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 Buddh 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.

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**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**

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<td>Patient Screened</td>
<td>60 Patients</td>
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<td>Taking Patients of Insomnia</td>
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<td>Data Analysis and Result</td>
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**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)) x 100 /Total Before Treatment (BT).
- Effect of the Godugdha 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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