

Comparative Clinical Study of *Ksheerbala Taila Sarvanga Samvahan* and *Shiropichu* in the Management of *Nidranasha* with Special Reference to Insomnia

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Abstract:- Ayurveda teaches us how to live the life & what's the art of living (Ch. su.11 /4). Acharya says that for leading a healthy life we have to follow some rules of life like “*Dincharya, Rutucharya, and Achar rasayan* etc. In old days people followed these rules in their daily routine life. Now-a-days life style has changed. Due to this, they cannot take proper sleep. About a 1/3rd of the world population is suffering from various sleep disorders during their life time, Insomnia is chief among them. Most common in younger and middle age group. Ayurveda has described *Trayoupsstamba* for healthier life and sleep (*Nidra*) is one of them. *Nidranasha* has become a very common lifestyle disorder for human being, mainly because of stress induced lifestyle.

Keywords:- *Shiropichu, Ksheerbala taila, Insomnia, Nidranasha.*

I. INTRODUCTION

According to Ayurveda there are 3 pillars of life they are aahar, nidra and brahmacharya. Ayurveda gives more importance to sleep and describes it as one among the primary tripod of life. For the living beings in the world, it is an essential phenomenon for maintainance and restoration of both – body and mind. Thus, Nidra is harmonious feature gifted by nature. Sleep is directly connected with mental state(Ch. Su. 21/35). Vitiated vata causes Insomnia (Su. Su.15/17).

On the other hand the effect of psychic disorders on the body have been also mentioned :Vayu is provoked by Kama, Shoka, Bhaya, Pitta is deranged by Krodha (Ch. Chi. 3/115). Such psychosomatic disorders are the gift of today's era. Because, living standard has gone up in this age. The means of comforts are invented every now and then. However, man is mentally disturbed – this ultimately disturbs psycho-neuro-

biological rhythm of sleep, which is broadly discussed under the sleep disorders.

Nidranasha, a Vataja Nanatmaja Vikara (Ch. Su. 20/11) bears much weight in this regard. The merits and demerits, classification and the management of Insomnia are also dealt along with the concept of sleep in every Ayurvedic treatise.

II. MATERIAL AND METHODS

- All the references regarding *Nidranash, Sarvanga samvahan* and *Shiropichu* are collected from *Laghutrayee* and *Bruhatrayee* and various text books and compilation is done.
- Concept of *Nidranash, Sarvanga samvahan* and *Shiropichu* studied in details.
- Collection of all the references is done and correlation between the data is done logically i.e. by using *yukti Praman*.
- *Ksheerbala taila* prepared as per literature.

❖ *Operational Definitions:*

A. *Samvahana.*

➤ *Procedure:*

- *Poorva karma:*
 - ✓ The room having day light and devoid of direct atmosphere influence like dust will be selected.
 - ✓ *Ksheerbala taila* will be collected.
- *Pradhan karma:*
 - ✓ After completion of *Poorva karma* patient will be asked to seat on table.
 - ✓ *Samvahan* with *Ksheerbala Taila* will be performed in *anulomagati*.

- *Paschat karma:*
- ✓ After *pradhana karma* patient will be advised to take bath after 2 hours.

B. Shiropichu:

- *MurdhaTaila*
Murdhni tail includes
 - *Shiroabhyanga*
 - *Shirodhara*
 - *Shiropichu*
 - *Shirobasti*

Abhyanga<Dhara<Pichu<Basti

And they are more effective in the above mentioned order.

