

ROLE OF SHIRODHARA BY JATAMANSI TAILA IN ANIDRA IN OLDER ADULTS- A CASE STUDY

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ABSTRACT

Aahara, *Nidra* and *Bramhacharya* are described to the *Trayopasthambas* in *Ayurveda*. Hence forth, Sleep is one of the essential factors to lead a healthy life. Acharya Charaka stated that happiness, misery, proper and indecorous growth, healthy life, death of an individual depend on proper and indecorous *nidra*. *Anidra* is the most common sleep problem in worldwide and can be correlated with Insomnia. A male patient aged 70 years presented with the complaints of sleeplessness, headache(*Shirashool*) and heaviness in all over body(*Angagaurav*) since 1 year thus he took sedatives frequently from last 6 months, in spite of that patient was not getting proper sleep. He was diagnosed as *Anidra*. *Shirodhara* with *jatamansi taila* is given for 14 days is showed as effective management in *Anidra*. *Shirodhara* is a

classical and a well-established ayurvedic procedure is a type of *Murdhatail*. After treatment a marked improvement is seen in 14 days. On the basis of this study it can be concluded that *Shirodhara* play a vital role for the management of *Anidra*.

KEYWORDS: *Anidra*, *Shirodhara*, *Jatamansi taila*, *Insomnia*.

INTRODUCTION

Tridoshas i.e. *Vata*, *Pitta* and *Kapha* are described as *Tristhuna* (Three main pillars) of *Ayurveda*- the science of life. Also *Aahara* (food), *Nidra* (Sleep) and *Bramhacharya* (Abstinence) are described to be the *Trayopasthambas* (Three probative pillars). Hence forth, Sleep is one of the essential factors to lead a healthy life. *Acharya Charaka* included *Anidra*

in 80 *nanatmajavyadhi* of *Vataroga Acharya Sushruta* explained it under *Garbha Vyakarana Sharira*. *Vaikariki Nidra* can be identified to sleep disorders. *Vagbhata* mentioned it in *Trayopastambha* but used the term *Asvapna* in *Vataja Nanatmaja Vikara*. *Sharangadhara* discussed *Anidra* in *Vataja Nanatmaja Vikara*, *Alpanidra* in *Pittaja Nanatmaja Vikara* and *Atinidra* in *Kaphaja Nanatmaja Vikara*. Therefore, all *Acharyas* considered of significance *Nidra* and *Nidranasha*. In a living being, *Anidra* is the most common sleep problem in worldwide and can be correlated with *Insomnia*. The condition in which a person is unable to take proper rest is called *Insomnia*. The person is unable to sleep properly and this affects his daily activities. *Insomnia* (inadequate quality and quantity of sleep) may be a symptom of stressful lifestyle, depressive illness, anxiety disorders, any psychiatric conditions or any other pathological conditions. Whatever may be the cause of *Insomnia* it needs immediate attention in present day lifestyle. If *Insomnia* is left untreated, it may reduce mental capacity of an individual, reduce efficacy, increase the chances of various types of accident and ultimately it may drag the individual towards several severe psychosomatic disorders.

Need of the Study

Now a days modern medical doctors recommend different types of tranquilizers for the management of *Insomnia*. Even though initially the tranquilizers give significant relief in *Insomnia* but nonstop and long term use may induce several harmful effects including drug dependency. In such a situation there is an immediate need for the efficient management of *Insomnia* in a natural way without leading further adverse effect. In *Ayurveda Shirodhara* is indicated as effective management in *Anidra*. *Shirodhara* is a classical and a deep-rooted *Ayurvedic* procedure is a type of *Murdha tail*. Pouring of medicated *kwath* (decoction) or oil on forehead is known as *Shirodhara*. *Shirodhara* is a type of *bahya snehana* described in various *Ayurvedic text*.

AIMS AND OBJECTIVES

To evaluate the role of *Shirodhara* in the management of *Anidra* in Older adults.

MATERIAL AND METHODS

CASE REPORT

A male patient of age 70 years presents with complaints of sleeplessness, headache (*Shirashool*) and heaviness in all over body (*Angagaurav*) since 1 year. Patient complaints of falling asleep during the night, Waking up too early, Difficulty paying attention or focusing on task or remembering. He took sedatives regularly from last 6 months, in spite of that

patient was not getting proper sleep.

