

EFFECT OF SHIRODHARA IN THE MANAGEMENT OF ANIDRA (INSOMNIA) – A CASE STUDY

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ABSTRACT

In *Ayurveda* *Nidra* (sleep) is one important component of *Trayopsthambha*. Without *Nidra*, anybody does not perform daily activities properly. *Anidra* (Insomnia) means poor quality of sleep it comes under *Vata nanatmaja vikara*. According to signs and symptoms, it can be correlated with Insomnia. About a 1/3rd of the world population is suffering from various sleep disorders during their lifetime, insomnia is chief among them. Now it is increasing in younger age group and middle age group, because of lifestyle change. In classics, *Shirodhara* is indicated for *Anidra*, the present study aimed to evaluate the effectiveness of *Shirodhara* on *Anidra* (Insomnia). Method: In our *Panchakarma* OPD 35 years old male patient came with Complaints of headache & difficulty falling a sleep at night and awakening too early for 4 months. The patient was taking 15 days of *Panchakarma* therapy, After *Snehana Nadi Swedana*, *Shirodhara* was done by milk & *Dashmool kwath*. Result: After 15 days of treatment there was marked relief of the symptoms. Conclusion: The therapies were found significantly effective and clinically safe, and no adverse reactions were reported during the treatment period. Further and long-term study is required to evaluate the effect of *Shirodhara* in the management of *Anidra* (Insomnia).

Keywords: *Anidra*, Insomnia, *Shirodhara*, Milk & *Dashamoola kwath* etc.

INTRODUCTION

The three supports of life are *Ahara* (intake of food), *Nidra* (Sleep) and observance *Brahmacarya*. *Nidra* is a very very important factor in our life. In a human being, happiness, misery nourishment and weakness, fertility, infertility, knowledge, ignorance, longevity & death depend upon proper and improper sleep. Excessive *Nidra* (sleep) & *Anidra* (Insomnia) take away both happiness and longevity from a person. Similarly, proper sleep brings about happiness and longevity^[1]. *Anidra* is a pathological state of sleep where a person does not get proper sound sleep which may be due to *Vata vitiation*^[2]. According to Sushruta, loss of sleep is caused by the aggravation of *Anila (vata)* and *Pitta*, exhaustion of the mind loss of tissues and injury to the body; it gets cured by indulgence in opposites^[3]. In *Ayurvedic* classics, different words have been used to denote sleeplessness in different contents like *Asvapna*, *Alpanidra*, *Akalanidra*, *Avyavahita Nidra*, *Ratri Jagarana*, *Prajagara*, *Mandanidra*, *Nidranasha*, *Nidraviparyaya* or *Nidrabhigata*^[4]. Many clinicians assume that insomnia is often secondary to a psychiatric disorder. Insomnia refers to an inability to have sufficient or restful sleep despite an adequate opportunity for sleep. It is a subjective problem that occurs at one time or another in almost all adults^[5]. However, a large epidemiologic survey showed that half of the insomnia diagnoses were not related to a primary psychiatric disorder. Insomnia is a common symptom affecting millions of people. Insomnia may be caused by many conditions like

psychological causes- fear, anxiety, anger etc^[6]. We used *Shirodhara* for cure in *Anidra*. *Panchakarma* treatment has already gained attention as an effective and safe curative /preventive procedure for various health problems^[7]. According to modern treatment, antipsychotic and sedative drugs are used for *Anidra*. The patient may keep continuing these drugs; long term use of these drugs causes side effects. That cause we have an opportunity to find out new effective Treatment procedures to cure the disease. We used *Shirodhara* for treatment in *Anidra*. It is one among the *Chaturvidha moordha taila* (i.e., *Shiro abhyanga*, *Shiro-seka*, *Shiro – pichu*, *Shiro- basti*). It is also known as *Shiro seka*. Pouring of any medicated liquids which is lukewarm such as oil, ghee, milk, buttermilk etc. Over the forehead in a continuous stream from a specific height for a specific period.^[8]

Case Presentation

This is a single case study, A 35-year-old male patient present to the OPD of Panchakarma, K.S.V.A.M.C & R.C on 20/11/2021 at 12 pm. The patient was suffering from sleeplessness for 4 months. He had associated complaints of pain in the head, excessive thoughts, constipation and tiredness. The patient was taking allopathic medicine (antipsychotic and sedative drugs) regularly for 4 months but symptoms didn't get subsided. Hence patient came for the Ayurveda treatment. There was not any significant history of HTN, DM etc.

Table 1: Diagnosis of Anidra (Insomnia)

Sr. No.	Signs & Symptoms
1.	Total hours of sleep
2.	Difficulty in initiating sleep
3.	No. of awakenings-
4.	<i>Jrimbha</i> (Yawning)
5.	<i>Shirogurava</i> (heaviness in the head)
6.	<i>Angamarda</i> (Body ache)
7.	<i>Malbaddhata</i> (Constipation)

Table 2: Assessment Criteria.

S.N.	Parameter	Description	Grade
1	Total hours of Sleep	Normal Good Sleep (More than 6-8 hrs)	0
		Moderate Sleep (4-6 hrs.)	1
		Mild Sleep (2-4 hrs.)	2
		No sleep (0-2 hrs.)	3
2	Difficulty in initiating sleep	Normal Sleep within 30 min	0
		More than 30 mins -1 hrs.	1
		More than 1 hr-2 hrs.	2
		More than 2 hrs. -3 hrs.	3
3	No. of awakenings	No awakening, normal	0
		1 - 2 times	1
		2 - 4 times	2
		more than 4 times	3
4	Jrimbha (Yawning)	No Jrimbha	0
		Occasionally in a day (0-5 times)	1
		Regularly (more than 5 times)	2
5	Shirogurava (heaviness in the head)	Absent	0
		Occasional once in 24 hrs.	1
		Intermittent	2
		Frequently	3
6	Angamarda (Body ache)	Nobody ache	0
		(Mild) Generalized pain on & off during the day	1
		(Moderate) Generalized pain throughout the day but can normal activity	2
		(Severe) Generalized pain throughout the day enough to affect routine work.	3
7	Malbaddhata (Constipation)	No	0
		Yes	1

Table 3: Ashtavidha pareeksha (Eight-fold examination).

