ABSTRACT:

Aahara (diet), Shayan (Nidra) and Bramhacharya if indulge with good sense then they holds body as that of pillars which holds a house. Nidra holds the key of life. Nidra gives rest to sensory organs, the mind and to the body also. Kapha plays an important role in the sleep of human being. Imbalanced Vata and Pitta Dosha cause Nidranasha. Anidra can be manage by Matrabasti. Reduction of Insomnia Severity Index from 21 to 14 within 7 days along with the increasing duration of sleep and quality of sleep. Bala tail is Shrestha Vatahara.

Keywords: Anidra, Insomnia Severity Index, Matrabasti, Bala tail.

INTRODUCTION

One can know the importance of the Nidra (sleep) in the life of man. Nidra if taken at proper time and in proper quantity it helps in decreasing the threat of disease. If someone takes a good quantity of Nidra at proper time during the diseased condition, then it helps in lowering the effect of the disease\(^1\). The person with the deprived condition of the kapha dosha & aggravated condition of vata dosha or suffering from any type of troubles, get very little nidra or absolutely no nidra. This type of nidra is called as ‘vaikariki nidra’\(^2\). In the old age there is inference of vata, dosha. Hence due to diminished kapha and aggregated condition of vata, the time of period of sleep decreases. Old age usually causes sleeplessness. Anidra (Insomnia) is a sleep disorder that is characterized by difficulty and/ or staying in asleep. Anidra (Insomnia) is a vataja nanatmaj vikara \(^3\). When quantity and quality of Nidra reduced vata & pitta are the pradhan dosha contributing in the samprapti of Anidra.

Ayurveda has a separate branch of clinical specialization concerning healthcare known as Panchakarma. Acharya mainly focus on some panchakarma procedures instead of internal medicines. Other pathies have developed many potent drugs for Induction and maintenance of sleep but they are found to be many side effects. In
view of above panchakarma procedures found to be safe and result oriented.

In this present study a female patient aged 56 years presented with the complaints of Klama , Anidra , Angamarda, Shirogaurav, Akshigaurav, Alasya, Apakti, Rukhata, Krishata since 3 months. On examination, her prakṛti was vata pitta. agni bala was Madhyam(Digestive power) and Sharir bala (physique) was avara (poor).

Treatment given is matrabasti of Bala Tail 40 ml for 7 days. The treatment had shown positive response by increasing duration of sleep and quality of sleep.

CASE REPORT

Basic information of the patient
- Age: 56 years
- Sex: Female
- Religion: Hindu
- Socioeconomic status: Middle class.

Pradhāna vedanā visesha (chief complaints)
Klama , Anidra , Angamarda, Shirogaurav, Akshigaurav, Alasya, Apakti, Rukhata, Krishata Since 3 Months.

Vartamāna vyādhiruttā (history of present illnesses)
A female patient aged 56 years, was apparently healthy before 3 months, started developing disturbance in her sleeping pattern presented with the complaints of Klama, Anidra, Angamarda, Shirogaurav, Akshigaurav, Alasya, Apakti, Rukhata, Krishata, since 3 months. No history of day sleep. On examination, prakṛti was vata pradhan pitta. agni bala and Sharir bala was avara. For this she took Ayurvedic treatment but doesn’t get much relief. So she came to Ayurvedic hospital.

Pūrvavādhi vṛutta (history of past illness)- No history of major illness

Cikitsā Vṛutta (treatment history)
The Female was being given suvarna yukta saraswatārist, Tab Tagar 2 HS, Shirodhara with til tail, Padaabhyanga with Goghrita and Nasya of Goghrita for 1 mth.

Kulaja Vṛutta (family history)
No family history found.

Vaiyaktika Vṛutta (personal history)
Āharaja - Patient was taking vatakaran aahar, vegetarian diet.

Examination
Vitals were normal. Cardiovascular system, respiratory system and per abdomen examinations had shown no any abnormality. Prakṛuti was vata pradhan pitta.

Ashtavidha parīkṣa - Nādi was vātādhika tridoshaja. There was no complaint with regard to Mūtra, Frequency and color was normal. Mala was constipated and passes brownish color. Jihvā was sāma. Śabda clear. Sparśa was ruksha. Druk (eyes) nikatadrushi. Akruti was lean.

Treatment protocol
In Ayurvedic classics the treatment protocol of Anidra has been explained more or less similar manner’s considering the...
involvement of dosha. It includes performing certain panchkarma procedures with or without internal medication as needed like abhyanga, murdha tailam, karnapurana, akshitarpana. Padabhayanga is also mention in Bhavprakash and Astang samgaraha, as Nindraprasadkar Acharya Sushruta also mentioned similar to that of mentioned by Acharya Charaka. Acharya Sushruta also advises a wise person should advice these and similar other measures to alloy the symptoms of Nidranash. Acharya Bhel advise Seha basti in nidranash chikista. As this patient was already had gone through panchakarma procedure like Shirodhara, nasya , Padabhyanga without much effect. So Matrabasti was given to this patient. Dose of matra basti was decided after examination of Agnibala and sharirbala.

