CONCEPTUAL STUDY OF ANIDRA AND IT'S MANAGEMENT BY PANCHKARMA PROCEDURES

1*Dr. Chawardol Seema G, 2Dr. Dwivedi. O. P, 3Dr. Jain Jinesh Kumar and 4Dr. Tripathi Bhagwati

1Professor and HOD Panchkarma Govt. Ayurved College Nanded.
2Professor and HOD Sharir Rachana Govt. Ayurved College Rewa M.P.
3Reader and HOD Panchkarma Govt. Ayurved College Rewa M.P.
4Reader Kayachikitsa Govt. Ayurved College Rewa M.P.

*Corresponding Author: Dr. Chawardol Seema G.
Professor and HOD Panchkarma Govt. Ayurved College Nanded.

ABSTRACT

Ayurveda is a holistic life science. Ayurveda recognizes the importance of Nindra for health. Ayurveda considered nindra as one of the basic instincts of life. Sleeping is a very essential factor for all the living beings. Anidra is called as Insomnia Nindranasha in Anidra an imbalance in Tarpaka Kapha, prana vyau, sadhak pitta. Tapaka kapha is sub dosha of kapha that nourish the brain tissue (cells) and facilitates a good sleep of night. Imbalance of this dosh causes poor quality of nourishment of brain tissues, this leading to anidra sadhaka pitta is a sub dosha of pitta and this located in hridaya. It controls emotions, desires, decisiveness and spirituality. Pran vyau makes the Tantrika tandtra sensitive, this sensitive tantrika tantra (Nervous system) coupled with an aggravated pran vyau lead to anidra. As per various Ayurvedaic text karya, kala, vikar prakurti are the important etiological factors in anidra. In this conceptual study of Anidra, the treatment protocol mainly includes some panchakarma procedures and same changes in diet and life style. Considering these aspects this study was carried out to find out alternate & safe treatment for Anidra.

KEYWORDS: Anidra, Insomnia, Ayurveda, Panchakarma.

INTRODUCTION

Ayurveda is an holistic life science which not only deals with all types of element but maintain the health of healthy individual all the vital functions of the body are control by the three stambha i.e. vata dosh, pitta dosha and Kapha dosha. To support these tri stambha, ahar (diet) Nidra (Sleep) Brahma charya (celibacy) are mentioned as tri upstambha Sub- supportive pillars. Among there Nidra (sleep) has very important role in mental and physical health of healthy individual. According to Acharya Charak sukha, dukha pusti karshya, bal abala, guna, aguna, jivan and maran (death) all these factor are depends on proper and improper nidra. As per susruta sufficient sleep at night time makes a person free from diseases and gives pleasant mind, full of strength and good complexion, sufficient sleep produces freshness and reduces fatigue. Mental and physical effect of Nidra was well accepted by Kashyapa by explaining the relation of milk production in mother with sufficient and comfortable sleep.

Anidra (Insomnia) is a sleep disorder that is characterized by falling and/ or staying in sleep. There are two types of Insomnia (a) primary insomnia (b) Secondary insomnia. Primary insomnia means that a person is having sleep problem that are not directly associated with any other health problem. Secondary insomnia means that a sleep problem is because of some health problem i.e. pain, medication, or substance they are using (like alcohol). Out of every 20 Indians surfers from sleep disorder Indian women (6.5%) out number men (4.3%) when it comes to disturbed sleep. Around 4% Indian men who reported severe / extreme nocturnal sleep problems suffered from severe depression while 3% reported severe anxiety. The statistics were similar for women (3.79%) reporting severe depression and 2.8% suffering from severe anxiety 16% of population suffered from insomnia in India not far 20% far 20% that suffer from insomnia in the west. The findings suggest that sleeplessness epidemic affects an estimated 150 million in developing world. In 20 years, over 260 million people will experience sleep disorders 5% - 6% people aged 50 years and above may be affected by sleep disorders in India.

As per Ayurveda texts Karya, kala vikar prakrti are the etiological factors of Anidra. The treatment protocol of Anidra has been described is some what similar manner.
considering the involvement of dosha. The treatment protocol mainly includes some panchakarma procedures along with some changes in diet and life style. Acharya mainly focus on some panchakarma procedures instead of internal medicines. Other pathies have developed many potent drugs for Induction and maintenance of sleep but they are found to be many side effects. In view of above panchakarma procedures found to be safe and result oriented.