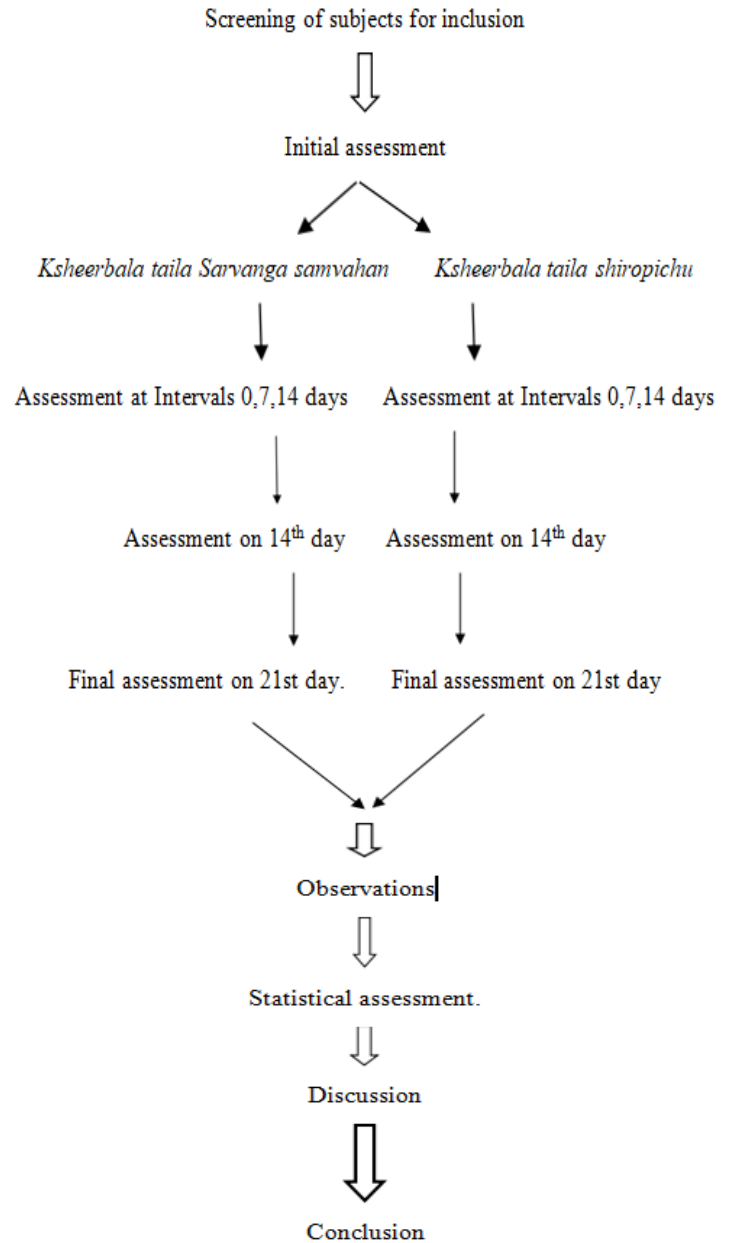
Keeping a piece of cotton gauze with oil poured on it, on the anterior fontanelle of head is called *Shiropichu*.

Shiropichu may be performed at any time of day either before or after bath. Early morning at the time 8:00 am is the ideal time for *Shiropichu* procedure.

➤ *Procedure*

- *Poorva karma:*
- ✓ Refresh patient by brushing his teeth, washing the face after evacuating the bowel and voiding urine.
- ✓ All materials required for *Shiropichu* be collected.
- ✓ *Pichu* size: 3inches,square. Quarter inches thick pad of cotton wool will be wrapped in cotton gauze and then cut into the rounds.
- *Pradhana karma:*
- ✓ Patient will be asked to sit comfortably in a knee high chair and body below neck is dripped with cloth.
- ✓ Prepared cotton pad is placed on vertex exactly on the centre of head at anterior fontanelle.
- ✓ *Ksheerbala Taila* is heated to make luke warm and 30ml oil poured on pad, in such a way that it soaks completely.
- ✓ A square cloth of 40 inches will be used for bandaging. The cloth is folded diagonally from corners to make it triangular bandage.
- ✓ This state is kept undisturbed for 45 minutes.
- *Paschat karma:*
- ✓ Removal of cotton gauze followed by *abhyanga* will be done.
- ✓ Rest to patient and then may allow bath.

III. CLINICAL STUDY



IV. DISEASE REVIEW

A. Importance of Nidra (Sleep):

Ayurveda mentions Ahara, Nidra and Brahmacharya as three Upastambhas. Therefore, disbalance in any of these affects quality of life. Nidra is very essential for leading a happy life, because it refreshes the body and mind. Low quality of sleep ultimately affects the quality of life and the motto of Ayurveda of leading a healthy life is hampered somehow because of Nidranasha.

B. Definition:

Nidranasha (Insomnia) may be defined as difficulty to initiate or maintain sound sleep or the complaint of insufficient sleep or feeling tired even after slept for sufficient time.

C. Etiology of Nidranasa (Insomnia):

Dry property food consumption like barley etc, excessive exercise, hunger and fasting for longer duration, excess of intercourse, are the etiological factors responsible for insomnia according to *Ayurveda*. Fear, anger, anxiety, sorrow, joy, agitation, greed are the psychological reasons for insomnia.

