



EFFICACY OF KSHEERBALA TAILA SHIRODHARA IN NIDRANASH: A CASE STUDY

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ABSTRACT

Ahara, Nidra and Brahmacharya are the three factors which play an important role in the maintenance of a living organism. Nidra is essential phenomenon like food and water for living being, as it promotes health nourishment of all dhatu. Properly and timely taken sleep brings happiness strength vitality, knowledge and life. Improper and untimely taken sleep leads to disease, unhappiness, weakness, sterility, impairment of all doshas, mainly vata dosha considered as prime factor for nidranash. Present era is full of competition everyone is struggling for existence, so man is working hard for day and night without taking adequate sleep, improper eating habit can cause disease called nidranasha. Abhyanga, utsadan, shiroabhyanga, padabhyanga, shirodhara, shirobasti are desirable for best result in the management of nidranash. Shirodhara is the main treatment to relieve stress and pacifies vata. Hence purpose of this study is to observe effect of ksheerbala tail shirodhara on nidranasha here 38yr female patient of nidranasha was selected and it is seen that shirodhara with ksheerbala tail is very effective in the management of nidranasha.

KEYWORDS: Nidranasha, vata, ksheerbala taila, shirodhara.

INTRODUCTION

In Ayurveda for healthy body and soul there are three trayopstambha Aahar, Nidra, Brahmacharya. Nidra is the most important part of life. Good sleep can provide sukh or wellness it gives pushti or nourishment, bala or strength, it gives us life. Nidranasha is the term of ayurveda used for loss of sleep. Due to inability to fall asleep at night for many hours or inability to have sound sleep, this deprives one natural rest and interferes with activity during the day. An improper diet and life style causes aggression of vata that travels through the channels of the head causing sleeplessness or nidranasha, Certain psychological causes such as stress and anxiety can also lead to nidranasha also sleep is regulated by the performance of dosha in relation with the functioning of manas that is rajas hence it may be manifested both in physical as well as psychiatric disorders. The initiation of sleep is promoted by vata and maintenance of sleep is enhanced by pitta. Fundamental functions of vata in connection with mental business are activation (pravartak), controlling (niyantran), and motivation (preraka). These basic functions are impaired, while the aggravation of vata takes place due to specific causes. Inadequate rest, emotional or mental stress, including depression and anxiety are the main causes for creating sleeplessness in human being.

Shira is considered as uttamanga as it is important and major part of body in aurvedic system of medicine certain measures like shirodhara are found to be effective in management of nidranasha condition. Shirodhara is one of panchakarma procedure which calms the mind and relaxes entire physiology; it is among the moordhni taila mentioned by acharya's. In many experimental studies it is proved that shirodhara is an amazing panchakarma treatment used for balancing dosha and significantly relives stress and helps in sleeping. In sahastrayoga there is reference of ksheerbala tail which is used in nidranasha. This tail has Ingredients like bala, ksheer, tila tail etc. which having property of vatashamana, bhruhana, hence selected for shirodhara. Shirodhara is type of bahya snehna karma which acts as calming and relaxing effect on manas and relives the tension. Ksheerbala tail having unique drugs which having the properties of vata shamak, bhruhana in nature continuous dropping of lukewarm dhara on forehead enhance blood circulation and enhance trigger point of head.

CASE REPORT

A 38 yr old women had came to the panchakarma OPD with complain of nidranasha, Akshigaurav, Shirogaurav,

Angamarda, jrumbha shiroshula. She was a single mother of 2 teenagers and her husband was dead before 6 months. She was experiencing nidranasha since from 6 months, she tries to go to the bed around 11pm usually and falls sleep in less than 15 min but recently it seems to take her hours to fall asleep, she wake up for 2-3 times time every night and awakening lasts for 2-3 hours. Psychiatric interview revealed stress, but no evidence of depression, anxiety, or any other psychological problem.

General Examination

Nadi-88/min, B.p-100/70mm of hg, R.R-24/min, CVS-S1S2 normal, R.S -AE=BE -clear, Stool-constipation, Urine -normal, Detail history and physical examination of patient was done.

Hetu

This patient had habit of Vishamashana, Gunataha, pramantaha and considering Veerya the Hetu of aahar was mostly vitiating vata. Aahar content was: intake of potato, Shushka shaka, increased frequency of tea, stale food, less intake of water, Vegavrodh (kshudha avrodh, ashru avrodh), rukshanna sevana, atichinta, bhaya, upavas.

Lakshanas

Nidranasha, Akshigaurav, Shirogaurav, Angamarda, jrumbha, shiroshula

Samprapti

Due to hetu sevana vata prakopa occurs and ultimately kapha kshaya occurs and patient suffers from nidranasha.

Vyadhi vinischay

Nidranash

Chikitsa

Shatavari churna: 500 mg bd
Syp. Prasham: 3 spoon bd

Patient was advised to take pathya ahara during treatment and avoid all the hetu sevana. After 14 days of treatment patient experienced relief up to 20% after that she was suggested to take ksheerbala taila shirodhara for 7 days, Due shirodhara with ksheerbala taila patient found marked improvement in lakshna of nidranasha.

Preparation of ksheerbala taila

Ksheerbala taila was prepared by standard method mentioned in sharangdhar samhita.

Process of shirodhara

The procedure of Dhara may be divided into 3 stages for the descriptive purpose.

1. Purva Karma
2. Pradhana Karma
3. Pashchat Karma

1. Purva Karma (Pre shirodhara Management)

These comprises two stages

- Collection of material for shirodhara
- Preparation of patient

Collection of Material

Shirodhara table, Gauze, Cotton ear plugs, Soft pillow covered with rexin, musta churn, Ksheerbala taila: 1000 ml.

