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Ayurvedic management of *Anidra* with special reference to Insomnia : A Case Study

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ABSTRACT

Purpose: In *Ayurveda*, *Nidra* (~sleep) is one important component of *Trayopstambh*. *Ayurveda* is medical sciences which describes physical mental and spiritual health mental health is well being of a person. As per *Ayurveda*, *Nidranasha* which is due to aggravation of *Vata Dosha* (*Vata Vrudhi*). Now a days modern medicine doctors prescribe different types of transquillizers for treatment of insomnia. In initial days of treatment these medication gives considerable relief but continuous and long term use of these medicine results into adverse effects. **Method:** A 35 years female patient came in OPD of *Kayachikitsa* with complaints of headache and difficulty in falling or maintaining sleep since 6 months. **Result:** Significant relief was observed in Subjective parameters of patient. Reduction in PSQI score from 17 to 9 within 20 days of treatment was observed. **Conclusion:** *Ayurvedic* treatment modalities for the treatment of *Anidra* (Insomnia) which could be safe, effective, readily available, cost effective without any side effects. *Ayurveda* has a potent approach towards the treatment of *Anidra* by both internal and external medications.

Key words: *Anidra*, *Shirodhara*, *Basti*, *PSQI*.

INTRODUCTION

Vata, *Pitta*, *Kapha* are *Tristhuna* i.e. three pillars of life. In *Ayurveda*, *Nidra* (~sleep) is one important component of *Trayopstambha*.^[1] Proper sleep gives *Sukha* (happiness), *Pushti* (nourishment), *Bala* (strength), *Vrishata*, *Gyaan* (knowledge), *Jeevita* (life). Improper sleep or less sleep results into *Dukha* (unhappiness), *Karshyata* (emaciation), *Abala* (weakness), *Kleebata* (impotent), *Agyana* (impaired knowledge or unwise), destroys the life. Just like

taking proper food keeps the body healthy the proper sleep leads to *Arogya* (health) and *Sukha* (happiness).^[2]

Ayurveda is medical sciences which describes physical mental and spiritual health mental health is well being of a person. As per *Ayurveda*, *Nidranasha* which is due to aggravation of *Vata Dosha* (*Vatavrudhi*).

Insomnia remains one of the most common sleep disorders encountered, frequently characterized as complaint of difficulty in falling or maintaining sleep, or nonrestorative sleep, producing significant daytime symptoms including difficulty concentrating and mood disturbances.

Now a days modern medicine doctors prescribe different types of transquillizers for treatment of insomnia. In initial days of treatment these medication gives considerable relief but continuous and long term use of these medicine results into adverse effects.^[3] In such era there is need of efficient management of insomnia in natural way without any adverse effect and eradication of root cause of

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insomnia. In Ayurveda insomnia can be correlated with *Anidra*.

Ayurvedic treatment modalities for the treatment of *Anidra* (Insomnia) which could be safe, effective, readily available, cost effective without any side effects. *Ayurveda* has a potent approach towards the treatment of *Anidra* by both internal and external medications. Here we treated patient of *Anidra* with is *Vatghna Chikitsa*. It includes *Abhyanga, Shirodhara, Basti*.

Patient Information

A 35 years female patient came in OPD of *Kayachikitsa* with complaints of headache and insomnia since 6 months. For treatment she was admitted in GACH Nagpur.

Past History

No any significant past history found

Ashtavidha Pariksha

Nadi (~pulse) was *Pittavataj*, *Mala* (~stool) - *Samyak*, *Mutra* (~urine) was normal, *Jivha* (~tongue) was coated, *Shabda* (~speech) was *Spashta*, *Sparsha* (~temperature) was normal, *Drik* (~vision) was normal, *Aakriti* (~body built) was *Madhyama*.

Dashavidha Pariksha

Prakriti - *Vatpittaja*, *Sara* - *Madhyam*, *Samhanana* - *Madhyam*, *Satva* - *Madhyam*, *Satmya* -*Madhyam*, *Aaharshakti* - *Madhyam*, *Vyayamshakti* - *Madyam*, *Desha* - *Sadharana*, *Vaya* - 38 years, *Kala* - *Hemanta Rutu*.

Systemic Examination

Respiratory, Cardiovascular, central nervous system within normal limits. Per abdomen was normal.

Superficial and deep tendon reflexes are normal. ECG finding within normal limits.

All routine blood investigations are within normal limits mentioned in table no. 1.

Table 1: Routine blood investigations

Investigations/ Date	4/4/2019
Haemoglobin	13.2gm%
TLC	6800/CUMM

DLCP+L+(E+M)	54%+37%+9%
Platelet count	3.22lacs/cumm
SGOT	35.7IU/L
SGPT	34.3IU/L
Billirubin (total)	0.97mg/dl
Billirubin (direct)	0.37mg/dl
Blood Urea	25.4mg/dl
Serum Creatinine	0.98mg/dl
Serum Uric Acid	5.8mg/dl
BSL - Fasting	88mg/dl
BSL - Post meal	103mg/dl
Cholesterol	131mg/dl
Triglyceride	88.7mg/dl
HDL	48.3mg/dl
Urine - Routine	Nil
Microscopic	Nil

INTERVENTION

The treatment principle for *Anidra* is *Vataghna Chikitsa*. It includes *Abhyanga, Shirodhara, Basti*.

