

“Comparative study of Nidrajanan effect of Simhi Punarnavadi Kwath and Mahish Dugdha in Nidranash wsr to Insomnia.”

¹*Dr. Nilesh Dilip Bhopale M.D. Swasthavritta Assisstant. Prof. Dept of Swasthavritta*

Yashwant Ayurved Medical College, Kodoli.

²*Dr. Suyog S. Patil M.S. Shalya Asso. Prof. Dept of Shalyatantra*

Yashwant Ayurved Medical College, Kodoli.

Abstract:

Nidra is a harmonious feature gifted by nature. The man of this techno-world is trying to get overcome such harmonious features by elaborating his mental dimensions. But the biological clock which is mandatory for the well being of human life's rhythm is not ready to recognize these upsetting created by him. If once this harmony is violated, of course his health as well as his sleep will be hampered, because sleep exactly runs according to biological clock. That's why Ayurveda stresses on sleep and described it as one among the primary tripod of life.

According to recent advances sleep as a time of rest and recovery from the stress of everyday life, research is revealing that sleep is a dynamic activity, during which many processes vital to health and well-being takes place. New evidence shows that sleep is essential to help in maintain mood, memory, and cognitive performance. It also plays a vital role in the normal function of the endocrine and immune systems. In fact, studies show a growing link between sleep duration and a variety of serious health problems, including obesity, diabetes, hypertension, and depression.

Insomnia has a great impact on social, occupational and other functioning areas of the individual. Some of the work regarding sleep disturbance has been carried out in Ayurvedic and Modern research fields. In the present study with Simhipunarnavadi Kwath and Mahishi Dugdha has been undertaken with a view to evaluate its role in taking care of Nidranash (Insomnia). In this study it can be concluded that Mahishi Dugdha has better effect in nidranash as compare to Simhi punnavadi kwath.

Keywords: Simhi Punarnavadi Kwath, Mahish Dugdha, Nidranash

Introduction:

Nowadays due to Modernization resulting sedentary lifestyle, Busy professional and social life, fast and junk food heavy intake of fatty meal are resulting Nidranash (Insomnia). Aahar, Nidra and Brahmacharya are three important pillars described by Charakacharya under 'Trayopstambha'.which plays very important role in maintaining prevention and promotion of health. Due to hectic modern life style natural pattern of sleep is getting disturbed. So problems like irritability, depression are getting worst, so disease like Nidranash (Insomnia) is developed.

Hence to stay away from such problems, Nidra is most important. To defeat this disease various upakramas are mentioned in our science like Dincharya, Nishacharya.

Charakacharya has described Nidranash (Insomnia) as one of the Vataja Nanatmaja Vikara. The conditions like phthisis, wasting of muscle, thirst, diarrhoea, dyspnoea, hiccough, causes Nidranash (Insomnia) because of the predominance of Vata dosha. Various psychic traits like anger, fear, worry, anxiety etc. are responsible for vitiation of Doshas and causes Nidranash (Insomnia). If any of these, is powerfully working, it will not only disturb the physical body but also subtle body of a human being. Manasa Bhavas are necessary to be studied well before advising the insomnia patients to take any medicine.

Therefore the present study with Simhipunarnavadi Kwath and Mahishi Dugdha has been undertaken with a view to evaluate its role in taking care of Nidranash (Insomnia) and also to see how far these modes of treatments are capable in inducing sleep. These types of treatments are ecofriendly, cost effective and toxicity free due to holistic approach of ayurveda to make the ailing society healthy and happy.

Aim:

To assess the Nidrajanan effect of Simhi Punarnavadi Kwath and Mahish Dugdha.

MATERIAL AND METHODS

Materials –

1. Patients

2. Drugs

Simhipunarnavadi Kwath

Mahish Dugdha

Patients –

Total 78 patients of Nidranash were selected out of which 60 patients completed the treatment on OPD basis. i.e. 30 patients in

Group A and 30 in Group B. The patients were selected irrespective of Age Sex, and Occupation, Socio-Economical status,

Drugs-

Name -	Latin Name
Simhi -(kantakari)	Solanum xanthocarpum
Vyaghri (Dorali,Bruhati) -	Solanum indicum
Simhamukhi (vasa) -	Adhatoda vasica
Kakmachi -	Solanum nigrum
Punarnava -	Boerhavia diffusa
Vartaki - (kantakari bheda)-	Solanum xanthocarpum

Mahish Dugdha –

Mahish dugdha taken from respective standard Milk dairy, which is selected for trial.

