

**TAILA DHARA IN NIDRANASHA W.S.R. TO INSOMNIA**Patil Sumit Raosaheb\*<sup>1</sup>, Dike Rashmi Gajanan<sup>2</sup>

1. Associate Prof. & H.O.D,
2. Assistant Professor

Dept. of Panchakarma, Dr. J.J.Magdum Ayurved Medical college, Jaysingpur

**\*Corresponding Author:** dr.sumit.ayu@gmail.com**ABSTRACT**

*Ayurveda* says *Nidra yuktam Sukham Dukkham*, In fact, it says that sleep is one of the three pillars of health. Insomnia or *Nidranasha*, is not just about being not getting proper sleep but it means that the nervous system has been weakened and reduces our ability to cope up with daily sleep. Insomnia is named as *Nidranasha*, happens due to vitiation of *Kapha*, *Pitta* and *Vata dosha*. Proper and deep sleep helps the person keep Energetic, Enthusiastic, does *Brumhana*, increases the *Bala*, increases vigour and vitality and most it keeps the Mind in stable state for gaining knowledge. Insomnia means inability to get sleep at night or inability to have a restful and sound sleep. Insomnia is typically followed by daytime sleepiness, low energy, irritability, and a depressed mood. Insomnia can be short term, lasting for days or weeks, or long term, lasting more than a month. Insomnia can occur independently or as a result of another problem. Conditions that can result in insomnia include psychological stress, chronic pain, heart failure, hyperthyroidism, heartburn, Alzheimer's disease and Parkinson's disease, Arthritis, menopause, and certain medications, and drugs such as **caffeine, nicotine**, and alcohol.

Treatment of Insomnia:- *Panchakarma – Taila dhara* a type of *Shirodhara* is very

much useful in combating the Insomnia caused due to various above said disorders. So its a demand of time to know about the real sleep and the disturbed sleep according to *Ayurveda* and Modern medicines also and effect of *Taila Dhara* (*Brahmi, Jatamamsi siddha*) in treating Insomnia.

**KEYWORDS:-** *Ayurveda, Nidranasha, Panchakarma & Taila dhara.*

**INTRODUCTION****Insomnia: -**

Insomnia is a type of sleep disorder. Individuals with insomnia find it difficult to fall asleep, stay asleep, or both. People with insomnia often don't feel refreshed when they wake up from sleeping, either. This can lead to fatigue and other symptoms. Insomnia is typically followed by daytime sleepiness, low energy, irritability, and a depressed mood. It may result in an increased risk of motor vehicle collisions, as well as problems focusing and learning. Insomnia can be short term, lasting for days or weeks, or long term, lasting more than a month.

Insomnia can occur independently or as a result of another problem. Conditions that can result in insomnia include psychological stress, chronic pain, heart failure, hyperthyroidism, heartburn, menopause, certain medications, and drugs such as caffeine, nicotine, and alcohol. Other risk factors include working night shifts and sleep apnea. Diagnosis is based on sleep habits and an examination to look for underlying causes. A sleep study may be done to look for underlying sleep disorders. Screening may be done with two questions: "do you experience difficulty sleeping?" and "do you have difficulty falling or staying asleep. People over the age of 55 are affected more often than younger people. Females are more often affected than males.

### Types

Insomnia can be classified as transient, acute, or chronic.

1. **Transient insomnia** lasts for less than a week. It can be caused by another disorder, by changes in the sleep environment, by the timing of sleep, severe depression, or by stress.
2. **Acute insomnia** is the inability to consistently sleep well for a period of less than a month. Insomnia is present when there is difficulty initiating or maintaining sleep or when the sleep that is obtained is non-refreshing or of poor quality. It's also known as short term insomnia or stress related insomnia.
3. **Chronic insomnia** lasts for longer than a month. It can be caused by another disorder, or it can be a primary disorder. Its effects can vary according to its causes. They

might include muscular weariness, hallucinations, and/or mental fatigue. Chronic insomnia can cause double vision.

**Causes of Insomnia:** - Long gaps between meals, drinking of coffee or tea before going to bed. The intake of dry and cold food, Withheld emotions, Disturbed sleeping patterns, Anger, Overwork, ill health, Worrying, Over excitement, Emotional disorders such as depression, Anxiety, Stress disorder, Neurological disorders such as Alzheimer's disease and Parkinson's disease, Arthritis, Use of caffeinated beverages, Heart failure, Gastro-intestinal disorders, such as heartburn, Menopause and hot flashes.

