

**ROLE OF MANTRA CIKITSĀ AND JAṬĀMĀMSĪ CŪRṆA WITH MĀHIṢAKṢĪRA IN
STRESS INDUCED INSOMNIA****Dr. Shivananjani J Kantharia¹; Prof. Dr. K.B.Patel²; Prof. Dr. S N Gupta³**¹Assistant Professor, Department of *Roga vijnāna evam Vikṛtī vijnāna*, J S Ayurveda Mahavidhyalaya, Nadiad.²Professor and Head, Department of *Pañcakarma*, J S Ayurveda Mahavidhyalaya, Nadiad.³Professor and Head, Department of *Kāyachikitsā*, J S Ayurveda Mahavidhyalaya, Nadiad.***Corresponding Author: Dr. Shivananjani J. Kantharia**Assistant Professor, Department of *Roga vijnāna evam Vikṛtī vijnāna*, J S Ayurveda Mahavidhyalaya, Nadiad.

Article Received on 14/06/2017

Article Revised on 04/07/2017

Article Accepted on 25/07/2017

ABSTRACT

Insomnia means inability to sleep or maintain sleep, despite the patient having adequate opportunity and circumstance to sleep, when associated with impairment of daytime functioning or mood symptoms. Stress induced insomnia one of the most genuine and day by day increasing psychosomatic problem in this present era especially in young people. In the case of stress induced insomnia, alleviating the stress should alleviate the insomnia. The treatment for this condition is mainly calm down and relaxation of the mind. Mantra Cikitsā is one the *Daiva vyapāśraya* Cikitsā. In Sanskrit, it is said; “*Mananāt trāyate iti Mantra*” means Mantra is that which saves from repetitiveness of worries which is main cause of Insomnia. Oral intake of *Jaṭāmāmsī cūrṇa* with *Māhiṣa Kṣīra* at bed time followed by Chanting of “*Om Namaḥ Śivāya*” mantra is beneficial in Stress induced insomnia. *Jaṭāmāmsī* is the one of the tranquilizer drugs in *Āyurveda* which calm down the anxious mind and its use with *Māhiṣa Kṣīra* which has action of *Nidrājanana*.

KEYWORD: Stress induced insomnia, Mantra Cikitsā, *Jaṭāmāmsī*, *Māhiṣa Kṣīra*.**INTRODUCTION**

Āhāra, *Nidrā* and *Brahmacarya* are the three factors which play an important role in the maintenance of health of a living organism, thus are termed as subpillars (*Upastāmbha*) of physiology of human body.^[1] The inclusion of *Nidrā* in the three *Upastāmbha* proves its importance. The ancient *Ācāryas* have stated that happiness and sorrow, growth and wasting, strength and weakness, virility and impotence and the knowledge and ignorance as well as the existence of life and its cessation depend on the sleep.^[2]

*Nidrāyattaṃ sukhaṃ duḥkhaṃ puṣṭiḥ kārṣye balābalaṃ |
Vṛṣatā klībatā jñānamajñānaṃ jīvitaṃ na ca ||* (Ca. Su. 21/36).

But *Nidrā* became the most neglected part of modern life style where one gives least importance to the timing, duration and quality of sleep with stress playing an important role in inducing Insomnia. Insomnia is normally treated with anti-depressants, sedatives, tranquilizers and hypnotics in modern science but they all have their own limitations. Holistic management of Insomnia is the need of the day and *Āyurvedic* professionals need to revalidate the management of Insomnia. Mantra Cikitsā is one the *Daivavyapāśraya* Cikitsā. Mantras help in freedom from repetitive thought

and worries which is main cause of insomnia. Oral intake of *Jaṭāmāmsī cūrṇa* 3gm with warm *Māhiṣa Kṣīra* at bed time followed by chanting of “*Om Namaḥ Śivāya*” mantra until one get to sleep is beneficial in Stress induced disturbed mental health causing Insomnia.

