

## AYURVEDIC MANAGEMENT OF NIDRANASHA: A CASE REPORT

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### ABSTRACT

Sleep is an important aspect of maintaining the body's circadian rhythm. Sleeplessness is the most common problem which humans often find themselves entangled with, in the web of solving and creating problems which turns into a vicious circle. It is often neglected, until it becomes an irreversible hazard. The case study showed very promising effect of manasamitra vati and saraswatharishta along with pada abhyanga and Pranayama in a patient suffering from Nidranasha. During the course of 30 Days Ayurvedic Treatment, patient benefitted grossly. High blood pressure, fatigue, anxiety and headache which was precipitated by insomnia was corrected with this treatment. Post therapy follow-up was conducted after 30 days.

**Keywords:** Nidranasha, Manasamitra Vati, Saraswatharishta, Pada Abhyanga, Pranayama.

### INTRODUCTION

The quality of an individual's life and how efficiently he/she is functioning depends upon how healthy sleep the person has in the night. Sleep plays an integral part in the health and well-being of the individual <sup>[1]</sup>. Despite strong evidence of the relationship between insufficient sleep and health problems, most people are ignorant of the amount of sleep they need, their level of sleep deprivation, and the deleterious effect of sleep deprivation on their health <sup>[2]</sup>. By definition, insomnia is "a difficulty in initiating or maintaining sleep, or both" or the perception of a poor quality sleep <sup>[3]</sup>. The sleep is an indicator of good health because it brings the normalcy in body tissue and relaxes the person<sup>[4]</sup>.

The condition of Insomnia may not be a life threatening illness, but it has a tendency to damage the

person's daily life, including his social and occupational life. If it is very chronic, the person may tend to develop varieties of Psychiatric illness.

Nidranasha is not explained as a separate disease in any of classical text books. The minimum descriptions that are available are also scattered and mentioned incidentally in the context of Vatajananatmaja Vikara, Vataja jwara, Vataja hridroga etc.

#### **Patient Details:**

Name: XYZ

Sex- female

Age- 35 years

Occupation – Software Engineer

Patient-The 35 year old patient was selected with significant history of insomnia, anxiety, headache and recently diagnosed with hypertension.

#### Demographic Details:

Clinical Complaints of: Anidra (Insomnia) since 7 months

Shirashoola (Headache) since 4-5 months

Anxiety since 6 months

Manodainya (depression) since 4-5 months

Along with symptoms like loneliness, loss of confidence, loss of interest in daily activities. On admission B.P was 180/120 mm of Hg .

#### H/O of present illness:

Before 7 months patient was having no specific symptoms. Gradual increase in the work and late night shifts led to social, physical and mental stress. Due to continuous mental and physical stress, the patient started having symptoms of Anidra. Continuing the same rhythm, after some days the patient started having symptoms like numbness of head and heaviness. The severity of insomnia gradually increased (the patient would have only 1-2 hours sleep in 4-5 days) which ultimately led to fatigue and loss of interest and confidence in everything.

#### Past history:

- No H/O of any other major illness
- No H/O systemic illness
- Habits-Nothing specific

#### Assessment Criteria:

Criteria	Grade 0	Grade 1	Grade 2	Grade 3	Grade 4
Sleep	Normal	Occasionally	Mild	Moderate	Severe, requires medicine
Numbness in head	No numbness	Occasionally	Mild	Moderate	Severe, requires medicine
Fatigue	No Fatigue	Occasionally	Sometimes	Most of times	Always
Heaviness	No Heaviness	Occasionally	Sometimes	Most of times	Always

#### Observation:

Criteria	Before Treatment	15 days	30 days	Follow up
Sleep	4	3	2	1
Numbness in head	4	2	1	0
Fatigue	4	1	0	1
Heaviness	4	1	0	1

- Socio-economic status- Upper Middle Class

- Marital Status- Married

**Family history:** No H/o any genetic or infectious disease

#### Samanya Parikshan :

Nadi – 88/ min, B.P –

180/120 mm/Hg

Jivha – Saama , Mala –

baddha

Mutra – 5-6/day, 2-3/night Nidra –

Atyalpa (1-2hours daily)

Kostha – Madhyama Agni –

vishama

Sharira Prakriti - Pitta vata Manasika Prakriti-

Rajasika

#### Drug history:

Patient previously was taking Tab. Restyl 0.25 mg 2HS, Tab Etizola( Alprazolam) 0.25 mg 1-0-0 All these medicines were stopped after admission.

#### Treatment Administered:

- Internal:** 1. Manasamitra vati 0-0-1 with warm milk  
2. Saraswatarishta 10ml TID

**External:** Pada Abhyanga with go ghritha daily at night.

- Pranayama:** 1. Kapalabhati-20 respirations 5 times  
2. Nadi shodhan pranayam-20 rounds  
3. Bhramari pranayam-5 rounds

Criteria	Before Treatment	15 days	30 days	Follow up
Sleep pattern	Always Disturbed	Disturbed occasionally	Sound	Sound
Sleep duration	1-2 hrs/ day	3-4 hrs/day	4-5 hrs/day	6-7 -hrs/day
Quality	Poor	Moderate	Good	Good

**Results:** At the beginning of the study, no noticeable changes were seen in the presenting symptoms. The patient was advised to maintain a sleep diary where she had to note the changes in the sleep pattern, duration, quality and the symptoms as the criteria for assessment are subjective. Following 2 weeks of treatment, sleep pattern improved non significantly along with the improvement in other symptoms. The symptoms improved significantly along the course of the treatment along with the qualitative improvement in the sleep parameters.

## DISCUSSION

**Probable mode of action:** Nidra is natural phenomena produced due to shleshma and tamoguna. In nidranasha, shareerika and mansika hetu causes aggravation of vata pitta resulting in rajasika guna vrudhhi with shleshma and tama kshaya. Thus the treatment is aimed in correcting these.

**Shamana oushadhas:** Administration of clinically proven classical yogas like manasamitra vati and saraswatharishta showed considerable improvement in nidra nasha as the karma of the drugs of the formulation alleviates the pathology and improves the mental parameters.

**Kapalbhati:** It is a type of Shuddhikriya (Cleansing Process). It helps in keeping the respiratory passage healthy, improves Circulation and digestion. Mental fatigue is removed and one feels fresh and healthy. Useful in tension headache, sleeplessness and is beneficial in heart disorders.

**Nadi Shuddhi Pranayam:** It is indicated for purification of nadis or nerve passages, Oxygenation is improved. Mind becomes calm and quiet and the patient feels fresh.

**Bhramari Pranayam:** Mind becomes calm and quiet. It is quite beneficial in insomnia and hypertension.

**Paadabhyanga,** according to Acharya Vagbhata, makes feet strong, promotes sleep and vision and cures loss of sensation, tiredness, stiffness etc.

## CONCLUSION

This case showed encouraging results with the given as with the treatment, the duration of sleep, pattern of sleep and quality of sleep improved along with relief in symptoms like heaviness and numbness and fatigue. Patient had stopped Anti - Psychotic drugs and Sedatives drugs after the administration of Ayurvedic drugs. From this study, it can be concluded that Ayurveda can be a promising alternative in insomnia.

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