

## **CLINICAL STUDY OF ASHWGANDHA SIDDHA TAIL SHIROPICHU IN MANAGEMENT OF NIDRANASH WITH SPECIAL REFERENCE PRIMARY INSOMNIA**

**\*Dr. Chaitali Tarwate, Dr. Darshna Borkar, Dr. Roshad Dhale and Anil Wagh**

Assistant Professor, Nashik Maharashtra India.

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**\*Corresponding Author**

**Dr. Chaitali Tarwate**

Assistant Professor, Nashik  
Maharashtra India.

### **ABSTRACT**

Ayurveda is from ancient period for management of various diseases. AHARA NIDRA AND BRAMHACHARYA are tripod of our life. Those plays important role for our swasthya. The concept of three upstambha mentioned in ayurveda is an important one. Human body require food, our mind requires good sleep, our soul requires spirituality. Ayurveda mentioned detail description of sleep, sleeping patterns, the importance of sleep. Tridosha concept describe in ayurveda. Vata dosh is provoked by Kama, Shoka, Bhaya, Pitta is deranged by Krodha. Such psychosomatic disorders are the gift of

today's era. so need of such treatment that does not have side effect but giving good result and with minimum use of oral medication. Nowadays due to changing lifestyle, exhaustively work people are suffering from many diseases. Due to achieve their goal they, they work hard and not getting enough sleep. Panchakarma is mentioned Murdha tailm chikitsa prakar which involve shiropichu. Shiropichu is one of the commonly practiced therapeutic procedure in the disorder of head, scalp. It can be done at OPD level on daily basis. it is very easy to do. patient can do itself at home also. it very helpful to all sense organ and in different stressful condition.

**KEYWORDS:** Shiropichu, murdhtailm, vata dosha, nidranash, nidra.

### **INTRODUCTION**

Ayurveda describe not only medicine, it also describe the way of how to live life. Acharya says that for healthy life we have to follow some rules of life like "Dincharya, Rutucharya, and Acharrasayan etc. Which everyone should followed for healthy state of life. In old days people followed these rules in their daily routine life, so they enjoy their sound sleep.

Nowadays life style has been changed. For the living beings in the world, it is an essential phenomenon for maintenance and restoration of both – body and mind. About one third of the world population suffering from sleep disorder during their life time and inadequate sleep not only affects the individual himself but also affects the society in turn increasing in psychic diseases. Vata itself In Ashtanga Hridaya, he stated that due to excess of Kama, Nidrakshaya occurs.

In ayurveda human body is compared to an inverted tree wherein head is main part of the body, it controls every system and other organs are branches of it. so application of medicine on head can cure many diseases. Murdha tail dealing effective treatment in different neurological disorders. In modern lifestyle mentality of people is not applying oil on scalp, hairs. Those people have best option to keep shiropichu on their scalp and after some time they can clean with cotton and getting all effect of snehana. Stressful lifestyle leads to anxiety, insomnia, hairfall, depression, unmad, apsmar, eye disorder.

Nidranash is one of the Vataja Naanaatmaja Vikara where it is mainly caused by Vata Dosha or Pitta Dosha or due to Manastaapa, Sosha or Abhighata in which Murdhni Tail is mentioned as one of its treatment.

Murdhni Tail is also an effective treatment for nidranash. Shiro Pichu is one of type of Murdhni Tailam.

As Nidranash is vataj Vikara Ideal Treatment for vata is Tail.

## AIM AND OBJECTIVE

**AIM-**To study the role of shiropichu in management of nidranash with ashwgandha siddha tail.

**OBJECTIVE-** To evaluate the efficacy of Shiro Pichu with Ashwagandha Sidha Taila on Nidranash.

To study nidranash in detail.

## MATERIAL AND METHOD

The article is review of materials related to nidranash and shiropichu in ayurvedic texts. Laghutrayi, Brihtrayi, other ayyurvedic text and the research papers in journals.

Drug used-Ashwagandha siddha tail.

Procedure: Shiropichu

Study design:

|                |  |
|----------------|--|
| Purva karma    | Refresh himself by brushing and washing the face after evacuating the bowel and voiding urine. |
| Pradhana Karma | Shiro pichu with Ashwagandha Tail<br>Oil-30ml<br>Duration:45 min,7 days                        |
| Paschaat karma | Removal of gauze and cotton followed by Mrudu Abhyanga in related areas                        |

- 30 patients of clinically diagnosed case of Nidranash (Primary insomnia) was administered with SHIRO PICHU using a Ashwagandha siddha tail.
- Informed written consent was obtained from each and every patient
- Follow up days-8<sup>th</sup>, 15<sup>th</sup>

**Exclusion criteria** Nidranasha associated with any other systemic and metabolic, Lactating Mothers, Pregnant Woman, Nidranash due to other conditions like Madatyaya and Abhigata, Patient below 20 and above 60 years, Severe Psychic disorder, DM and HTN etc.

**ASSESSMENT CRITERIA:** Assessment of the condition will be done based on the detailed Performa adopting Standard method of scoring of subjective and objective parameters which will be analyzed statistically.