Stress

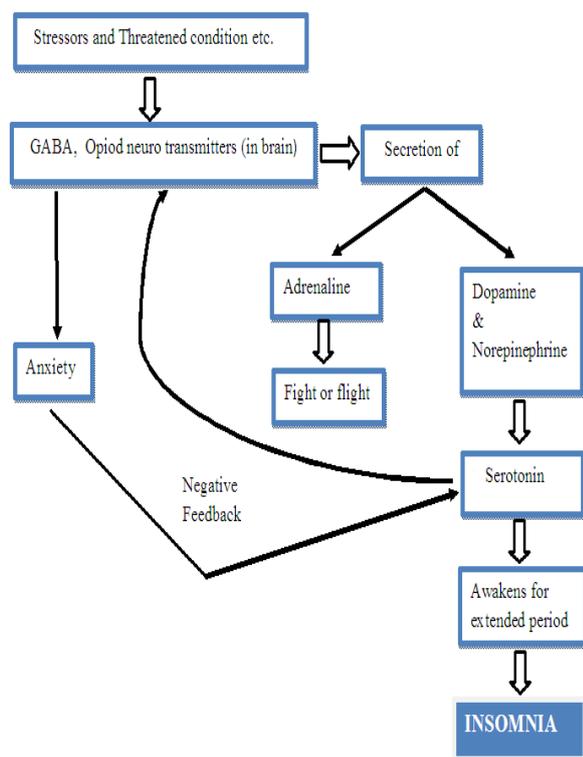
Stress is actually a normal part of life. Stress can motivate people to get that promotion at work, or run the last mile of a marathon. But if they don't get a handle on their stress and it becomes long-term, it can seriously interfere with their job, family life, and health.

A lot of things can cause stress such as to go on a job interview, take a test, or run a race. These kinds of short-term stress are normal. Long-term (chronic) stress is caused by stressful situations or events that last over a long period of time, like problems at work such as heavy work load, unemployment, or conflicts in family such as dealing with the death of a parent or spouse, getting married, divorce etc. Over time, chronic stress can lead to severe health problems such as depression and Insomnia etc.

Stress cycle and Insomnia

Modern psychiatrists also accept that psychic stress plays an important role in the manifestation of insomnia.

According to their view: When the person feels threatened condition (like Bhaya, Cintā etc), the brain reduces the availability of the Opioid and GABA (gamma-aminobutyric acid) neurotransmitter. This makes us feel a sense of urgency as well as anxiety (Udvega). Then the brain releases Dopamine (neurotransmitter) which gives a feeling of invincibility, and also a neurotransmitter called norepinephrine. Adrenaline (hormone) which causes oxygen and energy to be sent from the internal organs to the muscles to assist with the "fight or flight" and also release Norepinephrine (hormone) which causes the Serotonin (neurotransmitter which is enable for sleep), to be less available and this is allows to stay awake for extended periods of time when under stress. The reduction of serotonin causes a further reduction in the Opioid and there is create a cycle which is known as the Stress Cycle.^[2] Stress induced Insomnia occurs due to this Stress cycle.



Insomnia

Insomnia is defined not simply by total sleep time but rather by difficulty in initiation and maintenance of sleep, poor quality of sleep, and an insufficient duration of sleep, such that functioning in the awake state is impaired.^[3] Almost every person experience short term of insomnia in their life but frequent occurrence of this condition adversely affects the lives. Whether it is lack of sleep or loss of sleep, in the both conditions people often don't feel refreshed in the next morning and get many complications. Insomnia, the prevalent sleep complaint, affects up to 10 to 20% of the adult population.^[4]

Sign and symptoms of Insomnia

According to Āyurvedic classics sign and symptoms of Insomnia are Jṛmbhā, Aṅgamarda, Taṅdrā, Śīroroga, Śīrogaurava, Akṣigaurava, Jādyā, Glāni, Bhrama, Apakti and Vātaroga.^[5]

According to modern science patients with insomnia may experience numerous symptoms including difficulty such as falling asleep at night or getting back to sleep after waking during the night, wake repeatedly during the night, need to take something in order to get to sleep e.g. sleeping pills, fatigue and daytime sleepiness, poor attention or concentration, reduced energy or motivation, problems with work or social life, mood problems including anxiety, headache tired and not feeling refreshed upon waking.^[6]

Mantra Cikitsā

Trividhamauśadhamiti- Daivavyapāśrayaṃ,
Yuktivyapāśrayaṃ, Satvāvajayaśca |
TatraDaivavyapāśrayaṃ-
Mantrauśadhimaṅgalabalyupahārahomaniyamaprā
yaścrittovāśasvastyanapranipātagamanādi ||
(Ca.Su.11/54)

The term Daivavyapāśraya is concerned with all the unexplainable factors, which are beyond the purview of reasoning. These Daivavyapāśraya methods create confidence and remove the fear and pessimistic tendencies. It may in some way indirectly help the patient in gathering confidence. It works at the level of mind and there by influence the body. In stress induced insomnia mind is more influenced rather than body. Mantra Cikitsā is one the Daivavyapāśraya Cikitsā. The etiology of Mantra is - "Mananāt trāyate iti Mantra" means Mantra is that which saves from repetitiveness. Mantra is, at its core, a tool used by the mind which eventually frees one from the worries of the mind.

