



To Know the Efficacy of Shirodhara with Ksheerbala Taila in Anidra W.S.R to Insomnia: Single Case Study

Bharti M*, Jyoti Manab S, Reshma A and Parul S

Department of Panchkarma, Ayurved University Haridwar, India

*Corresponding author: Mahor Bharti, Department of Panchkarma, Ayurved University Haridwar, India, Email: drbhartimahor@gmail.com

Case Report

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Abstract

Ayurveda has given more importance to *Nidra* by considering it as one among the *Trayo Upastambha*. The disturbance to *Nidra* includes *Anidra* which is said to be a *Vata Nanatmaja Vyadhi* That can be correlated to insomnia. In *Anidra* both *vata* and *Manas* play an important role. Hence Acharyas gave importance to *Vata* in the management of *Anidra* with *Murdhni Taila*. *Ksheerbala Taila* which is used here is having *Vatashamaka* and *Brimhaniya* Property thus it enhances the *Pushti* of *Dhatus* and thus acts on *Anidra*. Here is a Case study to evaluate the efficacy of *Shirodhara* with *Ksheerbala Taila* in *Anidra*. A 37year female patient with the history of *Anidra*, *Krodh*, *Shoka*, *Ajirn*, *Katishoola*, since 25 year. She came Panchkarma O.P.D of Rishikul campus Uttarakhand Ayurved University Haridwar, for treatment. The patient was *Vata pitta* Prakriti with no systemic history of any systemic disease. She was planned for Management with *Shirodhara* with *Ksheerbala taila* and Ayurvedic internal medicine *Avipattikar Churna* and she got moderated relief in sleep pattern.

Keywords: Anidra; Manas; Trayo Upastambha

Introduction

Charaka Acharya has mentioned *Ahara*, *Nidra*, *Brahmacharya* as *Trayoupastambha* [1]. These three factors play an important role in the maintenance of health of a living organism. *Sukha*, *Dukkha*, *Pushti*, *Karshyam*, *Vrusha*, *Klibata*, *Gyana* and *Agyana* and *Jivita* and *Ajivita* all these factors depends on *Nidra* [2]. *Asamyak Nidra* or *Anidra* causes opposite of all these. *Ayurveda* has given more importance to *Nidra*, by considering it one among the *Trayo Upastambha* which is said to be a *Vata Nanatmaja Vyadhi* which can be correlated to *Insomnia* play an important role. Hence Acharyas gave importance to *Ksheerabala Taila* [3], which is used here is having *Vatashamaka*, *Vedanasthapana*, *Pushti* of *Dhatus* and thus acts on *Anidra*. Objectives of this case study are to evaluate *Shirodhara* with *Ksheerabala Taila* in *Anidra*. *Trayo Upastambha*, *Vata*, *Vatashamaka Ahara*, *Nidra* and these three factors play an important role in the

maintenance of *Dukha*, *Pushti* and *Agyana*, *Jivita* is depends on *Nidra* [2]. *Asamyak Nidra* or *Anidra* causes opposite of all these. In modern science we can consider insomnia. It is a condition of inadequate quantity or quality of sleep. Also it is the complaint of difficulty in initiating or maintaining sleep, waking too early and not being able to get back to sleep or waking feeling un refreshed and lethargic. *Ayurveda* has a very good approach towards the treatment of insomnia by both internal and external treatment modalities.

Case Report

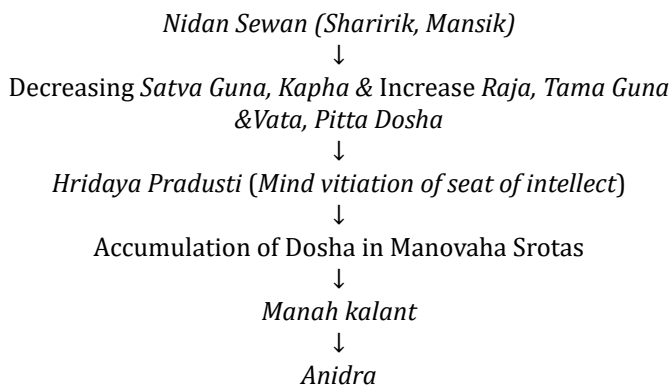
A female patient aged 37 years came to *Panchakarma* O.P.D at Rishikul campus Uttarakhand Ayurved University Haridwar with complaints of *Anidra* (insomnia), *Krodh* (Anger), *Shokh* (Sorrowness), *Ajirn* (indigestion), *Katishoola* (back pain) since 30 year. The patient was unable to get proper sleep since 2 year. She was always worrying of her

parents and also feels insecure of her life. Since then her could not get proper sleep and symptoms *Krodha*, *Bhaya*, *Chinta* increased. She was finding difficulty in initiation of sleep and also disturbed and broken sleep at night. Patient consulted different doctors but did not get satisfactory relief. Stress regarding the disease was present and patient was very anxious about the problem. So patient came to Rishikul campus for further Ayurveda management. No any past history Psychiatric disorder was present.

