



EFFECT OF *JATAMAYADI SIDDHA KSHEERA SHIRODHARA* IN *ANIDRA* W.S.R. TO INSOMNIA - A CASE STUDY

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ABSTRACT:

Sleep disorders are group of condition that disturbs normal sleep patterns. Insomnia is considered one among them. Insomnia is the condition characterized by difficulty in initiation and maintenance of sleep. The prevalence rate is estimated approximately 10% to 15 % of the general population. In Ayurveda, *Anidra* can be correlated with Insomnia. Contemporary approach are pharmacological (histamines, benzodiazepines, etc.,) and non pharmacological (cognitive behavioral therapy etc.,) with fear of dependency & ADR's. The present case - A 40 years female patient complaining of loss of sleep, irritation, loss of appetite since 2 years registered in Kayachikitsa OPD. History and examinations revealed that due to stress and family issues patient land up into Chronic Insomnia. By considering clinical symptoms patient managed with *Shirodhara* with *Jatamayadisiddaksheera* for 8 days along with *Shamanoushadi* for 30 days. Assessment of result was done by using Insomnia severity index.

Key words: Insomnia, *Anidra*, *Jatamayadisiddaksheerashirodhara*

INTRODUCTION

Insomnia is defined as difficulty in initiating sleep or maintaining sleep, sleep difficulty at least 3 nights a week^[1]. According to the third edition of the International Classification of Sleep Disorders (ICSD-3), Insomnia is characterized by difficulty in either initiating sleep, maintaining sleep continuity or poor sleep quality^[2]. Insomnia classified based on duration and severity - chronic insomnia, short term insomnia. Causative factors are stress, anxiety, excessive screen time and chronic illness etc., are predisposing factors for insomnia. The word *Nidra* derived from the Sanskrit "*nidi kutsyaayaam*". It means sleep, sleepiness etc.,^[3] *Ahara*, *nidra* and *bhramacharya* are considered as *trayopastamba* of life human being.^[4] "*Yada tumanasiklantekarmatmanahaklamanvitaha. Vishayebhyonivartantetadaswapitimanavaha.*" Acharya Charaka explained the mechanism of sleep. When individual mind including the sensory and motor organs get exhausted, he falls asleep and they dissociate themselves from their objects.^[5] The types of *Nidra* are of 6 types. *Tamobhava*, *ShleshmaSamudbhava*, *ManahaShariraShramaSambhava*, *Agantuki*, *Vyadyanuvartini*, *RatriSvabhavaPrabhava Nidra*^[6]. Causative factors for *anidra* are excessive elimination of dosha from the body and the head through *virechana* and *vamana*,

predominance of *satva* and suppression of *tamas*, fear, anxiety and anger, *raktamoskhana*, fasting and environmental settings such as uncomfortable bed. The above mentioned factors, along with overwork, old age, *vatika roga*, *vatajaprakruti* and aggravation of *vata* itself are known to cause sleeplessness^[7]. Sleep hygiene, sleep restriction therapy, cognitive behavioral therapy for Insomnia are non pharmacological treatments. Pharmacological treatments like benzodiazepine, melatonin receptor agonists etc., due to their dependency and marked reduction in cognitive function of individual, some sleep promoting measures are explained in Ayurveda like *abhyanga*, *utsadana*, *ksheeradadisevana* etc.,^[8] as *vata dosha* is main cause for the manifestation of *Anidra*. So, present case study was planned to evaluate effect of *jatamayadisiddhaksheeradhara* in *Anidra* with special reference to Insomnia.

CASE REPORT

A 40 years old female patient house wife having history of loss of sleep since 2 years, associated with burning sensation of eyes and loss of appetite. No history of medication, patient history revealed that due to her family problem she landed up into stress that lead to Insomnia. Patient had no previous history of hypertension and diabetes. Patient was

registered in Kayachikitsa OPD & IPD DGMAMC Gadag on 29/04/2023.

General Examination

BP -130/70mmhg, PR-78bpm, RR-14/min, Temp-97F°.

Cyanosis-absent, Pallor-absent, Clubbing-absent. CVS, RS, CNS, & blood investigation were within normal limits.

