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## RESEARCH ARTICLE

### CLINICAL EVALUATION OF ROLE OF SHIRODHARA & SADVRITTA IN THE MANAGEMENT OF ANIDRA W.S.R. TO INSOMNIA

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#### ABSTRACT

Difficulty in maintaining sleep i.e. initiation and maintenance of complete sleep despite of having enough time for sleep is known as insomnia (Anidra), this will lead to change in day time functioning. This insomnia causes various bad effects in Respiration, Cardiac Function, Muscle Tone, Body Temperature, Hormone Secretion, Blood Pressure and Working Efficacy. According to ayurveda Ahar, Nidra & Brahmacharya are Trayopstambhas i.e. these are supportive pillars of life which are necessary for Physical, Mental and Social Health of a person. So taking all these aspects study was carried out to find out easy, alternate & safe medicine for Anidra. In this study 30 clinically diagnosed patients of Anidra were treated with Shirodhara & Sadvritta i.e. (complete hygiene). These patients were randomly divided into two groups, Group A & Group B. Patients of Group A were treated with Shirodhara and the patients of Group B were treated with Shirodhara & Sadvritta. After the whole study, Group B showed better result in Disturb Sleep, Late Night Sleep, Feeling of Insufficient Sleep, Klama, Manodaurbalya, & Irritability.

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#### INTRODUCTION

In present era, due to hectic stressful and busy life style and work tensions, ANIDRA (INSOMNIA) is becoming a Major Lifestyle Disorder of world. These irregular, arrhythmic lifestyles, persistent stress and strain in day to day life creates adverse effect on physical, mental and social health of individual. The prevalence of sleep problem is about 45% of total world's population. Ayurveda is a life science which not only deals with all type of ailment but maintain the health of healthy individual. VATA, PITTA & KAPHA are the three STHAMBHAS of Ayurveda, these Stambhas control all the vital function of the body. When all three sthambha are in equilibrium state then a person is termed healthy. There are three Upsthambha are there to support these sthambha. They are ahar, swapna (sleep) & brahmacharya. 1 Upsthambha are the factors which help and co-operate to main supporters of the life. These upsthambha helps in increasing strength of sthambha 2. Among these AHAR maintained physical factors & activities. BRAHMACHARYA maintained mental factor & activities, and NIDRA maintained physical, mental as well as social factor. That's why, NIDRA is essential for physical, mental and social health 3. According to charakacharya & kashyapa, ANIDRA (nidra-nash) included in 80 vataj roga. 4,5 As per charak proper & improper nidra affects factors like Sukha, Dukha, Pusti, Karshya, Bala, Abala, Guna, Aguna, Jivan & Maran

(Death). 6 According to Sushruta samyak nidra at right time helps a person to free from diseases, with pleasant mind, full of strength & good complexion. 7 According to bhavprakash sufficient sleep produces freshness & reduces fatigue and kashyapa has accepted that comfortable nidra is essential for milk production in mother. 8,9 The time period of sleep changes with age and person to person. People having Insomnia, sleeps for a short time of rest they need and feels distressed and exhausted. Insomnia have symptoms like fall asleep normally but wake up abnormally and early and then can't go back to sleep. This insomnia causes various bad effects in respiration, cardiac function, muscle tone, body temperature, hormone secretion, blood pressure and working efficacy. In developed & developing countries, the prevalence of insomnia is terribly increasing worldwide at shocking rate. Persistence stress, fast growing competition, habit of unwholesome eating & irregular sleeping pattern, fasting, excessive use of wireless devices like mobile, laptop, unconsciousness towards daily regimen (DINACHARYA) & seasonal regimen (RUTUCHARYA) are main causes for Insomnia. According to sushruta causes of ANIDRA are aggravation of vata & pittadosha, Mansantapa (excessive exhaustion of mind), dhatukshaya and injury. 10 and according to as tangsangrahcauses of ANIDR Aarekala (like morning time, oldage), sheel (busylife style), kshay (dhatukshay), vyadi and aggravation of vata & pittadosha 11. As a leading lifestyle disorder, In somnia needs easy, effective and safe treatment. Modern therapeutics has a broad varieties of the drugs for the management of Insomnia; but they do have Serious side effects like loss of memory, weight gain, gastrointestinal disturbance & habit forming nature and depression. In Ayurvedic classical texts, there is wide range of

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treatments are mentioned by each Acharyas which is rich source for research in this leading lifestyle disorder i.e. ANIDRA (Insomnia).

