

An Ayurvedic Aspect of *Anindra* with Special Reference of Insomnia

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ABSTRACT

Ayurveda is described *Nidra* as one of the most important *Upastambha* of health associated with *Ahara* and *Bramhacharya*. The disturbance in *Nidra* might be related to the life style, environmental influence, mental tension, changed food habits and day to day stress which ultimately disturb the psychoneurosis-biological rhythm of sleep. According to classical texts with increasing of *Vata* there happens Insomnia. On the other hand, the effects of psychic disorders on the body have also been mentioned: *Vata* is provoked by *Kama*, *Shoka*, *Bhay*. *Pitta* is deranged by *Krodha*.

Shirodhara is traditionally known for its ability to assist with *Anidra* or sleep problems. *Godugdha Shirodhara* has also too effective in treating *Anidra* (Insomnia). As the *Godugdha* is having identical properties of *Ojas* (immunological power), it promotes *Ojas* (immunological power). *Godugdha* acts as *Rasayana* (medication for increase the immunity), *Tarpaka*, *Jivaniya* (life supporting), *Hridya* (beneficial for heart), *Ahladakara* and *Buddhi prabodhaka* (supporting the mental growth). For getting sufficient sleep "Godugdha" has been selected in the form of *Shirodhara* for the patients. After applied of *Godugdha Shirodhara* and about this study result shown as *Godugdha Shirodhara* 88% improvement on sleeplessness, 91.42% improvement in sleep-wake (s-w) schedule, 89.55% improvement in sleep time and associated complaints.

Keywords: *Nidra*, Psychoneuro-Biological Rhythm Of Sleep, Insomnia, Psychic Disorders, *Shirodhara*, Sleeplessness, Sleep-Wake

INTRODUCTION

Ayurveda is described *Nidra* as one of the most important *Upastambha* of health associated with *Ahara* and *Bramhacharya*. The disturbance in *Nidra* might be related to the life style, environmental influence, mental tension, changed food habits and day to day stress which ultimately disturb the psychoneurosis-biological rhythm of sleep. According to classical texts with increasing of *Vata* there happens Insomnia. On the other hand, the effects of psychic disorders on the body have also been mentioned: *Vata* is provoked by *Kama*, *Shoka*, *Bhay*. *Pitta* is deranged by *Krodha*.

Shirodhara is traditionally known for its ability to assist with *Anidra* or sleep problems. *Godugdha Shirodhara* has also too effective in treating *Anidra* (Insomnia). As the *Godugdha* is having identical properties of *Ojas* (immunological power), it promotes *Ojas* (immunological power). *Godugdha* acts as *Rasayana* (medication for increase the immunity), *Tarpaka*, *Jivaniya* (life supporting), *Hridya* (beneficial

for heart), *Ahmadakara* and *Buddhi prabodhaka* (supporting the mental growth). For getting sufficient sleep "Godugdha" has been selected in the form of *Shirodhara* for the patients.

NEED FOR STUDY

- Insomnia symptoms occurs in appx. 33% to 50% of the adult population while chronic insomnia disorder that is associated with distress or impairment is estimated at 10% to 15% in India.
- Normal sleep time around 6 to 8 hrs.to everyone because it less due to sedentary lifestyle.
- This study about to assess the pattern and duration of sleeping insomnia patients before and after treatment.
i.e., Sleeplessness, Disorders of Sleep-Wake (S-W) Schedule. Sleep Quality, Sleep Time, After Awakening.

METHODOLOGY

1	Patient Screened	60 Patients
2	Taking Patients of Insomnia	As per Inclusion and Exclusion criteria
V	Pre-Assessment Taken Before Treatment	Sleeplessness, Disorders of Sleep-Wake (S-W) Schedule, Sleep Quality, Sleep Time, After Awakening
4	Apply <i>Shirodhara</i> of <i>Godugdha</i>	30 Patients
5	Post-Assessment Taken After Treatment	Sleeplessness, Disorders of Sleep-Wake (S-W) Schedule, Sleep Quality, Sleep Time, After Awakening
6	Data Analysis and Result	For all Samples Before and After studys

RESULT

- The total effect of therapy was assessed taking in to consideration the total all improvement in signs and symptoms and was calculated by formula:
- Total Effect of Therapy or Overall Effect of Therapy = (Total Before Treatment (BT) - Total After Treatment (AT)) x100 /Total Before Treatment (BT).
- Effect of the *Goudugdha Shirodhara* on symptoms:
 - Sleeplessness - 88.00%
 - Sleep-wake (S-W) Shedual - 91.42%
 - Sleep quality - 99.50%
 - Sleep time - 89.55%
 - After awaking - 88.74%
 - Associated complaints - 94.51%

DISCUSSION

- The Table shows that 70% of patients were assessed under Marked improved category and 30% Patients were assessed with Complete remission, whereas nobody included under Moderate improvement, Mild improvement and Unchanged category.
- *Godugdha Shirodhara* shows 88% improvement in Sleeplessness, 91.42% improvement in Sleep-Wake (S-W) Schedule, 99.5% improvement in Sleep Quality, 89.55% improvement in Sleep Time, 88.74% improvement in After awakening and 94.51% improvement in Associated complaints like *Akshigaurava*, *Shirogaurava*, *Alaska*, *Jrimbha*, *Angamarda*, *Glani*, *Bhrama*, *Ajirna*, *Kshudhamanda* etc.

Mode of Action of *Godugdha Shirodhara*: (*Samprapti Bhanga*)

- *Madhura Rasa*, *Guru - Snigdha Guna* and *Madhura Vipaka* of *Godugdha Shirodhara* get *Shamana* of *Vata Prakopa*. *Godugdha* is having identical properties of *Ojas* (immunological power), it promotes *Ojas* (immunological power).
- *Godugdha* acts as *Rasayana* (medication for increase the immunity). *Tarpaka*, *Jivaniya* (life supporting), *Hridya* (beneficial for heart), *Ahladakara* and *Buddhi prabodhaka* (supporting the mental growth).

CONCLUSION

- According to the present study, the disease *Anidra* (Insomnia) mostly affects people in the age group of 31-43 years.
- *Godugdha Shirodhara* is a very safe and effective procedure which can be practiced in *Anidra* (Insomnia).
- *Madhura Rasa*, *Guru Snigdha Guna* and *Madhura Vipaka* of *Godugdha* has significant effect over *Anidra* (Insomnia).
- *Godugdha Shirodhara* shows 88% improvement in Sleeplessness, 91.42% improvement in Sleep-Wake (S-W) Schedule, 99.5% improvement in Sleep Quality, 89.55% improvement in Sleep Time, 88.74% improvement in After awakening and 94.51% improvement in Associated complaints.

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