Other systemic examination – Found normal

Materials and Methods

AssessmentCriteria

Table No:01 Therapeutic intervention

Sl. No.	Medication	Anupana		Duration
1.	<i>Tab. Agnitundi vati</i>	Water	One tablet three times a day before food	15 days
2.	<i>Tab. Cognium</i>	Water	One tablet three times a day after food	15 days
3.	<i>Saraswatharishta</i>	Water	3 tsp two times a day after food with water	15 days

Observation and Result

Ksheeradhara with *jatamayadichurna* and *shamanaaushadha* gave excellent result by

Assessment of result was done by insomnia severity index. As per ayurvedic treatment patient was treated with *shrirodhara* and other oral medication and psychological counselling.

Treatment Schedule

Bahiparimarjanachikitsa

Shirodhara with

jatamayadichurnasiddaksheera for 45 minutes for 8 days.

Antahaparimarjanchikitsa

improving the quality of sleep. Assessment is done by using Insomnia Severity Index scale before treatment and after treatment.

Table 2: Assessment criteria based on the insomnia severity index ^[9]

Sl no	Criteria	Grading		BT	AT
01	severity of sleep onset	No problem	0	2	0
		Mild	1		
		Moderate	2		
		Severe	3		
		Very severe	4		
02	sleep maintenance	No problem	0	3	1
		Mild	1		
		Moderate	2		

		Severe	3		
		Very severe	4		
03	early morning awakening problems	No problem	0	2	0
		Mild	1		
		Moderate	2		
		Severe	3		
		Very severe	4		
04	sleep dissatisfaction	Very satisfied	0	3	1
		Satisfied	1		
		Neutral	2		
		Dissatisfied	3		
		Very satisfied	4		
05	interference of sleep difficulties with daytime functioning	Not at all	0	3	1
		A little	1		
		Some what	2		
		Much	3		
		Very much	4		
06	notice of sleep problems by others	Not at all	0	2	1
		A little	1		
		Some what	2		
		Much	3		
		Very much	4		
07	distress caused by the sleep difficulties	Not at all	0	3	0
		A little	1		
		Some what	2		
		Much	3		
		Very much	4		

DISCUSSION

- *Nidra* is one of essential part of human life for health and longevity of life. *Nidra nasha*

indicates aggravation of *vata dosha*. By considering causative factors for *nidra nasha*, treatment measures used here is

vatashamaka, indriyaprasadak, medya, amapachaka and nidrajanaka.

- *Shirodhara* - *bahyaparimarjanachikitsa* done where it calms, relaxes and has a cleansing effect on the mind and nerves. It also stimulates the energy centers like *Agya chakra* and *Sahasara Chakra*. *Shirodhara* creates pressure/friction over the *Sthapani Marma* - which in turn stimulates the nerve plexus at that site so that the *Vata* gets normalized and helps to reduce the pain and discomfort.
- The ingredients of *Jatamayadichurna* like *jatamamsi, brahmi, pushkaramoola, tagara, ashwaganda, ushira* and *rasna* which are *vata pitta hara, sukoshnaksheera* which was *ushna, guru* and *snigdha* which subside the aggravated *vata*.
- As *ama* is one of the causative factor for *nidranasha, agnitundivati* which helps for *ama pachana* and *agnideepana*. *Kroda, shoka* and *bhaya* are other causative factor for insomnia. So Tab Cognium was used. It contains *shankapushpi, ashwaganda* which are acting as adaptogenic against stress and *jala brahmi, jyotishmati* improves the cognitive function.
- *Sarswatarista* contains *medya, smriti, bala, ayukaraka* properties which was used in patients with stress induced insomnia. It calms mind and may improve the quality of sleep.

CONCLUSION

- *Anidra* (insomnia) which is more prevalent in this present era due to change in life style of human being. If it was neglected and not treated properly, patient may suffer from depression, marked distress.
- So early diagnosis and treatment is very much essential, ayurvedic treatment was efficient as there is no chance of drug dependency.
- We found significant changes were observed in different parameters in this case study. From the above study it can be concluded that *Shirodhara* as external therapy and with Tab Agnitundi vati, Cognium and Saraswatharishta is very useful in the stress induced Insomnia[*Anidra*]. There was improvement in the duration and the quality of sleep, increased appetite and irritation and burning eyes reduced.
- *Shirodhara* which was proven treatment for anxiety and psychological disorder. So, suffering from insomnia due to stress, *shirodhara* procedure made a huge improvement.

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