

CLINICAL EVALUATION OF SARPAGANDHA AND TAGAR CHURNA SIDHA KSHIRADHARA IN NIDRANASH W.S.R PRIMARY INSOMNIA

Priyanka Bhujbal¹, Dipali Chavan²

¹PG Scholar, ²Assistant Professor,
Dept.of Panchakarm, SSAM, Nashik, Maharashtra, India

Email: sparsh.dipa@gmail.com

ABSTRACT

Ayurveda is life science introduces *Trayopstambh* i.e. *Ahar, Nidra, Brahmacharya*, these three are supportive pillars of life which are essential for mental and physical health of individual. Considering these aspects study was carried out to find out alternative treatment on *Nidranash*. In Ayurveda there are many treatments for *Nidranasha* like *abhyanga, udwartana, murdha & shrawana puranam, chakshu tarpanam, lepa to shira & vadana, samwahana* etc. *Shirodhara* is type of *murdha taila*, we are using it with combination of *Sarpagandha* and *Tagar churna sidha kshir* w.s.r Primary Insomnia. We will assess the effect of this *Shirodhara* in *Nidranash* condition on 10 patients which will taken from OPD of *Panchkarma* dept. *Shirodhara* will be done for 30 mints for 7 days. Follow up on 14th day. Assessment of patients will be done periodically. After the assessment, the observations will be drawn accordingly. Discussion n conclusion will derived on the basis of observations.

Keywords: *Shirodhara, Primary Insomnia, Nidranasha, Sarpagandha and Tagar sidha Kshir*

INTRODUCTION

Present era is full of competition, everyone is struggling for existence. Human is working hard for day and night. Besides that mental stress, insufficient sleep, addiction of drugs, alcohol all these factors are reason to develop *Nidranasha* in Ayurveda and insomnia according to Allopathy. Diseases due to mental disorders are most common problem now days in society. To balance day to day life it is necessary to get adequate sleep. Insufficient

sleep may lead to many physiological changes in body.

Charaka, Kashyapa included *Nidranash* in 80 *vata rogas*. *Charaka* explained the *arishta lakshana* and he says *sukha, dukha, karshaya, bala, jivan, maran* all depends on proper sleep¹. *Sushruta* says sufficient sleep at right time makes person free from diseases, full of strength and good complexion.²

People with insomnia all short of the amount of rest they need and can become distressed and exhausted. Some people fall sleep normally but wake up abnormally early then find that they cannot go back to sleep. This may lead to physiological changes of body i.e. hormonal changes, muscle tone, temperature. So for proper health Ayurveda explain *dincharaya* and *ritucharya*. According to *Ashtang sangrah* causes of *Nidranash* are *kala* (morning or old age), *sheela* (busy life), *kshaya* (*dhatuvyadhi*, *vata* and *pitta dosha*), *manstapa* (exhaustion of mind)³. *Nidranash* may vary according to age factor and lifestyle. In modern sciences, there is broad spectrum of drugs for management of insomnia but having serious side effects.

Aim:

Clinical evaluation of *Sarpagandha* and *Tagar churna sidha kshirdhara* in *Nidranash* w.s.r Primary Insomnia

Objective:

1. To study the *Nidranash* literature in Classical Ayurvedic Samhitas.
2. To study the Insomnia literature in Modern texts.
3. To study the literature of *Sarpagandha* & *Tagar* in texts.
4. Evaluation of clinical effects of *Sarpagandha* and *Tagar sidha Kshirdhara* in *Nidranash* w.s.r. Primary Insomnia

Materials & Methods:

The drugs details are given in the table

Table 1: Drug Details

Contents	Latin name	Quantity
<i>Sarpagandha Churna</i>	Rawolfia Serpentine	15gm
<i>Tagar Churna</i>	Valeriana wallichii	15gm
<i>Godhugdha</i>		1.5lit
Water		1.5lit

Preparation of Dhara: *Godugdha* (1.5lit), water (1.5lit), *Sarpagandha churna* (15gm), *Tagar churna* (15gm) was mixed and heated

till all the mixture remain ¼ .Mixture is kept to lukewarm pour it in a *Shirodhara patra*

