



**STUDY ON FOOT MASSAGE (PADABHYANG) ALONGWITH
BUFFALO MILK (MAHISHA DUGHDHA) IN THE MANAGEMENT
OF INSOMNIA (ANIDRA)**

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ABSTRACT :

Sleep is bodily inertia with mental relaxation. Most of the people wake up feeling exhausted. It is identified that insomnia (lack of sleep) as a cause of serious disorders ranging from diabetes to high stress levels. Body and mind are inefficient without proper sleep; Insomnia interferes with our ability to work and mental level. In the present study, *Padabhyang* (oleation and massage on foot) and *Mahish dugdha* (buffalo's milk) used for its effect on management of *Anidra* (Insomnia). Results were encouraging and complying the objective of the study ($p<0.001$).

Key words: Insomnia, *Padabhyang*, Buffalo's Milk, *Anidra*, Ayurveda

INTRODUCTION: Sleep is a physical and mental resting state of a person. The person becomes inactive and will not be aware of surrounding environment and their senses do not respond to external stimuli during their sleep. Sleep is a universal need of all higher life forms including humans, absence of which has serious physiological consequences. Sleep is the foundation of our life. Sleep deprivation or poor quality of sleep impacts both short and long-term health, with depression, obesity, loss of mental clarity and fatigue which are some of the frightening consequences. Sleep promotes proper growth.

The requirement for sleep also varies individually but quality and quantity of sleep required by an individual to completely recharge in mind, body and soul are considered crucial for health, bliss and longevity. It is believed that a man passes one third of his life asleep. Without

proper sleep, our bodies have no energy and our minds are inefficient. Loss of sleep, or insomnia, interferes with our mental and physical ability. The body is lethargic and fatigued. Appetite and capacity of digestion are also sluggish. *Nidra* as one of the most important dimensions or pillar of health because a good sleep enjoyed at proper time and for proper period, tends to improve the growth, strength, vigor and complexion of the body. In Ayurveda, *Nidra* (sleep) has been said to be due to *Ratriswabhava Prabhava*. It is caused by the nature of the night and is called as *Bhutadhatri* as it nurses all the living beings. Stress, excessive thinking, drugs or stimulants, excess travel, overwork or an irregular schedule and lack of routine are causes of Insomnia. Conceptual based clinical evaluation of the role of *Padabhyang* and *Mahisha dugdha* in the management of *Anidra* is the key object of the study.

MATERIAL AND METHODS : An open, non comparative randomized study was conducted on thirty patients with symptoms of insomnia and recommended for both of the therapies for sixty days.

Criteria for the selection

A. Inclusion Criteria:

- Individuals' age 20-70 years of both sexes,
- suffering from disturbed sleep since one month, persons having disturbed sleep with mild hypertension,
- depression, generalized anxiety disorders.

B. Exclusion Criteria:

Symptoms	Normal (0)	Mild (1)	Moderate (2)	Severe (3)
Time required for asleep at bed time	Just after going to bed	$\frac{1}{2}$ an hour after going to bed	$\frac{1}{2}$ -one hour after going to bed	More than one and half hour after going to bed
Sleep duration	6-8 hours	5-6 hours	4-5 hours	Below 4 hours
Dreams during sleep	No dreams during sleep	Least dreams during sleep	Dreams occurs most of time but not remember	Dreams occurs most of time but almost remember
Condition after awaking	Fresh	Sleepy	Fatigue	Poor concentration in other activities
Quality of sleep	Sound sleep	Patients awakens early in the morning but sleep again within 15-20 minutes	After sleep gets up early but sleeps again within 15-20 minutes	After sleep gets up early but sleeps again late more than $\frac{1}{2}$ hour
Interruption of sleep	No complaints	Frequency of Awaking 1-3 time during sleep	Frequency of Awaking 4-5 time during sleep	Frequency of Awaking more than 5 times

Intervention : Apply a moderate amount of *til taila* (sesame oil) to hands to add to comfort and ease, begin the procedure with sweeping, rubbing, stroking and kneading make circular motions with thumb and

- below 20 and above 70 years of age,
- alcohol dependent,
- drug addict,
- patients having chronic diseases like Asthma,
- Diabetes, and Chronic Renal failure,
- severe and malignant Hypertension
- major Psychiatric illness.

