

**AYURVEDIC MANAGEMENT OF NIDRANASH WITH SPECIAL
REFERENCE TO PRIMARY INSOMNIA-SINGLE CASE STUDY****Dr. Prerana Pradeep Dhumma^{*1} and Dr. Hiranman Warungase²**

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ABSTRACT

Nidra has been explained one among the *Trayoupasthambh* in *Charak Samhita*. According to *Acharya Charak* *Nidra* is *bhutdatriti* that nurses all living being. *Nidranash* has not explained as a separate disease, minimum description available that are scattered and mentioned in context of *Vaatajnanatmaj Vikar*, *Vaataj Hridrog*, *Vaataj Jwar* etc. Primary Insomnia is non -organic, unknown etiology and middle aged females are more predominant and defined as the subjective perception of difficulty with sleep initiation, duration, consolidation, or quality for sleep and results in some form of daytime impairment. A 51 year Male patient lecturer by profession came to SMBT Ayurveda College And Hospital OPD complaining of difficulty in sleep initiation, and daytime associated complaints like *Angamard*, *Glani*, *Tandra*, *Shirogaurav*, *Jrimbha*, early awakening with feeling of unfreshness since 3 times per

week, decreased concentration from 30 days. Patient was given *Ayurvedic* treatment for 15 days and observation was done.

KEYWORDS: *Nidra*, *Nidranash*, *Samhita*, Primary Insomnia.

INTRODUCTION

Nidra has been explained one among the *Trayoupasthambh* in *Charak Samhita*.^[1] According to *Acharya Charak* *Nidra* is *bhutdatriti* that nurses all living being.^[2] *Nidranash* has not explained as a separate disease, minimum description available that are scattered and mentioned in context of *Vaatajnanatmaj Vikar*, *Vaataj Hridrog*, *Vaataj Jwar* etc. Ayurveda

explained many reasons for loss of sleep like work, age factor, diseased condition, Constitution and some *doshas* like *Vaat* and *Pitta* that causes *Nidranash*.^[3] set of causative factors primarily cause derangement of *Manodoshas* leading to imbalances in *Sharirik doshas* in later stage. Along with the Diet and exercise, good sleep plays critical role in health and overall wellbeing to boosting neurocognitive functions, mental health and longevity according to the institute of Medicine committee on sleep medicine research. Changing lifestyle, work profile, eating habit, leisure activities, use of electronic devices, different stresses influence sleep pattern and results in sleep related disorders. Primary Insomnia is non-organic, unknown etiology and defined as the subjective perception of difficulty with sleep initiation, duration, consolidation, or quality for sleep and results in some form of daytime impairment.^[4] Sleep duration ideally be 8 hrs per day in adults that is drastically going down.^[5] Indians are the second most sleep deprived after Japan getting an average sleep of 7 hrs 1min.^[6] The prevalence however ranges from 10% to 15% among general population. According to DSM-IV diagnostic criteria they estimated primary insomnia to be 7.8%.^[7] Sedatives and hypnotics drugs are extensively used to treat psychiatric disorders. Their continuous use tends to have serious side effects. Development of new sedative hypnotic drugs with fewer side effects has been suggested to be a promising approach.

Patient information – A 51 year old Male patient lecturer by profession with no previous medical history of physical and psychiatric disorders, no personal and family history of running any genetic disorders, no history of any drug intake in recent few days for any health issues, came to SMBT *Ayurveda* Hospital OPD on date 18 november 2021 with complains of difficulty initiation of sleep, daytime associated complaints like *Angmarda*, *Glani*, *Tandra*, *Shirogaurav*, *Jrimbha*, early awakening with feeling of unfreshness in morning, three times per week, decreased concentration since one month.

Clinical findings – on examination wt -60 kg and height 5 ft 9'' with vitals within normal limits.

MATERIALS AND METHODS

A patient was selected for single case study for IPD of department of *kayachikitsa* in hospital. Patient was examined before treatment and after treatment of 14 days. Patient was treated with *Brahmi vati*^[8] 2Hs with lukewarm water(*brahmi*, *vacha*, *shankhpushpi*, *guduchi*, *jatamansi*, *suvarna*), *Manasmitravati*^[9] 2Hs with lukewarm water(*Bala*, *Nagbala*,

shankhpushpi, bilva, swarna bhasma etc total 73 ingredients), *Shiroabhyang*^[10] with *brahmi Tail* for 15 min in morning and *Omkar mantra* for 30 min twice a day for relaxation.

Duration of treatment -14 days

Treatment details

Drug	<i>Brahmi vati and Manasmitra vati</i>
Kala	At night
Dose and Anupan	2 bd each with lukewarm water
Observation followup	d-0,d-15
Route of administration	Oral
Panchakarm	<i>Shiroabhyang</i> with <i>Brahmi Tail</i> in morning for 15 min
Omkar chanting	Morning 7 am and evening 7pm for 30 min each

Assessment criteria

A. Subjective criteria^[11]

1. *Angamarda*
2. *Shirogaurav*
3. *Jrimbha*
4. *Jadya*
5. *Glani*
6. *Brahma*
7. *Apakti*
8. *Tandra*

B. Objective criteria (Athens Insomnia Scale)^[12]

1) Initiation of sleep(Normal within 30 min)

No difficulty in getting sleep after going to bed - 0

Getting sleep 1hr after going to bed - 1

Getting sleep 2hr after going to bed – 2

Getting sleep >3hrs after going to bed – 3

2) Dreams

No dreams – 0

Pleasant // Occasional dream – 1

Moderately disturbing sleep - 2

Presence of fearful dream - 3

3) Disturbed sleep

Sound sleep – 0

Full time sleep with thoughts – 1

Sleep after 30-60 min with changing postures – 2

Sleep with frequently changing postures - 3

4) Gradation for Disturbances in Routines

Awakening with freshness

Awakening with feeling of unfreshness - 1

Heaviness over forehead and irritation during work – 2

Headache with frequently irritation with family and work -3

Disturbing routine work - 4

5) Gradation for Associated Complaints

Presence of symptoms – 2

Any improvement – 1

Complete relief of symptoms – 0

No changes - 2

6) Duration of Sleep (Normal 6-8 hrs)

Directly it has recorded by patient or his attender.