Drug Administration or Procedure Details:

Table 2: Shirodhara with Sarpagandha and Tagar churna Sidha Kshir

Procedure	Shirodhara
Purvakarm	
<i>Atursidhat</i>	Indicated patient of <i>Nidranash</i> as per inclusive criteria is selected.
<i>Aushadhsidhata</i>	<i>Sarpagandha</i> and <i>Tagar churna sidha Kshir</i> .
<i>Yantrasidhata</i>	<i>Shirodharapatra</i> , <i>Dhara table</i> , Stand etc.
Pradhankarm	
Position of Patient	Supine position.
Route of Administration	Externally on forehead.
Nature of <i>Kshirdhara</i>	Constant, Continuous.
Time	In Morning 30min per day.
Duration	7days

Procedure on forehead.	Shirodhara will be given with Sarpagandha and Tagar churna sidha Kshir, administered
Paschatkarm	Avachurnan with Rasnadi churna. Rest.

Inclusive Criteria:

1. Patient having classical features of Nidranash mention in Ayurvedic samhitas.⁴
 - Angamarda (Malaise)
 - Akshigaurava (Heaviness)
 - Shirogaurava (Headache)
 - Jrumbha (Yawning)
2. Disturb sleep since 1month.
3. Age 25 to 55 yrs.
4. Sleep Efficacy Index less than 80%.

Exclusive Criteria:

1. Psychological disorder like Schizophrenia, Depression, Alcoholic.
2. Systemic disorder like severe Hypertension, Malignancy, Epilepsy.
3. Age below 25yrs and more than 55yrs

CRITERIA FOR ASSESSMENT

SUBJECTIVE CRITERIA:

1. Angamarda (Malaise)
2. Akshigaurava (Heaviness)
3. Shirogaurava (Headache)
4. Jrumbha (Yawning)

OBJECTIVE CRITERIA:

1. SEI=Time in bed x 100 /Hours of sleep
- Grade0: SEI above 80%
- Grade1: SEI between 60 to 80%
- Grade2: SEI between 40 to 60%
- Grade3: SEI below 40%

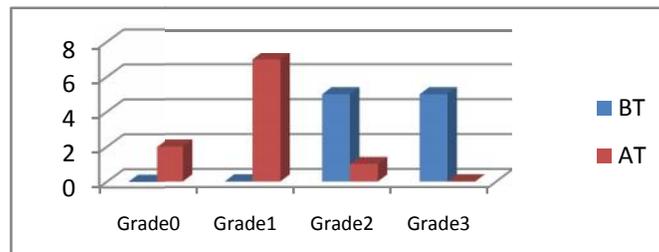
10 Patients were taken from Panchkarm OPD.

OVERALL ASSESSMENT CRITERIA

- A. <25% Relief -Unchanged
- B. 25-50% Relief-Minor Improvement
- C. 50-75% Relief-Moderate Improvement
- D. >75% Relief-Marked Improvement
- E. 100%-Complete Remission

OBSERVATION:

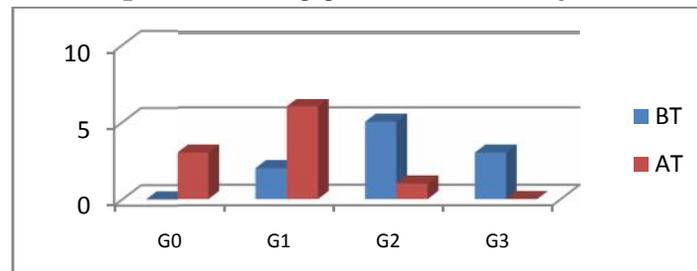
Graph1: Showing gradation of Angamard.



It is observed in the given study, the patients were in grade 2&3 Before Treatment (BT) reduce to grade 0, 1, 2 After Treatment (AT).

Shows that Angamard is reduce moderately in the study.