Type of study – Open randomized comparative clinical Study.

Method –

Total 78 Patients of Nidranash were selected out of which 60 Patients completed the treatment on OPD basis. The patients were selected irrespective of Age Sex, Occupation and Socio-Economical status, and divided in two groups. Written informed Consent was taken.

Group A –

Patient was advice to drink Simhipunarnavadi kwath (40 ml) at nishakala.

Group B -

Patient was advice to drink mahish dugdha (200ml) at Nishakala.

Follow up on 0 th ,7 th ,15 th days.

INCLUSION CRITERIA:-

- 1) Individual's complaints of Nidranash were included in the study.
- 2) Individuals between age group of 20 to 45 years were included.
- 3) Individuals of irrespective of sex were selected.

EXCLUSION CRITERIA:-

1. Any patients suffering from known systemic illness or any chronic health disorder, pregnant and lactating women were excluded.
2. Accident cases, post operative cases, drug abuser, alcohol addicted individuals, mentally retarded and Psychiatric abnormalities.

CRITERIA FOR ASSESSMENT -

Assessment was done initially before intervention and there 7 th and 15 th days follow up in the case record form on the basis of following parameters on the various rating scale.

- Sleep Efficiency Index
- Sleep Duration
- Khandit Nidra (Interrupted sleep)
- Angamarda (Bodyache)
- Shirogaurava (Heavyness in head)
- Jrumbika (Yawning)
- Glani (Fatigue)
- Jadya (Heavyness in body)
- Tandra (Drowsiness)
- Bhrama (Giddiness)

Observation:

1. 31-40 age group is more prone to Nidranash (Insomnia).
2. Sleep disorders are observed in Male than female.
3. Vata-Pitta dosha dominating prakruti more prone to Nidranash.

Result & Discussion:

Parameter	Group	Mean Diff	SD	Man whitney U	P Value
Sleep Efficiency Index	Group A	0.10	0.305	510	0.173
	Group B	0.23	0.423		
Sleep Duration	Group A	0.300	0.466	465	0.783
	Group B	0.266	0.449		
Interrupted sleep	Group A	0.233	0.430	480	0.569
	Group B	0.300	0.466		
Angamarda (Bodyache)	Group A	0.200	0.406	465	0.763
	Group B	0.233	0.430		
Shirogaurava (Heavyness in head)	Group A	0.200	0.406	480	0.551
	Group B	0.266	0.469		
Jrumbika (Yawning)	Group A	0.133	0.345	465	0.699
	Group B	0.100	0.305		
Jadya (Heavyness in body)	Group A	0.166	0.379	465	0.728
	Group B	0.133	0.345		
Glani (Fatigue)	Group A	0.133	0.345	495	0.326
	Group B	0.233	0.430		
Tandra (Drowsiness)	Group A	0.100	0.305	465	0.699
	Group B	0.133	0.345		
Bhrama (Giddiness)	Group A	0.06	0.253	480	0.401
	Group B	0.13	0.345		

Significant changes-

In Group A (Simhipunarnavadi Kwath) significant result observed in Sleep duration, Khandit Nidra, Shirogaurav and Angamarda.

In Group B (Mahish Dugdha) significant result observed in Sleep efficiency index, Sleep duration, Khandit Nidra, Shirogaurav, Glani and Angamarda.

Not Significant Changes-

In Group A (Simhipunarnavadi Kwath) not significant result observed in Sleep efficiency index, Jrumbika, Jadya, Glani, Tandra and Bhrama.

In Group B (Mahish Dugdha) not significant result observed in Jrumbika, Jadya, Tandra and Bhrama.

Conclusion:

In this study it can be concluded that Mahishi Dugdha has better effect in nidransh as compare to Simhi purnavadi kwath.

According to this study Mahish Dugdha have well Sedative effect , Easy to administered, Easy available and Cheap.

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