

Efficacy of Sirodhara with Jatamamsi Kwath in Anidra

Dr. Tapas Kumar Bera¹, Dr. Asish Kumar Das², Dr. Rajarshi Chaudhuri³

PGT, Department of Panchakarma, I. P. G. A. E & R. at S. V. S. P. (WBUHS)

Email: [tapaskumarbera347\[at\]gmail.com](mailto:tapaskumarbera347[at]gmail.com)

Reader, Department of Panchakarma, I. P. G. A. E & R. at S. V. S. P. (WBUHS)

Lecturer, Department of Panchakarma, I. P. G. A. E & R. at S. V. S. P. (WBUHS)

Abstract: According to Ayurveda Nidra (sleep) is a part of Trayaupastambha (three sub - pillars). Anidra (insomnia) means when Indriyas (senses) are get detached from its asay (organs of attachment). In case of Anidra the nervous system has been weakened and reduce our ability to cope. In Anidra there is imbalance of Tarpak kaph, Sadhak pitta and Prana vayu. In Insomnia there is an ability to getting a interrupted sleep and loss of sound sleep. In Acute Insomnia is brought about by stress, trauma and family pressure. Secondary, Insomnia is the side effect of Neurological disorder and the effect of medicament. Here is a case study on evaluate the efficacy of Shirodhara with Jatamamsi Kwath in Anidra.

Keywords: Anidra, Trayaupastambha, Nidra, Insomnia, Jatamamsi Kwath

1. Introduction

Acharya Charak mentioned Ahar, Nidra, Bramhacharya as a Trayaupastambha⁽¹⁾ (three sub - pillars) of body. Health depends on this trayaupastambha in all living creature. In case of anidra (insomnia) there is inability to go to sleep at night or once sleep there is a inability to have a restful and sound sleep. Anidra means is not tired but it means that the nervous system has been weakened. The such (happiness), dukkha (misery), pusti (nourishment), karshata (emaciation), klibata (virility), gyan (knowledge) and agyan (ignorance), jivata (life) and ajibata (death)⁽⁴⁾ all these factors depends on nidra. In case of Anidra all these factors are going to hampered. That's why all acharyas give importance the Nidra. Anidra or Nidranas is fall under vataja nanatmoja vyadhi. Jatamamsi⁽³⁾ having a kapha, pitta samak and Brimhaniya property help to enhance the dhatu pusti and snayubalya.

2. Case Report

A female patient aged 40 years came to Panchakarma OPD at Shyamadas Vaidya Sastrapith Campus, Kolkata at West Bengal Health University with complaints of Anidra, Tandra, Shirosoola, Ajeerna since last 20 years. She has interrupted sleep at night and the duration of sleep was 4 hours only (average). Patient sleep was markedly disturbed leading to excessive stress and anxiety hence she visited to allopathic hospital and started antipsychotic drugs (alprazolam) but the symptoms did not get subsided. Hence she was came for Ayurvedic treatment. No any history of psychiatric disorder was present, HTN, T₂DM.

3. Clinical Finding

Table 1: Astavidha Pariksha

Nadi (Pulse)	78 bPm
Mutra (Urine)	Samyak
Mala (Stool)	Baddha mala
Jivha (Tongue)	Amaja
Shabda (Speech)	Spasta
Sparsha (Touch)	Samshitoushna
Drik (Eye)	Spasta
Akriti (Shape)	Madhyam

Table 2: Systemic Examination

Blood Pressure	138/ 84mmHg
Temperature	97.5° F
Pulse	78/bpm
Respiratory Rate	17/min
Weight	75 kg.
Height	5' 6"
Gait	Normal
Oedema	Absent

Intervention:

Sirodhara⁽⁵⁾ is a type of *Murdhini taila* that involves gentle pouring of warm liquids over the forehead. A continuous stream of drip on the forehead in a specific manner and height. This therapy is extensively used for alleviation of Psychic or Psycho - somatic disorder. In this study *Jatamamsi Kwath* was used for the *Sirodhara* procedure. Here, one part *Jatamamsi Yabakut* mixed with 16 times water then heated and the water is reduced upto ¼th part for *kwath* formation.

Proper counseling regarding the procedure was done to the patient, all vital measure should be checked. *Jatamamsi Kwath* was kept in Dharapatra. Eye and ear should be closed with cotton and gauze piece and bandage to prevent the flow of oil inside the eyes. Dhara was poured as a pendulum manner from one lateral side to another on forehead it is neither first or nor too slow.

Follow up the patient was done after 21 days of completion of procedure. *Jatamansi* having phenolic compound, antioxidant activity, vasodilatory action anti - depressant, anti - convulsant activity ⁽²⁾. It contains the alkaloids, sesquiterpens which is a anti - oxidant in nature.

- [5] Dhara Kalpa, Dr. S. Sharma, Dr. H. L. Sharma, Chapter – 1.
[6] Guyton, Hall pituitary hormone and their control by hypothalamus, 11th edition, Textbook of Medical Physiology.

Assessment:

Both subjective as well as clinical improvements were employed for the assessment of the impact of the procedure. All the symptoms were thoroughly examined before and after the trial of the procedure.

Table 3: Assessment Criteria

S. No.	Symptoms	BT	AT	After Follow - up
1.	Jrimbha	1	1	1
2.	Tandra	1	1	1
3.	Sirosool	3	1	0
4.	Ajeerna	3	1	0
5.	Quality of deep sleep (6 - 8 hour)	1	2	3

4. Discussion

In *Sirodhara* continuous pouring of liquid producing constant pressure and vibration which transmitted inward through the hollow sinus and the fluid media (CSF). Prolong pressure applied to a nerve which create interruption of nerve impulse conduction that may lead to tranquility of mind and also a part of body.

When the nerve ending of autonomous nervous system is stimulated, they produce the chemical substances like acetylcholine which exist in the tissue in an inactive form and is activated by a nerve impulse vibration produced by continuous pouring of liquid over the forehead which may stimulate the nerve ending and secretes the acetylcholine. Acetylcholine cause fall of blood pressure leading to decrease the activity of central nervous system resulting tranquility of mind. ⁽⁶⁾

Patient concentration on *Dharadrabya* which is falling on forehead will decrease the brain cortisone and adrenalin level. This reduce cortisone and adrenalin help to reduce the stress of the body.

5. Conclusion

In overall assessment it was found that *Shirodhara* with *Jatamansi Kwath* have beneficial role for the management of *Anidra* (Insomnia).

References

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