

ROLE OF YOGANIDRA WITH SHIRODHARA IN NIDRANASH W.S.R. TO INSOMNIA
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ABSTARCT

In *Ayurveda*, *Nidra* is described as one of the most indispensable factors liable for a healthy life. It is one of the *trayopastambhas*^[1] (three supporting pillars) on which the health of a person is depended. *Ayurveda* distinguishes the importance of sleep to health. *Anidra* is neither described as a separate disease in *Ayurveda*, thus nor the *Samprapti* available. Depending upon the *Dosha*, *dushya* involvement *Anidra* is explained. It means that the nervous system has been faded and reduces our ability to cope. Dreamless sleep is state of consciousness in which the sense of existence is remained. Insomnia is called *Anidra / Nidranasha*, an imbalance in *Tarpaka Kapha*, *Sadhaka Pitta* and *Prana Vayu*.^[2] Insomnia is the inability to go to sleep at night, or, once asleep, the inability to have a restful and sound sleep. Causes of insomnia as Disturbed sleeping patterns, Anger, ill health, Worrying, Emotional disorders such as depression, Anxiety, Stress disorder, Neurological disorders such as Alzheimer's disease and Parkinson's disease. Treatment as *Nasya*, *ShiroDhara*, *ShiroBasti*, *ShiroPichu*, *Pada Abhyanga*, *Yoganidra*. It is very important to take good sleep for good health.

KEYWORDS: *Yoganidra*, *Shirodhara*, *Nidranash*, *Insomnia*, *Ayurved*.

INTRODUCTION

Nidra is not only an important but a vital phenomenon of life, which affects the body and mind equally; when it is idolized in a right manner. Usual sleeplessness or simply inability to sleep for a minimum period, which is necessary for a sound mental and physical health, is called Insomnia. *Charaka & Sarangadhara* describes the *Anidra* in *vatajananatmaj vikara*.^[3] *Anidra* means less sleep or no sleep. One can know the importance of the *Nidra* (sleep) in the life of man. *Nidra* if taken at proper time and in proper quantity it helps in decreasing the threat of disease. If someone takes a good quantity of *Nidra* at appropriate time the ailing condition, it helps in lowering the effect of the disease.^[4] The person with the deprived condition of *kapha Dosha* or aggregated condition of *vata Dosha*^[5] or suffering from any type of troubles, get very little *Nidra* or absolutely no *Nidra*. This type of *Nidra* is called *vaikariki*^[6] *Nidra*.

Yoganidra is the ancient practice that provides a deep relaxation similar to sleep but in an awoken state. *Yoganidra*^[7] is yogic relaxation technique which is a type of *pratyahara* that helps in elicitation the relaxation response.

Ayurveda, the system of medicine, utilizes medicated herbal oils externally to balance the *Doshas* and treat

ailments. *Shirodas hara*, oil dripping on the forehead in a steady stream or flow, is a widely practiced treatment as a part of *panchkarma* regimen in India.

AIMS AND OBJECTIVES

- 1) To study the effect of *Yoganidra* in *Nidranasha*.
- 2) To study the effect of *Shirodhara* in *Nidranasha*.
- 3) To study *Nidranasha* w.s.r. to Insomnia in detail.

CASE REPORT

The present case study is a successful Ayurvedic management of *Nidranasha* W.S.R. Insomnia.

A 46yrs old male patient came with

C/O-

Nidranasha (inability to sleep)
Nidra for only 15-20 mins at every night

Klama

Angamard

.....since 3 months

H/O-

HTN &

Stress disordersince 8 yrs

N/H/O- any other major illness

O/E-

Nadi (Pulse) – 98/min

Mala (Stool) – *Avashtambha*

Mutra (Urine) – *Samyakpravrutti*

Jivha (Tongue) – Sama
Kshudha – Mandya
Nidra – Nasha
Ura – B/L Clear
Udara – Soft, Not tenderness
Bala – Alpa
Akruti – Madhyam
Twak - Ruksha
B.P. - 130/90 mm of Hg
Weight- 59 kg

MATERIAL AND METHODS

In the present study, a single patient of symptoms of *Nidranasha* was selected from *Shri Dhanwantri Ayurved Chikitsalaya, Chandigarh*.

