CONCEPTUAL STUDY OF NASYA AND SHIRO PICHU IN MANAGEMENT OF NIDRANASH (PRIMARY INSOMNIA)

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INTRODUCTION

Ayurveda, an holistic life science mainly deals with maintenance of health of healthy person and treatment of diseases person. Like food, clothing and shelter Aahara, Nidra and Bramhacharya plays an important role in maintaining health. Ayurveda stresses on Nidra i.e. sleep for emotional and mental wellbeing. Good is best indicator of good health. Nidranash is vataja Nanatmaj Vyadhi. The line treatment mentioned according to different samhitas is vatahara treatment, along with mental relaxation. Classical text mentions various procedures but Nasya and Murdhatail is among these for management of nidranash. Objective of work is to compile and review classical literature on management of nidranash with nasya and shiropichu.

Key words: Nidranash, Nasya, Shiropichu.

ABSTRACT

Ahara, Nidra and Bramacharya is mentioned as Tripod of life by Acharyas, Which plays important role in maintaining health. Ayurveda stress on Nidra i.e sleep for emotional and mental wellbeing. Good is best indicator of good health. Nidranash is vataja Nanatmaj Vyadhi. The line treatment mentioned according to different samhitas is vatahara treatment, along with mental relaxation. Classical text mentions various procedures but Nasya and Murdhatail is among these for management of nidranash. Objective of work is to compile and review classical literature on management of nidranash with nasya and shiropichu.

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INTRODUCTION

Ayurveda, an holistic life science mainly deals with maintenance of health of healthy person and treatment of diseases person. Like food, clothing and shelter Aahara, Nidra and Bramhacarya plays an important role in maintaining health. Humans have to suffer many problems related with health in day to day life. To overcome these problems he has to keep his body and mind strong and healthy. Ayurveda, the science of life, suggested many Siddhantas (principles), which, one has to obey to maintain healthy life. One of the most important principles is the three factors i.e. Aahar (diet), Nidra (sleep) and Bramhacharya (celibacy), are mentioned as three Upastambha (sub-supporting pillars) executing an important role in maintaining the health. Aahara (Diet) is the first which directly affects the life by causing various problems with health & mind. Changes in diet habit, changes in the timing of diet etc. may cause problems related with digestive tract. Bramhacharya (Celibacy) is a pillar which also affects on the healthy status of the body. I mean controlled sex, if done at proper age and at proper time it preserves the body or it is harmful if done in a wrong or non-scientific way. Nidra (Sleep) also has its important role in healthy life. By getting a good & sufficient sleep one can get ready for new work. A sound sleep in the night regenerates the power of the mind and body to accept new challenges, maintains health, proficiency and emotional well-being. In daily routine a person can’t concentrate on sufficient and in time sleep, so he is suffering from many problems related with mind & body. Researches show that improper sleep can increase risk of developing obesity, diabetes, high blood pressure or heart disease. A survey conducted by WHO in India reveals that about 35 percent of respondents have reported mild to extreme difficulty associated with
Ayurveda has enlightened about this fact centuries ago and mentioned various causes, symptoms and remedies for Nidranasha (Primary Insomnia). By observing this one can get rid of the problems arising from the loss of sleep. On the other hand conventional medical science is still lacking definite treatment for insomnia. It frequently prescribes sedative and hypnotic like benzodiazepines drugs as a therapy of insomnia. For living being in this world Nidra is an essential phenomenon for maintenance and restoration of body. But in this world of technology Nidranash is seen commonly due to stress tension etc. so the proposed study have been stated to study the comparative effect of Nasya and Shiro Pichu in Nidranash.

**OBJECTIVE**
- To evaluate the efficacy of Nasya on Nidranash.
- To evaluate the efficacy of Shiro Pichu on Nidranash.
- To study Nidranash in Detail.

**DISEASES REVIEW**

1. **Importance of Nidra (Sleep)**
   While describing the importance of Nidra Ayurveda mentioned that, It creates Happiness in life, It maintains the consistency of the body, It increases the strength, It increases the power of brain & mind, Lastly it prevents the life. In spite of these benefits some persons can’t achieve their normal pattern of sleep as mentioned by Ayurveda, due to some reasons. These symptoms may lead to Nidranasha (Insomnia). Handful bunch of population in the society is suffering from this ailment. Numerous factors such as mental stress, illness, type of work, age, changing life style and changes in diet etc are responsible for insomnia. Persons suffering from Nidranasha or Insomnia may also suffer other medical problems related with mind & body.

2. **Definition:** Nidranasha or Anidra (insomnia) is the difficulty in initiating or maintaining sound sleep or waking up early without complete sleep and unable to sleep again, or waking up with a feeling of tiredness and exhaustion. In conventional medical science various are the concepts used to define insomnia. The concept of “unsatisfactory sleep” was developed by the American Medicine Institute in 1979. According to which insomnia corresponds to the complaint of insufficient sleep almost every night or by being tired after the usual sleep time.

3. **Etiology of Nidranasa (Insomnia):**
   The etiological factors of insomnia provided in Ayurveda includes dietary consumption of food which is predominant in dry property, barley excessive exercise and fasting, intercourse, hunger and uncomfortable bed. Therapeutic causes such as excessive induced Vamana (emesis), Virechana (purgation), Nasya (nasal medications), Raktamokshana (blood-letting), Dhooma (medicated smoke) Swedana (sudation), Anjana (collyrium), can also cause Nidranasha. Psychological causes- fear, anxiety, anger. Apart from this excessive joy, sorrow greed agitation are also responsible for insomnia. According to Charakacharya, following factors are responsible for

4. **Karya (Work)-** Work done at night time or the work which is heavy in nature, can cause disturbances in the sleep. The people who work in night become more prone to the symptoms of loss of sleep.