**Aims & Objective**

**Aim**

To Evaluate the Role of Shirodhara & Sadvritta in the Management of Insomnia

**Objective**

1. To assess the effect of shirodhara in ANIDRA.
2. To assess the effect of shirodhara with sadvritta in

**Anidra**

**MATERIALS AND METHODS**

**Inclusion Criteria**

1. Patients between the age group of 20years to 50years.
2. Patients suffering from disturb sleep, late night sleep, early morning wakeup, feelings of insufficient sleep, shiroshool, klama(fatigue), tandra(drowsiness), angamarda (malaise), ajeerna (indigestion), agnimandya, malabaddhata (constipation), manodaurbalya (lack of concentration) & irritability were selected irrespective of sex, education, socio- economic status & religion.

**Exclusion Criteria**

Patients suffering with acute illness such as severe hypertension, malignancy, epilepsy, schizophrenia, major depression, alcoholic addiction.

**Selection of Cases**

For the clinical study 30 clinically diagnosed cases of ANIDRA were selected from OPD of Panchakarma Department, dhanwantari rugnalaya of a.d.a.m.c. Ashta. For the selection of cases symptoms of inclusion criteria had been taken into consideration & for the subjective assessment of results symptoms of inclusion criteria were observed before the treatment and after the treatment.

**Grouping**

Selected patients were randomly divided into two groups each of 15 patients.

**Group A**

Was given Shirodhara with TilTail. Prior to Shirodhara, Shiroabhyanga with tiltail was also done for approx 10 to 15minutes. Shirodhara was continuously done for 45 minutes.

1 st course of shirodhara was done for 15 days and again after interval of 15 days, 2nd course of Shirodhara was done for 15 days.

Group B - was given Shirodhara with til tail and Sadvritta for 60 days. Prior to Shirodhara, Shiroabhyanga was also done. Shirodhara was done in two course of 15 days with an interval of 15days.

Duration of Trial: Clinical Trial was done for 60days. In both group patients were Advised to take mental & physical rest and warm and light diet. Criteria of Assessment: subjective symptoms were taken into consideration for the Assessment of results. Intensity of symptoms was indicated by

- Grade 0– normal,
- Grade 1 – mild,
- Grade 2–moderate&
- Grade 3 – seve

Observation: The following were the observation of the study. Total 30 patients were registered for study. They were divided into two groups; 15 patients in group A and 15 patients were in group B.

**Table no 1** This table shows the distribution of patients according to their age-

Age groups	No. Of patients	Percentage (%)
20-30years	6	20
30-40years	14	46.67
40-50years	10	33.33
Total	30	100

**Table no 2** This table shows the distribution of patients according to their sex

Sex	No. Of patients	Percentage (%)
Male	17	56.67
Female	13	43.33
Total	30	100

**Table 3** This table shows the distribution of patients according to their socio-economic Status

Income status	No. of patients	Percentage (%)
Upper class	6	20
Middleclass	14	46.67
Lower middle class	10	33.33
Total	30	100

**Table 4** This table shows the distribution of patients according to their occupation

Occupation	No. of patients	Percentage (%)
Working	22	73.33
Housewife	8	26.67
Total	30	100

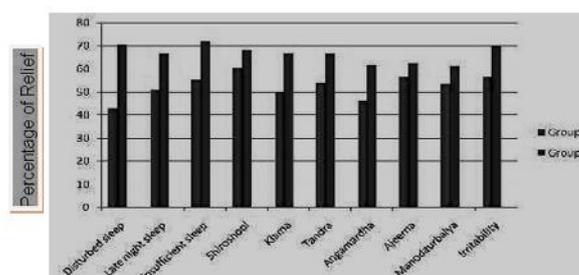
**Table 5** This table shows the distribution of patients according to their dehaprakruti

Dehaprakruti	No. of patients	Percentage (%)
Vatapittaja	15	50
Vatakaphaja	6	20
Pittakapha	9	30
Total	30	100

**Table 6** This table shows the distribution of patients according to their Koshthaparikshan.

Koshtha	No. of patients	Percentage (%)
Mrudu	7	23.33
Madhyam	8	26.67
Krura	15	50
Total	30	100

**RESULT**



**Fig 1** Bar diagram showing % of relief in symptoms of patients of group A & group B

In the following we apply the two sample t-test for testing the equality of means assuming equal variances and two tailed critical region with level of significance at 5%. Thus we reject the hypothesis of equality if p-value<0.05 i.e. we conclude that the difference in means is significant.