Preparation of patient

The patient was instructed to come early in the morning with some light diet and she was instructed to pass Urine and defecation before shirodhara. Sthanik Snehana: Head massage done with appropriate oil for 5 to 10 min before procedure, as per requirement of patient Whole body massage done following swedana.

Position of patient

Patient was asked to lie on the back (in supine) position on shirodhara table. Small pillow or cloth was kept under the neck for support, eyes were closed and wet cotton plugs or strips were kept on the eyes. Adjust shirodhara patra so that oil from the patra falls on the forehead.

2. Pradhana Karma (Process of giving shirodhara)

After keeping the patient in supine position with slightly head low, The hole in the bottom of dharapatra is closed with finger and lukewarm 1000ml ksheerbala taila is poured in it. Temperature of taila should be maintained 40 degree c +1or -1. It was assured that position of the dharapatra is adjusted in such a way that stream of taila falls on the centre of the fore-head.

Moving stream

The finger closing the hole of the dharapatra is removed and the liquid in the dharapatra was allowed to flow steadily on forehead of the patient. The dharapatra is then oscillated constantly and steadily in to and fro fashion across the head so that the taila falls on the entire forehead from one lateral to other. During the whole procedure of dhara, jerky movement of the patra was avoided.

Refilling

The ksheerbala taila falls on the forehead flows first on the head and through the dhara table it gets collected in a container placed under it. Collected taila was heated once again and poured into the dharapatra this procedure continued for 45 minutes to achieve continuous flow.

3. Paschatkarma (Process after shirodhara)

1. Eye strips were removed and wiped the taila from the forehead.
2. Oil was cleaned from the head and allowed hair to dry.
3. Gentle massage was given on head.
4. Musta churna was rubbed on head.
5. Patient was instructed to wear the cap to cover the head and ear region to avoid contrast effect of weather.

Observation**Following observation found before and after shirodhara**

Associated symptoms	Gradation	0day (before treatment)	7day(after treatment)	14day (after Follow up)
Nidranasha	0-3	3	2	1
Shirogaurav	0-3	2	1	0
Shirshula	0-3	2	1	0
Jrimbha	0-3	1	0	0
Akshigaurav	0-3	2	1	1
Angamarda	0-3	3	1	1

0:no.complaint, 1: mild degree (occasional complaint), 2:moderate degree

(Once or twice in 2-3 days), 3: severe degree (daily complaints).

RESULT

There was marked improvement in lakshanas of nidranasha after ksheerbala tail shirodhara at 7th day. There was more than 70 % relief after 14 days.

DISCUSSION

In this patient Aaharatmak Hetus leads to Vataprakopa which is mainly due to increase in its Ruksha, laghu Guna and chala guna and results in nidranasha. As her husband was expired, she was suffering from mental stress which leads to hormonal imbalance and there is strong connection between hormones and sleep. Ksheerbala tail contain bala, godugdha and tila taila. ksheerbala taila having shaman, rasayana and bruhan properties Which helps in samprapti bhanga.

Action of bala

The root possesses madhur rasa, guru, snigdha guna, sheet veerya and madhur vipak it is the best for promoting strength and alleviating vata.

Action of tila Taila

Tila taila is madhur rasa and vipaka, balya and rasayan in karma, it nourishes the shrength of all the dhatu, checks dhatukshya and thus alleviates vata. Snigdha and guru guna decreases rukshata of vata and with the help of ushna guna and veerya it alleviates vata.

Action of Gokshira

It is madhur, snigdha, guru, mrudu, shlakshna, vata- pitta shamak and useful in manas vikar this property of godugdha in ksheerbala taila can helps in reliving the clinical sign and symptoms of nidranasha without side effect.

Mode Of Action Of Ksheerbala Taila Shirodhara**Balancing vata doshas**

Vayu is the driving force of all the activities of the body and mind. Excretions of waste material of the body all are dependent on vata. If vata is functioning properly then pitta and kapha in equilibrium. If vata disturbed, it further disturbs other element of the body and causes diseases. Whether imbalance of Prana, Vyan Vayu and Sadhaka Pitta can produce stress and tension. Ksheerbala taila shirodhara have great effect on controlling pran vayu. Ksheerbala taila having Guru-Snigdha Guna, Shita Virya, Vata-Pitta hara properties balances the vitiated Vata - Pita Doshas in this disease.

Relaxing and coolent effect on brain

Shirodhara directly influence the release of melatonin: a hormone responsible to induce sleep. The brain starts controlling the body mechanics in a better and efficient way hence ksheerbala taila shirodhara has a calming, penetrating and cooling effect and thus beneficial in eradicating nidranasha.

Enhanceing blood supply and nutrition to brain

Shirodhara procedure improves the supply of blood and nutrition to brain and thus increases its working.

Healing marmas

Shirodhara procedure may communicate with with deepest recesses of the brain by soothing the marmas located in the head viz apanga, avarta, shankha, utkshepana, seemanta, sthapani most of these marma related to the eye and blood circulation to brain. Stimulation of such marma may have beneficial effect on the body i.e enhances blood circulation to the brain.

CONCLUSION

- Because of shirodhara this patient improved her memory and released stress which made her calm and fresh and her sleep related problem reduced.
- In this case no adverse effect observed during and after treatment.
- Ksheerbala Taila shirodhara shows statistically significant result in signs and symptoms of nidranasha.

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