

EFFICACY OF MATRABASTI WITH TILA TAILA IN ANIDRA WITHSPECIAL  
REFERENCE TO PRIMARY INSOMNIA – A CASE STUDY<sup>1</sup>\*Vd. Amruta Arjun Chavare and <sup>2</sup>Vd. Sharmili V. Suryavanshi<sup>1</sup>P.G Scholar 3<sup>rd</sup> Year Department of *Kaya-Chikitsa*.<sup>2</sup>H.O.D, Department of *Kaya-Chikitsa*.\*Corresponding Author: Vd. Amruta Arjun Chavare  
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## ABSTRACT

Insomnia is a condition of inadequate quantity or quality of sleep. In insomnia there is persistent problem in falling and staying asleep. Most cases of insomnia are related to poor sleeping habits, depression, anxiety, lack of exercise, chronic illness or certain medication. In Ayurveda insomnia can be correlated with *nidranasha*. According to *acharya sushruta nidranasha* is caused by vitiated *vata* and *pitta*, disturbed state of mind, an injury and loss of vital fluids. *Nidranasha* can be treated with *snehachikitsa*, *basti* is one of the aspect of introduction of *sneha* into body. So according to ayurveda we can treat *nidranasha* with *matrabasti* a type of *snehabasti*. A female patient of 41 year old came to *kayachikitsa* OPD with complaints of problem in sleep induction, unsatisfactory sleep duration, heaviness in the body from 2 years. The case was diagnosed as *nidranasha*(primary insomnia) and the case was treated with *matrabasti* of *tila taila* 60 ml given for 7 days. The complaints were resolved within 8 days. No other complaints as well as complications were observed after this treatment procedure.

KEYWORDS: Insomnia, *Nidranasha*, *Matrabasti*.

## INTRODUCTION

Sleep is very important factor of life as it is related to better immune system, weight gain, strength to heart, better mood, better strength and performance in daily work routine. Any problem in sleep can cause very severe disturbance in daily work, mood, strength and longevity of life. According to *ayurveda ahar*(diet), *nidra*(proper sleep) and *bhramhacharya*(non indulgence in sexual activity) are pillars of life.<sup>[1]</sup> An aggravated condition of bodily *vaata* or *pitta*, any *aghata*(injury), disturbed state of mind can cause disturbance in sleep and can lead to *nidranasha*.<sup>[2]</sup> *Nidranasha* can cause myalgia, heaviness in head, excessive yawning, heaviness in body, faintness, giddiness, indigestion, hallucination and *vaataj vyadhi*. So this severe problem should be treated with very carefully.<sup>[3]</sup> According to *charakacharya* we can treat the *nidranasha* by various *upakrama*(treatment protocols/procedures) such as: *abhyanga*(body massage), *utsadana*(unction), *snana* (bath), *gramya-anupa-audaka rasa*(intake of soup made up of domestic-marshy-aquatic animals), *shali anna*, *dadhi,ksheera*, *sneha*, *madya*(shali rice with curd, milk, fat, wine), *manasukham*(mental pleasure), *manoanukul gandha-shabda- samvahan*(pleasant smell, sound, massage), *chakshutrapan*, *lepa over shira and vadan* (application of soothing ointments to eyes, head and face), *vistim shayya*(comfortable bed), *yathochit kala* (getting habituated to sleeping at particular time)<sup>[4]</sup> We

can treat the *nidranasha* by *snehabasti*.<sup>[5]</sup> As *falashruti* of *anuvasana basti* includes normal sleep. Proper administration of *anuvasana basti* can give benefits like:

1. Purification body elements
2. Clarification and purification of intellect and sense
3. Induction and maintenance of sound sleep.
4. Lightness and strength in body.
5. Proper manifestation of natural urges.<sup>[6]</sup>

As *nidranasha* is one of the *nanatmaja vikara* of *vaata*. In *vaataj vikara* according to *acharya charaka basti* is considered as *ardhachikitsa*(half of therapeutics). According to this concept *bastichikitsa* is half of therapeutics of *nanatmaja vaataja vikara nidranasha*. So *basti* can treat the *nidranasha*.<sup>[7]</sup> But we can't give *anuvasana basti* in all persons with *nidranasha*. *Anuvasana basti* can be given in only those persons who are *anuvasan arha*(fit for *anuvasan basti*)<sup>[8]</sup> According to *charakacharya* we can give *matrabasti* in all persons. While taking the *matrabasti* the person can take the normal diet and do the regular activities as per his schedule. *Matrabasti* can be given in any season. The dose of *matrabasti* is equal to minimum dose of *snehapana*.

*Matrabasti* promotes strength and can administered very easily. It helps in voiding of stool. It causes nourishment and cures diseases caused by *nanatmaja vikara* of *vaata*,

hence *matrabasti* will treat *nidranasha* significantly.<sup>[9]</sup> In this case study the effect of *matrabasti* with 60 ml *tila taila* administered for 7 days continuously. Assessment is done regularly.