**Table 1** Showing effect on symptoms of patients of group A

Parameter	N	Mean score		T-statistic	Se(t)	P-value	Remark
		Bt	At				
1 Disturb sleep	15	2.13	1.2	3.597693	0.258499	0.001222	Significant
2 Late night sleep	15	2.07	1	4.67479	0.228887	0.000006	Significant
3 Insufficient	15	1.93	0.87	4.0362	0.262623	0.000381	Significant
4 Shirshool	13	1.54	0.62	3.591034	0.256194	0.00147	Significant
5 Klama	12	1.33	0.67	3.316625	0.198997	0.003136	Significant
6 Tandra	11	1.18	0.55	3.195048	0.19718	0.004547	Significant
7 Angamarda	10	1.3	0.7	2.77746	0.216025	0.012422	Significant
8 Ajeerna	12	1.33	0.58	3.646712	0.205665	0.001422	Significant
9 Manodaurbalya	11	1.36	0.64	3.380617	0.212979	0.002971	Significant
10 Irritability	12	1.33	0.58	3.129091	0.239686	0.004881	Significant

**Table 2** Showing effect on symptoms of patients of group B

Parameter	N	Mean Score		T-statistic	Se(t)	P-value	Remark
		Bt	At				
1 Disturb sleep	15	2.07	0.66	6.003545	0.2449	0.000001	Significant
2 Late night	15	2	0.67	5.291503	0.2513	0.00001	Significant
3 Insufficient Sleep	15	1.93	0.53	6.211884	0.2254	0.00001	Significant
4 Shirshool	12	1.58	0.5	4.423621	0.2441	0.000214	Significant
5 Klama	11	1.36	0.45	4.152274	0.2192	0.000493	Significant
6 Tandra	10	1.2	0.4	3.794733	0.2108	0.001327	Significant
7 Angamarda	10	1.3	0.5	3.538607	0.2261	0.002347	Significant
8 Ajeerna	12	1.42	0.58	3.964125	0.2119	0.000658	Significant
9 Manodaurbalya	12	1.5	0.58	4.32972	0.2125	0.00027	Significant
10 Irritability	13	1.53	0.46	5.291503	0.2022	0.000001	Significant

### Mode of Action of Treatment

Mode of Action of SADVRITTA (COMPLETE HYGINE) - Sadvritta means rule of behavior. Sadvritta are the disciplinary regulations told by our acharyas in classical texts for improvement in persons physical, mental and social health. By using sadvritta one can gain mental satisfaction which affects body and its biological effect works as rasayana. As mind always affects body i.e. "सवमशरीरमनुर्विधयत" (charak), mind And body affects each other. Especially mana (mind) always affects sharira (body) and so if Mana isn't controlled properly it produces various mental disorders. There are different kind of sadvritta are described by charakacharya like Mansika Sadvritta, Charitrik Sadvritta, Samajik Sadvritta, Dharmik Sadvritta, Vaiyaktik Sadvritta, Among all these SADVRITTA here we used to advice Vaiyaktik Sadvritta which has six sub types like

1.Swachchata Sadvritta, 2.Ahara Sadvritta, 3.Adhayayan Sadvritta, 4.Vyayam Sadvritta, 5.Maithunsambandhi Sadvritta and 6.Samanya Tyajya Vritta. According to Acharyas a person who follows Sadvritta blessed with total health and healthy life as well as a success, and finally Moksha 12

### Mode of Action of Til Taila Dhara in ANIDRA

In the present study, the til taila was used because til taila, is considered as best in vata disorders and hence their synergetic action may control the aggravated vata more rapidly. As there is dominance of vata in insomnia, til taila is used in this study. Sneha is having snighda (unctuous), guru (heavy) and ushna (hot) qualities, which are contrary to vata, therefore sneha is considered best in controlling vata aggravation, along with its

bonus property of giving instant feeling of happiness to the mind.

## DISCUSSION

ANIDRA is Manasa Roga which occurs due to vitiation of Mansika Dosha Rajas & Tamasa producing psychosomatic symptoms. Vitiated Vata Dosha acts as triggering force in the initiation of ANIDRA disorder. The effect of Shirodhara & following Sadvritta in ANIDRA patients was evaluated. Studies conducted on symptomatic parameters showed over all significant improvement in the ANIDRA disorder. Following observation were found during the study period.

1. Overall result with Shirodhara & Sadvritta in group B was comparatively better than group A.
2. Early response to treatment was observed in group B.
3. In group B patient reported much better Mental & Physical fitness after the treatment.

People having age group of 30 to 40 year and Vata pittaja prakruti & Rajas prakruti were found more affected by this disease. Among both the therapies, group B which was treated with Shirodhara & Sadvritta shows marked improvement. Patient with symptom of wake up 4 to 5 times in overnight had been reduced significantly. Patients who were habitual to sleep late at 2 a.m., slept remarkably earlier and extent of sleep was also improved after treatment. It was also observed that patient treated with Shirodhara & Sadvritta developed more confidence; more alertness and their lifestyle become well organized. There was an urge in themselves for active involvement in their day to day activities and their respective work.

## CONCLUSION

So it can be concluded that Shirodhara and Sadvritta is a safe and effective treatment for the management of ANIDRA (Insomnia) patients. It was observed that mental functions including retaining power and intellectual levels were considerably improved. Application of Shirodhara & Sadvritta was very well and acceptance of this method is mark able in patient. Shirodhara & Sadvritta is very safe, useful and effective treatment.

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