Matra Basti – Bala Tail – 40 ml for 7 days (Til tail sthanic snehan and nadiswedan at kati udara)

The scoring done was as follows:

A ) Insomnia Severity Index

<table>
<thead>
<tr>
<th>Insomnia Problem</th>
<th>None</th>
<th>Mild</th>
<th>Moderate</th>
<th>Severe</th>
<th>Very Severe</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Difficulty falling asleep</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>2. Difficulty staying asleep</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>3. Problems waking up too early</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

4. How SATISFIED/DISSATISFIED you are with your CURRENT sleep pattern?

<table>
<thead>
<tr>
<th>Very satisfied</th>
<th>Satisfied</th>
<th>Moderately Satisfied</th>
<th>Dissatisfied</th>
<th>Very Dissatisfied</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

5. How NOTICEABLE to others do you think your sleep problem is in terms of impairing the quality of your life?

<table>
<thead>
<tr>
<th>Not at all NOTICEABLE</th>
<th>A little</th>
<th>Somewhat Much</th>
<th>Very much</th>
<th>NOTICEABLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

6. How WORRIED/DISTRESSED are you about your current sleep problem?

<table>
<thead>
<tr>
<th>Not at all WORRIED</th>
<th>A little</th>
<th>Somewhat much</th>
<th>Very much</th>
<th>WORRIED</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>
7. To what extent do you consider your sleep problem to INTERFERE with your daily functioning (e.g. daytime fatigue, mood, ability to function at work/daily chores, concentration, memory, mood, etc.) CURRENTLY?

<table>
<thead>
<tr>
<th>Interfering</th>
<th>Not at all</th>
<th>A little</th>
<th>Somewhat Much</th>
<th>Very much</th>
<th>Interfering</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

Total score categories:
- 0–7 = No clinically significant insomnia
- 8–14 = Sub threshold insomnia
- 15–21 = Clinical insomnia (moderate severity)
- 22–28 = Clinical insomnia (severe)

B) Presence or absence of general symptoms like Klama, Anidra, Angamarda, Shirogaurav, Akshigaurav, Alasya, Apakti, Rukshata, Krishata. Since 3 Months were graded as follows:
- Grade 0 - Absence of symptoms
- Grade 1 - Mild degree of symptom
- Grade 2 - Moderate degree of symptoms
- Grade 3 - Severe degree of symptoms

EFFECT OF MATRABASTI ON NIDRANASHA:

<table>
<thead>
<tr>
<th>No.</th>
<th>Criteria</th>
<th>B.T.</th>
<th>After</th>
</tr>
</thead>
<tbody>
<tr>
<td>a)</td>
<td>Insomnia Severity Index</td>
<td>15–21 = Clinical insomnia (moderate severity)</td>
<td>8–14 = Sub threshold insomnia</td>
</tr>
<tr>
<td>b)</td>
<td>General symptoms</td>
<td>Grade3- Moderate degree of symptoms</td>
<td>Grade1 - Mild degree of symptom</td>
</tr>
</tbody>
</table>

DISCUSSION:

Nidranash is described in detail by Charak, Sushruta, Ashatangsangraha, Vagbhata, Bhel, Kashyap. These ancient authors have advocated various modalities of treatments. Charak has described Sneh-Chikitsa for Nanatmaj Vyadhis. The various causes implicated in the etiology of Nidranash are shok, chinta ,Manoavsad, vata Prakriti, Dhatukshaya, Vatvridh, old age ,Menopause. Vata pitta prakopa, manastapa, kshaya, abhighat. Probable mode of action of Matrabasti with Bala Tailam.
The administration of the oil through anorectal route is called as Matra Basti. As vata is responsible for various disease pathogenesis, need to pacify it. In Classics there is no other remedy on vata Dosha as like Basti, hence Basti remedy is considered to be a good remedial measure. Among all therapies Basti is predominant, because Basti alone which has the strength to bear the vega of vayu.

Sneh Basti in alpa matra, can be given in patients with ruksha sharira for long period also. Bala tail administered in matrabasti is totally antagonist to the qualities of vata. Bala Tailam is tonic for nervous system and it pacifies VATA and reduces all symptoms of VATA VYADI. In Sahastrayogam, Bala Taila is mentioned as ‘Shrestha Vata Vyadi Vinashanam’ and thus, it can be used as a Sneha for Matra Basti⁹. Matrabasti can be used at anytime, it doesn’t cause any complication as dose is low, can be administered on daily basis¹⁰.

After getting rid of morbid Vayu, matrabasti restores health, it causes pleasantness of mind and nourishes body, bala, varna and agni. Matra basti pacifies the aggravated Vata Dosha. It helps to normalize the function of central nervous system by relaxing the nervous system. According to modern medical science stress or anxiety is main cause for Insomnia, and in the condition of Anidra the main vitiated Dosha is Vata, so balance of Vata Dosha is an important thing to treat Anidra. By the administration of oil through basti, the Vata dosha subsides and in turn Kapha Dosha increases. The increment of Kapha Dosha enhances the Tama, which counteracts the Raja Dosha. Ultimately this process nourishes the essential components of body and helps to get ride the problem like insomnia.

Acharya Charaka has mention in that once person get samyaka sneha basti following lakshans appears – proper expulsion of faces, senses become clear and functioning normal, Swpanuvruti (sleep become usual) and lightness in body¹².

CONCLUSION
This case showed encouraging results with the given treatment, the duration of sleep and quality of sleep improved and relief in shirogaurav and fatigue etc. Symptoms. From this study, it is stated that Matrabasti can be a promising alternative in insomnia.

REFERENCES:

11. V. K. Agnihotri An Ayurvedic review on Anidra IJRAP -6(6) Nov- Dec 2015 Pg- 731to736

Conflict of Interest: Non Article Type: Review Article Source of funding: Nil

Cite this article:
Ayurvedic management of Anidra – A case study
Daware Pournima Machhindra