

“EFFICACY OF SHIROABHYANGA UPAKRAMA W.S.R. TO TIL TAIL ON NIDRANASH”

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ABSTRACT

Nidranash is the enigma that is plaguing humans increasingly in the present days. We are neither being able to stop stress nor control stress. Modern life style and modern occupations are fuelling more and more expectation and work efficiency from humans. This is putting too much strain on us leading to Nidranash. It must be noted that among all the systemic diseases most of the diseases find their roots in stress at one or other point of time. Ayurveda being the science of life contains all the references pertaining to life. It is imperative that nidranash is very much described in Ayurveda. In today's modern & fast moving hectic life style common man has no enough time to take rest & this hectic schedule or duties which are not on time to time, due to this common man suffers from various problem such as stress, disturbed sleep etc. To maintain the health of person by preventing from illness and keep healthy person healthy is main goal of Swasthavritta, for the prevention of disease & maintain good health, there are some principles which are given in old classical texts as Dincharya Upakrama. Shiroabhayanga is one of the Upakrama described in Dincharya for relaxation, hair problem, good sleep, Headache etc.

KEY WORDS: Nidranash, Shiroabhanga, Tila taila.

INTRODUCTION

The pressure of the peculiar situation and for that matter the pressure of the day-to-day work of the modern industrialized era stresses the mind, which produces various mental and physical symptoms, which results in the change in behavior of the person. Though they are mild like forgetfulness, distraction from the routine work, lack of concentration, irritability, sleeplessness, constipation or occasional loose motions, loss of appetite, etc. Due to this regular change in the pattern of the behavior the normal individual undergoes above sign & symptoms. Due to this hectic scheduled man is suffering from NIDRANASH. Hence it is important to manage the earlier symptoms of the stress, which can be included under various headings in ayurvedic terminology.

Various internal medical modalities and external treatments are also suggested in the ancient medical literature. As one takes the bird's eye view of the Ayurvedic Granthas, one comes across various medications and external

modalities. Out of which ShiroAbhyanga seems to be promising. Personal communication with the senior practicers of Ayurveda also supports this contention. So also the results of the management, which is undertaken at Bharathi Vidyapeeth College of Ayurveda and hospital for the different types of the addicts, who undergo various mental symptoms also, encourage us to think upon these external modalities for managing signs occurring along with NIDRANASHA. Hence it was decided to study the effect of Shiro-Abhyanga –on NIDRANASH.

A standard questioner to evaluate nidranash on it was adapted MindBodySoul.com was decided to diagnose, evaluate the initial state and effect of Shirodhara. It was also important to select the oil to be used for Shiro-Abhyanga. Different oils and oil-processes with herbal medication were thought over and amongst the investigator and experts, ultimately it was decided to use Til-taila as it is the best oil used for all types of diseases.

AIMS AND OBJECTS

To access the effect of Til Tail Shiroabhyanga Upakrama in Nidranash.

MATERIALS AND METHODS

MATERIAL

Selection of drug

TIL-TAILA Til taila, seasm oil is obtained by crushing the seeds of Sesamum indicum.

Rasa: - Madhur, Katu, Tikta.

Anuras: - Kashaya.

Guna: - Sukshma, Vyavayi.

Viraya: - Ushna

Vipaka: - Madhur

Prabhav: - Kashya.

Sp. Gravity (at 20oC): 0.9149

Refractive Index: - 1.499

Solubility: it is not soluble in water.

Saponification occurs when chirred with Water.90% in absolute alcohol, intracessis ether, chloroform, petrodeum.

Saponification Value: - 184.11 Iodine Value: - 86.50 Acid Value: - 3.64

The oil contains:- ➤ Fixed oil:- 45 to 55 % ➤ Proteins: - 15 to 20 % ➤ Mucilase:- 4 % ➤ Sesamine or Seasamatine:- 1 % ➤ Heavy metals:- 0.001 %.

Selection of patients:**Inclusion criteria**

- 1) Individual / Person will be suffering from Nidranash included in study.
- 2) Sex – Either Sex.
- 3) Age group – 25 year to 50 years.