In the book "Powerful Self-Healing Techniques", Dr. Ranjie Singe said that the chanting of specific mantras caused the release of the hormone melatonin and enhanced sleep because of this. It's also been found that self-created sounds such as chanting will cause the left and right hemispheres of the brain to synchronize. Such chanting will also help to oxygenate the brain, reduce heart rate and blood pressure and assist in creating clam brain wave activity.

"Om Namaḥ Śivāya" is one of the most popular and ancient Vedic Mantra. It comes from part of a Hīṅdu prayer, the Śrī Rudraṃ Camakaṃ, which is found in the second oldest of the Vedic texts, the Yajurveda. It is a hymn to Śiva and it is said that chanting this Mantra helps to get rid of internal imperfections, limitations, and sins. It is also a Mantra that elevates the psyche and awakens higher states of consciousness.

This Mantra has to power to purify one's mind and guide them towards a virtuous and divine life. The positive

vibrations of “Om Namaḥ Śivāya” lift one’s spirits into previously unexplored planes of existence. Self-realization about the greatness of god and surrender of one’s ego is another important positive effect of chanting this famous Mantra. Continual chanting of this Mantra can cure anxiety, depression; reduce stress leads to cure Insomnia and mental illness.^[7]

Jaṭāmāmsī

Māmsī medhyā tu tiktā syādanuṣṇā varṇakariṇī |
Raktavātarānīdrājananī kuṣṭhahāriṇī || (Priya nighaṇṭu Śatapuṣpādivarga/36)

Jaṭāmāmsī has been explained as Nidrājananī in Priya nighaṇṭu. It is an Āyurvedic medicinal plant induces in organisms a state of resistance against Stress. It helps to promote physical and mental health, augments resistance of the body against disease and has shown potent antioxidant activity. It is a sedative, anti-depressant, and anti-epileptic cardio-tonic and is regarded as one of the most effective remedies for neurosis.^[8] It has Pharmacological activities such as Hypotensive, analgesic, anti-inflammation, CNS-depressant, tranquilizing, anti ulcerogenic, anti-anxiety.^[9] Due to its CNS depressant and anti-anxiety properties, it is highly effective in stress reduction in an anxious or over-stressed person and due to its tranquilizing property, is highly beneficial in insomnia. It also has been found to increase levels of neurotransmitters like serotonin which is one of the essential neurotransmitter for inducing sleep.

Māhiṣa Kṣīra

Mahiṣīkṣīraṃ svapnajanānāṃ | (Ca.Su. 25/40)

In Caraka saṁhitā Māhiṣa Kṣīra has been explained as the Agrya dravya for Nidrājanana.^[10]

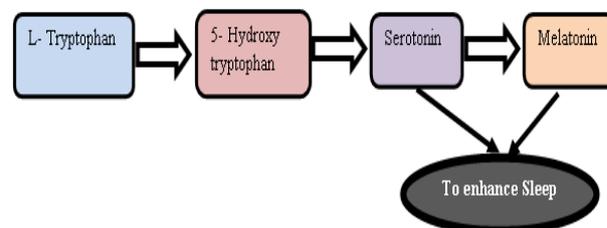
Mahiṣīnaṃ gurutaraṃ gavyācchītaraṃ payaḥ |
Snehānyūnāmanidraya hitamatyagnaye ca tat ||
(Ca.Su.27/219).

(Milk of buffalo is heavy and cold is compared with the cow’s milk. It has more of unctuousness and it is useful for persons suffering from insomnia and rapid digestion.)

According to Āyurveda, the chief properties of Māhiṣa Kṣīra are Śīta and Guru. They both are promoting the Kapha and reducing the Vāta (Śārīrika doṣa). Kapha is supposed to be composed mostly of Tamas (Mānasika doṣa). Whenever the Chetanā is overpowered by the accumulation of Tamas, the sensation conveying channels of the body are blocked or checked up by the Kapha doṣa. When this Kapha is over saturated with Tamas the living being gets sleep.

