

Conceptual Study of *Narikel Taila Shirodhara* and *Nasya* in *Nidranasha* W.S.R to Stress Induced Insomnia

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Abstract:- *Ayurveda* is one of the ancient systems of medicine known to mankind. *Ayurveda* not only includes medical science but is an art of living; science of life. It does not only treat disease but also focuses on keeping an individual healthy. Its primary aim is to cure the diseased ones and to maintain health of the healthy individuals. *Ayurveda* does not only deal at physical level but also at mental level. With rapid change in lifestyles due to development and other factors, a majority of population are suffering from *Nidranasha*. Stress being one of the most important factors among many. This in turn results in Stress Induced Insomnia. *Nidranasha* being caused by vitiated *Vatadosha*; *Nasya* and *Shirodharawith NarikelTaila* acts on both *Vatadosha* and Stress because of its properties and mode of action is used in this condition.

Keywords:- *NarikelTaila, Shirodhara, Nasya, Nidranasha, Stress Induced Insomnia.*

I. INTRODUCTION

Nidranasha is a *VataNanatmaj* Disease. It is mostly caused due to vitiated *Vatadosha*. *Acharya Charaka* has mentioned *Aahar, Nidra* and *Brahmacharya* as *Trayoupstambha*. These are the three pillars which are essential for life. Any disturbances among any of these tripods cause illness. Hence, *SamyakNidra* is essential for healthy living. Now in present era, the world has become technologically advanced, leading to a luxurious life at a cost of state of mind. With majority of population facing stress at various intervals of their life, hence stress induced disease have taken a path towards human life. One of the most faced problem being Stress Induced Insomnia. *Nidranasha* has become a very common lifestyle disorder for human being, mainly because of stress induced lifestyle. *Shirodhara* being capable of inducing sleep as well as relieving stress has been chosen as a therapy of choice for Stress Induced Insomnia (*Nidranash*). *Nasya* being capable of working at CNS level and rapid effect is chosen for treatment of Stress induced Insomnia. They are carried out using *NarikelTaila* (Coconut Oil) because of its properties such as *guru, snighda, bruhana, sheetaveerya* also it has good odour; affordable price and is easily available.

II. MATERIAL AND METHODS

- All the references regarding *NarikelTaila, Shirodhara, Nasya, Nidranasha* are collected from *Laghutrayee* and *Bruhatrayee* and various text books and compilation is done.
- Concept of *NarikelTaila, Shirodhara, Nasya, Nidranasha*, Stress Induced Insomnia studied in details.
- Collection of all the references is done and correlation between the data is done logically i.e. by using *yuktiPraman*.
- *NarikelTaila* is prepared as per literature.

Operational Definitions:

Shirodhara

It is one among the *Chaturvidhamoordhataila*.

MurdhaTaila:

Murdhni tail includes

- *Shiroabhyanga*
- *Shirodhara*
- *Shiropichu*
- *Shirobasti*

Abhyanga<*Dhara*<*Pichu*<*Basti*

And they are more effective in the mentioned order.

Shirodhara is also called as *Shira seka*.

Pouring of any medicated liquids which is lukewarm such as oil, ghee, milk, butter milk etc. over the forehead in a continuous stream from specific height for a specific period.

Requirements

a. *Dhara* Table

b. *Dharapatra* of 2 litres capacity with central hole in it at the bottom, either wooden, metal or mud pot can be taken. A wick of cotton should be kept in that hole so that the distance between the lower end of the wick to the forehead is 4 inches. This vessel / kept hanged over the forehead.

c. Medicine used (Any one among the given below).

i. *Tailas*-- *Ksheerabala, Ashwagandha, balalakshaditaila* etc.

ii. Medicated Butter milk.

- iii. Medicated Ghee.
- iv. Medicated milk - *Chandana, Usheera, Musta, Shatavari, Sadita*.
- v. Medicated decoction - *Jatamamsi, Dashamoola* etc.
- vi. Medicine to be taken in 2 litres quantity.

