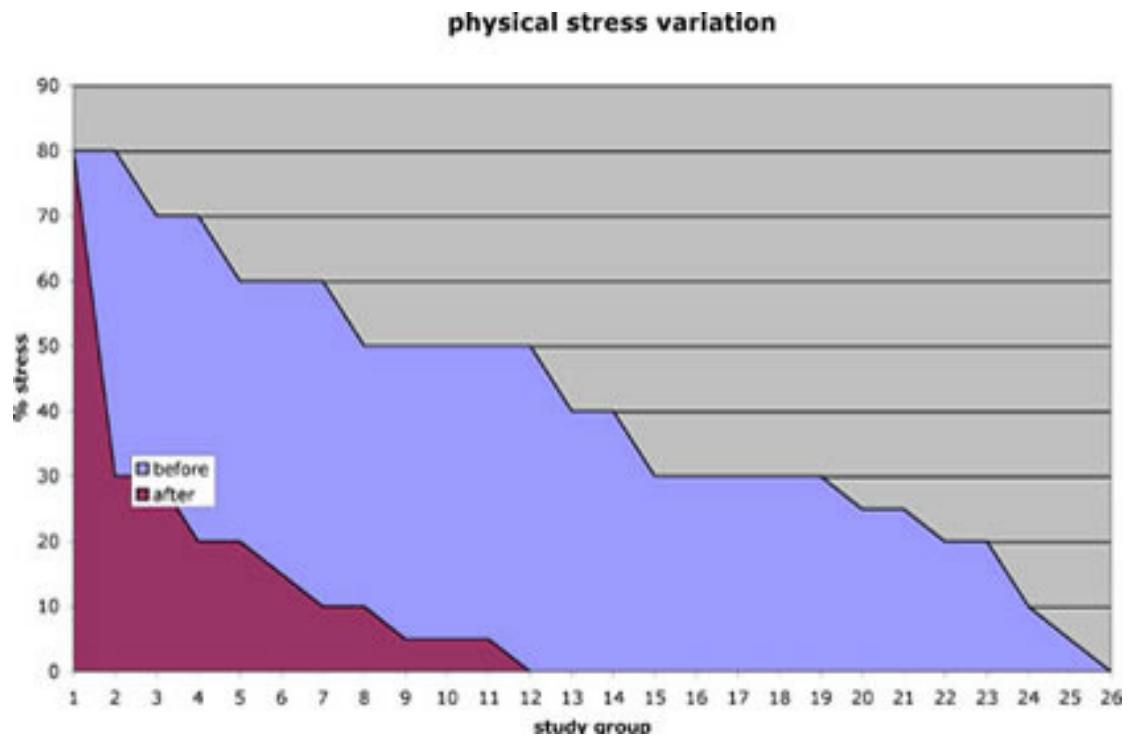
These values before / after the session are compared.

The group showed a very significant decrease in physical and mental stress. The average stress for the group decreased by 32.1% from 41% to 8.9% for physical stress and by 34.5% from 42% to 7.5% for mental stress, as it can be seen in the graph below.

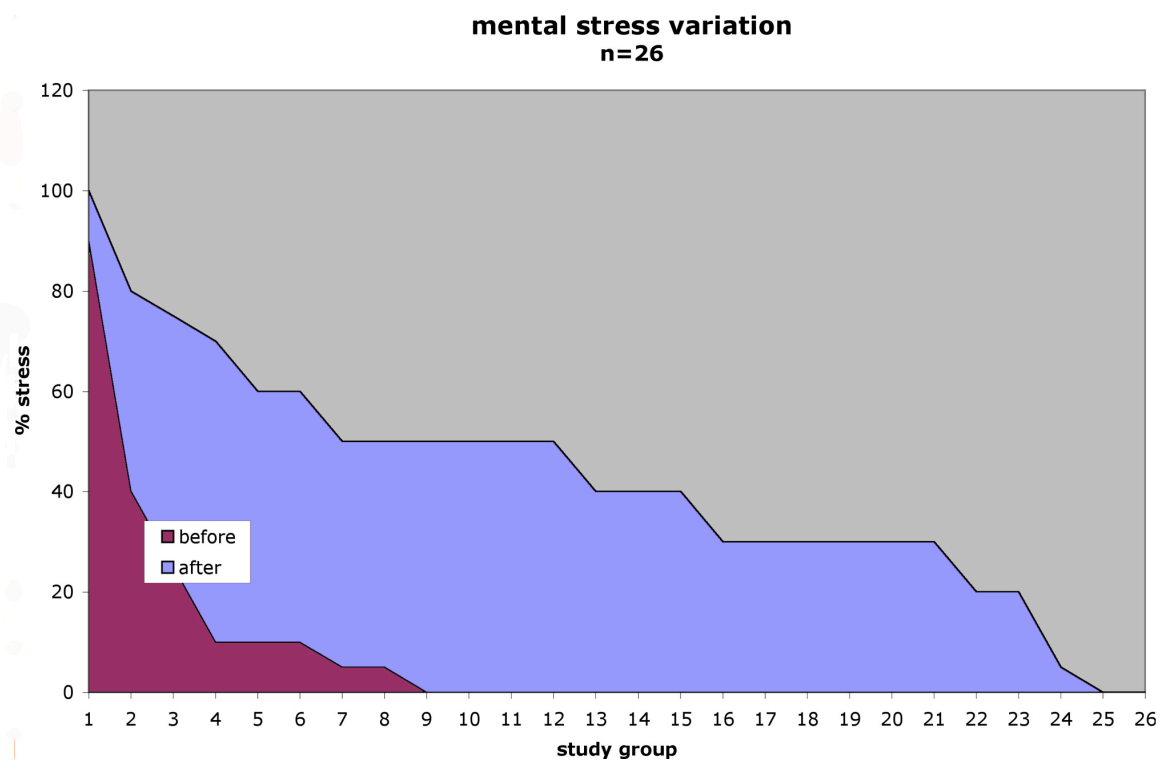


In addition, 54% of the group reported no physical stress and 65% no mental stress after the session. The two graphs below show the overall decrease in physical and mental stress for the study group expressed by the difference between surfaces, the one in blue representing this decrease.

Decreased physical stress for the group represented by the blue surface.



Decreased mental stress for the group represented by the blue surface.



## Equipment used



Stand made of bamboo sticks, plastic tube with a plier to regulate the flow.



Under the table a container with an aquarium heater and a pump.



The flow can be positioned very precisely.

Due to the great results on so many patients with this homemade equipment I decided to develop a device which would be more easy to use, completely automatic and that patients could use easily at home.

After 10 years of R & D, the following device which can be used almost anywhere was born.

