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### Effect of Takradhara & Sankhapuspi Panaka on Anidra (Insomnia)

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#### Abstract

Ayurveda, 'the science of life', copes with the preservation, maintenance and promotion of good health and cure of disease. In Ayurveda, Nidra (Sleep) is one important component of Trayopstambh. Ayurveda is medical science which describes physical, mental and spiritual health. As per Ayurveda, Anidra which is due to aggravation of Vata Dosha (Vata Brudhi) <sup>[1]</sup>. In the Ayurveda system of medicine, Panchakarma has a very effective role for preventive and curative purposes. Takradhara is one among the Panchakarma therapies included under Murdhini Taila. It is the unique Panchakarma measure in which medicated milk is poured over the forehead in a specific manner. Takradhara is very much effective in case of Anidra. For palatine purposes, the Medhya Rasayana like Sankhapuspi Panaka is so effective for curing the disease of Anidra.

**Keywords:** Anidra, takradhara, medhya rasayana, sankhapuspi panaka

#### Introduction

Ayurveda is a perpetual science of healthy living treasures coping with physical, psychological and spiritual wellness and enrichment of mankind. It covers all the aspects of human life. It is enriched by our great ancient sages through their experience, logic and power of wisdom. Only a healthy and calm life can achieve all four prime goals of life viz. Dharma, Artha, Kaama and Moksha. But in the modern metaphysical society, everyone is trying to gain good financial status and to fulfill all the earthly desires which leads to mental disability like Anidra and Anxiety. Various psychological disorders mentioned in Ayurveda are similar to anxiety disorders. The root cause of Anidra clearly indicates the anxious state of mind. Tarpak Kapha is an auxiliary Dosha of Kapha which nourish the cell of brain leads to restful night sleep. When this Dosha does not balance the brain cell causing Insomnia. Pranavayu, an auxiliary Dosha of Vata, creates a sensitive nervous system and this, together with an aggravated Pranavayu, causes Insomnia. Sadhak Pitta is an auxiliary dosha of Pitta and it can be found in the heart. It controls our emotion, spirituality, decisiveness and desires <sup>[2]</sup>. Any imbalance creates problem for sufferer such as working too hard and too long ultimately leads to Insomnia. Stress and mood disturbance are the prime causes of the majority of psychiatric disorders. It occurs when the emotional factors cross the state of normalcy and get damaged. Takradhara is very effective in cases of various psycho-somatic disorders. Shirodhara is a unique technique in Panchakarma measures in which medicated milk is poured over the forehead in

specific manners. Medhya Rasayana drugs are also effective for the cure of Anidra. Sankhapuspi Panaka is regarded as the best of all the Medhya Rasayana drugs.

#### Materials and Method

##### Aims and Objectives

1. To understand the Anidra in Ayurveda and conventional background.
2. To evaluate the role of Takradhara along with Sankhapuspi Panaka in the management of Anidra.
3. To study the better improvement of patient's mental status after treatment.

#### Case Report

A Muslim married 42 years old Male patient visited the outpatient department (OPD) of Raghunath Ayurved Mahavidyalaya and Hospital, Contai, West Bengal on 08.08.2021 with complaints of lack of sleep, occasional muscle tension, palpitation, and increase sweating for 3 years.

#### Clinical Findings

##### Chief Complain

Complaining of lack of sleep and anxiety for the last 3 months and burning sensation in the heart region.

##### Associated complain

Constant worries about work-related stress, occasional muscle tension, palpitation, and increased sweating.

Past history- He had been suffering for a long time with

complaints of constant worries due to work-related stress, feeling of restlessness, irritability most of the time. His symptoms are mostly aggravated due to poor socio-economic problems for the pandemic situation in the last

year.

The personal details and clinical observation are reported in Table 1 and Table 2 respectively.

