



Ayurvedic perspective of treating *Nidranash*

Sonali Rathod^{1*}, A.K Burley²

PG final year¹, Guide and Professor²

Dept. of Kaychikitsa, CSMSS collage, Aurangabad, Maharashtra

*Corresponding author: Email ID: sonalirathod597@gmail.com

ABSTRACT

Sleep restores energy to the body and provides relaxation particularly to the nervous system. It helps in building and restoring the control of the brain and nervous system over the muscles glands and other body systems. *Nidra* (Sleep) has its important role in healthy life. The word *Nidranasha* denotes the phase of devoid of sleep which itself is the main *Lakshana* of this condition. *Ayurveda* indicates psychological respite as key along with *Vataghna* treatment in managing insomnia. Entire management is prescribed in the form of specific procedures, psychiatric treatment, drugs and Diet.

Keywords: *Nidra*, *Nidranash*, *Chikitsa*

INTRODUCTION

In Ayurveda, health is explained as complete balance state of *Dosha* (Three substance), *Dhatu* (Fundamental principle), *Mala* (Waste matter), *Agni* (Digestive power), *Mann* (Mind) and *Indriyas* (Phenomenological faculties). This means health is not only absence of disease but also a complete balance state of mental and social wellbeing. *Nidranasha* is one of the *Vataja Nanatmaja Vikara* in *Charak Samhita* where it is mainly caused by *Vata Dosha* and according to *Sushruta Acharya* *Nidranasha* is also caused due to *Pitta Dosha*.

Modern medicine does not provide curative treatment for insomnia. It just frequently prescribes sedative & hypnotic like benzodiazepines drug as a therapy of insomnia, which leads to dependency of drugs which in then shows many side effect on individuals.

Nidranasha:

- It means the conjugation of *Manah* to its *Vividha Anubandha Vishayas* to create wakefulness creating loss of sleep.
- *Nidranasha* can be broadly defined as the loss of sleep or the derangement in the quality and quantity of sleep. *Anidra* or *Nidranasha* is enumerated as one of the *Nanatmaja Vikara* of *Vata Dosha*.
- It is also included as one of the symptoms in *Vata & Pitta Dosha Vriddhi Lakshanas* and certain diseases.
- *Kaphadosha*, *Tamas*, *Hridaya* and *Samjnavaha Srotas* are responsible for the induction of sleep. the *Manasa Karanas* enlisted in the *Hetus* of *Nidranasha* vitiates *Rajas* and *Tamas*. These *Manasa Doshas* produce an impact on *Sharirik* *Doshas* and vitiates them, thus results in *Nidranasha*

- In *Samprapti* of *Nidranasha Manasa Hetu* along with *Sharirika Hetu* also plays an important role.

Management:

In *Charaka Samhita* there are three types of *Chikitsa* mentioned for physical and mental disorders.

- 1} *Daivavyapashraya*- Spiritual therapy
- 2} *Yuktivyapashraya*- Physical therapy
- 3} *Satvavajaya* – Mental therapy

1. *Nidan Parivarjan*

2. *Panchakarma in Nidranash*

- According to Acharya Sushruta, treatment of *nidranasha* includes i. *Abhyanga* ii. *Murdhni taila* iii. *Gatra udvartan* iv. *Samvahan*

- Among *sneha kalpana*, *Moordhni Tailam* is said to be highly effective in inducing good quality of sleep. The *Moordhni Tailam* constitutes four varieties of therapeutic procedures i.e. *Shiroabhyanga*, *Shirodhara*, *Shiropichu*, *Shirobasti*.

- I. *Shiroabhyanga*

(Application of medicated or simple oil on head).

- II.

Shirodhara/shiraseka (Pouring of any medicated liquid which is lukewarm over the forehead).

- III. *Shiropichu*:

Keeping a piece of gauze or cotton soaked in medicated

oil on the anterior fontanelle of head is called *Shiropichu*.

- IV. *Shirobasti* (It is a special procedure where medicated oil is kept over the head by using a leather bag for a specific period).