Procedure

Poorva Karma - Patient should pass the natural urges like urine, stools etc. and then massage to be done to the head and whole body also.

Pradhana Karma - When *poorva karma* is finished person should lie down in supine position with comfort. The medicated liquid which is used for *dhara* should be made luke warm and taken in *dhara patra*. Then this *patra* is moved over the forehead. The oil which is falling on the forehead will come down through the hole in the table into the vessel kept under the table. This oil or medicated liquid which is collected in a vessel is repeatedly heated indirectly so as to maintain the temperature & and re used. (Refilled to the *dhara pot*).

Paschat Karma - After half an hour patient is advised to take hot water bath. He should not expose himself to breeze, sun etc.

Time Duration - 60-90 minutes. 1st day - 60 min, 2nd day - 70 min, 3rd day - 80 min, 4th day - 90 min, 5th day - 80 min, 6th day - 70th day - 60 min.

Duration of Treatment- 7, 14 or 21 days or as per the *Yukti* of physician. If *Vata* - *Tailadhara*. If *Pitta* - *Ksheeradhara*. If *Kaphanubandha*- *Takradhara* can be used. If decoctions, butter milk or milk is to be used then those can be taken fresh each day. *Dhara* to be done with oil then each day lost oil is replaced; every third day new oil can be taken.

Properties of Dhara: (In general) 1. It provides sound sleep. 2. Useful in headache, greying of hairs, hair fall. 3. Reduces the vitiated *doshas* (As per *dosha* medicine is selected). 4. Useful in diabetes, hypertension, paralysis, seizures, depression, anxiety disorders etc.

Procedure of Nasya Karma

The procedure of *Nasya Karma* for routine purpose is described here under in a simplified flow sheet broadly based on *Suśruta's* descriptions.

1. *Ātura, Mal - Mūtrādi Vega Nivrutta*.
2. Diet should be given.
3. After some time tooth brush.
4. Adequate *Dhūmapāna* (for purification of nostrils, throat *srotas*).
5. Patient should lie down on *Nasya Saiya*.
6. Put oil (e.g. *Pañcaguna Taila, Kṣīrabalātāila*) on scalp for Massage.
7. *Mrdu Snehana* on head. According - to *Āyurvedic* texts *Swedana* should not be given on the head. But it is only done for elimination of *Doṣa* and liquification of *Dosas*.

8. *Tāpasweda* should be given in following region i.e. *Sira, Mukha, Nāsā, Manyā, Griwā, Kantha*.

9. After *Swedana* smooth massage be applied on following regions e.g. *Gala, Kapola, and Lalāta Pradeśa*.

10. *Nasya* be administered (during *Nasya* the patient should close his one nostril and should inhale the drug through the other).

Post Nasya Regimen

1. *Dhūmapāna*.
2. *Kawalagraha* and *Gandūṣa Dhāraṇa*.
3. Diet - i. Warm water (*sukhoṣṇajala*), ii. Light diet (*laghūāhāra*).

Features of Adequate Nasya

1. *Lāghawa* (lightness in the body)
2. *Nidrā* (good sleep)
3. *Sira Laghutwa* (lightness in the head)
4. *Srotasa Suddhi* (cleansing of channels)
5. *Indriya Prasanna* (sensorial happiness)
6. *Mana Prasanna* (mental happiness)

CLINICAL STUDY

Screening of subjects for inclusion

III. DISEASE REVIEW

NIDRANASH

Nidra has a positive effect on health of an individual when practiced in a proper manner. When taken in improper manner can lead to various illness and may become a cause of innumerable illness. It depends on various factors like age, *prakruti* etc. Acharya *Charaka* has mentioned *Nidra* as one of the *Trayoupasthambas*, meaning pillars of life.

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(Ch. Su. 11/35)

Acharya *Charaka* has mentioned that sleep has an important role in maintaining healthy life. He states that proper sleep does *Pusthi*. Growth and lesser sleep leads to *Karshana* of the body.

