

Comprehensive Line of Treatment for Nidranash (Clinical Insomnia)-A Case Report

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Abstract

Insomnia is commonest problem in today's population. There are various reasons at the back of this disorder. Stress is one of the commonest root causes in insomnia.

According to Ayurveda, Aahar (diet), Nidra (sleep) and Bramhacharya (abstinence) are the three pillars of life. The person's well-being depends on these pillars. This disorder can be easily treated with the help of simple drugs given in Ayurveda. The only thing that should be taken in mind is *Doshavastha* (condition of dosha in body). In this case, the patient was assessed on insomnia severity index. According to that index, the patient had clinical insomnia which is moderately severe. The patient was advised to take *Jatamansi* (*Nordistachysjatamansi*) *fanta*, *Gandharvaharitaki*, *Padabhyanga* (foot massage) with the *kasavati* (Bronze bowl). The patient shown good result with these two drugs and an easy concept of Padabhyanga which is given in *Dincharya* (daily routine). This patient has shown good recovery from insomnia within 30 days of continuous treatment. When the patient visited OPD the score on Insomina severity scale was 17 which is clinical insomnia moderately severe. After the treatment, the score came to 1, which is not insomnia.

Keywords: Anidra; Insomnia; Nidranash; Padabhyanga; Kasyavati

Introduction

Sleep is the best phase for relaxation. It is important in every individual for being fit and fine. It not only relaxes but also rejuvenates for next day chores. Ayurveda has included sleep that is nidra in three pillars of life namely *Aahar* (diet), *Bramhacharya* (abstinence) and *nidra* (sleep). *Nidranash* i.e insomnia is the commonest complaint heard in OPDs after pain [1].

There are various reasons behind having insomnia. Senility, diseases related to respiratory system, painful conditions, certain drugs like propanol, steroids, mental conditions like mania, anxiety causes sleeplessness [2]. The prevalence rate of insomnia is 10-30% [3]. Idiopathic insomnia, Psychophysiological insomnia, Paradoxical insomnia, Inadequate sleep hygiene insomnia, Physiological insomnia, Insomnia NOS, Insomnia due to mental illness, Insomnia due to medical illness, Insomnia due to substance use/abuse or withdrawal [4]. There are various medicaments which are used in modern medicine for Insomnia but the drugs used in insomnia causes various other sides - effects like cancer of various origins and harm to the indwelling foetus [5]. There is description of each and every disease in Ayurveda. *Nidranash* is also described by Charak Acharya under the heading *vatajanatmajvyadhi* (different diseases of vata origin) [6]. Happiness, sadness, nourishment, undernourishment, Strongness, weakness, fertility, infertility, sanity, insanity, life and death depends on appropriate and inappropriate sleep [7]. Acharya Charak said that when mind and soul get tired, they get distracted from sensory as well as motor sensations and person sleeps. According to Acharya Sushruta, when the seat of *chetas* (mind) that heart gets covered with *Tamoguna* (Mode of ignorance), an individual goes to sleep. According to Acharya Vagbhata, *Manovahastrotas* (channels of intellectuals) gets filled up with *Kaphadosha* and blocks sensations due exhaustion, an individual sleeps. Acharya Charak has given seven types of nidra namely *Tamodbhava* (Due to increase in mode of ignorance), *Shleshmasamodbhava* (due to increase in kapha dosha), *Mana*

shramasambhava (due to exhaustion of mind), *Sharirshramasambhava* (due to exhaustion of body), *Agantukinidra* (acquired), *Vyadhinuvarininidra* (due to illness), *Matriswabhavaprabhavanidra* (physiological sleep induced at night) [8]. There are various treatment modalities in Ayurveda to combat with *Nidranash*. Acharya Charak has given *Abhyanga* (massage), *Utsadana* (massage with powdered drugs), *Samvahana* (pressing body parts), Akshi-tarpana (instillation of oil in eyes), *Shiro-Lepa* (Head pack), *Karna-Purana* (instillation of oil in ears), *Shiro-Basti* (keeping oil over head with special type of taping), *Shiro-Dhara* (dripping medicated oil on forehead), *Moordhni Taila* (dripping of oil) as *bahyaupacharas* (external application). Charaka mentioned *Manonukulavishayagrahana* (Desired conditions), *Manonukula Shabdaganaha* (desired words), *Manonukulagandhaganaha* (desired perfumes), as *Manasikaupacharas* (mental treatment) [9]. There are many patients who have *Anidra* or *Nidranash*. Insomnia causes lack of interest in surrounding, lack of interest in work and other activities.