Exclusion Criteria

- 1) Post operative cases.
- 2) Drug Abuser.
- 3) Contraindicated to Shiroabhyanga (Shiroabhyanga – Varjit Vyakti).
- 4) Old age & Old age related disease.
- 5) Accident Cases.
- 6) Any Patients suffering from known systemic illness or any chronic health disorder were excluded from the study

1. With the help of Standard questionnaire, 30 patients were taken for the study.
2. 30 were given Tila Taila Shiro Abhyanga.
3. The readings were taken during oral examinations of the patients order to avoid bias.
4. They were subjected to statistical analysis and conclusions were drawn.

The readings were taken during the oral examination of the patients. This was done to see that, all the patients were in similar sort of conditions. All the readings were taken in the morning between 10.30-12.30A.M. This was done to see that the time factor was same for all the patients.

Data Collection

Data collection was done in every follow up were taken in 5 steps , 10th day, 20th day, 30th day & 60 days.

CRITERIA OF ASSESSMENT

Nidra, shirashoola, Angamarda, Bhrama, Apachan.

OBSERVATIONS AND RESULTS

Age wise Distribution: Thirty patients enrolled for the study were of Age group 25 – 55 yrs. Majority of patients was from the age group of 25 to 30 yrs and 35 to 40 yrs which includes 8 patients in each.

Prakriti wise Distribution Out of 60 patients enlisted in the study, the majority patients were of Pitta Pradhana, as the tendency of this prakurti is more likely to be sympathetically aroused as compared to other Prakrutis.

Occupation wise Distribution Out of 60 patients taken for the studies maximum numbers of patients were having business as a profession i.e. 43.33%. They seemed to be stressed out more due to their demanding mental jobs and self decision making skills.

Statistical Analysis of all observations are done and result were described in tables below

Symptoms	Day	Mean	N	Std. Deviation	t	p
Shirashoola	0	3.00	30	0.0	29.57	P<0.001
	60	1.13	30	0.346		HS
Braham	0	2.87	30	0.346	24.23	P<0.001
	60	1.07	30	0.254		HS
Angamarda	0	3.00	30	0.0	29.57	P<0.001
	60	1.13	30	.346		HS
Apachan	0	1.67	30	0.479	4.78	P<0.001
	60	1.17	30	0.379		HS
Sleep	0	1.0	30	0.0	16.27	P<0.001
	60	2.73	30	0.583		HS

DISCUSSION:

According to Duration of Sleep (Hrs) Symptomatic relief was observed in group data. Before the treatment, mean duration of sleep in 30 patients was 1 - 3 hrs, after the treatment there was increase in duration of sleep by 6 - 7 hours in patients. As Tila which is known for its Sukshma, Vyavayi, Ushna and Yoga vahi gunas has the quality to penetrate easily through the hair orifices it controls vayu, which controls mind.

According to Shirashoola, Before the treatment, mean value of shirashoola symptom in 30 patients was 3 which actually reduce up to 1.13. As Vayu when gets vitiated, aggravates the Manasika Dosha's, which in turn disturbs the Manovaha Srotas and the above mentioned symptoms mitigated. According to Brahma, before the treatment, mean value of brahma symptom in 30 patients was 2.87 which reduced to 1.07. According to Apachan, before the treatment, mean value of brahma symptom in 30 patients was 1.67 which reduced to 1.17.

There was less significant change in the Apachan symptom because there is no direct result of shiroabhyanga on Apachan. According to Angamard, before the treatment, mean value of brahma symptom in 30 patients was 3.00 which reduced to 1.13. As the mind controls the body, the positive result in the sleep taken by the patients also helps in result of angamard.

This statistical observation shows that the Shiro-Abhyanga with Tila Taila a modality selected for the management of Nidranasha is highly effective which seems to be the onset of action of this externally used modality.

CONCLUSION:

Shiroabhyanga upakrama w.s.r. to Til tail on Nidranash is effective.

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