

STUDY TO EVALUATE THE EFFICACY OF JATAMANSI KWATH SHIRODHARA
AND PIPPALIMOOL CHURNA IN ANIDRA- A SINGLE CASE STUDYDr. Sony Singh*¹, Dr. Rachna Nigam², Dr. Bhavana Dwivedi³ and Dr. Anubha Srivastava⁴¹M.D Scholar (Gov. Ayurvedic College, Varanasi Deptt. of Panchakarma).²Assistant Professor (Gov.ayurvedic college,Vns Deptt. of Panchakarma).³Divisional Ayurvedic & Unani Officer, Varanasi.⁴Assistant Professor (Gov. Ayurvedic College, Varanasi Deptt. of Rachana sharira).

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ABSTRACT

In recent times the use of Herbal product has increased tremendously in the world as well as in developed & developing country. *Ayurveda* advocates some fruitful *Panchakarma* therapies like *Nasya*, *Murdhni tail Chikitsa* for *Mana* and *Indriya Vikaras*. *Shirodhara* is a classical and a well-established *ayurvedic* procedure. It is a type of *Murdha tail*. Pouring of medicated *kwath* (*decoction*) or oil on forehead is known as *Shirodhara*. *Shirodhara* is also a type of *bahya snehana* (external oleation therapy) as mentioned in *Ayurveda*. Man is working hard for day and night, besides that mental stress, addiction of alcohol; junk food, surfing internet, chewing to-bacco leads to insufficient sleep. *Ayurveda* having a light of hope for this condition by correction of basic pathology particularly through *Panchakarma*, like external treatment in the form of *Shirodhara* to treat *Insomnia*. Considering all the above benefits of *shirodhara*; we undertook the study of effect of *Jatamansi kwath Shirodhara* and *Pippalimool churna* on stress induced *Insomnia*.

KEYWORDS: *Shirodhara*, *moordha tail*, *Anidra*, *stress*.

INTRODUCTION

Ayurveda is the ancient science of life emphasizes on physical and mental health with preventive aspect. “*Swasthasya swathya rakshanam*” is the main objective of *Ayurveda*. Curing a diseased person and reshaping his health status is also an aim of *Ayurveda*. *Ayurveda* is a science and art of appropriate living which help us to achieve longevity with a better quality it has proven to be definitely effective in the management of stress related Problems of life caused by several reasons.

Ayurveda mentioned three important facts to keep a person in healthy status as *Aahara* (diet), *Nidra* (Sleep) & *Bramhacharya* (Celibacy) are mentioned as three *Upastambha* (sub-supporting pillars) executing an important role in maintaining the health.^[1] Acharya Charaka included *Anidra* in 80 *nanatmajavyadhi* of *Vataroga*.^[2] About 30% of the general population has complained of *insomnia*.^[3] Acharya Sushruta explained it under *Garbha Vyakarana Sharira*.^[4] *Vaikariki Nidra* can be correlated to sleep disorders. Vagbhata mentioned it in *Trayopastambha* but used the term *Asvapna* in *Vataja Nanatmaja Vikara*.^[5] Sharangadhara discussed *Anidra* in *Vataja Nanatmaja Vikara*, *Alpanidra* in *Pittaja Nanatmaja Vikara* and *Atinidra* in *Kaphaja Nanatmaja Vikara*.^[6] Thus, all Acharyas considered importance of

Nidra and *Nidranasha*. In a living being, the head is the substratum of all the sense faculties, or *Indriyas* (sense organs), it is also known as *Uttamanga*.^[7] Because of this, *Shirodhara* gives strength to the *Prana* and *Indriyas*, which are mostly vitiated in case of psychological disorders. *Indriyas* are in close contact with the mind, so when *Indriyas* stay healthy the mind automatically stays healthy. *Shirodhara* thus keeps the body and mind healthy. Imbalance of *Prana*, *Udana* and *Vyana Vayu*, *Sadhaka Pitta* and *Tarpak Kapha* can produce stress and tension. *Shirodhara* reestablishes the functional integrity between these subtypes of *Dosha* through its mechanical effect.^[8] In *Bhaisajya Ratnavali Piplimoola* (Root of *Piper longum* Linn.) with *Anupan* of *Guda* (jaggery) is described in *Nidranasa*. In present study *Jatamansi kwath Shirodhara* and *Pippalimoola Churna* have been selected in the management of *Anidra*.