AIMS AND OBJECTIVE
1. To study the importance of Nidra.
2. To study the cause of Anidra in detail.
3. To study the various panchakarma procedures effectiveness in the Management of Anidra.

Symptoms of Anidra
Disturb sleep, late night sleep, insufficient sleep, shirshool, klam, Tendra Angamrda, Ajeerna, manodourbalya, Irritability.

Etiology of Anidra
Anidra may be the effect of multiple causative factors such as Ahar (food habits) Vihar (Activities) Chikitsa atiyoja (Improper treatment induced) Manasika (emotional factors) and Anya Nidans (other non specified causative factors). Most of the times the cause of Anidra is multi factorial. According to charak, karya, kala, Vikar and prakurti are the hetu of nindra nasha. The people who work in night shift become more prone to disturb sleep. As per Ayurveda proper time of sleep is at night. The second factor in nindra nasha etiology is kaal which refers to time or age. In infant age child sleeps most of the time of day and night but with increasing age duration of sleep decreases. This variation in sleep duration or patterns more or less related to the predominance of doshas as kapha predominance in infant and vata dosha pre dominance in old age. Some diseases may also cause the disturbance in the nindra. The diseases of vataja origin can cause anidra prakruitt or body constitution shows variation sleep duration. According sushruta causes of anidra are aggravation of vata and Pitta dosha, mana santap (excessive exhaustion of mind) dhatu kshya (weakness) and injury (due to accident, hurt or any injury). According to astang samgrah causes of anidra are Kal (Time of day or old age) shram (Busy life style) kshaya (Dhatu kshay) (weakness), vyadhi (some diseases) and aggravation of vata & pitta dosha.

Benefits of Sleep
Sleep helps keep your heart healthy, sleep reduces stress, sleep improve memory, sleep help control body weight issues, sleep reduces, your chances of diabetes. Sleep reduces the occurrence of mood disorders. Both western medicine and Ayurvedic understanding of sleep have very similar definition interin of sleep patterns being cyclical. In western there are 5 stages of sleep, in Ayurveda there are 3 stage of sleep, and both practices emphasize strong rhythms in sleep. Also both strongly associate good quality of sleep as essential to one over all good health.

Treatment of Anidra in Ayurveda
In Ayurvedic classics the treatment protocol of Anidra has been described the treatment protocol of anidra has been described in meticulous manner. In all classics it has been explain more or less similar manner’s considering the involvement of dosha. It includes performing certain panchkarma procedures in routine changes in aahar and vihar with or without internal medication as needed certain procedures like abhyanga specially sarvgya abhyang (full Body message) udvartan after ward bath maruda tailam, karnapurana, akshitarpana and application of lepa on face and head. In bhavprakash and Astang sangaraha, one more karma i.e. padabhayanga is also mention as Nindraprasadakar (i.e. (sound sleep)).

Murdhataila: Anointing the head with oils is of four kinds Abhanga (massage with oil over the head) pariseka (poring oil over the head) pichu (putting a cloth soaked in oil over the head) and Basti (making the oil to stand on the head) each succeeding one stronger than its proceeding.

DISCUSSION
When the mind and the sense organ are tired and retract from their respective functions then the person goes to sleep and when the person characterized by difficult in failing and not staying in sleep, he may will be dukha (un happiness) karshya, abala (weakness) klabya (impotency) aghayana (impaired knowledge). It means proper sleep lead to Arogya (health) and (health) and sukha (happiness). Anidra (Insomnia) is a vataja nanatmaj vikara. When quantity and quality of nidra reduced vata & pitta are the pradhana dosha contributing in the samprapti of Nidrashana. Aanidra is also included as one of the symptoms in vata Pitta dosha vruddhi lakshonam and certain disease, kapha dosha tanas, bhidaya and sanghaya vaha strotas are responsible for the inducing sleep.

CONCLUSION
Ayurvedic Management for sleep (Anidra) disorder varies according to the individual and the actual causes of the conditions, and the treatment will be done through balancing and bringing to the disharmonized doshas back into its natural state of harmony. Treatments for sleep disorders include panchakarma therapies, internal medicines, rasayan therapies, yoga and meditation. Aroma therapy, pranayama plus other yogic practices and life style change management including diet, regime all from part of Ayurvedic treatment for Anidra.

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