

## AYURVEDIC PERSPECTIVE OF PANCHAKARMA IN ANIDRA

Dr. S.G. Chawardol<sup>\*1</sup>, Dr. Jinesh Jain<sup>2</sup>, Dr. O.P. Dwivedi<sup>3</sup> and Dr. Bhagwati Tripathi<sup>4</sup><sup>1</sup>Professor, Panchkarma Dept., Government Ayurveda College, Nanded, India.<sup>2</sup>Associate professor, Government Ayurveda College, Rewa, M.P., India.<sup>3</sup>Professor & HOD, Research Guide, Sharir Rachana Dept., Government Ayurveda College, Rewa, M.P, India.<sup>4</sup>Associate Professor, Kayachikitsa Dept., Government Ayurveda College, Rewa, M.P., India.

\*Corresponding Author: Dr. S.G. Chawardol.

Professor, Panchkarma Dept., Government Ayurveda College, Nanded, India.

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## ABSTRACT

Ayurveda the science of healthy life balances physical and mental component of body. Ayurveda applied logical approaches for the maintenance of good health and consider holistic and spiritual compositions as important aspect for the healthy well being. *Ahara*, *Nidra* and *Brahmacarya* are three important perspective of Ayurveda contributes significantly towards the maintenance of normal physiological functioning of body. *Nidra* is one of the vital pillars of healthy well being and disturbance in *Nidra* leads condition of *Anidra* which causes various diseases especially *Manasa Vikara* and disturbance in normal physiological functioning, therefore it is very essential to cure condition of *Anidra* and various therapeutic approaches of ayurveda offer relief in *Anidra*; *Panchakarma* is one of them. *Panchakarma* help to attain condition of physical and mental relaxation reduces stress and cure anxiety thus offer significant relief in *Anidra*. Present article elaborates various aspects of *Anidra* & its management by *Panchakarma*.

**KEYWORDS:** *Ayurveda*, *Panchakarma*, *Nidra*, *Anidra*.

## INTRODUCTION

The conceptual belongings of Ayurveda believe to achieve good physical and mental status. Ayurveda principles reside to acquire disease free normal physiological functioning of body. The concept of *Triupastambha*; involve *Ahara*, *Nidra* and *Bramhacharya* which contribute towards strength, growth and healthy physical and mental status of an individual. The *Nidra* is one of the important *Triupastambha* help to maintain normal health and boost mental power while improper sleep means *Anidra* may leads various abnormalities and disease conditions. It is therefore recommended to treat *Anidra* as causative factor of other disease. There are various factors which are responsible for improper sleep such as; stress, exertion, hypertension, anxiety, socio-economic status and presence of other disease.<sup>[1-4]</sup> Ayurveda describe various treatment modalities for the management of *Anidra* and *Panchakarma* is one of them, *Panchakarma* offer enormous health benefits and help in the management of *Anidra* since it possess calming and relaxing effect along with whole body detoxification.

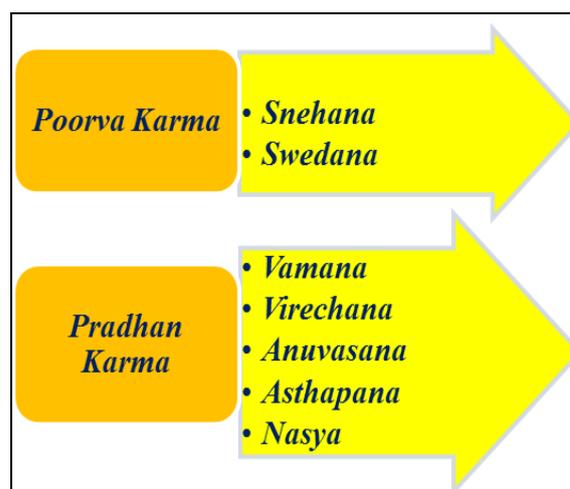


Figure 1: Steps of Panchakarma.