Charaka included the *Asvapna* in 80 *Nanatmaja Vata Vikaras*. As *Nidra* plays an important role in development of the body, Acharya *Sushruta* explains about *Vaikarika Nidra* under the chapter *Garbha Vyakarana Shariram*.

Acharya *Vagbhata* has also included *Nidra* under *Trayoupasthambas* and *Vataja Nanatmaja Vikaras*. in *Ashtanga Sangraha*.

NIDANA:

Vitiation of *Vata* is the most important cause of *Nidranash*. It gets vitiated due to many reasons which include physical as well as mental causes. Anger, fear, anxiety etc. *Satva* becomes dominant and *Tama* gets suppressed leading to *Nidranash*.

PURVARUPA

Purvarupa of *Nidranash* is not mentioned in any Ayurvedic classics.

RUPA

- Yawning
- Body Ache
- Drowsiness
- Head Disorders
- Heaviness in Eyes

SAMPRAPTIGHATAKA

<i>Dosha</i>	<i>Vata and Pitta (Vridhhi), Kapha(Kshaya)</i>
<i>Dushya</i>	<i>Rasa</i>
<i>Agni</i>	<i>Jatharagni</i>
<i>Srotasa</i>	<i>Manovaha, Rasavaha</i>
<i>SrotodushtiPrakara</i>	<i>Atipravritti (Over indulgence)</i>
<i>Adhithana</i>	<i>Hridaya</i>
<i>Udbhavasthana</i>	<i>Hridaya</i>

STRESS INDUCED INSOMNIA

Sleep problems are common complaints of individuals worldwide. In a global survey across 10 countries and 4 continents, almost a third of subjects were currently experiencing insomnia, according to self-assessment measures. Insomnia is not only a burden to the individual, producing extreme daytime fatigue, functional disability, restricted activity, and cognitive impairment, but it has broader repercussions as well.

Stress is one of the leading reasons for Insomnia. In today's fast-paced life, stress has become an inevitable part of human life. Stress has severe consequences on mental as well as physical condition of an individual. Stress makes adrenaline and cortisol in the body to get released in the blood stream. Hence, all the systems in the body get activated. Which is a totally opposite condition required for sleep, resulting in Insomnia termed as Stress induced Insomnia.

Narikeltaila(Coconut oil)

- *Narikel*, one of the classic drugs of herbal origin, botanically identified as *Cocos Nucifera* Linn. Has been used by Ayurvedic physicians in many forms but mostly in *Taila*(oil) form in various conditions.
- *Rasa: Madhura.*
- *Vipaka: Madhura.*
- *Virya: Shita.*
- *Guna: Guru, Snigdha.*
- *Doshkarma: Vaat-Pitthara.*

IV. RESULT

- Conceptually, *Shirodhara* as well as *Nasya* are equally effective in the management of *Nidranasha*. Stress Induced Insomnia because of their Mode of Action.
- With *NarikelTaila*(Coconut Oil) being used, it increases the efficacy of both the *karma*, hence relieving the

symptoms.

V. CONCLUSION

India is a country with hot climate and dry winds. *Shitaviryatmaka, guru, SnigdhaNarikeltaila helps as Vaataghna and Pittaghna.* Commonly coconut oil is preferably used in every home for massage. So *narikeltaila* used for *Shirodhara* is justified and convenient.

Hence, it can be used in Insomnia undoubtedly; and *shirodhara* being equally effective in stress disorders, here we use *Narikeltaishirodhara* in the management of stress induced insomnia. Also, if *shirodhara* procedure is inconvenient to patient because of some technical issues, he can opt for *nasya karma* for achieving relief from stress induced insomnia. *Nasya karma* being equally effective in this disorder. In both *karma, prakruti* and *doshas* as well as *kala* must be kept in mind before proceeding for the treatment.

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