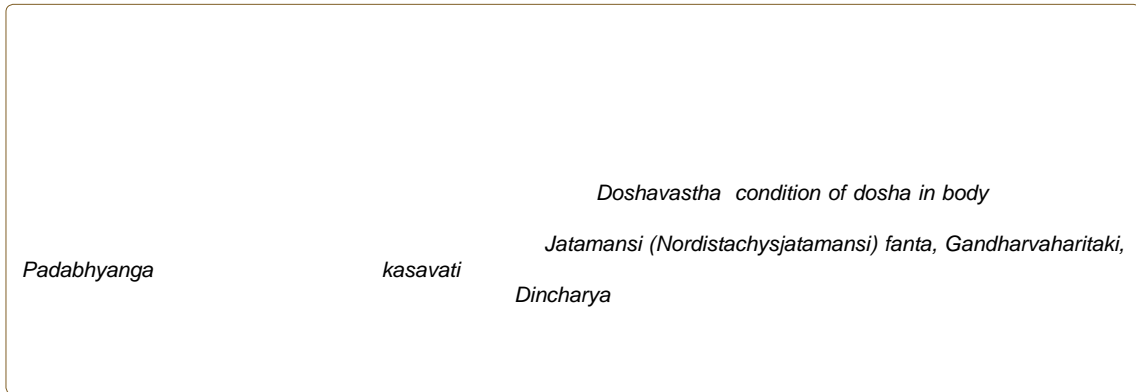


Comprehensive Line of Treatment for Nidranash (Clinical Insomnia)-A Case Report

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Introduction

Sleep is the best phase for relaxation. It is important in every individual for being fit and healthy. It not only relaxes but also rejuvenates for next day chores. Ayurveda has included sleep that is nidra in three pillars of life namely *Aahar* (diet), *Bramhacharya* (abstinence) and *nidra* (sleep). *Nidranash* i.e insomnia is the commonest complaint heard in OPDs as per pain [1].

There are various reasons behind having insomnia. Senility, diseases related to respiratory system, painful conditions, certain drugs like propranol, steroids, mental conditions like mania, anxiety causes sleeplessness [2]. The prevalence rate of insomnia is 10-30% [3]. Idiopathic insomnia, Psychophysiological insomnia, Paradoxical insomnia, Inadequate sleep hygiene insomnia, Physiological insomnia, Insomnia NOS, Insomnia due to mental illness, Insomnia due to medical illness, Insomnia due to substance use/abuse or withdrawal [4]. There are various medicaments which are used in modern medicine for Insomnia but the drugs used in insomnia causes various other sides - effects like cancer of various origins and harm to the indwelling foetus [5]. There is description of each and every disease in Ayurveda. *Nidranash* is also described by Charak Acharya under the heading *vatajanatmajvyadhi* (different diseases of vata origin) [6]. Happiness, sadness, nourishment, undernourishment, Strongness, weakness, fertility, infertility, sanity, insanity, life and death depends on appropriate and inappropriate sleep [7]. Acharya Charak said that when mind and soul get tired, they get distracted from sensory as well as motor sensations and person sleeps. According to Acharya Sushruta, when the seat of *chetas* (mind) that heart gets covered with *Tamoguna* (Mode of ignorance), an individual goes to sleep. According to Acharya Vagbhata, *Manovahastrotas* (channels of intellectuals) gets filled up with *Kaphadosha* and blocks sensations due to exhaustion, an individual sleeps. Acharya Charak has given seven types of nidra namely *Tamodbhava* (Due to increase in mode of ignorance), *Shleshmasamodbhava* (due to increase in kapha dosha), *Manasambhava* (due to exhaustion of mind), *Sharirshramasambhava* (due to exhaustion of body), *Agantukinidra* (acquired), *Vyadhinuvaritinidra* (due to illness), *Ratriswabhavaprabhavanidra* (physiological sleep induced at night) [8]. There are various treatment modalities in Ayurveda to combat with *Nidranash*. Acharya Charak has given *Abhyanga* (massage), *Utsadana* (massage with powdered drugs), *Samvahana* (pressing body parts), Akshi-tarpana (instillation of oil in eyes), *Shiro-Lepa* (Head pack), *Karna-Purana* (instillation of oil in ears), *Shiro-Basti* (keeping oil over head with special type of taping), *Shiro-Dhara* (dripping medicated oil on forehead), *Moordhni Taila* (dripping of oil) as *bahyaupacharas* (external application). Charaka mentioned *Manonukulavishayagrahana* (Desired conditions), *banonukula Agandhu*