According to modern science, the two main bio molecules that are involved in the production of normal sleep the neurotransmitter serotonin and the hormone melatonin are both naturally made from L- tryptophan in

the body.^[11] The buffalo milk has rich amounts of L-tryptophan. L-tryptophan is an essential amino acid which is able to convert into 5-HTP (5-hydroxy-tryptophan), which then readily converts into serotonin. Serotonin is involved in mood, appetite, sleep and impulse control.^[12] Once serotonin is made, the pineal gland is able to convert it at night into melatonin, the sleep-inducing hormone.^[13]



Tryptophan supplementation reduces biochemical markers of stress, particularly the hormone Cortisol that has many deleterious effects in the human body.^[14] It is a tremendously valuable supplement for those whose sleep is lacking in either quantity or quality.

CONCLUSION

Nidrā – is an essential phenomenon for maintenance and restoration of both body and mind, which is considered under Trayo upastambha. Proper sleep provides immunity, balance of the body constituents, alertness, good vision, good complexion, fired digestive power as well as happiness, vigor, virility, nutrition and long life. Moreover, sleep maintains the nourishment of the body, relaxes the mind, enhance the longevity of the human beings. Stress is the main causative factors of this disease which promote the Vāta and Rajas which play a key role in the pathogenesis of Insomnia. Mantra therapy is more effective in Stress reduction and Jaṭāmāmsī and Māhiṣa Kṣīra are more effective in Insomnia. Ultimately, Mantra therapy along with Jaṭāmāmsī cūrṇa and Māhiṣa Kṣīra, this Holistic and traditional combination should be beneficial in Stress induced Insomnia. These types of treatments are safe and cost effective due to traditional approach of Āyurveda to make the ailing society healthy and happy.

REFERENCES

1. Yādavaḥ Trikamjī Ācārya, editor of Caraka Saṁhitā with Āyurveda Dipikā Commentry of Cakrapānī, Sutra sthāna, Chap.11, Reprint edition: Caukhambhā Surabhāratī Publications, Varanasi, 221001, India, 2013.
2. Yādavaḥ Trikamjī Ācārya, editor of Caraka Saṁhitā with Āyurveda Dipikā Commentry of Cakrapānī, Sutra sthāna, Chap.21, Reprint edition: Caukhambhā Surabhāratī Publications, Varanasi, 221001, India, 2013.
3. Bina H Vansh et al Mānsaika bhāvas in Anidrā (Stress induced insomnia)- Tagarādī Kvatha and

- Mahiṣī dugdha śirodhārā. MD thesis Jamnagar, 2008.
4. Lee Goldman, Andrew I. Schafer, editor of Goldman's Cecil medicine, 24th edition, 2012.
 5. Lee Goldman, Andrew I. Schafer, editor of Goldman's Cecil medicine, 24th edition, 2012.
 6. Yādavajī Trikamjī Ācārya, editor of Caraka Saṁhitā with Āyurveda Dipikā Commentry of Cakrapānī, Sutra sthāna, Chap.07, Reprint edition: Caukhambhā Surabhāratī Publications, Varanasi, 221001, India, 2013.
 7. <http://sleepdisorders.about.com/od/commonsleep>.
 8. <http://blog.onlineprasad.com/the-importance-of-chanting-om-namah-shivaya/>.
 9. <http://www.muralimanohar.com/Articles,%20English/Diseases%20and%20Conditions/Sleeplessness.htm>.
 10. Billore K V, Yelne M B, Denis T J. Database on Medicinal Plants Used in Āyurveda. New Delhi: Central Council for Research in Āyurveda & Siddha, 2005; 7: 138.
 11. Yādavajī Trikamjī Ācārya, editor of Caraka Saṁhitā with Āyurveda Dipikā Commentry of Cakrapānī, Sutra sthāna, Chap.25, Reprint edition: Caukhambhā Surabhāratī Publications, Varanasi, 221001, India, 2013.
 12. Mishima K. Melatonin as a regulator of human sleep and circadian systems. *Nihon Rinsho*, 2012; 70(7): 1139-44.
 13. Tryptophan supplement for sleep, mood, and stress - A review of benefits and side effects, safety, risks by Ray Sahelian, M. D., June 29 2014.
 14. Tryptophan supplement for sleep, mood, and stress - A review of benefits and side effects, safety, risks by Ray Sahelian, M. D., June 29 2014.
 15. Eshkevari L, Permaul E, Mulrone SE. Acupuncture blocks cold stress-induced increase in hypothalamus-pituitary-adrenal axis in rat. *J Endocrinol*, 5 Feb 2013.