7) Interrupted Sleep (Normal 1-2 hrs)

Directly it has recorded by patient or his attender.

Observation table

Criteria for assessment (subjective)	Before treatment 0 th day	After treatment on 15 th day
<i>Angamarda</i>	2+	No <i>angmarda</i> 0
<i>Shirogaurav</i>	1+	No <i>shirogaurav</i> 0
<i>Jrimbha</i>	1+	No <i>jrimbha</i> 0
<i>Jadya</i>	-	-
<i>Glani</i>	2+	No <i>glani</i> 0
<i>Brahma</i>	-	-
<i>Apakti</i>	-	-
<i>Tandra</i>	1+	No <i>tandra</i> 0

Criteria for assessment (objective)	Before treatment on 0 th day	After treatment on 15 th day
Time for sleep initiation	(1) Getting sleep 1 hr after going to bed	(0) No difficulty in getting sleep after going to bed
Dream	(0) No dreams	(0) No dreams
Disturbed sleep	(1) Sleep after 30-60min with changing postures	(0) Sound sleep
Difficulty in routine works	(1) Awakening with feeling of unfreshness,(2) heaviness over forehead and irritation during work	(0) Awakening with freshness
Associated complaints	(0)	(0)
Sleep duration	6 hrs	7.5hrs-8hrs
Interrupted sleep	2-3hrs	Sound sleep

RESULTS AND DISCUSSION

Primary insomnia cannot be attributed to an existing medical/ psychiatric/ environmental causes however chronicity may turn into Secondary insomnia. The patient chosen for case study diagnosed with Primary insomnia had poor sleep habits like overuse of mobiles and watching mobiles late night, irregular sleep timings and drinking coffee late evening, stress related to work activated Sympathetic nervous system raising cortisol levels as one of the causes that leads to Primary insomnia. Treating the underlying cause resolves Primary insomnia. Patient was asked to avoid watching mobiles during night time, avoid coffee drinks late evening and to regularize sleep timings. Blue lights emitting from mobile screens blocks the melatonin hormone. Coffee is a stimulant that blocks sleep promoting receptors called Adenosine. Irregular sleeping times mess up with disturbed biological clock of the body. *Ayurvedic* method of finding the particular *hetu* of disease and practice of avoiding those *hetus* that is *Nidanparivarjan* leads to better results along with the *Ayurvedic* medicines and *Panchkarma*, so the patient was asked to stop using mobile 2 hrs before going to bed, practice regular timing of sleep, avoid coffee in evening times. Patient was given *Manasmitra vati* which is widely used in treatment of depression, Stress, Psychosis and is neuroprotective .73 powerful herbs useful in treating the mental problem, improve brain functions memory and concentration. antioxidant properties help in reducing oxidative stress and boost good sleep. Also calms feeling of restlessness, fatigue, normalize heartbeat and relaxes mind. *Brahmi vati* increase serotonin level in brain, help mind keep calm, naturally exhibit sedative effect. In *Nidranash* function of *vaat* get impaired hence *abhyang* on head help in performing *vaatshaman*. *Ayurveda* corrects basic pathology through *panchkarma* like external treatment in the form of *shiroabhyang* to treat insomnia. *Shiroabhyang* reduces *shirashool*, heaviness in

head, pain in neck, shoulder pain, back pain etc. Scientific studies have found that chanting decreases stress, anxiety and depressive symptoms as well as increase positive mood feeling of relaxation and focused attention” Perry says. *Om* chanting change your emotional reactions to external stimuli and internal experiences in a positive way and effective in stress management. With *Om* chanting PNS takes over allows to relax and recover from stressful events.^[13] Chanting *Om* is said to stimulate and help decalcify the pineal gland a pea sized gland located in the vertebrate brain near pituitary gland and hypothalamus that produces melatonin.^[14]

CONCLUSION

Nidranash is caused due to vitiated *Vaat* and *Pitta doshas* that occupies *Manovah strotas*. Selected patient for case study lecturer by profession had sedentary job style that is full time online lectures using mobile phones and more stressful work load, excessive use of mobiles, poor sleep habits, irritations due to pandemic conditions all together lead to vitiation of *Raja dosha* further predominantly *Vatt dosha* *Pitta dosha* vitiation and *Tama kshay* causing *Nidranash* in this case. Aim was to reduce the stress and promote sleep in the patient so *Nidanparivarjan* done along with *Ayurvedic* brain tonic formulations used that pacified vitiated *Vaat dosha* and *Pitta dosha*, *Shirobhyang* and *Omkar* chanting decreased stress and relaxed mind that promoted sleep. During 14 days of treatment patient with Primary insomnia got significant relief. Ayurvedic formulations give significant relief in *nidranash* so is better option rather than Sedatives and hypnotics.

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