Past history- Patient haven't any history of DM/HTN/Thyroid disease/any major surgery.

Personal history

Name-XYZ	Addiction-None
Age-80	Bowel-Regular
Sex-Male	Appetite-Low
Marital status-Married	BP-130/90mmhg
Occupation-Retired	Weight-60kg
Bala-Hina	Height-160cm
Sleep-Sleeplessness	Desh-Sadharan

Astavidha pariksha

Nadi-76/min
Mala-Samyak
Mutra-Samyak
Jihva-Niram
Shabda-Spashta
Sparsha-Samshitoshan
Drik-Normal
Aakriti-Madhyama

Manasbhav pariksha

Bhaya-Absent
Krodha-Present
Shoka-Present
Chinta-Present

Treatment plan

Patient was treated on OPD basis Therapy–Procedure -Shirodhara Drug of choice- Jatamansi
taila Time – 45 min daily morning.

Duration- 14days

Assessment criteria

1. Grading for Total hours of sleep

Parameter	Grade
Normal sleep(6-8 hrs.)	0
Moderate sleep(4-6 hrs.)	1
Mild sleep(2-4 hrs.)	2
No sleep(0-2 hrs.)	3

2. Grading for Difficulty in initiating sleep

Parameter	Grade
Normal sleep within 30 min.	0

>30 mins-1 hrs.	1
>1 hrs-2 hrs.	2
>2 hrs-3 hrs.	3

3. Grading for Headache(Shirashool)

Parameter	Grade
No headache	0
Mild	1
Moderate	2
Severe, require medicine	3

4. Grading for Heaviness in all over body(Angagaurav)

Parameter	Grade
No heaviness	0
Sometimes	1
Most of time	2
Always	3

RESULTS

Effect of Shirodhara on Anidra

S.N.	Symptoms	B.T.	A.T.
1	Total hours of sleep	2	0
2	Difficulty in initiating sleep	3	1
3	Headache	2	0
4	Heaviness in all over body	2	1

DISCUSSION

Sleep-related problems in older peoples are substantially ignored by the physicians. These include *alpa Nidra*, *Khandit nidra*, & *Anidra* or *Nidranash*. Suppressed feelings, disturbed sleeping patterns, worries, anger, old age, overexcitement and ill health may be other responsible factors. Sleep disturbances in the Older adults can lead to changes in the physiological systems, similar as a reduction in the making of appropriate hormones, like the growth hormones, and also a decline in the metabolic functioning.

Shirodhara is a procedure which comes under the external application of *oil/kwath* over the forehead substantially used for neuromuscular relaxation and nourishment. *Shirodhara* is a relaxation therapy which relieves mental exhaustion as well as pacifies the aggravated *vata dosha*. It stabilize the function of central nervous system by relaxing the nervous system and balancing the circulation of blood in the head.

In *Anidra* the main vitiated dosha is *vata*. So balance of *vata dosha* is an important thing to treat Insomnia. By the application of oil over the head, the dryness of skin diminishes and in turn *kapha dosha* increases. The proliferation of *kapha dosha* enhances the *tama*, which counteracts the *raja dosha*. Ultimately this process nourishes the essential factors of body and helps to get ride the problem like Insomnia. *Shirodhara* with *Jatamansi taila* is very useful due to procedural effect as well as due to drug effect. *Jatamansi taila* contains *tila taila* which is having *vyavayi, vikasi sukshma guna* by which it goes to deep srotas(pores) of our body. *Jatamansi* is the main element of *Jatamansi taila* having *kapha-vatashamak* properties due to *Tikta, Kashya, Madhur rasa* and cooling properties due to *sheetvirya* which regulates nervous system and help to reduce stress and improves sleep.

Also nonstop pouring of liquid over a particular point increases local circulation and help in absorption of active principles.

CONCLUSION

From the above study it can be concluded that the *Shirodhara* external therapy with *Jatamansitaila* is very useful in the treatment of Insomnia (*Anidra*). It improve the total hour of sleep and difficulty in initiating sleep, headache, heaviness in all over body. Patient had stopped Sedative drugs and it can prove a safe remedy without any side effects.

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