The drugs are selected for the treatment which are *Nadibalya, Mastishka Shamaka, Nidrajanaka* and *Vatahara* properties. This combination showed significant therapeutic results. Properties of drugs mentioned in Table no. 3.

The Pittsburgh Sleep Quality Index (PSQI) is a self-rated questionnaire which assesses sleep quality and disturbances over a 1 month time interval.

Table 2: Treatment plan adopted

Date	Treatment plan	Dose	<i>Aushadhi Sevana Kala and Anupana</i>
3/4/2019	1. Tab Stresscom 150mg BD	150mg	<i>Rasayane - Nishakale with Koshnjala</i>
	2. Bramhi Vati	2 tab	<i>Rasayane with Koshnjala</i>

	3. Shatavari Churna Ashwagandha Churna	3gm 3gm	Vyanodane with Koshnjala
	4. Shirodhara with Bramhi Taila + Til Taila	QS	
5/4/2019 to 20/4/2019	Ctd-all 5. Padabhyanga with Chandanbalala kshadi Taila. 6. Anuwasana Basti (Chandanbalal akshadi Taila 30ml + Tila Taila 30ml) 7. Niruha Basti with Dashmula 500ml Kala Basti Krama		
	8. Sarpagandha Churna Jatamansi Churna Yashtimadhu Churna	40ml Phanta	Vyanodane with Koshnjala

Table 3: Properties of drugs

Drugs	Rasa	Guna	Virya	Vipaka	Action
Shatavari Churna ^[4]	Madhur, Tikta	Guru, Snigdha	Shit	Madhur	Medhya, Nadibaldaya k
Ashwagandha Churna ^[5]	Tikta, Katu, Madhur	Laghu, Snigdha	Ushna	Madhur	Mastishkashamak, Anidranashak
Sarpagandha Churna ^[6]	Tikta	Ruksha	Ushna	Katu	Vatshamak, Nidrajanan
Jatamansi Churna ^[7]	Tikta, Kashay, Madhur	Laghu, Snigdha	shit	Katu	Medhya, Balya, Nidrajanan
Yashtimadhu	Madhur	Guru, Snigdha	Shita	Madhur	Medhya

Churna ^[8]					
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OBSERVATIONS

The Pittsburgh Sleep Quality Index^[9] (PSQI) is an effective instrument used to measure the quality and patterns of sleep in the adult. It differentiates “poor” from “good” sleep by measuring seven domains: subjective sleep quality, sleep latency, sleep duration, habitual sleep efficiency, sleep disturbances, use of sleep medication, and daytime dysfunction over the last month. Here the PSQI

Score of patient is taken which 17 at the time of admission which is very high which get reduces upto 9 after 20 days treatment mentioned in table no. 4

Table 4: Pittsburgh Sleep Quality Index

SN	PSQI	3/4/19	17/4/19	19/4/19
1.	When have you usually gone to bed?	11PM	12AM	12AM
2.	How long (in minutes) has it taken you to fall asleep each night?	>60 MIN	>1HR (3)	>1HR (3)
3.	When have you usually gotten up in the morning?	7PM	7.30AM	7.30AM
4.	How many hours of actual sleep do you get at night? (This may be different than the number of hours you spend in bed)	5 HRS	7 HRS (1)	7HRS (1)
5.	During the past month, how often have you, had trouble sleeping because you			
	a. Cannot get to sleep within 30 minutes	3	3	3
	b. Wake up in the middle of the night or early morning	2	1	1
	c. Have to get up to use the bathroom	2	1	1
	d. Cannot breathe comfortably	0	0	0
	e. Cough or snore loudly	0	0	0
	f. Feel too cold	0	0	0
	h. Have bad dreams	0	0	0
	i. Have pain	0	0	0

	j. Other reason(s), please describe, including how often you have had trouble sleeping because of this reason(s)	0	0	0
6.	During the past month, how often have you taken medicine (prescribed or "over the counter") to help you sleep?	2	0	0
7.	During the past month, how often have you had trouble staying awake while driving, eating meals, or engaging in social activity?	1	3	3
8.	During the past month, how much of a problem has it been for you to keep up enthusiasm to get things done?	2	0	0
9.	During the past month, how would you rate your sleep quality overall?	3	0	0
Total Score		17	9	9

DISCUSSION

Anidra is an *Vataja Nantmaja Vikara* having *Vata* and *Pitta Dushti Lakshana* present. In *Anidra*, there is vitiation of *Tarpaka Kapha*, *Prana Vayu*, *Sadhaka Pitta*. *Tarpaka Kapha* is subtype of *Kapha* which is responsible for nourishment of brain cells resulting into proper night sleep. *Prana Vayu* is subtype of *Vata Dosha*. Seat of *Prana Vayu* is *Murdha* (head and upper part of trunk). *Sadhaka Pitta* is subtype of *Pitta Dosha*. Seat of *Sadhaka Pitta* is *Hrudaya* which is responsible for emotions, spirituality, desires. Any imbalance in these three *Dosha* results in insomnia.

Here we treated patient of *Anidra* with *Vataghna Dravyabasti* along with *Shirodhara* and internal medication.

CONCLUSION

Ayurvedic treatment modalities for the treatment of *Anidra* (Insomnia) which could be safe, effective, readily available, cost effective without any side effects. Ayurveda has a potent approach towards the treatment of *Anidra* by both internal and external medications.

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