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Role of *Ashwagandhadi Ghanwati* and *Mansyadikwatha Shirodhara* in the Management of *Anidraroga* w.s.r. *Insomnia*

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ABSTRACT

Ayurveda is ancient system of medicine and philosophy of life. It deals with physical, mental, and social health. In Ayurveda *Swapna* (sleep) is described as one of the co-pillars of life¹. According to ayurveda samhita sleep and food have same value². Insomnia is a common sleeping disorder in world. It is also known as a Disorder of initiation or maintenance of sleep (DIMS). **Aims and Objectives:** -To evaluate the role of *Ashwagandhadi ghanwati* and *Mansyadi kwatha shirodhara* in the management of *anidra roga* w.s.r. *Insomnia*. **Material and Methods:-** Twenty patients of *Anidraroga* were selected from OPD/ IPD level and single group. All twenty registered patients were administered of *ashwagandhadi ghanwati* with milk and *mansyadi kwatha shirodhara*. **Conclusion:-** Modern medical science have many drugs to treatment of psychiatric disorder. Such as tranquilizers, sedative, antidepressant etc. and they have more side effects i.e. nausea, hypotension, depression and suicidal tendency etc.

KEYWORDS

Anidra, Swapna, Shirodhara, Insomnia



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INTRODUCTION

Insomnia is a common sleeping disorder in world. According to modern medical sciences insomnia is known as Disorder of initiation or maintenance of sleep (DIMS). Insomnia affects quality of life causing fatigue, lethargy, irritability, poor performance of work and concentration. That clinical study was planned to certain indigenous drugs (Ashwagandhadhi ghanwati) and mansyadi kwatha shirodhara in the management of Anidra roga w.s.r. insomnia. The drug was administrated with buffalo milk (mahish dugdha). According to Carak samhita the treatment of Anidraroga are sanvahana, abhyanga, murdha tail etc³. Murdhatail are four types and shirodhara is one of them⁴. It is a method of oil or water or medicated water (Kwatha) dripping on the forehead in the steady with simple harmonic motion.

AIMS AND OBJECTIVES

To evaluate the role of Ashwagandhadhi ghanwati and Mansyadi kwatha shirodhara in the management of Anidraroga w.s.r. Insomnia

MATERIALS AND METHODS

It was open, randomized clinical study in single group. Present study was conducted on 20 patients of Anidraroga selected from

OPD of PG department of Kayachikitsa at Shri N.P.A. Govt. Ayurveda College Raipur C.G. Patients age group of 25 to 65 years were selected irrespective of Age, Caste, Race, Sex and religion.

INCLUSION CRITERIA

- 1) Patients of 25 to 65 year of age group.
- 2) Sleeping hours are less than 4 hours and suffering from primary Insomnia at least seven days.

EXCLUSION CRITERIA

- 1) Patients below 25 and above 65 years of age group.
- 2) Mental disorder.
- 3) Abuse of psychotic drugs or Alcohol.
- 4) Sever hypertensive.
- 5) Patients with Infective and terminal sickness.

ASSESSMENT CRITERIA

Assessment of effect of the treatment was done on the basis of relief in signs symptoms. Eleven criteria were selected for assessment⁵. Various signs and symptoms were assigned to four grades (0-3). That scoring systems grading was depending upon the severity of Anidraroga w.s.r. insomnia.

Grading of sleep period

Parameter	grade
Normal sleep 6 -8 hours	0
Inadequate sleep 4-5 hours	1
Inadequate sleep 2-3 hours	2
Inadequate sleep 1-2 hours	3

Grading of sleep quality

Parameter	grade
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Normal sleep	0
Anxious sleep	1
Unrest and un freshed after sleep	2
Negative experience of sleep	3

Grading of Sleep Wake (S-W) schedule

Parameter	grade
Normal Schedule	0
Transient sleep change	1
Frequently sleep change	2
Irregular (S-W) schedule	3

Grading of After Awakening

Parameter	grade
Normal	0
Sleepy	1
Poor concentration	2
Poor decision power	3

Grading of Malaise, Heaviness, Gape (jimbha), Vertigo (bhram), Oscitancy (tandra), Netragourava, Glani.

Parameter	grade
No Complaints	0
Occasionally	1
Moderate	2
severe	3

TRAIL OF DRUG AND ITS INGREDIENTS

After registration patients of Anidra roga for the present clinical trial were administered Ashwagandhadi ghanwati and mansyadi kwatha shirodhara.

Contains of Ashwagandhadi ghanwati -

- 1) Ashwagandha (winthianasomnifera)
- 2) Jatamansi (Nordostachys Jatamansi)
- 3) Shankhpuspi (Convolvulus Pluricaulis)
- 4) Bramhi (Bacopa monneiri)
- 5) Tagara (ValerianaWallichii)
- 6) Pipplimula (Piper Longum)
- 7) Sarpagandha (Rauwolfia Serpentine)
- 8) Parsikayawani (Hyoscyamus Niger)

Contains of MansyadiKwath –

- 1) Jatamansi (NordostachysJatamansi)

2) Ashwagandhadi ghanwati (winthania somnifera)

3) Parsikayawani (Hyoscyamus Niger)

INVESTIGATIONS

Hb%, TLC, DLC, ESR, EEG, Blood urea, Blood Sugar, Serum creatinine, Lipid Profile (sos).

TREATMENT PLAN

Mostly patient was treated on OPD.

Administration of ashwagandhadi ghanwati and mansyadi kwatha shirodhara.

Time of procedure 30 to 45 min/day.

Duration of procedure 21 days.

DISCUSSION

Present clinical trial of ashwagandhadi ghanwati and mansyadi kwatha shirodhara observed that, maximum number of patients were male could be stressful life and responsibility of family. Maximum patients were of age group 36 to 45 years. According to Ayurveda the age group of 30 to 70 is Madhyama avastha. In this age group kapha dosha starts decreasing and pitta dosha gradually dominates. Whears vata dosha gradually increasing in the body from madhyama avastha to vridha avastha and this avastha is most proneness to sleep related disorders.

Shirodhara helps to the circulation of blood in the head region. This procedure nourishes the part of brain and helps to

improve the illness like (insomnia).
Ashwagandhadighanwati having
vatapittashamak, vednasthapaka,
Nidrajanaka, Manasdosahar, medhya,
aakshepshamaka, balya, Rasayan effects
are used is Anidraroga (Insomnia).

CONCLUSION

It can therefore be concluded that
insomnia is common life style disorder.
Administration of ashwagandhadighanwati
and mansyadi kwatha Shirodhara is safer,
better and more effective procedure to
management of Anidra roga (Insomnia),
if the patient takes Nidanaparivarjana &
proper pathya with drug. But Shirodhara
is not possible in all types of patient
because it needs specific instruments and
requires lot of time. In such a condition
ashwagandhadighanwati promises better
results. In the above trial
ashwagandhadighanwati and
mansyadikwathashirodhara showed
encouraging results. This treatment
improved quality of sleep and sleeping
period and also relief in other symptoms
as shirshool, jrimbha, gaurav,
angamarda.

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