

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

I. INTRODUCTION

Ayurveda is an eternal science of healthy living treasures deals with physical, psychological and spiritual well-being of the human being and covers all the aspect of human life. The fundamental concept of Ayurveda is to maintain health¹. Charaka Acharya has mentioned Ahara, Nidra and Brahmacharya as Trayoupastambha². These three factors play an important role in the maintenance of health of a living organism.

Stress and strain of day to day life affects one's body and mind through several psychophysical mechanisms. Among the several psychophysical disturbances Insomnia is one of them. Although about 30% of adults have symptoms of Insomnia and less than 10% of adults are likely to suffer from Chronic Insomnia of which women and elderly are likely to be more susceptible.

Ayurveda has recognized Nidra as one of the most important dimensions of health associated with happiness and good health which is an outcome of relaxed mental state. The disturbance in Nidra might be related to the life style, environmental influence, mental tension, changed food habits and day to day stress which ultimately disturbs the Psychoneuro-biological rhythm of sleep.

Sukha, dukha, pushti, karshyam, vrusha, klibata, gyana and agyana, Jivita and ajivata all these factors depends on Nidra³. Asamyaka Nidra or Anidra causes opposite of all these. The sleep can also affect the life of man thoroughly as it may also cause death if not taken for so many periods.

Ayurveda has advocated Murdhani taila⁴ treatment modality which tackles both bodily and emotional factors at the same time. Acharyas gave more importance to Vata in the management of Anidra in which Murdhni Taila is mentioned as one of its treatment⁵. Murdhni taila includes Shiro abhyanga, Shirodhara, Shiropichu and Shirobasti.

This study is to evaluate the effect of Shirodhara with the help of Ksheerabala Taila. Ksheerabala taila is Vatashamaka, Vedanasthapana as well as Balya and Brimhaneeya to Shareera dhatus. Hence Shirodhara with this Taila provides relief from Vataprakopa lakshanas.



Objectives of the study

To evaluate the efficacy of Ksheerabala Taila Shirodhara in the management of Anidra w.s.r. to Insomnia.

Methodology –

Case study –

A 28 years old male patient came hospital with symptoms like Anidra, Angamarda, Jrumbha, Glani since from 3-4 months. Patients Nidana was done initially along with Ashtavidha and Dashvidha Pariksha.

Name of Patient - ABC, 28 year - Male

Religion - Hindu

Occupation - Student

Chief Complaints -

Anidra

Angamarda

Jrumbha

Glani

Ashtavidha Pariksha -

1. Nadi - 82/min. 5. Shanda - Spashta
2. Mala - Samyaka. 6. Sparsha - Anushna
3. Mutra - Samyaka. 7. Druka - Prakruta
4. Jivha - Alpha Saam. 8. Akruiti - Madhyam

General Examination -

PR - 82/min

BP - 110/70 mm of Hg

RS - AE= BE, Clear

CVS – S₁ S₂ N

CNS - Conscious, Oriented

P/A - Soft, No Tenderness

Past History -

No H/O – HTN, DM

Patient received Allopathic treatment, but had no relief. Thus, symptoms gradually increased along with shoulder movements.

Management –

1] Aamapachana –

	Dravya	Dose	Anupana	Duration
Aamapachana	Avipittakara Churna ⁶	5 gm BD	Ushnodaka	3 days

2] Shirodhara -

	Dravya	Duration	Period of Study
Shirodhara ⁷	Ksheerbala Taila ⁸	20 minutes	14 days



Along with treatment proper Pathya had been followed by patient. In Aahara, Mahishi Dugdha, Ghrita, Taila, Vasa, Majja pana, Godhum, Masha, Shashtikashali, Draksha, etc, Vatashamaka dravyas are given. In Vihara, Shayana, Nidra is important. Also, some Apathyas was advised that is Vataprakopaka Aahara such as Chanaka, Jambu, Shushka Mamsa, etc.

Observations -

Effect of the treatment on Anidra, Angamarda, Jrumbha, Glani, etc.

Symptoms	Before treatment	After treatment
Anidra	+++	+
Angamarda	++	+
Jrumbha	++	+
Glani	++	+

Discussion -

Ksheerabala Taila is Vatashamaka, Vedanasthapana as well as Balya and Brimhaniya to Sharira dhatu. Hence Shirodhara and Shirobasti with this taila provides relief from Vataprakopa lakshanas. All the ingredients of Ksheerabala Taila possess Vata-Pittahara properties as they are Madhura and Tikta rasatmaka, Sheeta viryayukta and have Madhura vipaka. Almost all of them have laghu, snigtha and guru gunas. These dravyas are absorbed by the action of Bhrajaka Pitta. The Dravyas used in this Taila are Brimhana and Rasayana in nature thus it enhances the rasa and Ojogunas. From this it is clear that it is having dhatu level action. Bala which is one of the important content of this taila which has an effect on normalizing Vata and anti-inflammatory properties etc, Milk which has an cooling effect on the body and Tila Taila also brings the aggravated Vata Dosha to the normal condition.

II. CONCLUSION

Shirodhara are the types of Murdhni taila which are very effective in Anidra. Anidra is not explained detailly by any Acharyas but still they accept the condition under several diseases. Vata-Pittavidhi and Kaphakshaya are seen in this condition along with Rajovridhi. Murdhni taila is said to be the main treatment line for Anidra and its associated complaints. Ksheerabala Taila which is having high Vatanashaka property normalises the vitiated Vata and Pitta. Thus, Anidra w.s.r to Insomnia can be managed better by Panchakarma procedures like Shirodhara for counteracting both the Sharirika and Manasika Bhavas.

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