- *Nasya* is indicated as *Sukhaswapna Prabhodhaka* in *Samhitas* and *Jatamansi* is indicated as *Nidrajanana* in Ayurvedic texts. *Jatamansi* acts by its *Vatashamak* effect due to its *Madhura Rasa* and *Sheeta Veerya* by reducing *Pitta Dosha*, it has *Snigdha Guna* which increases *Kapha Dosha* and thus acts as *Nidrajanana*.

3. *Shaman chikitsa* in *Nidranash*

Nidranasha itself is a *Upadrava* of some disorders, such as *Vataja* and *Pittaja Moha*. From day to day practice we observe that patients who are suffering from *Madhumeha* and hypertension usually develop *Nidranasha* over time.

Aushadhi Upachara- *Vacha*, *Priyangu*, *Bramhi*, *Aragwadh*, *Jyotismati*, *Jatamansi*, *Shankhpushpi*, *Aparajita*.

PATHYA **APATHYA**: *Pathya* is a regimen which does not impair the body system and which is pleasant to the mind. And *Apathya* is a regimen which adversely affects the body and mind. It is stated that there is no point in planning a treatment if one does not follow

Pathyaapathaya. In *Nidranasha* it is important to change the diet and lifestyle so as to get the result of the treatment.

4. *Manasikaa Upachara:*

Manonukul Vishay Graham, Manokul Sabda Graham, Manokul Ganda Graham, Mrudu Shayya, Sukha Shayya, Nischinta, Nityatrupti, Bhaya Tyaga, Chinta Tyaga, Lobha Tyaga, Swasteerna Shayya, Sukhavartalabha, Santosha

5. *Adravya chikitsa :*

There are some more ways mentioned in *Samhitas* to induce good sleep such as;

- Listening to good music and news.
- Living without worry.
- Pleasant smell and sound also helps to induce sleep.
- Gentle rubbing all over body.
- To keep the mind in a calm and happy state.
- To be satisfied always.

6. *Achara Rasayana* is very important in the role of *Nidranasha*; *Achara Rasayana* is a procedure of social and mental conduct, which can acquire the *Rasayana* effect on the body and mind. It is also said as '*Nitya Rasayana*' in *Charaka Chikitsa Sthana*, which has direct effect on the potentiating of *Satva Guna* of the mind.

DISCUSSION

Researches show that improper sleep can increase risk of developing obesity, diabetes, high blood pressure or heart disease. Ayurveda has enlightened about this fact centuries ago and mentioned various causes, symptoms and remedies for

Nidranasha. The line of treatment mentioned according to different *Samhitas* is *Vatahara* treatment, along with mental relaxation.

In *Ayurvedic Sharir Rachana*, brain is formed by *Majjadhatu*. It describes that the nature of *Majjadhatu* is unctuous and oily. In *Nidranasha* this unctuousness is reduced then it causes local aggravation of *Vata* which leads to degenerative condition of brain. *Shiropichu* is utilized to restore this unctuousness and oiliness nature of brain and promote the regeneration of injured tissue, which then promote sleep.

In *Nasya* drug administered to the nasal cavity rapidly traverses through *cribriform* plate into CNS by olfactory neurons. Lipid soluble drugs are much more rapidly absorbed by nasal mucosa, so *Sneha Pradhan Dravya* gets absorbed and reduces *Vata* and *Pitta Dosha*, which directly works as *Nidrajanana*.

CONCLUSION

- A sound sleep in the night regenerates the power of mind and body to accept new challenges, maintains health, proficiency and emotional well being. People suffering from *Nidranasha* cannot concentrate in daily routine, which leads to many problems related with mind and body
- In *Samhitas* *Moordhni Tailam*, *Nasya*, *Abhayanga*, *Udvartana*, *Samvahana* are mentioned as some of the treatment for *Nidranasha*.
- *Ayurveda* indicates psychological respite as key along with *Vataghna* treatment in managing insomnia. Entire management is prescribed in the form of specific procedures, psychiatric treatment, drugs and Diet.

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