Here we have a case report of female patient having insomnia which was treated with simple line of treatment of Ayurveda.

Case Report

A 38 year old female patient came to outdoor patient department of Kayachikitsa, MGACH & RC, Salod (H), Wardha with complain

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Table 1: Diagnostic Assessment.

Type of Treatment	Drug Name	Dose	Administration Time	Duration	Anupana
Internal	Jatamansifant	40 ml	Nishi (HS)	30 days	Lukewarm water
	Gandharvaharitaki	3 gm	Nishi (HS)	30 days	Lukewarm water
External	Padabhyanga Til tail (sesame oil)		At night before sleep with KasyaVati (Bronze bowl)	30 days	

Table 2: Assessment criteria.

Sr. No.	Criteria	Before treatment	After treatment
1.	Severity	3	0
2.	Satisfaction	4	1
3.	Interference with your daily functioning	4	0
4.	Noticeable	3	0
5.	Worry about sleep problem	3	0

of disturbed sleep pattern since six months. She had problem of hyperacidity since 3-4 years. She felt lethargic from 5-6 months. She has a feeling of loss of interest in everything. Body pain since 2 months.

Family history

Mother- No history of illness

Father- No significant history

Siblings-No significant history

Past history

She lost her husband in an accident four years back.

History of HTN and DM.

Personal history

Patient has addiction of Tea, Tobacco, betel nuts, betel leaf occasionally.

Diet: Non-Vegetarian, Junk food, stale food, consumed on daily basis, timing of meal are not fixed. Dry food like Snacks, Farsan, Chiwda

Sleep: Disturbed sleep.

Bowel: Not satisfactory goes 3-4 times for defecation.

Clinical findings

The patient was apparently good and healthy 8 months back. Her husband met with an accident and died. After that event she has disturbed sleep pattern, slight depression, hyperacidity. She felt lethargic and loss of interest in surrounding. She has taken modern treatment for insomnia but it is of no use.

When the patient came to OPD, he was thoroughly examined and complete history was taken. Patient was supportive, oriented to time and place.

Vitals: Temperature=99.3, Pulse=94/min, Respiratory rate=20/min, Blood pressure=140/90 mm of Hg.

Asthavidhparisha (Eight vitals according to Ayurveda)

Nadi – 94/ min

Mutra – No complaints

Mala – malabaddhata

Jivha – Sama

Shabda – Ksheen (due to lack of sleep)

Sparsha – Normal

Drik – Normal

Akruti – madhyam

Diagnostic assessment

Insomnia severity scale (ISI) [10]

Treatment

(Table 1)

Assessment criteria

(Table 2)

Interpretation

0-7: No clinically significant insomnia

8-14: Sub threshold insomnia

15-21: Clinical insomnia (moderately severe)

22-28: Clinical insomnia (severe)

Discussion

Sleep is the most important aspect of an individual according to Ayurveda. There are various treatment modalities in Ayurveda also for insomnia. In this case we just treated a case of Insomnia with *Jatamansifanta*, *Gandharvaharitaki* as internal medicine and *Padabhyanga* as external. The patient was also advised to avoid overthinking.