Criteria for assessment: Assessment of the effects of *padabhyang* and *mahish dugdha* was done on following criteria by grade scoring method followed by general physical examination and condition of sleep.

fingers over the sole of the foot, on them and during *padabhyang* pressure to the *marma* (vital part) point at just before going to bed along with 250 ml *mahisha dugdha* for sixty days.

OBSERVATION AND RESULTS

Table 1: General observations

S.No.	Observations	Percentage
1	Age group(31-40 years)	34.0
2	Married	67.0
3	Vegetarian	67.0
4	Vatpittaj prakriti	60
5	Business man	24
6	Male patients	60

Table 2: Effect of *Padabhyang* along with *Mahish dugdha* on subjective parameters

Chief Complaints	No. of patients	Mean score		% Relief	P
		B.T.	A.T.		
Time required for asleep at bed time	24	1.95	0.66	66.15	<0.001
Duration of sleep	22	1.54	0.54	64.93	<0.001
Dreams during sleep	16	1.56	0.68	56.41	<0.001
Condition after awaking	16	1.56	0.56	64.00	<0.001
Quality of sleep	15	1.60	0.66	58.75	<0.01
Interruption of sleep	20	1.75	0.65	62.85	<0.001

DISCUSSION : Insomnia is the most common sleep problem seen in healthcare practices that may present as a symptom or clinical syndrome. The clinical guidelines for the evaluation and management of chronic insomnia in adults indicate insomnia as a public health problem and recommend accurate diagnosis and effective treatment. Therapeutic approaches are aimed primarily at improving sleep quality and reducing insomnia-related daytime impairments. Non pharmacological treatments such as cognitive behavior therapy and relaxation therapy have been shown to be equally good or even better than pharmacological treatments in terms of long term benefits. About 50% of insomnia cases have no known cause and 40 to 60% of people who have insomnia show signs of depression. In Ayurveda, *padabhyang* along with *mahisha dugdha* (buffalo's milk) as a best medicine for a sound sleep and it is a

very useful treatment for insomnia¹. The purpose of this study is to determine the feasibility of recruiting and retaining participants because we believe that this is the first clinical trial investigating this unique ayurvedic concept based therapy. Secondly, the study also intended to understand the usefulness of *Padabhyang* along with *Mahish dugdha* for Insomnia. In the present study, all thirty participants demographically were tabulated (Table-1). The results suggest that there was marked improvement of chief complaints (Table-2). Although all of the participants were reported improvement in sleep, the improvement was not sustained in all participants. No adverse events or side effects were reported by the participants during the entire study period.

Mode of action of *padabhyang* is very clear. Studies are shows that massaging the feet can alleviate anxiety and bring about a deep state of relaxation. One important

point that is situated on both feet is the solar plexus reflex. The solar plexus is sort of a little warehouse where all your stress is stored. When the solar plexus point is pressed on, stress is released and the body is renewed*. Foot massage is restorative in that it gives the receiver energy. When the foot is rubbed and palpated, all the elements of a foot massage come together to bring energy to the body. According to theories of reflexology, foot massage releases any blockages that can hold back energy that should be flowing through the body freely.

As per ayurvedic text *mahisha dugdha* (Buffalo's milk) is *mahabhishyandi*, *snigdha*, *guru* and *sheetkara*, milk increases the *kapha dosha* in the body which enhances the sleep². Buffalo milk (*Mahishi ksheeram*) is the best for a sound sleep. Chemically tryptophan amino acid is metabolized into the serotonin and melatonin, which is known as the "calming hormone." The wonderful effect of tryptophan has on both mood and sleep. Serotonin levels affects mood and melatonin affects sleep. Foot massage may relieve symptoms of stress and fatigue, and increase circulation³. A study conducted by the Department of Nursing of Song won College found that foot reflexology was effective in reducing stress and fatigue in middle-aged premenopausal women, along with helping their blood circulation⁴.

CONCLUSION: It is concluded that trial intervention *Padabhyang* (oleation and massage over the foot) alongwith *Mahish*

dugdha (buffalo's milk) improve the sleep quality. The results and the impressions of the participants encourage the investigators to pursue further rigorous research. All the above data shows that *Pradabhyang* and *Mahish dugdha* is useful for Insomnia.

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Declared