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Ayurvedic management of *Anidra* - A case study

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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 disease¹. 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 vikara³. 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, Rukshata, Krishata since 3 months. On examination, her prakuti 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, Rukshata, Krishata Since 3 Months.

Vartamāna vyādhivrutta (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, Rukshata, 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.

Pūrvavyādhi vrutta (history of past illness)- No history of major illness

Cikitsā Vrutantā (treatment history)

The Female was being given suvarna yukta saraswatarist , Tab Tagar 2 HS , Shirodhara with til tail, Padaabhyanga with Goghrita and Nasya of Goghrita for 1 mth.

Kulaja Vrutantā (family history)

No family history found.

Vaiyaktika Vrutantā (personal history)

Āharaja - Patient was taking vatakar aahar , vegetarian diet.

Examination

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

Ashtavidha parīkshā - 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 explain 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, akshitarpana⁴. Padabhyanga is also mentioned 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 advise these and similar other measures to alloy the symptoms of Nidranash⁵. Acharya Bhel advise Seha The scoring done was as follows:

A) Insomnia Severity Index

Insomnia Problem	None	Mild	Moderate	Severe	Very Severe
1. Difficulty falling asleep	0	1	2	3	4
2. Difficulty staying asleep	0	1	2	3	4
3. Problems waking up too early	0	1	2	3	4

basti in nidranash chikista⁶. 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 nadiswedana at kati udara)

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

Very satisfied	Satisfied	Moderately Satisfied	Dissatisfied	Very Dissatisfied
0	1	2	3	4

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

Not at all NOTICEABLE	A little	Somewhat Much	Very much	NOTICEABLE
0	1	2	3	4

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

Not at all WORRIED	A little	Somewhat much	Very much	WORRIED
0	1	2	3	4

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?

Not at all interfering	A little	Somewhat Much	Very much	Interfering
0	1	2	3	4

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:

No.	Criteria	B.T.	After
a)	Insomnia Severity Index	15–21 = Clinical insomnia (moderate severity)	8–14 = Sub threshold insomnia
b)	General symptoms	Grade3- Moderate degree of symptoms	Grade1 - Mild degree of symptom

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 Vyadhis⁷.

The various causes implicated in the etiology of Nidranash are shok, chinta ,Manoavsad, vata Prakriti, Dhatukshaya, Vatvridhi, old age ,Menopause. Vata pitta prakopa, manastapa, kshaya, abhighat⁸.

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 matrasthi 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 Basti ⁹. Matrasthi 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, matrasthi 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, Swpnanuvrutti (sleep become usual) and lightness in body ¹²

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 Matrasthi can be a promising alternative in insomnia.

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