



Case Study

A CASE STUDY OF NIDRANASHA AND ITS MANAGEMENT THROUGH AYURVEDA

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ABSTRACT

Ayurveda has described various preventions as well as cure for every disorder. This all helps in maintaining health of an individual. Ayurveda has mentioned *Aahara, Nidra, Brahmacharya* are the three main pillars of body. *Nidra* is essential in every person's life. Here *Nidra* is explained as one of the important part of life which provides *Sukha, Dukha* etc. Ayurveda has mentioned that lack of *Nidra* causes '*Nidranasha*'. According to Ayurveda, *Nidranasha* i.e., insomnia classified under the *Vatananatmaja Vikara*. There are various treatments and *Kalpas* etc. available for the management of *Nidranasha*. In this case report of *Nidranasha* patient was treated with Ayurvedic management with *Shodhana* and *Shamana Chikitsa*. *Shirodhara* helps to relieve the stress, along with reduces *Chinta*, etc *Manasa Bhava*.

INTRODUCTION

The branch *Kayachikitsa* includes diagnosis, prevention and treatment of various disorders explained in Ayurveda. Also it is the first branch of *Ashatnga Ayurveda*^[1]. Ayurveda mentioned *Aahara, Nidra* and *Brahmacharya* as three main pillars of body which helps to maintain the proper health for an individual^[2].

Nidra is explained as *Adharniya Vega* among the 13 *Adharniya Vegas*. *Vegadharana* of *Nidra* leads to various disorders^[3]. *Nidra* helps to maintain physical as well as mental health of person. *Nidra* is defined as when the mind and body are tired then *Kapha Dosh* and *Tamasa Guna* will be increased in the body, in which sensory organs are unable to function properly. This condition leads to development of *Nidra*^[4].

In today's stressful and sedentary lifestyle *Nidranasha* or lack of *Nidra* is commonly found. The *Agni* or digestive fire has strong relationships with *Nidra*, therefore a person who sleeps well having regular bowel, bladder evacuations, which contribute to the maintenance of a long *Ayushya*. However, undesirable behaviours like *Divaswapana* [sleeping during the day time] and *Ratrijagarana* [waking up at

night] causes vitiation of all three *Doshas* and cause a variety of diseases^[5]. *Nidranasha* is one of the *Vatananatmaja Vyadhi* described by *Acharya Charaka*^[6]. Its treatment includes *Vatashamaka, Vedanashamaka* and *Manasopachara*. In this case study, we need to study the case report of *Nidranasha* and its management according to Ayurveda. Management includes *Shodhana* and *Shamana Chikitsa*. This all *Chikitsa* helps to reduces stress, *Chinta, Krodha*, etc. which helps to provide proper sleep.

Case Report

Patient of 33 years old male having complaints of *Atichinta* (anxiety), *Anidra* (sleepless) [since from 2-3 years], *Shirashoola* (headache), *Manyashoola* (neck pain) [since from 1 month], *Ratrijagarana* (waking up at night), *Sadaha mutra pravritti* (burning micturition), *Malavshthambha* (hard stool), *Katishoola* (backpain) [on & off] therefore patient visited OPD of Kayachikitsa for the further management.

Vedana Vishesha [Complaints of patient]

- *Anidra* (sleepless)
- *Atichinta* (anxiety)
- *Shirashoola* (headache)
- *Manyashoola* (neck pain)
- *Sadaha mutrapravritti* (burning micturition)
- *Malavshthambha* (hard stool)
- *Katishoola* (back pain)

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Poorva Vyadhi Vruttanta [Past History]

No history of DM, HTN, thyroid, etc.

Kulavrutta [Family History]

Maternal history – H/O DM type 2.

Paternal history – No history

Table 1: Rugna Parikshana [O/E]

Nadi [pulse] = 75/min	Dehabhara [wt] = 65 Kg
Raktadaba [BP] = 110/80 mm of Hg	Jivha (tongue) = Saama
Shwasana [RR] = 17/min	Kshudha = Prakruta
Mala (stool) = Asamyaka, Malavshthambha	Trushna (thirst) = Prakruta
Mutra (urine) = Sadaha	Nidra (sleep) = Anidra

Udara Parikshana [Per Abdomen] – Soft, no tenderness.

Sthanika Parikshana [L/E] – No pedal oedema, etc.

Strotas Parikshana [S/E] – CNS, CVS, RS = NAD

Vyaktika Itihasa [Personal History]

- ❖ Wake up = 10 AM
- ❖ Breakfast = 10:30 AM, Bread, Poha, Chapati, Chai, Vadapava.
- ❖ Lunch = 3 PM, Dal, Chapati, Rice, Non-veg [2-3 times/week].
- ❖ Divaswapana = No
- ❖ Dinner = 9.30 PM, Non-veg mostly.

❖ Vihara = Ratrijagarana, Chinta.

❖ Addiction = Alcohol [5-6 years], tobacco chewing [8 years]

Management

Patient was treated along with some *Shodhana* and *Shamana Chikitsa* given for about 21 days of duration along with follow up of 7-7 days. Follow up was taken at 7th, 14th & 21st days of study.

Shodhana Chikitsa

Shodhana Chikitsa was given with *Shirodhara* prepared of *Jatamansi Brahmi Kashaya* for about 7 days.

