

ROLE OF MASYADI QWATH DHARA IN THE MANAGEMENT OF ANIDRA (INSOMNIA) – A SINGLE CASE STUDY

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ABSTRACT

In *Ayurveda*, *Aahara* (diet), *Nidra* (sleep), and *Brahmacharya* (celibacy) are identified as the *Trayopasthambas* (three pillars of life). Among these, sleep is considered essential for maintaining good health. *Acharya Charaka* emphasized that an individual's happiness, sorrow, proper or improper growth, health, and even lifespan depend on the quality of their sleep. *Anindra* (sleeplessness) is a prevalent global issue and is comparable to insomnia in modern medicine. This case involves a 43-year-old female patient who experienced sleeplessness, headache (*Shirashool*), and generalized heaviness (*Angagaurav*) for over a year. Despite frequently using sedatives for six months, she did not achieve adequate sleep. The condition was diagnosed as *Anindra*. The patient underwent *Shirodhara* with *Masyadi Kwath* for 14 days, which proved to be an effective treatment for *Anindra*. *Shirodhara*, a well-established classical Ayurvedic therapy and a type of

Murdha Taila, demonstrated significant improvement in her condition within two weeks. This study highlights that *Shirodhara* plays a crucial role in managing *Anindra* and improving sleep quality.

KEYWORDS: *Anindra*, *Shirodhara*, *Masyadi Qwath*, Insomnia.

INTRODUCTION

Tridoshas i.e. *Vata*, *Pitta* and *Kapha* are described as *Tristhuna* (Three main pillars) of *Ayurveda*- the science of life. Similarly, *Aahara* (food), *Nidra* (Sleep) and *Bramhacharya* (Abstinence) are described to be the *Trayopasthambas*.^[1] (three supportive pillars) include sleep, which is considered a vital component for leading a healthy and balanced life. Acharya Charaka rightly emphasized that the quality of sleep influences every aspect of life, including happiness and misery, proper and improper growth, strength and weakness, fertility and infertility, knowledge and ignorance, as well as life and death itself.^[2] Sleep is one of the essential factors to lead a healthy life in 80 *nanatmajavyadhi* of *Vataroga* Acharya Sushruta explained it under *Garbha Vyakarana Sharira*.^[3] *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*.^[4]

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. It is affecting nearly 1/3rd of population (especially youth) in western developed countries and the incidences are increasing day by day in the developing countries like India, Nepal, Sri Lanka, Bangladesh etc. 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.^[5]

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 longterm 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 *Mansyadi Qwath Dhara*^[6] in the management of Anidra.

MATERIAL AND METHODS

Case Report

A Female patient of age 43 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.

Clinical findings

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

Personal history

Name-XYZ	Addiction-None
Age-43	Bowel-Regular
Sex-female	Appetite-Low
Marital status-Married	BP-130/90mmhg
Occupation-House wife	Weight-60kg
Bala- <i>Madhyama</i>	Height-160cm
Sleep-Sleeplessness	Desh- <i>Aanup</i>

Astavidha Pariksha

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

Manasbhav Pariksha

<i>Bhaya</i> -Absent
<i>Krodha</i> -Present
<i>Shoka</i> -Present
<i>Chinta</i> -Present

Treatment Plan

- Patient was treated on OPD basis Therapy–
- Procedure -*Shirodhara*
- Drug of choice- *Mansyadi Qwatha*
- Time – 45 min daily morning.
- Duration- 14days

Assessment criteria

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

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

Grading for Headache (*Shirashool*)

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

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*.^[7] Suppressed feelings, disturbed sleeping patterns, worries, anger, old age, overexcitement and ill health may be other responsible factors.^[8] 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 stabilizes 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 diminutions 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 *Mansyadi Qwatha* is very useful due to procedural effect as well as due to drug effect.^[9] *Jatamansi* is the main element of *Mansyadi Qwatha* 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.^[10] 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 *Mansyadi Qwath* is very useful in the treatment of Insomnia (*Anidra*).^[11] It improves 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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