of disturbed sleep pattern since six months. She had problem of hyperacidity since 3-4 years. She felt lethargic from 5-6 months. She has a feeling of loss of interest in everything. Body pain since 2 months.

Family history

Mother- No history of illness

Father- No significant history

Siblings-No significant history

Past history

She lost her husband in an accident four years back.

History of HTN and DM.

Personal history

Patient has addiction of Tea, Tobacco, betel nuts, betel leaf occasionally.

Diet: Non-Vegetarian, Junk food, stale food, consumed on daily basis, timing of meal are not fixed. Dry food like Snacks, Farsan, Chiwda

Sleep: Disturbed sleep.

Bowel: Not satisfactory goes 3-4 times for defecation.

Clinical findings

The patient was apparently good and healthy 8 months back. Her husband met with an accident and died. After that event she has disturbed sleep pattern, slight depression, hyperacidity. She felt lethargic and loss of interest in surrounding. She has taken modern treatment for insomnia but it is of no use.

When the patient came to OPD, he was thoroughly examined and complete history was taken. Patient was supportive, oriented to time and place.

Vitals: Temperature=99.3, Pulse=94/min, Respiratory rate=20/min, Blood pressure=140/90 mm of Hg.

Asthavidhparisha (Eight vitals according to Ayurveda)

Nadi – 94/ min

Mutra – No complaints

Mala – malabadhata

Jivha – Sama

Shabda – Ksheen (due to lack of sleep)

Sparsha – Normal

Drik – Normal

Akruti – madhyam

Diagnostic assessment

Insomnia severity scale (ISI) [10]

Treatment

(Table 1)

Assessment criteria

(Table 2)

Interpretation

0-7: No clinically significant insomnia

8-14: Sub threshold insomnia

15-21: Clinical insomnia (moderately severe)

22-28: Clinical insomnia (severe)

Discussion

Sleep is the most important aspect of an individual according to Ayurveda. There are various treatment modalities in Ayurveda also for insomnia. In this case we just treated a case of Insomnia with *Jatamansifanta*, *Gandharvaharitaki* as internal medicine and *Padabhyanga* as external. The patient was also advised to avoid overthinking.

In this case, the patient was assessed on Insomnia severity index. The severity of sleeplessness is scored 3 before treatment. After treatment it got reduced to 0. The score of satisfaction after sleep was 4 before treatment and after treatment it reduced to 1. Due to the lack of sleep, there was interference in the daily routine of 4 score which is reduced to 0 after treatment. His score of noticing the people about sleeplessness of this lady was 3 which were reduced to 0 after the management. The patient was worried about her sleep issue which was scored about 3 and reduced to 0 after the treatment of 30 days. There are specific consequences which takes place when *Jatamansifanta*, *gandharvaharitaki* and *Padabhyanga* is advised to the patient. *Jatamanasi* is *Tikta* (bitter), *Kashay* (astringent), *Madhur* (sweet) *rasa* (taste) *Pradhan* (chief) drug. It has *Laghu* (light) and *snigdha* (oily)

property. The *veerya* (potency) of *jatamansi* is sheet (cold). The *vipak* (end product of digestion) is *Katu* (pungent). The *prabhav* (effect) is *manasdoshtar* (mental disorder) [11]. According to Ayurveda it is *nidrajanana* (promotes sleep) and promotes good digestion. It has