Clinical Findings

On physical examinations patient was found afebrile with Blood pressure- 126/80mm of Hg, Pulse rate 84/min, R.R-21/min. On systemic examination no abnormality was found in respiratory, cardiovascular, central nervous system activity. In urine examination was found albumin protein trace (2.1gm/dl) and A/G ratio -2.286, serum uric acid -5.8mg/dl. The patient was Vata Pitta prakriti having kuru koshtha, Alpa Bala and Rasavaha, Raktavaha, Manovaha srotodusti Lakshanas were observed.

Samprapti



Samprapti Ghatak

- *Doshas-Manasa – Rajas, Tamas*
- *Sharirika-Vata, Pitta*
- *Duahya-Manasa, Sarvadhātu*
- *Srotas- Manovaha srotas, Rasavaha srotas*
- *Agni- Jathragni*
- *Udhav sthan- Hridaya*
- *Adhishthaana-Hridaya*
- *Vyaktisthana-Manasa, sarvasharira*
- *Rogmarga- Madhyam*

Therapeutic Intervention

Patient with OPD registration number 2232/15233 was admitted on 15/07/2021 having IPD number PW-05. Patient was treated by *Yuktivyapashraya chikitsa*. In *Yuktivyapashraya*

Shirodhara with *Ksheerbala Taila* [3]. For 14 days and Ayurveda internal medicines *Ashwagandharishta* [4]. 2 TSF BD with equal amount of lukewarm water and combination of *pittantaka yoga* 1gm and *Avipattikar churna* [5]. 10gm HS with lukewarm water were given for 14 days. The *Shirodhara* helps the patient to concentrate, which eventually leads to stability in function of mind and improve duration of sleep. *Ksheerbala Taila* is *Vatashamaka, Vedanasthapana* as well as *Balya* and *Brimhaniya* to *Shiro dhatus*. *Shirodhara* with *Ksheerbala Taila* provide relief from *Vataprakopa Lakshanas*. All the ingredients is *Ksheerbala Taila* is *Vatapittahara* properties as they are *Laghu, Snigdha, GuruGuna, Madhura* and *Tikta rasa* and *Sheeta Viryayukta, Madhu Vipaka*.

Observation and Results

Till time of Treatment patient had moderated relief in sleep pattern and duration of sleeping time. Patient was not so anxious about the disease and was feeling better. There was marked improvement in sleep initiation and disturbed sleep as result patient was getting happier and patient was satisfactory due to feeling of wellbeing. On follow up after 1 month patient had sustained improvement in symptoms. Patient was happy and satisfied with the management.

Discussion

Manobhigata (mental trauma) and *Pragyaparadha* may be triggering factor for the mental disorder. *Tridosha* plays an important role in the manifestation of the disease *Anidra*. *Vata* is a *Niyanta* (controller) and *Praneta* (motivator) of mind and seems role play a major role in the onset of *Anidra* [6]. *Vata* is also responsible for *Manovyapara* (mental disturbance) and gives rise to symptoms like *Bhaya, Moha, Shoka, Dainya* and *Pralapa* further leading to *Balahani* and *Sukhahani* [6]. The impact of *Pitta Prakopa* in general and *Sadhaka pitta* and *Alochaka Pitta dusthi* in particular and other causative factors are responsible for *Anidra*.

Shirodhara therapy is extensively used for alleviation of psychic and psycho-somatic ailments. The drugs under *Ksheerbala Taila Vatapitta shamak* properties and *Vedanasthapana* as well as *Balya* and *Brimhaniya* to *Sharira dhatus*. The milk used in *Shirodhara* has *Madhuras, Singdha guna, Seeta Virya* and *Madhur Vipak* which subsides *Vata, Pitta, Dosha* and Increase *Kapha Dosha*. In *Shirodhara* prolonged and intermittent stimulation by dripping of oil may provide afferent input to the cerebral cortex leading to a tranquilizing effect. It is deeply relaxing and induces a relaxant state. Detoxification of blood circulation channels in the brain and the rejuvenation of the nervous functioning are the main objectives of *Shirodhara*. The mode of action of *Shirodhara* depends on *therapeutical effect*, physical effect and application of heat. *Shirodhara* has a good effect

in the mental aliment by soothing mind. Continuous flow of *Shirodhara* on Shira may improves the *Dhi* (intellect), *Dhiriti* (attention), and *Smirti* (memory). There is a balance of Raja and Tama *Dosha* and improvement of *Satva Guna*. Through its mechanical effect, *Shirodhara* reestablishes the functional integrity between the *Doshas* located in *Shira* or *Hridya* and helps the patient to concentrate which eventually leads to stability in the functions of mind.

Conclusion

There was significant improvement in the case of *Anidra Shirodhara* with *Ksheerbala Taila* and *Panchkarma* is a ray of hope in managing such case. The present study sets an example in management of *Anidra*. Ayurveda internal medicine can be good option for better management

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