In this case, the patient was assessed on Insomnia severity index. The severity of sleeplessness is scored 3 before treatment. After treatment it got reduced to 0. The score of satisfaction after sleep was 4 before treatment and after treatment it reduced to 1. Due to the lack of sleep, there was interference in the daily routine of 4 score which is reduced to 0 after treatment. His score of noticing the people about sleeplessness of this lady was 3 which were reduced to 0 after the management. The patient was worried about her sleep issue which was scored about 3 and reduced to 0 after the treatment of 30 days. There are specific consequences which takes place when *Jatamansifanta*, *gandharvaharitaki* and *Padabhyanga* is advised to the patient. *Jatamanasi* is *Tikta* (bitter), *Kashay* (astringent), *Madhur* (sweet) *rasa* (taste) *Pradhan* (chiefly) drug. It has *Laghu* (light) and *snigdha* (oily)

property. The *veerya* (potency) of *jatamansi* is sheet (cold). The *vipak* (end product of digestion) is *Katu* (pungent). The *prabhav* (effect) is *manasdosshar* (mental disorder) [11]. According to Ayurveda it is *nidrajanana* (promotes sleep) and promotes good digestion. It has tranquilizer effect [12]. Bitter, Astringent and sweet taste drugs are *pittashamakrasa* (antagonist effect on bile properties) [13]. In *pitta vrudhdhilakshanas* there is symptom called *alpanidrata* (less sleep). The cold property of *Jatamansi* alleviates the hot property of bodily biles. So the three *rasa* present in *jatamansi* may alleviate the problem of insomnia. *Fanta* (hot infusion) is the one of the *panchvidhakashay* Kalpana (Ayurveda formulation). In this, powdered drug is kept in hot water over night and then it is filtered with cotton cloth and advised to consume it. It helps to resume the volatile constituents [14]. The hot infusion is given in mild disorders. So the patient got relief from this *Jatamansi* hot infusion. *Gandharvahartaki* is *anulomak* (purgative drug) in property. It contains *haritaki* (*Chebula terminalis*), *eranda* tail (Castor oil), *Sunthi* (*gingiber officinalis*), *Saidhav* and *Suvarchalalavana* (types of salts). *Mrudu Virechan* (purgation) is the first line of treatment for *pitta* related diseases. There are two types of purgation, *ruksha* (dry) and *snigdha* (oily) [15]. Here *snigdhavirechan* is used as *vata* is having *ruksha* (dry) *guna*. Along with this, *Vatavridhhi* causes *Anidra* (insomnia) [16]. *Mruduvirechan* (mild purgation) is best treatment for *vata vyadhi* [17]. This patient was advised to do *Padabhyanga* (foot massage) on daily basis before sleep at night. Foot massage is given in *Dincharya* (daily routine) by Acharya. In this case, simple *til* tail (sesame oil) is used for massage. *Tail* (oil) is well known treatment to alleviate *vata dosha*. Massage alleviates fatigue, stress. Massage increases *kaphadosha* which helps in elevation of *tamoguna*. As we discussed early *tamoguna* is important in sleep induction. Massage also causes secretion of serotonin and dopamine. Melatonin is formed from dopamine which is secreted due to massage. It gives the feeling of wellbeing [18]. This patient was advised to do this foot massage with *Kasavati* (bronze bowl). Bronze is combination of brass and tin. It is observed that it has beneficial effect in induction of sleep from ages [19-22].

In this case the patient got relief from insomnia with the simple and less number of drugs. For the management, we just used *Jatamanasifanta*, *Gandharvaharitaki* and foot massage with bronze bowl.

Conclusion

Insomnia is just simple disorder which can be alleviated by managing the *dosha avastha* (condition) in an individual. Works on *Vata*, *pitta* and *kapha* dosha give noticeable effect. It can be treated by using a single drug like *Jatamansi* which has sedative effect and *Gandharvaharitaki* which is *mruduvirechan*. A simple routine procedure like foot massage can be advised to the patient. These drugs do not cause lethargy and sedation as an after effect.

Consent and Ethical Approval

As per international standard or university standard guideline patients consent and ethical approval has been collected and preserved by the authors.

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Competing Interests

Authors have declared that no competing interests exist.

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