

EFFECT OF MURDHA TAIL IN THE MANAGEMENT OF VAIKARIKI NIDRA -A CASE STUDY.

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Abstract

Insomnia is a sleep disorder that regularly affects millions of people worldwide. Individuals with insomnia find it difficult to fall asleep or stay asleep and the effects of same can be devastating. Changed lifestyle has a hazardous effect on our sleeping pattern. In Ayurveda, Sushrutacharya in Sharirasthan fourth chapter have elaborated about nidra(sleep).Three sleeping patterns have been discussed here in i.e. Tamasi nidra,Rajas Nidra,and Vaikariki Nidra. Vaikariki nidra which is mainly seen in patients with Kshin (decreased) kapha which leads of vata vridhi (increase) there by causing pain in body as well as vitiating the mind as mind and body are interrelated . Here is an attempt to evaluate the effect of Murdha Tail (shirodhara) in 65 year old female patient for 10days in relieving the symptoms of Vakariki Nidra.

Keywords-

Vaikariki nidra. Murdha Tail, Shirodhara, Brahmi Tail.

Intoduction-

Insufficient sleep is a public health problem as it is linked to motor vehicle crashes, industrial disasters and medical and other occupational errors. Ayurveda has given prime importance to nidra as it is considered as one of the component of 3 upstambh (Aahar , Nidra and Brahmacharya). Types of Nidra are mentioned namely Tamsi Nidra- Due to dominance of Tama where perception is hampered. Rajas nidra- due to dominance of Raja Guna where the timings of sleep are altered. Vaikariti Nidra- where there is kapha ksahya and vata vrudhi. According to Ayurveda Shirodhara is one of the best treatment for insomnia. Slowly and steadily pouring medicated oil or other liquids on the forehead is known as shirodhara. This procedure induces a

relaxed state of awareness that result in a dynamic psycho- somatic balance and pacifies the aggravated vata dosha. Balancing vata dosha is important to treat insomnia.

Case study- A 65 year old female patient presented with complaint since 3 years.

1. Sleeplessness
2. Bodily pain
3. Headache
4. Heaviness of eyes.
5. Yawning.

Patient was taking Tab Alprax 10mg for almost three years .But as there was no significant result after taking even double dose of Tab Alprax ,the patient herself stopped the medication. She approached our hospital for the further management. Her general conditions were fair and vitals

were stable. Systemic Examination revealed no any specific detail.

The patient age was indicative of beginning of old age. The vata dosha was increased and hence taila was used here as it is the best vatashamak. The Brahmi drug was selected here as it was easily available in the hospital and it is cost effective too. The effects of Brahmi on Manovaha srotas are already proved through various studies. Hence, Brahmi Tail was selected for the Treatment. Brahmi is shita viryatmaka, madhur vipak, medhya, kashaya and Tikta rasatmak. The

Nidrakara quality of Brahmi is also proved by various researchers.

The patient was given Shirodhara with Brahmi Tail for 40min. 1lit Brahmi tail was used for dhara per day. The treatment was given for 10 days.(no any other medication was given to the patient in the form of sedatives.)

After 10 days of actual treatment period ,the patient was advised to take Shiroabhyang for further 10 days.

Following observations were noted.

Shirodhara and Nidra in Hours:

	Days of observation after Shirodhara	Hours of sleep
1.	Day 1	1hr
2.	Day 4	2hr
3.	Day 7	3.5hr
4.	Day 10	5hrs

On the day 0 after doing shirodhara for 40 mins patient slept for 1hr in the night. And reported the same on day 1. On Day 4 patient reported that she had sleep for 2 hrs . On day 7 patient reported that she had sleep for 3.5 hrs. On day 10 patient reported sound sleep of 5hrs .

Shirodhara and its effects on relieving the symptoms of Anidra:

	Days of follow up after Shirodhara	Yawning	Heaviness of body	Heaviness of head	Heaviness of eyes
1	Day 1	+++	+++	+++	+++
2	Day 4	+++	++	+	++
3	Day 7	+	+	+	+
4	Day 10	-	-	-	-

On day 0 patient had following symptoms yawning, heaviness of whole body, head and eyes due to sleeplessness . The symptoms were relieved gradually as the hours of sleep increased in the patient.

Discussion :

The symptoms of patient related to Anidra [Vaikariki Nidra] subsided after 3 weeks of Shirodhara.which is very beneficial due to procedural effect as well as due to drug effect.The taila used in Shirodhara pacifies the increased vata and by the application of oil over the head the dryness of skin subsides and in turn kapha dosha increases .

The increased kapha dosha enhances the tama , which counteracts the raja dosha . Continuous pouring of liquid at a particular point on head helps to improve blood circulation .Brahmi present in this taila contains Saponins called Bacosides. which appear to affect certain neurotransmitters in the brain and helps to support cognitive performance. Brahmi

supports restful sleep calms emotional turbulence and improves concentration and alertness. Brahmi Taila has cooling property which regulates Hypothalamo Pituitary axis .which may help to reduce stress and enhances secretion of serotonin and improves sleep.

Hence with the help of Shirodhara in this case encouraging results in the treatment were found, the duration of sleep and quality of sleep improved and patient had relief in heaviness and fatigue etc Symptoms. Patient stopped taking Sedative drugs.

Conclusion :

Murdha taila (Shirodhara) done with Brahmi oil for 40 minutes for 10 days is beneficial for moderate to severe insomnia which is mainly due to vata vrudhi.

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