#### Aims

To study the effect of *matrabasti* with 60 ml *tila taila* administered for 7 days in *nidranasha*-insomnia.

#### Objectives

1. To evaluate the effect of *matrabasti* with *tila taila* 60 ml administered for 7 days in *nidranasha*.
2. To study other beneficial effects of *matrabasti* with 60 ml *tila taila*.

#### METHODOLOGY

Based on clinical presentation and examination the case was diagnosed as *nidranasha* (primary insomnia). Informed written consent of patient for *matrabasti* with 60ml *tila taila* for 7 days was taken and treatment has been done.

#### CASE REPORT

A 41 year female came to OPD of *kayachikitsa* with complaints of problem in sleep induction, awaking in night, unsatisfactory sleep, heaviness in body in day time from 2 years. By Athens insomnia scale and other examinations the case was diagnosed as *nidranasha-insomnia*. After examination of patient following causative factors were identified as:

1. Intake of very dry food
2. Heavy work or job schedule
3. Excessive fasting
4. *Alpashana*(irregular food habits, intake of food in very less quantity)
5. Chronic untreated constipation.

Diagnosis is made by the Athens insomnia scale. It is measured by assessing eight factors (as tabulated below) amongst which first five factors are related to nocturnal sleep and last three factors are related to daytime dysfunction. These are rated on a 0 to 3 scale and the sleep finally evaluated from the cumulative score of all factors and reported as individual's sleep outcome

#### Athens Insomnia Scale

<b>1. SLEEP INDUCTION</b> (time it takes you to fall asleep after turning off the light.)	0 No problem	1 Slightly delayed	2 Markedly delayed	3 Very delayed or did not sleep at all
<b>2. AWAKENINGS DURING THE NIGHT</b>	0 No problem	1 Minor problem	2 Considerable problem	3 Serious problem or did not sleep at all
<b>3. FINAL AWAKENING EARLIER THAN DESIRED</b>	0 Not earlier	1 A little earlier	2 Markedly earlier	3 Much earlier or did not sleep at all
<b>4. TOTAL SLEEP DURATION</b>	0 Sufficient	1 Slightly insufficient	2 Markedly insufficient	3 Very insufficient or did not sleep at all
<b>5. OVERALL QUALITY OF SLEEP</b> (no matter how long you slept )	0 Satisfactory	1 Slightly unsatisfactory	2 Markedly unsatisfactory	3 Very unsatisfactory or did not sleep at all
<b>6. SENSE OF WELL BEING DURING THE DAY</b>	0 Normal	1 Slightly decreased	2 Markedly decreased	3 Very decreased
<b>7. FUNCTIONING (PHYSICAL AND MENTAL) DURING THE DAY</b>	0 Normal	1 Slightly decreased	2 Markedly decreased	3 Very decreased
<b>8. SLEEPINESS DURING THE DAY</b>	0 None	1 Mild	2 Considerable	3 Intense

#### Insomnia and Athens Insomnia Scale (AIS) Score.

Normal	0 to 6
Mild Insomnia	7 to 12
Moderate Insomnia	13 to 18
Severe Insomnia	19 to 24

## OBSERVATIONS AND RESULT

Parameters	0 <sup>th</sup>	3 <sup>rd</sup>	5 <sup>th</sup>	7 <sup>th</sup>	15 <sup>th</sup>
	DAY	DAY	DAY	DAY	DAY
1.Sleep Induction(time it takes you to fall asleep afterturning of light)	3	3	2	1	1
2.Awakening DuringThe Night	3	2	1	1	1
3.Final Awakening Earlier than Desired.	3	3	2	1	1
4. Total Sleep Duration.	2	2	1	0	0
5.Overall Quality OF Sleep(no matter how longyou slept)	2	2	2	1	1
6.SENSE OF WELL BEINGDURING THE DAY	2	1	0	0	0
7.FUNCTIONING(physical and mental during the day)	1	0	0	0	0
8.Sleepiness During The Day	1	1	0	0	0
TOTAL	17	14	8	4	4

## DISCUSSION AND CONCLUSION

By above questions of Athens insomnia scale we get understood that the severity of symptoms is get decreased along with course of *matrabasti*. At 7<sup>th</sup> day Athens insomnia score is get decreased at about ¼ of previous. Patient also got satisfaction by treatment of *matrabasti*. At 15<sup>th</sup> day when patient came to follow up, the severity of symptoms was not increased at all. This indicates that the *titaila* used in *matrabasti* breaks the pathology of *anidra* happened due to *prakupita vaata*. Due to *vaatashamana* the pathology is broken out and patient got relief from symptoms.

This proves that *matrabasti* with *tiltaila* has great efficacy in *anidra/insomnia*.

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