Table 2: Shodhana Chikitsa

	Dravya	Duration	Period of Study
<i>Shirodhara</i> ^[7]	<i>Jatamansi Brahmi Kashaya</i> ^[8,9]	15 minutes	For 21 days

Table 3: Shamana Chikitsa

Kalpa	Matra	Kala	Anupana	Duration
<i>Ashwagandha Ghana Vati</i> ^[10]	250 mg 2 Tablets BD	<i>Adhobhakta</i> ^[14]	<i>Koshnajala</i>	21 days
Tab. Anxenil ^[11]	250 mg 2 Tablets BD	<i>Pragabhakta</i> ^[15]	<i>Koshnajala</i>	21 days
<i>Saraswatarishta</i> ^[12]	40 ml	<i>Nishakale</i> ^[16]	<i>Jala</i>	21 days
<i>Himasagara Taila</i> ^[13]	Local application	<i>Nishakale</i> ^[16]	-	21 days

Observations

In observations, the effect of is *Atichint* (anxiety), *Anidra* (sleepless) [since from 2-3 years], *Shirashoola* (headache), *Manyashoola* (neck pain) [Since from 1 month] *Ratrijagarana* (waking up at night), *Sadaha mutrapravrutti* (burning miturition), *Malavshthambha* (hard stool), *Katishoola* (back pain) [on & off] as follows;

Table 4: Before treatment and after treatment

Symptoms	Before treatment	After treatment
1 <i>Anidra</i> (sleepless)	++++	+
2 <i>Atichinta</i> (anxiety)	++++	+
3 <i>Ratrijagarana</i> (waking at night)	+++	+
4 <i>Sadaha mutrapravrutti</i> (burning miturition)	+++	+
5 <i>Malavshthambha</i> (hard stool)	+++	+
VAS Scale <i>Shirashoola</i> (headache)	7	2
<i>Manyashoola</i> (neck pain)	8	3
<i>Katishoola</i> (back pain)	7	1

Table 5: Gradation of symptoms

S.No.	Gradation	Score	Gradation
1	Mild	1-3	+
2	Moderate	4-6	++
3	Severe	7-10	+++

Diagnostic Assessment**Table 6: Insomnia severity scale (ISI)**

S.No.	Criteria	BT	AT
1	Severity	3	0
2	Satisfaction	4	1
3	Interference with your daily functioning	4	0
4	Noticeable	3	0
5	Worry about sleep problem	3	0

Interpretation

0-7 = No clinically significant insomnia

8-14 = Sub threshold insomnia

15-21 = Clinical insomnia (moderately severe)

22-28 = Clinical insomnia (severe)

DISCUSSION

In this case, the Insomnia Severity Index used to evaluate the patient in this instance. Before starting therapy, the degree of insomnia is rated as 3. It was lowered to 0 following therapy. Prior to treatment, the contentment level following sleep was 4, but it dropped to 1 after the procedure. A 4 score was interfered with daily, which is decreased to 0 following therapy, as a result of sleep deprivation. Once the patient's condition was under control, his score of altering others to the patient's insomnia dropped from 3 to 0. The patient was worried about her sleep issue which was scored about 3 and reduced to 0 after the treatment of 21 days.

In this case study observations were done before and after treatment based on symptoms which are as follows;

- **Shirodhara with Jatamansi Brahmi Kwatha** Shirodhara explained as one of the types of *Murdhnitaila* in *Ashtanga Hridaya Samhita* by *Vagbhata*. This can be done with the help of *Taila, Kashaya*, etc. So here we take *Jatamansi* and *Brahmi Kashaya* for *Shirodhara*. *Jatamansi* and *Brahmi* having *Nidrajanana, Medhya, Rasayana, Vataghna* properties and reduces stress, *Chinta*, etc which helps to provide proper sleep.
- **Ashwagandha Ghana Vati** - *Ashwagandha* is well known drug which is having properties like *Medhya*, reduces stress, provide sleep. It has action over anxiety, depression, insomnia, etc.
- **Tablet Anxenil**- This tablet used for the management of Anxiety. It contains *Brahmi, Ashwagandha, Pravala Pishti, Parasika Yavani,*

Yashtimadhu, Manjishtha, Aamalaki, etc. This all drugs having properties of *Rasayana, Vatashamaka, Medhya*, reduces stress, *Chinta*, anxiety, depression, insomnia.

- **Saraswatarishta**- It is one of the known formulations mentioned in *Bhaishajya Ratnawali Samhita*. It is a good tonic for all ages, known as memory enhancer, improves immunity, strength in the body. It is mostly used in the treatment of depression, insomnia. It contains drugs like *Brahmi, Shatavari, Vidari, Usheera, Shunthi* etc. It has *Smrutivardhaka, Rasayana, Sarvadshahara, Pachana, Hrudya, Medhavardhaka, Nidrajanana* properties.
- **Himasagara Taila**- The external application of *Himasagara Taila* helps to relieve the insomnia, depression, headache, fatigue etc. It contains *Shatavari, Vidari, Kushmanda, Dhatri, Kadali, Gokshura* etc drugs which are helps to reduces stress, anxiety and provides sleep.

CONCLUSION

In this case report of *Nidranasha* all the signs and symptoms like of *Atichinta, Anidra* [since from 2-3 years] *Shirashoola, Manyashoola* [since from 1 month] *Ratrijagarana, Sadahamutrapravrutti, Malavshthambha, Katishoola* [on & off] are reduced in the 21 days of study duration and management. In conclusion, *Shirodhara, Ashwagandha Ghana Vati, Himasagara Taila* for local application, *Tablet Anxenil, Saraswatarishta*, shows significantly effective in the management of *Nidranasha*.

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