

Clinical Study to Evaluate the Efficacy of Ksheerabala Taila Shirodhara in the Management of Anidra W.S.R. to Insomnia

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Abstract: *Ayurveda has given more importance to Nidra, by considering it one among the Trayo Upasthambha. The disturbance to Nidra includes Anidra which is said to be a Vata Nanatmaja Vyadhi which can be correlated to Insomnia. In Anidra both Vata and Manas play an important role. Hatayoga Pradeepika has highlighted the inter relationship of Vata and Manas by saying 'Chale Vate Chalanam Chittam, Nischale Nischalam Bhavet'. Hence Acharyas gave importance to Vata in the management of Anidra with Murdhni Taila. Ksheerabala Taila which is used here is having Vatashamaka and Brimhaniya action thus it enhances the Pushti of Dhatus and thus acts on Anidra.*

Keywords: Anidra, Insomnia, Shirodhara, Ksheerabala Taila