Charakacharya, mentions the following factors responsible for insomnia:

➤ **Kaal – Time/Age:**

Kaal is very important factor for sleep. The influence of *Kapha Dosh*a in the infantile age causes children to sleep most of the time of the day and also at night, but with increase in age, the duration of sleep decreases. There is average sleep of 6 to 8 hours in the middle age. Where as in old age, the duration of sleep further decreases because of predominance of *Vata Dosa* and diminished *Kapha*. Old age usually causes sleeplessness because of this factor.

➤ **Karya (Work)-**

Ayurveda prescribes not to work in the night and not to sleep in the daytime. That means work at daytime and sleep at night. While performing any job, concentration is must. So, the work which are done at night, needs more concentration, but according to sleep cycle, body naturally needs sleep at night time, which is hampered, hence it causes disturbances in the sleep cycle. Ultimately, the people working at night become more prone to insomnia.

➤ **Vikara – Diseases:**

The diseases of *Vataja* origin cause insomnia. According to *Ayurveda* particularly increased *Vata Dosa* is ultimately responsible for loss of sleep because of decrease in *Kapha*.

➤ **Prakruti – Constitution:**

Ayurveda states that human being is composed of three basic elements. The constitution of the man is decided by these three elements, while birth. These three elements form 7 types of constitution. The person having only *Vataja Prakruti* (constitution) shows shorter duration of sleep than persons with any other constitution. Anti-*Kapha* properties of *Vata Dosh*a causes loss of sleep.

➤ **Acharya Susruta mentions reasons for loss of sleep as follows**

Increased condition of *Vayu* and *Pitta* cause sleeplessness. Mental harassment, accidents, hurt or any injury also leads towards insomnia.

- Mind plays an important role in the condition of sleep. *Tamo Guna* of mind which is associated with *Kapha Dosh*a helps in creating and generation of sleep. Disturbed mind due to any thought, increases *Rajo Guna* which closely resembles with the *Vata Dosh*a. Hence increase in *Rajo Guna* ultimately increases *Vata Dosh*a & diminishes the effect of *Tamo Guna* ultimately landing the person in insomnia.
- Weakness generally occurs due to the dominated *Vata Dosh*a and also cause loss of sleep. Apart from this *Ruksha Guna* (dry property) of *Vata Dosh*a causes weakness in the body.
- Accident, hurt or injury, referred as “*Abhighataja Vyadhi*” may also cause loss of sleep or disturbance in the sleep. Traumatic injury can cause pain in the body and this discomfort causes disturbance in the sleep. *Shula* that is pain is a primary symptom of the *Vata Dosh*a. Hence increase in *Shula* ultimately causes increase in *Vata Dosh*a, which directly affects sleep. *Acharya Vagbhata (Bruhad & Laghu)* mentioned these five factors for disturbance in sleep or causing loss of sleep. *Acharya Indu* also commented on these causes on *Anidra*.
- Signs and Symptoms: *Nidranasha* is mentioned as a symptom, or disorder or even sometimes as a complication of certain diseases. Yawning, head-ache, giddiness in the head and eyes, apathy, fatigue, body ache, lethargy, indigestion are the peculiar symptoms arising during *Nidranasha*.

D. Sarvanga Samvahan Probable Mode of Action

Abhyanga gives its benefits when it is done in right manner only. *Abhyanga* (Massage) augments release of endorphin, which are pain reducing neurotransmitters. Also, *Ayurveda* states that, when *Samvahan* is done for specific duration it is beneficial for the body. It enhances the skin, blood, etc. and other *Dhatu*s chronologically, as mentioned in texts.

E. Shiro Pichu Probable Mode of Action

Shiro Pichu acts systemically by Cellular absorption and circulation and effects on CNS by absorption of *Sneha*. It has as effect on master gland, the Pituitary and hypothalamus glands, which are associated with many physical and mental functions. Revitalizes the Central Nervous System by enhancing blood supply and nutrition to brain. According to *Charak*, *Sushrut* and *Vagbhata murdha tail* is classical treatment for *Nidranash* in which *shiro pichu* is one of it.

V. CONCLUSION

Nidra is harmonic feature gifted by nature. If once the harmony is violated, of course his health as well as his sleep will be hampered, because sleep exactly runs according to biological clock. *Nidranash* affects health, personal and social life. First of all, factors responsible for *Nidranash* must be taken into account and they should be avoided. And further administration of *Saravanga samvahan* and *Shiro Pichu* by using *Ksheerbala Taila* can be done. Hence *Sarvanga samvahan* and *Shiro Pichu* will have significant effect in management of *Nidranash*.

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