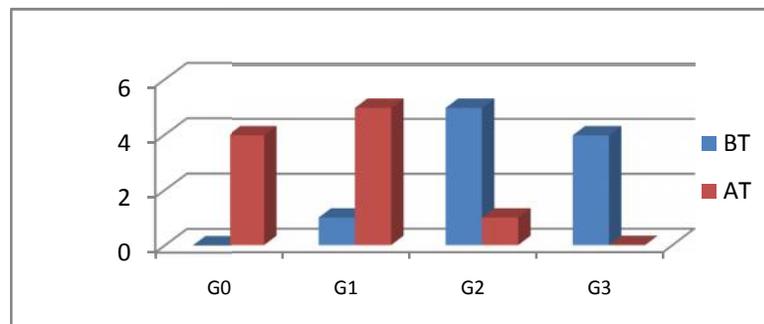
Graph 2: Showing gradation of *Akshigaurav*.



It is observed in the given study, the patients were in grade 1, 2, 3 Before Treatment (BT) reduce to grade 0, 1, 2 After Treatment (AT).

Shows that *Akshigaurav* is reduce moderately in the study.

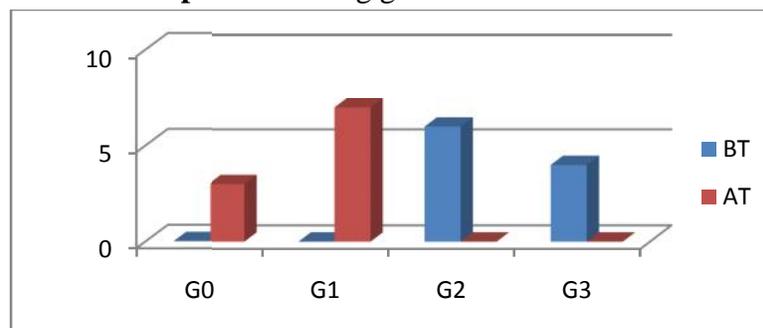
Graph 3: Showing gradation of *Shirogaurav*



It is observed in the given study, the patients were in grade 1, 2, 3 Before Treatment (BT) reduce to grade 0, 1, 2 After Treatment (AT).

Shows that *Shirogaurav* is reduce moderately in the study.

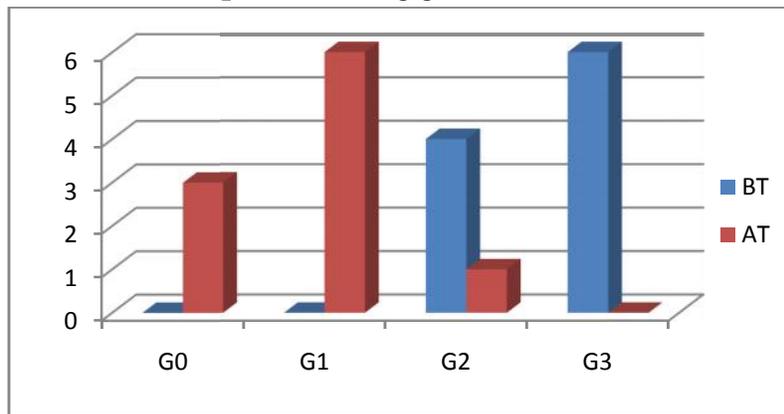
Graph 4: Showing gradation of *Jrumbha*.



It is observed in the given study, the patients were in grade 2&3 Before Treatment (BT) reduce to grade 0, 1 After Treatment (AT).

Shows that *Jrumbha* is reduce moderately in the study.

Graph 5: Showing gradation of SEI.



It is observed in the given study, the patients were in grade 2&3 Before Treatment (BT) reduce to grade 0, 1, 2 After Treatment (AT). Shows that Sleep efficacy Index (SEI) is reduced moderately in the study.