**Table 1:** Personal details of patient.

Occupation	IT Sector job
Diet	Vegetarian
Sleep	Disturbed
Bowel	Constipated
Addiction	Occasionally intake of Alcohol

**Table 2:** Clinical examination as per ayurvedic parameters.

Prakriti	Vata-Kapha	
Vikriti	Manasa	
Sara	Mansa	
Samhana	Bold & Stout	
Pramana	5 ft. 6 inch.	
Satwa	Raja guna pradhana & Anxiety	
Ahara Shakti	Abhyabaran Shakti	Madhyama
	Jarana Shakti	Madhyama
Vyayama Shakti	Madhyama	
Vaya	42 years	

### Diagnosis

As per ICD 10 F41.1, [3] it was a case of Generalized Neurotic Disorder based on signs and symptoms of the patient. Assessment of the patient was done using Hamilton's Anxiety Rating scale [4]. The symptoms of Generalized Neurotic Disorder including lack of sleep,

tension, emotional disturbance, palpitations, sweating, altered bowel habits etc can be correlated to vata [5] and pitta [6] prakopa lakshanas. Athi chinta or excess thinking is an etiological factor for rasa dhatu dusti [7] which again incites both physical and mental symptoms.

### Treatment Plan

Therapeutic Intervention	Planning of Takra dhara for 1 week daily 45 minutes at morning time.
Oral Medication	Sankhapuspi Panaka [8] - 2 Tola with normal water at Morning & Evening time after food.
Counselling	The patient was advised to follow treatment plan and obey good conduct, proper sleep, listening relaxing music & reading some religious books. Also advised to visit of peaceful places. He was advised to stay stress free and keep thinking positively. Physical heavy & long time work was asked to avoid. Proper diets were provided according to Rogi Satmyata. Advised to avoid the consumption of Tea & Alcohol.
Yogasana, Pranayam & Meditation	Anuloma & Viloma Bhramari, Bhujangasana, Shavasana, Shasankasana, Tadasana, Matsyasana, Mandukasana etc.

### Results

After 21 days, there was a considerable change in sleeping cycle. It was reported that the condition of the patient was

improving. The patient reported that he was able to sleep for 7-8 hours. Now he feels in good mental condition. The assessment is presented below through a table.

**Table 3:** Assessment of patient (Hamilton's Anxiety Rating scale).

Sl. No.	Parameter	Before treatment (Max. 5, Min.0)	After treatment (Max. 5, Min.0)
1.	Anxious mood	3	1
2.	Tension	4	2
3.	Fear	1	1
4.	Insomnia	4	1
5.	Intellectual	1	1
6.	Depressed Mood	2	1
7.	Somatic (muscular)	0	0
8.	Somatic (sensory)	0	0
9.	Cardiovascular symptoms	1	1
10.	Respiratory symptoms	2	1
11.	Gastro-intestinal symptoms	1	0

12.	Genito-urinary symptoms	1	2
13.	Autonomic symptoms	1	1
14.	Behaviour	2	1
Total Score		23	13

## Discussion

Anidra is the excited state of mind or Udvega avastha of manasa. It denotes increased Raja guna (quality of mind) and also the increased state of Vata and Pitta dosha in the body. We adopt Sankhapuspi Panaka as oral medication. Sankhapuspi Panaka is mentioned in Ayurveda Sara Sangraha under Panaka Kalpana contains Sankhapuspi & Brahmi, is act to be Medhya, Smritiprada, and useful in Unmada, Apasmara, Murcha, Chittavibhrama and Manasika Ashanti & Snayu daurbalya <sup>[9]</sup>. Sankhapuspi is having Tridoshshamaka in property, tikta rasa, Snigdha and Picchhila Guna, Sheeta Virya, Madhura Vipaka and Medhya in Prabhava <sup>[10]</sup>. It is mentioned as the best Medhya Rasayana by Acharya Charaka. Sankhapuspi, will act on Raja Guna by pacifying Vata Dosha because of its Vata-Pitta Samyaka property. In Takradhara, from a certain height when Takra is allowed to fall on the forehead, it generates momentum. The momentum may transfer into voltage and stimulate the nerve in the frontal bone. The impulse is transmitted through cerebrospinal fluid (CSF). This impulse may activate the functions of thalamus and the basal forebrain. Stress and other psycho-somatic disorders like anxiety, depression, hypertension, migraine etc. can be reduced and tranquilized by continuous falling of the liquid substances over the forehead in prolonged Dhara therapy <sup>[11]</sup>.

## Conclusion

Effective combined treatment protocol to treat Anidra. Patient & Patient's party are happy for recovering disease from the stage of Anidra but, there are need to further big sample size clinical study to evaluate or establish the treatment plan.

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