



A COMPARATIVE CLINICAL STUDY ON THE EFFECT OF TAKRADHARA IN THE MANAGEMENT OF NIDRANASHA

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ABSTRACT

Sleep is one among the *Trayopastambhas*^[1], required for physical and mental health. *Shirodhara* is found to be beneficial in various psychosomatic disorders. Among the cluster of *Shirodhara*, *Takradhara* is one. *Takradhara* is said to have *ojo vardhaka*, *klamahara* property and beneficial in *shiro netradi vikaras* hence may be helpful in the management of *Nidranasha*. A Comparative clinical study was designed to Evaluate the Efficacy of *Takradhara* in the Management of *Nidranasha*. Method: The study was conducted on 20 patients of *Nidranasha*, who were attending the OPD and IPD of Saligao Ayurvedic Health Centre, Goa. The patients were randomly divided into 2 equal groups. Group A consisting of 10 patients were subjected to *Takradhara* prepared by *Musta Ksheerapaka Siddha Takra* mixed with *Amalaki Kashaya*. Group B consisting of 10 patients were subjected to *Takradhara* using *Takra* mixed with *Musta amalaki Kashaya*. The assessment of study was based on scoring given to *Nidranasha lakshanas*. Results were statistically analysed with paired and unpaired 't' test. It was found that Group A showed better results than Group B in the Management of *Nidranasha*.

KEYWORDS: *Nidranasha, Takradhara, Shirodhara, Amalaki kashaya.*

INTRODUCTION

Sleep is being described in *Trayopastambha* and is required for physical and mental maintenance of the body. Sleep is one of the most essential factors to lead a healthy life.

In Ayurveda, *Shirodhara* is one among the *bahirparimarjana* procedure performed in various psychosomatic disorders. It calms the mind and relaxes the entire body thus, it helps to alleviate stress, strain and anxiety. *Takradhara* a type of *Shirodhara* serves this purpose in a better way. It is evident in science and by various clinical trials that *Takradhara* is effective in multitude of psychiatric and psychosomatic disorders. *Nidranasha*, being one such highly prevalent condition would derive more significant benefits from *Takradhara*.

Among the various methods of *Takradhara*, two popular modalities^[2,3] are adopted in the present study to Compare the Efficacy in the Management of *Nidranasha*. Therefore this study has been undertaken in order to find out safe medicament without creating any side effect.

OBJECTIVES OF STUDY

To evaluate the therapeutic effect of *Takradhara* using *Musta Ksheerapaka Siddha Takra* mixed with *Amalaki Kashaya* in the management of *Nidranasha*.

To evaluate the therapeutic effect of *Takradhara* using *Takra* mixed with *Musta amalaki Kashaya* in the management of *Nidranasha*.

To compare the therapeutic effects in both groups.

SOURCE OF DATA

Randomly selected 20 patients diagnosed with *Nidranasha* were taken for the study from OPD and IPD of Saligao Ayurvedic Health Centre.

INCLUSION CRITERIA

- Patients Presenting with the Lakshanas of *Nidranasha*.
- Patients of either sex aged 20 years and above.
- Diagnosed Patients of Insomnia.

EXCLUSION CRITERIA

- Below 20 yrs of age
- Other systemic diseases which interferes with the course of treatment.

ASSESSMENT CRITERIA

Assessment will be done based on following -

Nidranasha Lakshanas

- Angamarda
- Shiro gaurava
- Jrumba
- Jadya
- Glani
- Bhrama
- Apakti
- Tandra

The following Subjective parameters were assessed using different grading and scoring methods before and after the treatment.

Angamardha, Shiro gaurava, Jhumbha, Jadya, Glani, Apakti were graded as follows

- No symptoms - 0
- Mild degree (Occasionally complaints) - 1
- Moderate degree (once or twice in 2 – 3 days) - 2
- Severe degree (daily complaints) - 3

Bhrama, Tandra

- Not Present - 0
- After heavy work, relieved soon & tolerate - 1
- After Moderate work relieved later & tolerate - 2
- After little work relieved later - 3
- After little work relieved later but beyond tolerate - 4

- Bhrama even in resting condition

- 5.

TAKRADHARA PROCEDURE**Method 1****According to Dharakalpa**

Amalaki phala of one year old is taken one-fourth *prastha* [80 karsha], to this eighteen *kudava* [288 karsha] jala is added. Then prepare *kashaya* by reducing it to one-sixth i.e. upto 48 karsha. Take an equal quantity of *Takra* i.e. 48 karsha. Mix well and use for the treatment.