Firstly *Shirodhara* with *Brahmi taila* and *Yognidra* for 10 days.

Then *Yoganidra*- every morning & before sleep for 20 days.

Total Study Duration

1 month – 1)10 days, *Shirodhara* with *Brahmi taila* & *Yognidra* -In IPD of Hospital.
 2) Next 20 days, *Yognidra*.

Yognidra Procedure

- 1) *Prarthana* – for 2 min
- 2) *Shithlikaran* – for 5 min
- 3) *Shawasana* – for 3 min
- 4) *Yoganidra* – for 10 min

OBSERVATION AND DISCUSSION

Observation

After *Yoganidra* with *Shirodhara* - patient noticed obvious decrease in above all the *Nidranasha, angamarda*. There was 70-80 % relief in the above symptoms, improvement in *bala*, thus aiding the patient in performing day to day activities on his own.

It is observed that, the *Yoganidra* with *Shirodhara* is effective in the *Nidranasha* w.s.r. to Insomnia.

DISCUSSION

Nidranash is described in fact by *Charak, Sushruta, Ashatansangraha, Vaghata, Bhel, Kashyap*. These primordial authors have promoted various modalities of treatments. *Charak* has described *Sneh-Chikitsa* for *Nanatmaj Vyadhis*.^[8]

One of the most important and effective practices of yoga for insomnia is *Yoganidra* as it brings bottomless relaxation on both mental and emotional levels. *Yoganidra* has been also applied for treatments of various diseases, including chronic diseases, psychological disorders and drug addiction and so on.

Yoganidra reveals the spiritual, integrative powers of the subliminal, as well as your higher centers of awareness,

to fluently erase your most stubborn, self-destructive deeds and behavior patterns. The practice of *Yoganidra* helps to complement the two hemispheres of the brain and the two aspects of the autonomous nervous system.

The ultimate impartial of *Yoganidra* is to warfare the worrying influences and resolving the imbalances made by deprived stress management. It is not only a way of coping with stress, it provides a means of altering and certainly employing tension as a stepping stone to greater alertness, efficiency and accomplishment in life, hence *Yoganidra* is a most useful therapy or moderation technique to respond one of the prime cause of Insomnia i.e. stress.

Charaka in *sutrasthana* while clarifying the effects of Various *Murdhni tailas*, he utters *Nidra laabha sukham cha syaat Murdhni taila nishevanat*. That means among the four viz, *Shiroabhyanga, shiro-seka, shiro-pichu* and *shirobasti* one can govern the *Shirodhara* with the help of *Brahmi siddha taila* for getting preferred effect.

CONCLUSION

Yoganidra is an influential system to tempt complete physical, mental and emotional relaxations and it is useful to diminish stress in a simple way and easy to integrate into daily life, it also gives the opportunity to learn about your closely. Thus, *Yoga Nidra* acts absolutely in the management of insomnia.^[9]

Charaka Acharya undoubtedly states aids of application of *taila* over the scalp in the one of the form of *Murdhni taila* leads to *Sukha nidra*. *Dharakalpa* of *Sahasrayoga* to elucidate the application of *Taila dhara* for *su-swapna* (Sound sleep). By merging it with *Brahmi*, they helps to switch over mind, treats various *manasika* disorders, combat anxiety, depression, irritability, chronic pain, helps to reduce Hypertension and anger of the person which affects the sleep of the person. So we say *Shirodhara* is good option in treating *Nidranasha* (Insomnia).

Thus, the patient gets the proper sleep of 6 to 8 hours with above treatment. So the *Yoganidra* with *Shirodhara* is effective in *Nidranasha* w.s.r. to Insomnia.

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