

**ROLE OF SHIROABHYANGA IN NIDRANASHA: REVIEW ARTICLE**

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**ABSTRACT**

Ayurveda is the science of life. It emphasises on the importance of maintenance of health of healthy person and curing the disease of ill. Ahar, Nidra & Bramacharya are known as Trayopstambha i.e. three supportive pillars of life. Out of which, Nidra is very important factor, Nidra affects our daily functioning, physical, mental, & spiritual health in many ways. Acharya Charak and Acharya Vagbhata has described that happiness & misery nourishment and emaciation strength & weakness, virility & sterility, knowledge & ignorance, life & death of an individual's depends on the proper or improper sleep. Nidranasha is a common problem nowadays and role of shiroabhyanga in nidranasha is discussed here in this review article.

**KEYWORDS:** Ayurveda, Nidra, Trayopastambha, Nidranasha.

**INTRODUCTION**

Present era is full of competition. Everyone is struggling for existence, so man is working hard for day and night without taking adequate sleep. Besides that shifting duties, mental stress, addiction of alcohol, & tobacco leads to insufficient Nidra. The disease of Nidranasha is found to be gradually increasing in the society & has become one of the common health problem.

Modern medical science is still not having a definite treatment for this disease. Hypnotics, sedatives, tranquillisers, psychotropic are there but they have got their own limitations

because of its hazardous adverse side effects and their role in curing disease is very limited. According to Brihatrayi Shiroabhyanga is suggested as treatment of Nidranasha.<sup>[1]</sup> Shiroabhyanga is a procedure which is included in category of murdhntaila.<sup>[2]</sup>

The term Nidranasha means any disruption of sleep. The term Anidra is also mentioned as a synonym of Nidranasha. Nidranasha is a condition where a person could not attain adequate quality & quantity of sleep. Nidranasha(loss of sleep) is included as the nanatmaj vikaras of vata<sup>[3]</sup> where as alpanidrata (partial loss of sleep) & Nidraadhikya (excessive sleep) are symptoms of Pittaja<sup>[4]</sup> & Kaphaja nanatmaj vikaras<sup>[5]</sup> respectively.

### **AIM AND OBJECTIVES**

To study the role of shiroabhyanga in Nidranasha.

### **MATERIAL AND METHODS**

It is a review article. The article is based on various references of nidranasha and shiroabhyanga from Ayurvedic classical texts.

#### **Nidranasha Hetu<sup>[6]</sup>**

In our classics text the term Nidranasha is used to indicate pathological conditions in which patient is devoid of proper sleep. According to Charak the causes of Nidranasha are Virechan, Chhardi, Chinta, Krodh, Bhaya, Dhumrapana, Vyayam, Raktamokshan, Upwas, Asukhashayya, Asatw, suppression of Tama along with over work, old age, Vatajvyadhi, Vatajprakriti, Vatajprakop itself.

According to sushrut vataprakop, pittaprakop, manastap, kshaya, abhighat are causes of Nidranasha.<sup>[7]</sup>

#### **Nidranasha Lakshan**

According to Vagbhata Angamarda, Shirogaurav, Jrumbha, Jadya, Glani, Tandra, Apakti, Bhram are the symptoms in the patient of Nidranasha.<sup>[8]</sup>

#### **Shiroabhyanga**

In the treatment of Nidranasha Shiroabhyanga is suggested.<sup>[9]</sup>

Shiroabhyanga is an external therapy in which medicated oil is applied over head.

Shiroabhyanga should be performed gently and in the direction of hairs. (anulomangati).

Shiroabhyanga(head massage) should be performed with lukewarm oil because head is the

place of all sense and it is explained as most vital part. Shiroabhyanga is performed gently with finger tips. Because forceful massage may damage the hairs.

For the procedure of Shiroabhyanga, Tila taila is used commonly.

### Tila tail

Tila tail is the best tail in taila varga,<sup>[10]</sup> specially used in Abhyanga.

Gunadharmas :-<sup>[11]</sup>

Rasa- Madhur, Kashaya, Tikta

Vipaka- Madhur.

Virya- Ushna

Guna- Sukshma, Vyavayi, Ushna

Karma- Pittakar, Malamutranissarak, Kaphaghna, Vataghna.

### Method of application

Sr. No	Topic	Group
1.	Drug	Tilataila
2.	Dose	As per requirement of patient (minimum 20 ml)
3.	Route of administration	External application (Shiroabhyanga)
4.	Aushadhikala	Before going to bed at night
5.	Duration	to 10 mins

### DISCUSSION

In nidranasha, there is specifically vata prakopa. Taila is the best dravya to pacify the vata dosha. Ayurveda tells to abhyanga shira, shravana and pada pradesha specially. This external therapy of shiroabhyanga is very useful to overcome anidra or nidranasha. Acharyas have advised to think and focus only on the positive aspect of life for healthy sleep. As increase of vata dosha is the main factor of nidranasha, vataghna upachara like abhyanga is more beneficial to pacify increased vata dosha.

### CONCLUSION

From all the references from Ayurvedic classical texts, it can be concluded that nidranasha is a condition caused due to vata prakopa and to pacify that vata dosha and to reduce nidranasha, abhyanga with a taila is beneficial.

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