2. MATERIALS AND METHODS

2.1. Aim and objective

To Evaluate the effects of *Shirodhara* and *Pippalimool churna* (orally) in Stress induced *Insomnia*.

2.2. Case Study

Demographic details

Name of the patient - XYZ;

Age - 30;

Sex – male;

Address – Bhelupur, Dist. Varanasi.

Occupation – Teacher.

Chief Complaints

- Difficulty in falling asleep and staying asleep since 1 year
- Fatigue - since 1 year
- Unable to concentrate - since 1 year

Associated complaints

- Numbness and heaviness in head - since 1 year
- Constipation (On and off) - since 1 year

History of present illness

A male patient aged 30 years presented with the complaints of difficulty in falling asleep and staying asleep, fatigue and unable to concentrate in his work since from 1 years he regularly goes to bed at 11pm but is unable to sleep until 2 am he experience about 3-5 awakenings every night and with each awakening requires about 40 minutes to fall asleep again. Simultaneously he was suffering from Numbness and heaviness in head. Also, he had given the history regarding the constipation. Due to mental stress, patient complains of falling asleep and restlessness in the night, therefore he took Sedatives regularly from last 9 months, in spite of that patient was not getting proper sleep. Hence the patient was approached to Panchakarma OPD. he was advised the *Shirodhara* and *shaman chikitsa* immediately and suggested his to stop previous medicines.

Table 1:

Types	Drugs	Dose	Time	Duration	Anupana
Panchakarma Treatment	Shirodhara with Jatamansi kwath	250gm/ day (2 litre kwatha form)	At morning	14 Days	-
Palliative Treatment	Pippalimool churna	1gm twice daily	After food	28 Days	2gm Guda(Jaggery)

Properties of Drug: Shown in Table 2

Table 2:

Sr. No.	Drugs	Rasa	Guna	Virya	Vipaka	Karma	Prabhav
1.	<i>Jatamansi</i> , ^[9] (<i>Nordostachs Jatamansi</i>)	<i>Tikta</i> , <i>Kashay</i> , <i>Madhur</i>	<i>Laghu</i> , <i>snigdha</i>	<i>sheet</i>	<i>Madhur</i>	<i>Rasayan</i> , <i>Medhya</i> <i>Nidrajanit</i>	<i>manasdoshahar</i>
2.	<i>Pippalimool</i> , ^[10] (<i>Piper Longum.</i>)	<i>Katu</i>	<i>Laghu</i> , <i>Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Dipan</i> , <i>Pachan</i>	<i>Kapha-vatadhna</i>
	<i>Guda (As Anupan)</i>	<i>Madhura</i>	<i>Guru</i> , <i>Snigdha</i>	<i>Ushna</i>	-	-	<i>Vatadhna,alpa pittaghna</i>

Investigations done

The patient was visited to the OPD; he was advice for all routine blood investigations to rule out any possible associated disorder; like CBC (Complete Blood Count), ESR, Blood Sugar Level, Routine and Microscopic Urine Examination. Reports of above mentioned investigations were within the normal limits.

Past History: There were no any medical and surgical illness.

Personal History: Occupation: Teacher; **Food Habits:** Non vegetarian food, irregular diet; **Addiction:** There was no significant past history of any type of addiction.

General Examinations

Nadi (pulse) = 86/min; **Mala (stool)** = *Vibandha*; **Mutra (urine)** = *Samyak*; **Jeevha (tongue)** = *Saam*; **Shabda (speech)** = *Spashta*; **Sparsha** = *Anushna sheet*; **Druka (eyes)** = No pallor, no icterus; **Akruti** = *Madhyama*.

Vitals Examination: B.P. = 110/80 mm/Hg; **Pulse** = 86/min; **RR** = 20/min; **Temp** = 97°F.

Treatment Given

Shirodhara is a type of *Murdhni taila*, *Shirodhara* is a form of independent *Snehana* procedure, wherein involves gently pouring liquids over the forehead. It is very useful in insomnia, stress, anxiety, other neurological, psychological and psychosomatic disorders. The procedure was done with *Jatamansi kwath* for 45 minutes for the duration of 14 days. (Table No 1).