*Charaka* in *Sutra sthana* 21<sup>st</sup> chapter said the importance of *Nidra* and adverse effects of *Nidranasha* (*Anidra*). He says when person get proper sleep will be benefited with *Dhatu samyata*, *Bala*, *Lapha vruddhi* in turn does the *Sharira Pushti*.

**Risk factors of Insomnia:** Psychiatrist Problems, Obesity, Risk of Accident, Risk in Driving Poor Immune System, Poor Job Performance, Mental Irritability, Social Issues, Behavioral Changes, Palpitation, Phobia, Intolerance, Nervous Dysfunction.

### AIMS & OBJECTIVES: -

To study about **Insomnia** (*Nidranasha*) and it's treatment principals from *Ayurvedic Samhita Granthas*, *Dharakalpa* (*Sahasrayoga*) other Research Journals and web.

**MATERIALS:** - *Charak Samhita*, *Sushrut Samhita*, *Dharakalpa* of *Sahasrayoga*, Modern Medicine Books and website



**METHODS:-** *Charaka Su.* 21<sup>st</sup> chapter says, **Nidra** (Sleep):- When the mind and the sense organs are tiered and retract from their respective functions, then the person goes to sleep (**Nidra**). **Effects of proper sleep on the body:** It gives **Sukha** (happiness), **Pushti** (nourishment), **Bala** (strength), **Vrishata**(Vigour), **Gyaan** (knowledge), **Jeevita** (healthy life). **Effects of less sleep on the body:** **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).

❖ **Ayurveda** recognizes the importance of sleep to health. In fact, it says that sleep, diet and *Brahmacharya* are the three pillars of health. Insomnia or **Nidranasha**, is not just about being not getting sleep but it means that the nervous system has been weakened and reduces our ability to cope up and getting tired. **Insomnia** is called **Nidranasha**, an imbalance in **Tarpaka Kapha**, **Sadhaka Pitta** and **PranaVayu**, but the ultimate goal of an **Ayurvedic** approach to **Nidranasha** is to bring all the three vitiated *doshas* to normalcy and bring good sleep in turn leads to build up good health. It has been proven from research that, only the deepest and most restful sleep, which is helpful person to be enthusiastic and keeps healthy. The level of sleep required to maintain a good state of health, solely depends on the person's mind-body constitution or **Prakruti**.



- **Ayurveda** says three different sleeping disorders based on three *Doshas* which are;
- (a) **Vata Vruddhi** is often associated with difficulties in falling asleep. It correlates with hyperactivity, hypersensitivity, anxiety, worry. People with such disorder require 6-7 hours of sleep.
- (b) **Pitta Vruddhi** is often associated with periodic awakening. It's often correlated with emotional stress, anger, sadness. People with such imbalance have fragmented sleeps almost every 90 minutes. Such people require 7-8 hours of sleep.
- (c) **Kapha vruddhi** causes an asleep associated with waking up un-refreshed or un-enthusiastic. Persons with such disorders, tend to feel sluggish, tired, and completely exhausted regardless of the long night rest. People with such imbalance need 8-9 hours of sleep.

**Causes Of Nidranasha (Insomnia):-**(1) **Tarpak Kapha** a *bheda* of *Kapha dosha* its job is to do *tarpan* of the brain cells, resulting in a sound night's sleep. When this *dosha* is vitiated then the brain cells go un-nourished, leading **Nidranasha**. (2) **PranaVayu** is a *bheda* of *Vata dosha*, it with the help of *Vata vaha siras* helps to build a sensitive nervous system and this together with an aggravated **PranaVayu**, causes **Nidranasha**. It's then linked to depression, anxiety and worrying. (3) **Sadhak Pitta** is a *bheda* of *Pitta dosha* and it resides in heart. It helps to control of our minds emotions, spirituality, decisiveness and desires. Any imbalance in this creates problems in above said mind

functions which in turn leading to *Nidranasha*.