A. Overall Assessment Criteria:

1. A = <25% Relief -Unchanged
2. B = 25-50% Relief-Minor Improvement
3. C = 50-75% Relief-Moderate Improvement

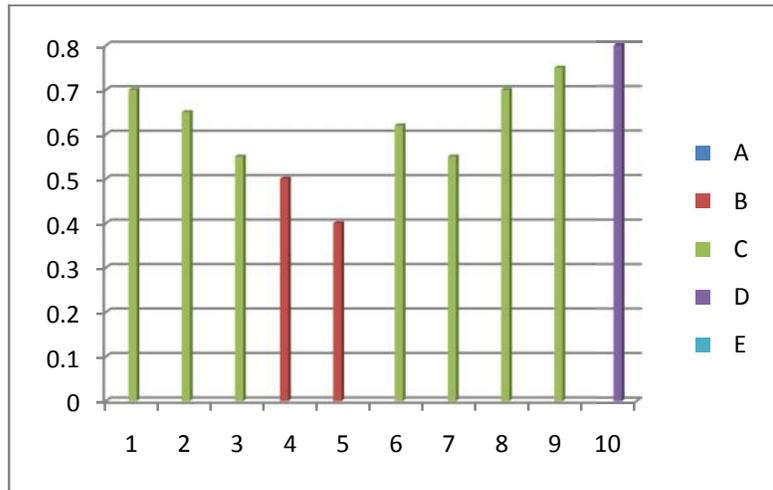
4. D = >75% Relief-Marked Improvement

5. E = 100%-Complete Remission

Overall assessment shows that, out of 10 patients 2 patients get minor improvement, 7 patients get moderate improvement, 1 patient get marked improvement. Means 20% patients have 25-50% relief, 70% patients have 50-75% relief and 10% patients have more than 75% relief.

Table 3: Overall assessment of Patients

	A	B	C	D	E
1			70%		
2			65%		
3			55%		
4		50%			
5		40%			
6			62%		
7			55%		
8			70%		
9			75%		
10				80%	



Assessment of Cardinal Symptom

Table 4: Comparison of symptoms before and after treatment

SYMPTOMS	BT	AT
Angamard	2.5	0.9
Akshigaurav	2.1	0.8
Shirogaurava	2.3	0.7
Jrumbha	2.4	0.7
SEI	2.6	0.8

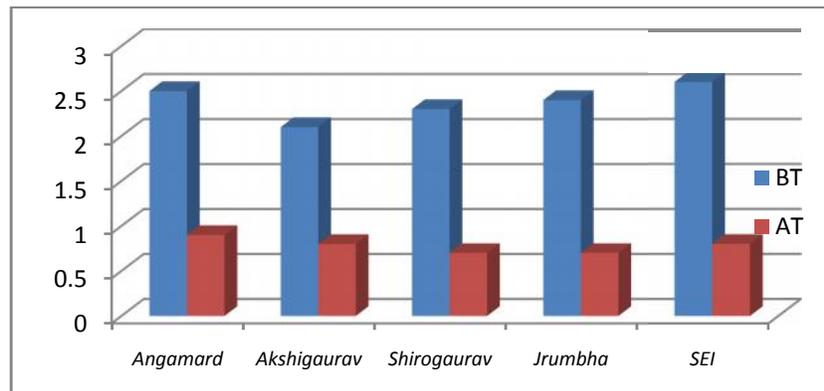


Table 5: Symptom wise percentage of relief

SYMPTOMS	%
Angamard	64%
Akshigaurav	61.90%
Shirogaurava	69.56%
Jrumbha	70.33%
SEI	69.23%

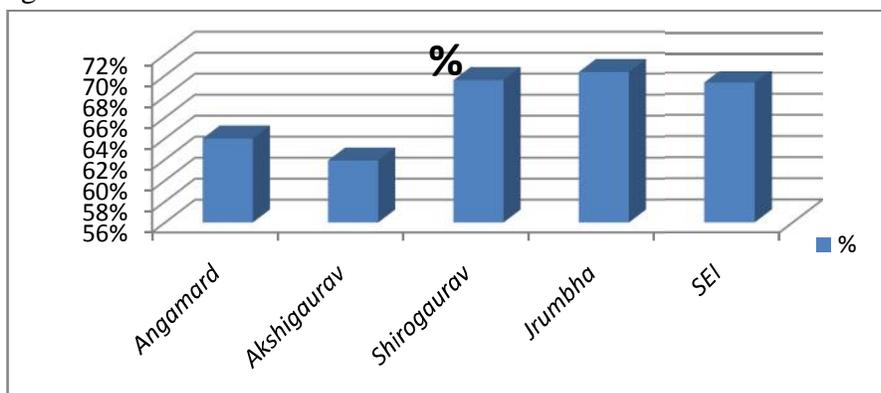


Table 6: Mode of Action of Drugs:

