

**STUDY THE EFFECT OF BHRINGAMALAKADI TAILA
SHIROPICHU IN NIDRA VEGADHARANA JANYA LAXANANI W.S.R
TO MURDHA TAILA**

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ABSTRACT

Nidra is considered as one of the three pillars of life.^[1] It is called as Bhootadhatri by Ayurvedic texts. It is considered as an indicator of good health as it relieves stress and refreshes the body. Adequate hours of sleep is required for all the levels of wellbeing such as mental, physical and emotional. Nidra plays decisive role in development, sustenance, reproduction and termination of life. Most of the diseases are mainly due to improper Nidra. None of the other system of medicine is the complete answer for all the health problems as all these aim at symptomatic relief rather than a total cure. Ahara (food), Nidra (Sleep) and Bramhacharya (Abstinence) are illustrated as the Three supportive pillars. Importance of Nidra, its role in maintenance of life is discussed.^[2] Nidra is also considered under Adharaniya Vega. It has been rightly stated by Charak that happiness & misery, proper &

improper growth, good strength & weakness, potency & sterility, knowledge & ignorance and life & demise of an individual depend on appropriate and inappropriate sleep.^[3] The dharana of nidra – vega may cause Moha, Gaurava of Shirah and Akshi, Aalasya, Jrumbha and Angamarda. Nidraanasha may cause, Angamarda, Sirogurutwa, Jrumbha, Jaadya, Glaani, Bhrama, Apakti, Tandra, and other rogas caused by Vaata Dosha⁴. Ayurveda offers a wide

range of therapies and tools to restore balance from dietary recommendation and Panchakarma treatments which together can help a great deal in treating Nidra vegadharana Janya Lakshana. Charak cite Bahyaupacharas such as Abhyanga, Utsadana, Samvahana, Akshitarpana, **Moordhnitaila**, Gramyamamsa rasa, Anupamamsa rasa, Jaleeyamamsa rasa, Manasika Upacharas as Mahishak sheera, Peeyusha, Morata, Manasika Upacharas as Manonukula Vishayagrahana, Mano anukula Shabda grahana, Mano anukula Gandha grahana.^[5]

KEYWORDS: Bhingamalakdi taila, Nidra, Bhrama, Tandra.

AIMS AND OBJECTIVES

Primary objective

1) To study the effect of Bhingamalakadi Taila Shiropichu in Nidra vegadharana Janya Laxanani W.S.R to Moordhataila.

Secondary objectives

- 1) To review the literature of Nidra vegadharana janya Laxanani.
- 2) To review the literature of Murdha taila from Bhritrayi.

INTRODUCTION

Nidra (Sleep) is one of the important factors to lead a healthy life. Suppression of natural urges (Adharaniya Vega) related to Urine, Feaces, Hunger, Thirst, Flatus, Hiccup, Sneezing, Yawning, Vomiting, Sleep, etc.; either willful or forced has been considered to be harmful in Ayurveda and is likely to induce vitiation of doshas, causing several diseases. In Indian culture, Shiro Abhyanga has traditionally been a part of daily routine which is meant for attaining healthy life. Application of oil to the head 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 at bay.

MATERIALS AND METHODS

Patients diagnosed with Nidra vegadharana janya laskshanani were taken for the study from OPD of Yashwant Ayurveda Medical and Research Centre Kodoli, Maharashtra. Literary data was collected from Samhitas (Classical texts) respective journals and articles, internet and other reliable sources. A special case proforma was prepared with all points of history taking, physical signs and symptoms. Accordingly selected patients were subjected to

detailed clinical history and examination. selected patients were randomly placed under single group of 40 patients.

a) Inclusion criteria

- 1) Patient who is having any three of these lakshanas that are Murdhagaurav, Akshigaurava, Alasya, Jrumbha, Angamarda and Tandra.
- 2) AGE group of 20 to 50 years irrespective of gender, religion, economical and marital status.
- 3) Patients presenting with complaints of reduction of sleep time, difficulty in initiation of sleep, wakefulness during normal sleep, either any of these or all of these for the duration of one month or more.

b) Exclusion criteria

- 1) Age Below 20 and above 50 years are excluded from the study.
- 2) Pregnant women and Lactating women.
- 3) Fever, conjunctivitis, inflammatory conditions of head, Patients with moderate and severe hypertension, stroke, Hemorrhagic disorder, epilepsy.
- 4) Patient with alcohol dependency or drug dependency will be excluded from the study.