Method 2

In this method medicated buttermilk is prepared on the previous day of *dhara* procedure. Two *prastha* of cow's milk and eight *prastha* of water should be taken in a vessel. Two *pala* of crushed tuber of *Musta* is tied into a pack and placed into the vessel. This is heated in low fire to prepare the decoction and it is continued till it reduced to two *prastha*. Then the decoction is allowed to cool down, the pack of *Musta* is squeezed well and the decoction is strained into another vessel. To this decoction about 20ml of sour buttermilk or curd is added and kept overnight for fermentation.

Next day morning, one *prastha* of *Amalaki kashaya* prepared by using four pale of dried pericarp of *Amalaki* is added with four *prastha* water. This decoction is mixed with medicated buttermilk and churned to extract the butter. This butter milk is used for *Takradhara*.

TABLE NO.1: Observations.

PARAMETERS	GROUP A			GROUP B		
	VALUE		%	VALUE		%
<i>Prakruti</i>	<i>Vatapitta</i>	8	80%	<i>Vatapitta</i>	8	80%
<i>Sara</i>	<i>Sarva dathusara</i>	6	60%	<i>Sarva dathusara</i>	7	70%
<i>Samhanana</i>	<i>Madhyama</i>	9	90%	<i>Madhyama</i>	9	90%
<i>Pramana</i>	<i>Madhyama</i>	9	90%	<i>Madhyama</i>	9	90%
<i>Satmya</i>	<i>Vyamishra</i>	9	90%	<i>Vyamishra</i>	9	90%
<i>Satwa</i>	<i>Madhyama</i>	7	70%	<i>Madhyama</i>	8	80%
<i>Abhyavaharana shakti</i>	<i>Avara</i>	9	90%	<i>Avara</i>	9	90%
<i>Jarana shakti</i>	<i>Avara</i>	9	90%	<i>Avara</i>	9	90%
<i>Vyayama shakti</i>	<i>Avara</i>	9	90%	<i>Avara</i>	9	90%
<i>Vaya</i>	<i>Sampurna</i>	8	80%	<i>Sampurna</i>	7	70%

RESULTS: PAIRED T TEST**TABLE NO. 2.**

Symptoms	N	GROUP A							
		MEAN SCORE		SD		SE	T	P	REMARKS
		BT	AT	BT	AT				
<i>Angamardha</i>	10	3.50	2.30	0.85	0.82	0.133	9.0000	<0.0001	HS
<i>Shiro gaurava</i>	10	2.80	2.10	0.79	0.74	0.153	4.5826	=0.0013	NS
<i>Jhumbha</i>	10	3.80	3.00	0.42	0.00	0.133	6.0000	=0.0002	NS
<i>Jadhya</i>	10	3.70	2.90	0.67	0.32	0.133	6.0000	=0.0002	NS
<i>Glani</i>	10	3.70	2.50	0.67	0.71	0.133	9.0000	<0.0001	HS
<i>Bhrama</i>	10	3.20	2.50	0.63	0.53	0.153	4.5826	=0.0013	
<i>Apakti</i>	10	3.80	2.90	0.63	0.32	0.100	9.0000	<0.0001	HS
<i>Tandra</i>	10	46.80	32.70	11.52	8.60	1.178	11.9690	<0.0001	HS

TABLE NO .3.

GROUP B									
SYMPTOMS	N	MEAN SCORE		SD		SE	T	P	REMARKS
		BT	AT	BT	AT				
Angamardha	10	3.50	0.70	0.85	0.48	0.133	21.0000	<0.0001	HS
Shiro gaurava	10	2.70	0.20	0.82	0.42	0.167	15.0000	<0.0001	HS
Jhumbha	10	3.60	0.70	0.70	0.48	0.100	29.0000	<0.0001	HS
Jadhya	10	3.50	0.70	0.85	0.48	0.133	21.0000	<0.0001	HS
Ghani	10	3.50	0.70	0.85	0.48	0.133	21.0000	<0.0001	HS
Bhrama	10	3.20	0.30	0.63	0.48	0.100	29.0000	<0.0001	HS
Apakti	10	3.70	0.80	0.67	0.42	0.100	29.0000	<0.0001	HS
Tandra	10	43.70	13.40	13.12	6.10	2.621	11.5620	<0.0001	HS

UN PAIRED T TEST

Table No. 4: Showing results of *angamardha* in between groups.