5. **Kaal – Time/Age:** The second factor Kaal is also important for the disturbance in the sleep. It is related with our life and affects directly on our sleep.

In the infantile age, child sleeps most of the time of the day and in night, but as age increases the actual duration of
sleep decreases. It happens because of influence of Kapha Dosha, which causes more sleep in the children. In middle age the duration of sleep remains average ranging from 6 to 8 hours. Where as in old age, because of predominance of Vata Dosa and diminished Kapha, the duration of sleep further decreases. Old age usually causes sleeplessness.

6. Vikara – Diseases: Some diseases may cause the disturbances in the sleep. According to Ayurveda particularly the diseases of Vataja origin can cause insomnia. Increased Vata Dosa is ultimately responsible for the decrease in Kapha, resulting in loss of sleep.

7. Prakruti – Constitution: According to Ayurveda there are three basic elements, which build up the life of human being. These three factors decide the constitution of the man while birth. These three elements form 7 types of constitution. Out of these seven, the person having only Vataja Prakruti (constitution) shows shorter duration of sleep than persons with any other constitution. Apart from this Vata Dosha causes loss of sleep by virtue of its Anti-Kapha properties. Acharya Susruta mentioned reasons for loss of sleep as follows:

- Due to increased condition of Vayu
- Due to increased condition of Pitta
- Due to the mental harassment or increased stage of mind
- Due the weakness
- Due to accidents, hurt or any injury

Mind also plays an important role in the loss of sleep. Tamo Guna of mind helps in creating sleep. It is associated with Kapha Dosha and helps in generation of sleep. When our mind gets disturbed due to any thought, it increases Rajo Guna which closely resembles with the Vata Dosha. Hence increase in Rajo Guna ultimately increases Vata Dosha & diminishes the effect of Tamo Guna ultimately landing the person in insomnia. Weakness may also cause the loss of sleep. According to Ayurveda weakness generally occurs due to the dominated Vata Dosha. Apart from this Ruksha Guna (dry property) of Vata Dosha causes weakness in the body. Accident, hurt or injury may also cause loss of sleep or disturbance in the sleep. In Ayurveda this term is referred as “Abhighataja Vyadhi”. Traumatic injury can cause pain in the body and this discomfort causes disturbance in the sleep. Pain is termed, as Shula in Ayurveda and it is a primary symptom of the Vata Dosha. Hence increase in Shula ultimately causes increase in Vata Dosha, which directly affects sleep. Acharya Vagbhata (Bruhad & Laghu) mentioned these five factors for disturbance in sleep or causing loss of sleep. Acharya Indu also commented on these causes on Anidra.

8. Signs and Symptoms: Ayurveda describes Nidranasha as a symptom, as a disorder and even sometimes as a complication of certain diseases. Peculiar symptoms arising during Nidranasha are yawnning, body ache, lethargy, head-ache, giddiness in the head and eyes, apathy, fatigue, indigestion and diseases produced by Vata Dosha.

**NASYA REVIEW**

1. Mode of action of nasya: "Nasa hi Shiraso Dvaram", a nasal route with direct entry to CNS. Drug administer to the nasal cavity rapidly transverse through the cribriform plate into CNS by olfactory neurons, supporting cells and surrounding capillary bed, directly into CNS. Drug administers through nasal cavity act locally as well as systemically and hence drug dose require is very minimal. Acharya Charaka says sneha pradhan navan drug get absorb in Shringatak region. Lipid soluble drugs are much more rapidly absorbed by nasal mucosa. Action of drug is faster and effective. For Nasya Mersha Nasya i.e sneha pradhan nasya will be used.
2. **INDICATION:** Astang sangraha has mention nidranash as Nasya Arha

**SHIRO PICHU**

**MODE OF ACTION:** It can be basically divided into two types Local and Systemic Mode of Action. Shiro Pichu acts systemically by Cellular absorption and circulation and effects on CNS by absorption of Sneha.

**INDICATION:** According to charak shusrut and vagbhata mrdha taill is classical treatment for Nidranash in which shiro pichu is one of it.

**DISCUSSION:** Anidra or Nidranasha is enumerated as one of the NanatmajaVikara of Vata Dosha.Kaphadosha, Tamas, Hridaya and Samjnavaha Srotas are responsible for the induction of sleep.There is relation between the age and duration of sleep. Along with this the influence of the Tridosha can also disturb the sleep pattern. Increased condition of Vata Dosa can cause loss of sleep. We have discussed earlier about the loss of sleep due to the Vata Dosa.Increased condition of Pitta Dosa in relation to its Ushna &Tikshna guna (properties) is also responsible for decrease in the sleep.Kshaya (weakness or loss of power) can also cause loss of sleep as it is responsible for the deprivation of Dhatus from their normal function. This condition may bring the loss of sleep.Vagbhatta in Ashtanga Samgraha mentioned this in Viruddh Annavignaniya Adhyaya where he explained the tray-opasthambhas, considered mandanidra due to vata, but used asvapna term in vata-ja nanatmaja vikaras. Hence Nasya(sneha nasya) and shiro pichu will help in shama-na of vitiated vata dosha as acharyas has motion sneha is uttam vata shamak

**CONCLUSION**

Nidra is harmonic feature gift ed by nature. If once the harmony is violated, of course his health as well as his sleep will be hampered, because sleep exactly runs according to biological clock. Nidranash is gradually threatening health of an individual, personal and social behaviour including occupational life. Hence it has been considered as psychosomatic disorder aggravated by vitiated Vata-Dosha. Various measures provided in Ayurveda can certainly help to overcome this situation. Avoiding causative factors is a must to tackle the condition more precisely with administration of Nasya and Shiro Pichu. Hence Nasya and Shiro Pichu will have significant effect in management of Nidranash.

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