The treatment is carried out in two phases-

- First Phase – *Shirodhara* with *Jatamansi kwath* given for 14 days.
- Second phase – After 14 days, *Shaman aushadhi* was advised for 28 days.

2.3 Assessment Criteria

Table 3:

S. N.	Parameter	Description	Grade
1.	Total hours of sleep	Normal Good Sleep (6-8 hrs)	0
		Moderate Sleep (4-6 hrs.)	1
		Mild Sleep (2-4 hrs.)	2
		No Sleep (0-2 hrs.)	3
2.	Difficulty in initiating sleep	Normal Sleep within 30 Min.	0
		More than 30 Mins- 1 hrs.	1
		More than 1hr- 2hrs	2
		More than 2hrs -3 hrs	3
3.	No. of awakenings	No awakening, normal	0
		1-2 times	1
		2-4 times	2
		More than 4 times	3
4.	Jrimbha (Yawning)	Mild	0
		Moderate	1
		Severe	2
5.	Shirogaurava	Mild	0
		Moderate	1
		Severe	2
6.	Angamarda	Mild	0
		Moderate	1
		Severe	2
7.	Malbaddhata	No	0
		Yes	1

3. RESULTS

Effect of therapies on insomnia

After completion of total therapy (*Shirodhara* with *shaman aushadhis*), the patient was significantly

improved. Patient was feeling fresh and relaxed mind. he improves the quality of sound sleep. Patient was enjoying his day to day life. Results are shown in Table No 4.

S. N.	Symptoms	Day/ Treatment		
		D0(Baseline)	D0(Shirodhara)	D15 (Pippalimool churna)
1.	Total hours of sleep	4	2	1
2.	Difficulty in initiating sleep	3	2	1
3.	No. of awakenings	3	2	1
4.	Jrimbha (Yawning)	2	0	0
5.	Shirogaurava	3	1	0
6.	Angamarda	3	1	0
7.	Malbaddhata	Yes	No	No

4. DISCUSSION

Shirodhara is classically advised for many diseases like insomnia, attention deficit hyperactivity disorder, anxiety disorders, phobia, depression, essential hypertension and other psychosomatic disorders. Some Marma (Vital spot) are located in forehead and head region as mentioned in Ayurveda classics. Mainly *Sthapni*, *Utshepa*, *Avarta*, *Shankha* And *Apanga Marma* are situated in this region.^[11] According to *Acharya Bhela Bhrumadhya* (Between both eyebrows) is the site of *Chitta (Mana)*. It is also place of *Sthapni Marma*.^[12] Most of the *Marma* of head region are *Agni* and *Vayu Pradhana Mahabhoota*.^[13] The site of *Sthapni Marma* and the site of pituitary and pineal gland exist at the same level. The function of pituitary gland is controlled by hormones. It

is the master of the gland. It has the capacity to maintain all the endocrine system of human body.^[14] Mental stress and irritability were the causative factors were endocrine system gets imbalance of its normal function.^[15] Due to the stimulation of *Sthapni Marma* and indirect stimulation of pituitary gland brings changes in psychosomatic level. Hence *Shirodhara therapy* helps in relieving the mental stress and insomnia by regulating the normal function of this gland.

In *Anidra*: Signs and symptoms got reduced may be due to combined action of *Shodhan* and *Shaman* therapy.

Shamana Aushadhi

Pippalimool- *Pippali mool* is the root of the plant *pippali*, which is key ingredients of many formulations.

However *pippalimool* is attributed with a special property of relieving *nidranasha* when it is used along with *guda*.

5. CONCLUSION

In this case study, we found significant changes were observed in the different parameters. From this study, it is stated that *Ayurveda* can be a promising alternative in stress induced insomnia (*Anidra*). Further, clinical trials are needed to establish a standard management of sleep disorders. From the above study it can be concluded that the *Shirodhara* external therapy with *Jatamansi kwath* and *Pippalimool churna* is very useful in the treatment of Stress induced insomnia (*Anidra*) the duration of sleep and quality of sleep improved and relief in heaviness and numbness head and fatigue etc Symptoms. Patient had stopped Sedative drugs and it can prove a safe remedy without any side effects.

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