#### A. Subjective Parameter

| Sr. no |             | Score 0<br>No<br>Complaints | Score 1<br>Occasionally<br>Present | Score 2<br>Very Often<br>Present | Score3<br>Always<br>Present |
|--------|-------------|-----------------------------|------------------------------------|----------------------------------|-----------------------------|
| 1      | Angamarda   |                             |                                    |                                  |                             |
| 2      | Shirogaurav |                             |                                    |                                  |                             |
| 3      | Jrumbha     |                             |                                    |                                  |                             |
| 4      | Jadya       |                             |                                    |                                  |                             |
| 5      | Glani       |                             |                                    |                                  |                             |
| 6      | Bhrama      |                             |                                    |                                  |                             |
| 7      | Apakti      |                             |                                    |                                  |                             |

**B. Objective Parameters: According to Athens Insomnia Scale (AIS)**

| Sr. no | Sleep Factors                    | Score 0      | Score 1                 | Score 2                 | Score3                                    |
|--------|----------------------------------|--------------|-------------------------|-------------------------|---|
| 1      | Sleep induction                  | No problem   | Slightly delayed        | Markedly delayed        | Very delayed or did not sleep at all      |
| 2      | Awakening during the night       | No problem   | Minor problem           | Considerable problem    | Serious problem or didn't sleep at all    |
| 3      | Final awakening                  | Not earlier  | A little earlier        | Markedly earlier        | Much earlier or did not sleep at all      |
| 4      | Total sleep duration             | Sufficient   | Slightly insufficient   | Markedly insufficient   | Very insufficient or did not sleep at all |
| 5      | Sleep quality Very               | Satisfactory | Slightly unsatisfactory | Markedly unsatisfactory | Un-satisfactory or did not sleep at al    |
| 6      | Well being during day            | Normal       | Slightly decreased      | Markedly decreased      | Very decreased                            |
| 7      | Functioning capacity during day. | Normal       | Slightly decreased      | decreased Markedly      | Very decreased                            |
| 8      | Sleepiness during day            | None         | Mild                    | Considerable            | Mild Intense                              |

**OVERALL ASSESSMENT OF THERAPY**

1. <25% Relief-unchanged
2. 25-50%-Minor improvement
3. >75% Relief – Marked Improvement.
4. 75% Relief Improvement.
5. 100% Relief - Complete Remission

**OBSERVATION AND RESULT**

30 Patients registered in the trial were followed up regularly and the data collected from this showed that 12 patients were from the age group 50+, 19 patients were female, 29 hindus, 12 graduates, 12 housewives and servicers.

The group treated with Shiropichu had good change (75 %+) relief for all fourteen symptoms.

**DISCUSSION**

Shiropichu controls vitiated Vayu and Pitta in the head. When Vata and Pitta getting vitiated would lead to many diseases of the brain, nerves and sense organs by inducing degenerative and inflammatory changes respectively. They, when severely vitiated can cause irreversible damage in these organs. Thus shiropichu is both a prophylactic (preventive) and curative measure for Insomnia.

Since the brain and the nervous system controls the entire body functions, soothing them with shiropichu procedures will keep the body fit and healthy. And make body functions will be smoothly. All endocrine functions of our body are controlled by Pituitary gland. It is the master gland which is located in the head. Small glands which produce important chemicals which are needed for many body functions and discharge it into the blood stream directly, they don't have ducts or tubes to drain their secretions.

Shiropichu controls the pituitary functions and in turn all the other endocrine functions. Thus shiropichu helps to easy and smoothly running body mechanism. Shiropichu soothes the stressed and agitated mind and helps us to keep calm and at ease. Shiropichu helps in discharge of happy chemicals which helps us to come out of mood swings and live at peace. Shiropichu is highly beneficial for the brain, sense organs, nerves and hairs. This not only cures many disorders related to head, neck and the above mentioned organs, it also keeps many diseases away.

**PROBABLE MODE OF ACTION OF DRUG-** Due to Sukshama and Vyavayi Guna of Ashwagandha Tail possess a good spreading capacity through minute channels. Mrudu Guna, and Ushnaveerya remove the causes Shamana of Vata. it also kaphavata Shamaka, Shothahara, Kshayanashaka, Balaya, Rasayani, Atishrukrala, Swapnjanan effect. Indriya prasadyakarata, Balya, Preenana and Brimhana properties can increase general and local immunity. Madhurarasa, Ushnavirya, Snigdha guna and Vata Pitta Shamana properties will promote the nourishment of Dhatus which ultimately increases the general and local immunity and Relief Stress. Ingredient having property to Prevent the growth of bacteria will arrest the secondary infection.

## CONCLUSION

On the basis of this study the conclusion can be drawn as follows

Shiropichu has been potential for treatment of Nidranash by acting as relaxant and cooling effect on Brain and Whole of Nervous System It relieves the stress and maintains the psychosomatic balance. It also causes effect on Pituitary Gland. shiropichu have significant effect on nidranash.

Hence Conclusion may drawn as Shiropichu is more effective in Nidranash with Ashwagandha Tail, with 75% and more i.e Good result in all 14 symptoms.

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