### Symptoms Of Nidranasha (Insomnia):-

(1) *Vataja Nidranasha*- type insomnia usually means a restless night in which there is much disturbed sleep leading to change bed turning frequently. If associated with *Pitta dosha* then person can't get sleep at all, that does tossing and turning or wake up between 2 and 4am (the *vata* time of the morning), and patient gets sleep only when *kapha* time starts in early morning.

(2) *Pittaja Nidranasha*:-*Pittaja* insomnia is when the patient cannot fall sleep until the *pitta* time of the night (10pm-2am) is over. The *Pittaja nidranasha* persons are hyper-aroused. They simply cannot 'switch off' enough to go to sleep. *Pittaja nidranasha* will be irritable, and may have disturbing dreams about fighting, many more irrelevant dreams, if they don't sleep.

(3) *Kaphaja Nidranasha*: -*Kapha dosha* is not normally associated with insomnia, but with excessive sleep, unless a *kapha* condition (e.g. sleep apnea) interferes with normal sleep. Waking up too early in the morning (6am) may be a type of *Kaphaja* insomnia, as is feeling sluggish and non-enthusiastic and non-energetic after a full night's sleep.

### Treatment Of Nidranasha (Insomnia):-

**Treatment of Nidranasha as per Charaka:** - *Abhyanga, Utsadana, snana, Jangala Mamsarasa, Shaali anna* with *Dadhi* and *Ksheera sevana, sneha, madya sevana, Samvahana, Netra-tarpana, shirolepa, mukhalepa and kala swapna*. In

*sutra sthana* 5<sup>th</sup> chapter *charaka* says u must and should go for *Murdhni Taila* for getting good and sound sleep.

As per *Dharakalpa* of *Sahasrayoga* they have said the benefits of doing *taila dhara* in management of *Nidranasha*. He says after doing *Taila dhara* person will benefited with *Manas* and *Vag sthairyra*, increases the *sharira bala*, brings *ruchi* in *bhojana*, increases the *Dhruti* (*Dharana shakti*), *swara madhuryata*, treats *Timiradi vikaras*, does *Poshana* of *Shukra* and *Rakta dhatu* and gives sound sleep (*swapna*).

So here in *Nidranasha* we can go for *Taila dhara* with the help of *Brahmi* and *Jatamamsi taila* combination. As we know *Tila taila* is *Marutaghnani*, *Balavardhanam*, brings *sthiratha* in *vata dosha* and also *sharira*. *Brahmi* is good for *Vatanadi samsthana* (*Balya*). Also helps in treating various *Manasika vikaras*, its *dourbalya* and *Mano-avasada*. *Jatamamsi* having *Sheetal guna* with *vatanadi shamaka, sadnya sthapaka, medhya, hrudbalya* and *soumanasya janana*. Also it's having effect of *Poshaka* and does *uttejana* of *Mashtishka* and improves *Raktabhisarana*.

### DISCUSSION-

Ayurveda says diseases are of two types viz, *Sharirika* and *Manasika*. These two diseases affects one other, as like if person suffers from *sharirika* disease in turn it affects the *Manas* and do *Doshana* of it leading to various psychological problems. As consequence of which the person and other family members of the same will be in trouble.

*Charaka* in *sutrasthana* while explaining the effects of Various *Murdhni tailas*, he says *Nidra laabha sukham cha*

*syaat Murdhni taila nishevanat.* That means among the four viz, *Shiro-abhyanga*, *shiro-seka*, *shiro-pichu* and *shirobasti* one can administer the *Shirodhara* with the help of *Brahmi* and *Jatamamsi siddha taila* for getting desired effect.

Also in chapter of *Dharakalpa* of *Sahasrayoga* auther clearly states the benefits of *Shirodhara* with *taila* helps in *Su-swapna* (sound sleep) by *taila sechana* (*Dhara*).

### CONCLUSION-

*Charaka Acharya* clearly states benefits of application of *taila* over the scalp in the one of the form of *Murdhni taila* leads to *Sukha nidra*. *Dharakalpa* of *Sahasrayoga* to explained the application of *Taila dhara* for *su-swapna* (Sound sleep). By combining it with *Brahmi* and *jatamansi* they helps to control over mind treats various *manasika* ailments, combat anxiety, depression, irritability, chronic pain, helps to reduce Hypertension and anger of the person which affects the sleep of the person. So among four *Murdhni tailas* we can say *Taila-dhara* is good option in treating *Nidranasha* (Insomnia).



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