**Anidra**

The *Nidra* associated with various physical, mental and emotional perspectives such as; happiness, growth, strength and virility while *Anidra* associated with sorrow, wasting, weakness and impotence. Pathologically it is believed that *Manasikakarana* leads *Tama Kshaya* and *Rajo Vruddi* which may causes *Anidra*. *Anidra* may arises due to the; *Upavasa*, *Vata* vitiation, *Asukha Shayaa*, *Atikrodha*, *Atibhaya* and

*Atichinta*. Other factors *Satvaudarya*, *Tamojayee*, *Karya*, *Kala Vikara*, *Pita Vridhi*, *Abhighata* and *Vata Dosha* also considered responsible for *Anidra*. *Anidra* may be responsible for other disease such as; *Karshya*, *Dukha*, *Abala*, *Klibata*, *Ajnana Halimaka*, giddiness, *Agnimandhya*, constipation, rhinitis, body ache, drowsiness, anxiety and *Klibata*.<sup>[2-5]</sup>

### **Panchakarma for Anidra**

The Ayurveda system described *sharirik* and *manasika* diseases according to the *doshik* involvement at particular location. The *manasika* disease *Anidra* possesses significant relation with physical status of body. The *Anidra* may occur due to the vitiation of *sharirik* and *manas dhosas* and vitiation of *manovah srotas* along with emotional disturbance, derangement of *rajo* and *tamo dhosa*. The ayurveda describe role of purification/*shodhna* therapy in *manasa vikara*; *Anidra*. *Panchakarma* along with drugs, diet and counseling offers relief in *Anidra*. *Panchakarma* utilizes *samshodhana* (purification) for elimination of vitiated *dosha*, *purvakarma*; *snehana* and *swedana* which overall provides relief in *Anidra* if used along with *aushadha* and proper diet regimen.<sup>[6, 7]</sup> Various *Panchkarma* procedures suggested for the management of *Anidra* such as; *Sarvang Snehana* with *tila taila*, *Sarvang Swedan* (*bashpa sweda*) with *Dashmula kwath* and *Shirodhara* with *tila taila*.

*Panchkarma* therapy helps to mitigates *vata*, induces sleep, improves respiratory functioning *via shrotas* and boost circulatory process which help to maintain normal blood flow and prevent any chances of hypertension induces sleeplessness. *Panchkarma* relax mental status and induces feeling of freshness. It also helps to reduces stress & physical fatigue, offer calming and relaxing effect to whole body along with detoxification of waste materials. *Panchkarma* therapy also control *dosha* and improve digestion, these all effects together balances mental and physical strength which reduces sleeplessness.<sup>[8, 9]</sup>

### **Benefits of Panchakarma procedure**

- It offers nourishment, strength, sterility and longevity.
- It boosts *Satya Buddhi* and *Siddhi*.
- It control weight & obesity thus reduces sleeplessness.
- It relaxes body mentally as well as physically.
- It boost natural healing process through improve circulation thus reduces sleeplessness induced due to injury.
- Promote muscle tonicity and decrease body ache thus induces sleep.
- Offer calming effect thus induces sleep and boost mental power.
- *Panchakarma* promotes immunity thus prevent chances of infection induced sleeplessness.
- It improves circulatory process of body and offer internal and external purification.

### **DISCUSSION**

Ayurveda considered *Anidra* as a route cause of various diseases since *Nidra* along with *Brihana* promotes health and nourishes *Dhatu*. *Anidra* affect immunity and devoid body from *Sthirita*, *Snigdghata* and *Guruta* it also vitiate *Shukra Dhatu* and disturb metabolic functioning of body. Therefore it is believes that *Anidra* may leads and induce progression of various diseases. The *Panchkarma* therapy suggested along with drugs and diet regimen for the management of *Anidra* and various literatures proved the same. *Panchkarma* in *Anidra* help to induce *Tamobhava* (*Nidra* associated with *Tama*), it offer mental activities thus leads *Manah-Sarira Srama Saambha*, *Panchkarma* calm mind and body thus promotes *Ratri-Swabhava Prabhava* (*Nidra* of natural night sleep).<sup>[10]</sup>

### **CONCLUSION**

There are many physiological abnormalities associated with improper sleep (*Anidra*). The Ayurveda believed that about 7-8 hrs. sleep at night one should take to get all beneficial effects of *Nidra*. The proper sleep offer many health benefits while incomplete sleep may leads; *Dukha*, *Karshya*, *Abala*, *Klibata*, *Ajnana Halimaka*, head ache, giddiness and heaviness etc. Therefore it is very essential to treat condition of *Anidra* and *Panchkarma* may recommend for the management of *Anidra*. Literature proved that *Panchkarma* possess beneficial effects in *Anidra* and help to induces natural sleep which offers following health benefits.

- Induction of proper sleep helps to prevent many diseases.
- Improves process of growth & development.
- Offer calm & relaxing effect for whole body.
- Nourishes physical and mental health through complete body cycle.

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