Sr. No	Sthan	Lakshan
1.	Nadi (Pulse)	80/min
2.	Mutra (Urine)	Samyak
3.	Mala (Stool)	Vibandh
4.	Jihwa (Tongue)	Saam
5.	Shobda (Speech)	Prakrut
6.	Sparsha (Touch)	Ruksha, Khara
7.	Druk (Eye)	Prakrut
8.	Akruti (Shape)	Madhyam

Table 4: Manas Bhav Pariksha

Bhaya	Absent
Krodha	Present
Shoka	Absent
Chinta	Present

Table 5: Systemic examination

Blood Pressure	126/80 mmHg
Temperature	98.6 0F
Pulse	74/bpm
Respiratory Rate	18/min.
Weight	70 kg
Height	5'7"
Gait	Normal
Oedema	Absent

Investigation – Haematological investigation was within the normal limit. The case was diagnosed as *Anidra* (Insomnia) based on signs & symptoms.



Intervention

Shirodhara along with the *Shamana Chikitsa* was given to the patient (Table no.6). *Shirodhara* is a type of *Murdhani Taila* that involves the gentle pouring of warm liquids over the forehead. It is the process in which liquids medicine is poured in a continuous stream of drip on the forehead in a specific manner and height. *Shirodhara* therapy is extensively used for the alleviation of psychic and psycho-somatic ailments. In this study Milk with *Dashamoola kwath* was used for the *Shirodhara* procedure.

Proper counselling about the procedure was done to the patient. Before procedure vitals of the patient was measured. The procedure was done during the morning hours. Milk with *Dashamoola kwath* was kept in *Dharapatra*. The eyes of the patient were closed with

the help of a cotton plug and bandage to prevent the flow of liquid medicine inside the eyes. *Dhara* was poured continuously on the forehead neither very fast nor very slow. The lukewarm temperature of the Milk with *Dashamoola kwath* was maintained throughout the whole procedure. *Dharapatra* was moved in the pendulum manner starting from one lateral side to the other lateral side during the pouring of liquid medicine. The liquid medicine was collected in another vessel and was used to refill the *Dharapatra* before it becomes empty. The procedure was done for 45 min till 15 days. The medicine was changed every 7th day. Total 1 litre of Milk & 1 litre of *Dashamoola kwath* was used during the procedure. *Shamana Chikitsa* was given continuously 15 days during the procedure and after the procedure to till follow up.

Table 6: Intervention

S. No	Treatment	Drug	Dose	Duration
1.	<i>Samana</i>	Bramhi Vati	125 mg OD at HS	15 days
2.	<i>Samana</i>	Tagar	125 mg BDPC	15 days
3.	<i>Sodhana (Shirodhara)</i>	Go-dugdha+ <i>Dashamoola kwath</i>	1 litre + 1 litre=2litre	15 days

Table 7: Observation.

Sr. No.	Signs & Symptoms	BT (before treatment)	AT (after treatment)
1.	Total hours of sleep	4	1
2.	Difficulty in initiating sleep	3	1
3.	No. of awakenings-	3	1
4.	<i>Jrimbha</i> (Yawning)	2	0
5.	<i>Shirogurava</i>	3	0
6.	<i>Angamarda</i> (Body ache)	3	0
7.	<i>Malbadhata</i> (Constipation)	1	0

DISCUSSION

Continuous pouring of decoction, oil or other liquids on the forehead and then allowing it to flow over the scalp, using a special instrument dhara yantra is known as *Shirashaka*, this is also popularly known as *Shirodhara*. Here pouring of oil is not followed by any massage. *Shirodhara* is indicated in *Anidra* [9]. *Shirodhara* has got an important role in the management of *Anidra*. We did this therapy by milk with *Dashamoola kwath*. We used *Go-dugdha* (cow milk). It has ten properties viz., sweetness, coldness, softness, unctuousness, density, smoothness, slimness, heaviness, slowness and clarity [10]. *Dashamoola kwath* is made of ten herbs i.e *Bilva*, *Syonaka*, *Gambhari*, *Patola* & *Ganikarika* these five together form *Mahata panchamula*, mitigates *Pitta*, *Vata* & *kapha*. *Saliparni*, *Prishniparni*, *brihati*, *kanthakari* & *gokshura* these five together form *laghu panchamoola*, this mitigates *Vata* & *Pitta*. Both these together form *Dashamoola kwath* [11]. In the above case study, the patient got significant relief from the symptoms of *Anidra* i.e Insomnia. *Panchakarma* treatment is believed to help in the radical elimination of the disease-causing factors and maintain the equilibrium of *doshas*. In this case study, *Shirodhara* was done by Milk with *Dashamoola kwath* for 15 days. In this case study *Shirodhara* showed good results.

CONCLUSION

This case study demonstrated that *Ayurvedic* Management *Shirodhara* seems very effective for the treatment of *Anidra* i.e Insomnia and this attempt was made to provide safe and effective treatment to the patient within a short period. From the above case, it can be said that *Anidra* i.e Insomnia can be successfully managed through *Shirodhara* as *Shodhana*. Further and long-term study is required to evaluate the effect of *Shirodhara* in the management of *Anidra*.

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