

ROLE OF MAHISHA KSHEERA PAAN IN ANIDRA

Dr. Pooja Sharma^{*1}, Dr. Anupam Pathak², Dr. Yogesh³, Dr. Punam Kumari⁴ and Dr. Anshu Sharma⁵¹P.G Scholar, Department of Swasthavritta & Yoga.²Prof. & HoD, P.G. Department of Swasthavritta & Yoga.³Assistant Prof., P.G. Department of Swasthavritta & Yoga.⁴P.G Scholar, Department of Swasthavritta & Yoga, (SGCAS & H, Tanta University, Sriganganagar, Rajasthan, India).⁵P.G Scholar, Department of Roga Nidana and Vikriti Vijyana, NIA, Jaipur.***Corresponding Author Dr. Pooja Sharma**

P.G Scholar, Department of Swasthavritta & Yoga.

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ABSTRACT

Ayurveda is an ancient science of life, which nearly related to life style. In this way if we do not obey life style, so many problems may develop in human body. *Nidra* concern as an another term sleep. Sleep is very important phenomenon in an organism and also accepted by modern science because of its restorative function and importance for conservation of energy and growth, so good sleep is best indicator of good health. It affects adversely, if properly not taken by any one and leads to sleep disorders and it is most common complaint in present era. Management of *Anidra* is been dealt in the form of diet routine i.e., *Mahisha Ksheera Paan*, medicament and proper life style.

KEYWORDS: *Nidra*, Sleep, *Ayurveda*, *Anidra*, *Mahisha Ksheera Paan*.**INTRODUCTION**

Ayurveda having their own principles including three main pillars (*Tridoshas*) i.e. *Vata*, *Pitta*, *Kapha*, these are supporting by three sub-pillar (*Trayopstambhas*) through body itself. When these three sub-pillars are observed or maintained properly then only, the main pillars will be endowed with strength, complexion and development (*Bala*, *Varna* and *Upachaya*).

Acharya Charaka has mentioned *Nidra* as one among the *Trayo upastambha*,^[1] which is an essential factor to lead a healthy life like proper diet (*Ahara*). Acharya Charak has described that happiness and misery, proper growth and emaciation of body, good strength and weakness, virility and sterility, knowledge and ignorance, the life and death of an individual these all factors depend on proper and improper sleep that one takes. *Anidra* is one among the *Vataja Nanatmaja Vyadhi*,^[2] which is more prevalent in the present day due to target oriented work, extended working hours, nuclear families and stress. Any changes in normal *Nidra* leads to ill health. Various pathological entities stand identified as a result of improper *Nidra*. And there are volumes of scientific data supporting the theory that *Nidra* is the underlying key factor in most *Manas Vyadhis*.

Allopathic hypnotic drugs are useful for short term treatment in Sleep disorder i.e., anti-depressants,

tranquilizers and sedatives. Initially these drugs are gives considerable relief but continuous and long term use may cause various adverse effects including drug dependency. Need has always been felt to develop certain *Ayurvedic* treatment modalities for the management of *Anidra* which is effective, safe, easily available, affordable and without any adverse effects.

Acharya Charak and Vagbhata explains that the buffalo's milk is best for inducing sleep.^[3] *Milk has properties- Prenana, Brihmana, Vrishya, Medhya, Balya, Jeevaneey, Shramahara, Shwasa kasa hara, Sandhaneeya, Madhura Rasa, Snidgha guna, Sheeta veerya.*^[4] *Acharya Charaka described the object of Ayurveda are the preventive, promotive and curative aspect in the field of health.*^[5]

Review of Literature on Mahisha Ksheera

In *Samhita*, different varieties of milk are described along with their properties and functions. Depending upon the source, varieties of milk are of eight types in *Charak Samhita*. They are the milk of the sheep, goat, cow, buffalo, camel, elephant, horse and women's milk. *Mahisha Ksheera* (buffalo) is one among the *Astha Ksheera*.⁶ The *Mahisha Ksheera* is heavier and colder than that of cow,^[7] because of plenty of fat. It is useful for the persons suffering from sleeplessness and excessive digestive power,^[8] According to *Acharya Charaka Mahisha Ksheera* is the best in the management

of *Anidra*.^[9] It is not easily digestible and is cold.^[10] *Mahisha Ksheera* is *Snigdha*, *Tandrakara*, *Nidrakara*, *Vrishya*, *Shramahara*, *Balaprada*, *Pushtikara*, *Kaphakara* and is *Jeevaniya*.^[11]

Causes: *Nidra* is the most neglected part of modern life style where one gives least importance to the timing, duration and quality of sleep so various sleep related disorders are increasing day by day. The other causative factors are to take of dry foods, barley, excessive indulgence in exercise, fasting, sexual intercourse, hunger, uncomfortable bed, excessive or abnormal use of emesis, purgation, bloodletting, fear, anxiety, anger, joy, sorrow, greed, agitation etc. And the working tendency during the night time has increased due to busy life style.

Sign and Symptoms: In *Ayurvedic* text we get explanations regarding symptoms produced due to holding up of sleep like yawning, body ache, lassitude, headache, heaviness in the head and eyes, inactivity, exhaustion, indigestion and diseases caused by *Vata*.^[12] *Acharya Vagbhata* says, when *Vata* increases it produces loss of strength, sleep and loss of sensory functions. *Nidra* is induced due to *Kapha* and *Tamobhav*. *Anidra* is characterized by *Angamarda*, *Shiro Gourava*, *Jrumba*, *Jadya*, *Glani*, *Bhrama*, *Tandra*, *Apakti* and *Vatarogas*.^[13]

Treatment of Anidra: In Allopathic medical science, to overcome this *Anidra* is trend of inducing sleep artificially by consuming drugs –sedatives, narcotics etc. Such drugs are habit forming and injurious to health. So the world is in search of a proper therapeutic measure, which is effective in the management and cure of this problem with least or no side effects.

In *Ayurveda* a detailed description about *Anidra* and its *Chikitsa* has been mentioned. A set of fairly satisfactory *Nidrakar* methods had been identified and prescribed by *Ayurveda*. In *Charaka Samhita* and *Bhavaprakasha* it has been told that treatment modalities used in *Anidra* are *Abhyanga*, *Utsadana*, *Snana*, *Samvahana*, *Gramya*, *Audhaka*, *Anupa Mamsa Rasa Sevana*, *Audhana Sevana* with *Dadhi*, *Ksheera*, *Sneha* or *Madhya*, *Manaso Anuguna Gandha Shabdaha*, *Samvahana*, *Netra Tarpana*, *Shirolepa*, *Vadana Lepa*, comfortable bed and home and proper time brings sleep, to those who are suffering from sleeplessness.^[14,15]

DISCUSSION

Anidra is described as a symptom, a disorder and even as a complication of many diseases. It is explained as *Vata Nanatmaja Vikara* and in *Vata-Pitta dosha vriddhi* it as symptoms of some other diseases. First line of treatment to be adopted is the proper life style, diet and avoidance of causative factors. *Mahish Ksheer* have *Nidra janya* and *Vata hara* Properties. And *Ayurvedic* management of *Anidra* is effective, safe, easily available, affordable and without any adverse effects.

CONCLUSION

Nidra is most important factor for both the normal and sick persons. Good sleep means which is observed properly at proper time that enables us to grow well and enjoy good health. *Anidra* becoming progressively a life threatening condition and it also has the tendency to damage ones daily life including personal, social, occupational etc. In such scenario there are immediate needs for the efficient management of insomnia in natural way, good counseling, usage of herbal medicines or *Mahish Ksheer Paan*, following of proper life style and eradicating the problems from root itself.

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