Criteria	Group	Mean	SD	SE	PSE	T value	P value	Remark
BT	A	3.50	0.85	0.27	0.380	0.0000	-	-
	B	3.50	0.85	0.27				
AT	A	2.30	0.82	0.26	0.302	5.3007	<0.0001	HS
	B	0.70	0.48	0.15				

Table No. 5: Showing Results of *Shiro Gaurava* in Between Groups.

Criteria	Group	Mean	SD	SE	PSE	T value	P value	Remark
BT	A	2.80	0.79	0.25	0.361	0.2774	=0.7847	NS
	B	2.70	0.82	0.26				
AT	A	2.10	0.74	0.23	0.269	7.0700	<0.0001	HS
	B	0.20	0.42	0.13				

Table No. 6: Showing Results Of *Jhumbha* In Between Groups.

Criteria	Group	Mean	SD	SE	PSE	T value	P value	Remark
BT	A	3.80	0.42	0.13	0.258	0.7746	=0.4486	NS
	B	3.60	0.70	0.22				
AT	A	3.00	0.00	0.00	0.153	15.0570	<0.0001	HS
	B	0.70	0.48	0.15				

Table No. 7: Showing Results of *Jadhya* in Between Groups

Criteria	Group	Mean	SD	SE	PSE	T value	P value	Remark
BT	A	3.70	0.67	0.21	0.343	0.5828	=0.5673	NS
	B	3.50	0.85	0.27				
AT	A	2.90	0.32	0.10	0.183	12.0499	<0.0001	HS
	B	0.70	0.48	0.15				

Table No. 8: Showing Results Of *Ghani* In Between Groups.

Criteria	Group	Mean	SD	SE	PSE	T value	P value	Remark
BT	A	3.70	0.67	0.21	0.343	0.5828	=0.5673	NS
	B	3.50	0.85	0.27				
AT	A	2.50	0.71	0.22	0.271	6.6469	<0.0001	HS
	B	0.70	0.48	0.15				

Table no: 9 Showing Results of *Brahma* in Between Groups.

Criteria	Group	Mean	SD	SE	PSE	T value	P value	Remark
BT	A	3.20	0.63	0.20	0.283	0.0000	-	-
	B	3.20	0.63	0.20				
AT	A	2.50	0.53	0.17	0.226	9.7312	<0.0001	HS
	B	0.30	0.48	0.15				

TABLE NO.10 Showing Results Of *Apakti* In Between Groups.

Criteria	Group	Mean	SD	SE	PSE	T value	P value	Remark
BT	A	3.80	0.63	0.20	0.292	0.3419	0.7364	NS
	B	3.70	0.67	0.21				
AT	A	2.90	0.32	0.10	0.167	12.6000	<0.0001	HS
	B	0.80	0.42	0.13				

TABLE NO.11 Showing Results of *Tandra* In Between Groups.

Criteria	Group	Mean	SD	SE	PSE	T value	P value	Remark
BT	A	46.80	11.52	3.64	5.521	0.5615	>0.05	NS
	B	43.70	13.12	4.15				
AT	A	32.70	8.60	2.72	3.334	5.7886	<0.0001	HS
	B	13.40	6.10	1.93				

DISCUSSION

Nidranasha is one among vata nanatamaja vyadhi and management of vata plays a vital role in treating Nidranasha. The medicines which are used in Takradhara karma are Amalaki, Musta and Takra. Amalaki has Sheeta Veerya, Rooksha Guna and Tridoshaghna properties. Musta has Sheeta Veerya, Laghu guna and Kapha Pittaghna properties. The Sheeta Veerya alleviates pitta. Takra has Laghu Rooksha guna Ushna Veerya and Tridosha Shamaka properties. Ushna veerya alleviates vata dosha, ushna veerya with rooksha guna alleviates kapha dosha. Takradhara a type of Shirodhara procedure is beneficial in shiro vikaras and thus beneficial in Nidranasha. Takradhara which is having oja vardhaka guna contributes in treating Nidranasha.

CONCLUSION

The present study was conducted on *Nidranasha* to compare the Efficacy of *Takradhara* with two Modalities.

Nidranasha is one among the *Vataja Nanatmaja Rogas* and is prevalent in present era.

Takradhara is extensively used for the alleviation of many ailments, especially in psychic ailments but used in some of the psychosomatic ailments too.^[4]

Takradhara is an effective measure for *Nidranasha*. *Takradhara* has significant influence on relieving psychological stress.

The duration of action of *Takradhara* depends on the environmental factors around the patients.

The effect of the treatment has shown statistically Highly Significant results in both the groups.

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