Drug	Ras	Virya	Doshghanta	Gun	Prabhav
Sarpagandha	Tikta, Katu	Ushna	Kaphghna, Vatagnha	Ruksha	Nidrajanan
Tagar	Tikta, Katu, Kashay	Ushna	Vatagnha	Laghu, Snighdha	Manas vikar shamak, Anti-epileptic

DISCUSSION

It was selected on the basis of its indication in Nidranash. Godhugdha is selected on the basis of gunas as jivniya, rasayana, sheet, dhatuvardhak properties.⁵

1. Tagar: Tagar is mention as Manas vikar shamak, Vednasthapak.vatnadi sansthan avasadak by Bhavprakasha. It is anti epileptic, analyzer in property and Valarine extract is CNS depressent.⁶

2. Sarpagandha: It acts on majavahastrota. Tikta rasa helps pachana of majadhatugatdosha. Sadhak pitta stimulates the working of brain and medhya guna.⁷

3. Mode of Action of Kshirdhara:

In shirodhara patient feels relaxation of the frontalis muscle. Shirodhara tend to normalize the entire body and achieve decrease activity of sympathetic nervous system with lowering of brain cortisone and adrenaline level

synchronizes even after the relaxation. Sleeping in supine position also helps in relaxation. The therapeutic effect may be due to diffusion of *Kshira* through the fine pores present over forehead by *Kshiradhara*, functions of senses improved, stress and anxiety are also relieved.⁸

Shirodhara with *Sarpagandha* and *Tagar sidha Kshira* is very beneficial due to drug effect also. As continuous pouring of liquid over a particular point increases the blood circulation of that area may help the absorption of active principles. *Shirodhara* regulates the Hypothalamo-Pituitary axis, which may help to reduce stress and enhancing secretion of Serotonin and improves sleep.⁹

Shirodhara is a procedure which comes under the external application of oil used for neuromuscular relaxation and nourishment. *Shirodhara* is a relaxation therapy which relieves mental exhaustion as well as pacifies the aggravated *Vata dosha* in head.

According to modern science stress or anxiety is main cause for Insomnia. In the condition of *Nidranasha* the main vitiated *dosha* is *Vata*, so balance of *Vata dosha* is an important thing to treat *Nidranasha*. By the application of *Shirodhara* over the head which leads to the increase in *Kapha dosha* by oleating the scalp skin. The increase in *Kapha dosha* enhances the *Tama*, which counteracts the *Raja dosha*. Ultimately this process nourishes the essential component of the body and helps to get rid of the problem like *Nidranasha*.

Stress, according to Ayurveda, is a state of unbalance of *Prana Vayu*, *Sadaka Pitta*, and *Tarpaka Kapha*. *Shirodhara* regenerates the functional integrity between these three Doshic Subtypes and thus helps relieve stress.

CONCLUSION

This study shows the encouraging results of *Sarpagandha* and *Tagar sidha Kshiradhara* in *Nidranasha*. In this study, it was observed that *Kshiradhara* of *Sarpagandha* and *Tagar churna* showed significant results in all symptoms specially *Shirogurava* and *Jrumbha* and shows significant results in SEI. Overall assessment shows that the patients have mild to moderate improvement. Through *Shirodhara* the mind is relaxed and due to this the stress level goes down, by this mechanism stress induced insomnia patients were benefited in the study. The result encourages the investigators to do further research on the *Shirodhara* with a large number of samples. Any positive findings from these studies would help to establish *Shirodhara* as a noninvasive alternative therapy in the management of Insomnia.

LIMITATIONS:

This study has limitations related with small sample size, nonrandomized sample, participant's selection bias. Due to small sample size the study results will lack a generalized view outside the study. Lack of control group limits the internal validity of this study. The constituents of oil were not individualized as per the severity, *prakriti*, type of *dosha* predominance in *Nidranasha* or according to the type of insomnia.

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