c) Treatment group

40 diagnosed patients of Nidra vegadharana janya lakshanani on the basis of the lakshana were selected in single group.

d) Duration of treatment

Single group: Number of patients 40

Procedure: Shiro pichu

Duration: 30 days

Clinical features are recorded before the treatment i.e. on zero day. changes with treatment will be observed on the first week and second week, as per the proforma of the case sheet prepared for the study.

e) Followup: Patients are advised to come to follow up, 7th, 15th and 30th day clinical observations will be recorded systematically.

f) Advise: Do not use fan and AC

g) Assessment criteria: Here we will collect and find out Lakshanani seen in patients and follow up will be taken by giving Shiro pichu of Bhringamalakadi Taila to patients. Gradation will be done accordingly symptoms present or absent.

1. Subjective Parameter

1 **Murdhagaurava**No0 → no Heaviness of Head

Mild 1→occasional Heaviness of Head

Moderate 2→periodical Heaviness of Head

Severe 3→often Heaviness of Head

2 **Akshigaurava**No0 →no Gaurava of Eyes

Mild 1→occasional Gaurava of Eyes

Moderate2→periodical Gaurava of Eyes

Severe3→often Gaurava of Eyes

3 **Aalasya**No 0 → begin and finish work quickly

Mild 1→ decreased interest in work

Moderate2→delayed and decreased work capacity

Severe 3→unable to begin work

4 **Jrumbha**No 0 → no yawns

Mild 1→ occasional yawns

Moderate 2→ periodical yawns

Severe3 → often yawning

5 **Angamarda**No 0 → no bodyache

Mild 1→ occasional bodyache

Moderate 2→periodical bodyache

Severe3→ prefectural bodyache

6 **Tandra**No 0 → no

Mild 1→ occasionally

Moderate2→often

Severe 3→frequently

2. Objective parameter

Nidravega dharanajanya Laxanani.

Assessment of subjective and objective parameters will be marked before and after treatment on the basis of gradation.

h) Statistical analysis

The data will be collected and statistically analyzed by using appropriate tests, by consulting a statistician.

i) Diagnostic Criteria

1. Patients will be assessed before and after treatment as per assessment criteria.
2. The nature of the study will be explained to patients in detail and pre treatment consent will be taken.
3. Patients have full right to withdraw from the study at any time.
4. The data will be maintained confidentially and subjected to statistical analysis.

OBSERVATION AND RESULT

OVERALL EFFECT OF TREATMENT		
Grading	Relief in Percentage	Relief in Patients
No Improvement	0%	2
Mild Improvement	1 – 30%	4
Moderate Improvement	31 – 60%	13
Marked Improvement	61 – 99%	8
Complete Remission	100 %	13

Overall Effect of Treatment

D 0	D 30	SD	SE	T value	P value
0.78	0.28	0.222	0.035	10.76	<0.05

DISCUSSION

Vata and Pitta vrudhi occur due to Nidravegadharana. That causes Murdhagaurava, Akshigaurava, Alasya, Jrumbha, Angamarda, Tandra. As this Taila contains Amalaki, Yashtimadhu and TilaTaila, it pacifies vitiated vata and pitta. This will reduce the Nidra vegadharana Janya Lakshanani.

Overall Effect of Shiropichu on Nidravegadharana Lakshanas

In Overall effect of Shiropichu in Nidra Vega Dharana Lakshanas, out of 40 patients in this study, 8patients (20%) were getting Marked improvement and 13 patients (33%) were getting Complete Remission. Overall effect of the treatment is 65.32%.

CONCLUSION

1. Nidra- an essential phenomenon for maintenance and restoration of life, is considered under Trayopasthambha.

2. Proper sleep provides balance of the body constituents, by all means. Sleep is said to nourish, repair the tissue damage caused by various activities of the body.
3. As Nidra is a natural phenomenon as well as Adharaneeya Vega it should be mandatory carried out or practised in a natural way without suppression.
4. If Nidra is suppressed will lead to Nidra Vega dharana Lakshanas having symptoms such as Akshigourava, Moordhagaurava, Tandra, Alasya, Angamarda and Jrumbha.
5. Once Nidra Vega Dharana Lakshanaas are manifested, it should be treated accordingly.
6. Shiropichu is a modular treatment explained in the Samhithas for Nidra Vega Dharana Lakshanas.
7. It was found through this study that Nidra as an Adharaneeya Vega can be effectively managed with Shiropichu.
8. Shiropichu when used as a treatment tool was found to be significant in a majority of the testing parameters which were assessed from Ayurvedic parameters.

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