



COMPARATIVE CLINICAL STUDY OF NARIKEL TAIL
SHIROBHYANGAM AND PADABHYANGAM UPAKRAMA ON
NIDRANASH

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ABSTRACT :

Ayurveda is a science of life. Sleep is one of the important pillar for healthy life. *nidranash* (sleeplessness) has become a very common life style disorder to human being, resulting in various problems such as stress, disturbed sleep, mental illness etc. The most convenient & easiest way, according to *Ayurveda*, to overcome “*Nidranash*” is “*Shirobhyangam*” (head massage) and “*Padabhyangam*” (foot massage). *Narikel tail* has been used as massage oil because of its *guru*, *snigdha*, *bruhana*, *sheeta veerya* properties. It has good odour, affordable price, easily available. Benefits associated with *narikel tail* massage have been attributed for sound sleep by *shirobhyangam* & *padabhyangam*. Clinical comparative trials on group “A” for “*Shirobhyangam*” and on group “B” for “*Padabhyangam*” was done to determine the efficacy of *narikel tail* in *Dinacharya upakrama* for sound sleep.

Keywords : *nidranash*, *Ayurveda*, *shirobhyangam*, *padabhyangam*, *narikel tail dincharya*

INTRODUCTION: Our Ancient

Ayurvedic medical science has told us that ‘*Nidra*’ or sleep is one among the three pillars of healthy life. It is the second important pillar. But in today’s modern era, due to modern and fast moving hectic lifestyle a common man does not have enough time to take rest. Due to this he suffers from various problems such as stress, disturbed sleep etc. *Ayurveda* has described *Shirobhyangam* and *Padabhyangam upakrama* in *Dincharya* chapter. It maintains proper and good health through sound sleep and sleep helps in destroying half the diseases.

Definition of *Nidra* (Sleep): *Nidra* or sleep is a physiological state of rest for the body, mind, sense and motor organs. When the mind, including sensory and motor organs are exhausted and the exhausted sense organs detract from their objects, the man sleeps¹.

Causes of *Nidranash*:

- (i) Unhappiness, fear, anxiety, anger, exhaustive physical exercise, smoking, fasting, uncomfortable bed and predominance of *satva*.
- (ii) Elimination of *doshas* from body & head through purgation and emesis.
- (iii) Overwork, old age, *vatavyadhi* are also the causes of sleeplessness (*nidranash*).
- (iv) Even in normal individual some are insomniac even by nature.
- (v) *Charakacharya* has included the *aswapna* in eighty (80) *nanatmaj* *vatavyadhi*.
- (vi) *Sushrutacharya* has included this under *garbha vyakarana shariram*, might be because of *nidra* plays an important role in nutrition, strength and development of body.

***Abhyangam* (Massage):** One should massage the body with lukewarm oil everyday according to seasons, *doshas* and conditions. Daily practice of *abhyanga*

delays ageing, cures tiredness and *vata* disorders, improves vision, complexion, nourishment, life, sleep, good lustrous skin

and strength. This should be done specially to head, ears and feet.²

Shirobhyangam (Head Massage):



Daily practice of head massage prevents balding, graying, hair fall, gives strength to skull, strengthens hair roots and makes hairs black & long. *Shirobhyangam* prevents the illness of headache. It also nourishes the sense organs, softens the skin, provides luster to face. Sound sleep is also promoted after head massage.^{3&4}

Padabhyangam (Foot Massage):



Due to our modern standing lifestyle, feet are always bearing our body weight and are always open to air and pollution & infections. So we feel tiredness and weakness. Proper care of feet prevents *vata* disorders. *Padabhyangam* helps to remove dryness, stiffness, roughness, tiredness, numbness instantly. One gets sleep after *padabhyangam*. *Padabhyangam* is always useful.⁵ It also makes the skin smooth, provides strength and stability to feet. It also improves vision and pacifies *vata dosha*. It also prevents *vata* diseases like sciatica, cracking of feet & stiffness of ligaments and tendons of feet.⁶

Oil massage on foot i.e. *padabhyangam* gives coolness & peace to

eyes and mind. It helps to overcome sleeplessness.⁷ According to modern medical science the nervous system of our brain & eyes connected to the sensory nerve endings in our feet, get activated by foot massage and results in sound sleep.

Benefits of *nidra*:

- (i) Night sleep causes happiness, nourishment, strength, energy, enthusiasm, virility and vitality.
- (ii) It brings *dhatu samyata* so maintains body functions normal.
- (iii) It balances *doshas* and body constitute.
- (iv) It promotes good vision, alertness, and complexion and improves digestive power.⁸

MODERN REVIEW: *Nidranash* (sleeplessness) affects physiological functions.

End Organ	Normal (Relaxed) condition	If signs of Nidranash
1. Brain	Normal blood supply	Increased blood supply
2. Saliva	Normal secretion	Reduced secretion
3. Muscles	Normal blood supply	Increased blood supply
4. Heart	Normal heart rate & normal blood Pressure	Increased heart rate & increased blood Pressure
5. Lungs	Normal respiration rate	Increased respiration rate
6. Stomach	Normal blood supply and acid secretion	Reduced blood supply and increased acid secretion
7. Bowels	Normal	Reduced blood supply & increased or irregular bowel activity
8. Bladder	Normal	Frequent urination
9. Sex organs	Normal (male & female)	Impotence in males and irregular periods in females

Narikel Tail:

Latin Name : Cocos Nucifera

English Name : Coconut Oil

Rasa : madhura

Guna : guru, snigdha

Virya : shita

Vipak : madhura

Narikel Tail acts as *vata* and *pitta doshahar*.⁹

Selection of Topic:

We are living in a country with hot climate and dry winds. *Shita veeryatmaka, guru, snigdha narikel tail* helps as *vataaghna* and *pittaghna*. Commonly coconut oil is preferably used in every home for massage. So *narikel tail* used for *shirobhyangam* and *padabhyangam upakrama* in daily life is more convenient. Because of this, efficacy of *narikel tail* in promoting good sleep can be easily studied.

AIMS & OBJECTIVES:

(i) To access the effects of *narikel tail shirobhyangam* and *padabhyangam upakrama* in *nidranash*.



(ii) To verify importance of *shirobhyangam* and *padabhyangam upakrama* of *dinacharya*.

MATERIALS & METHODS:

Materials: *Narikel tail* – 15 ml. every day.

Methods: 15 ml. lukewarm *narikel tail* or coconut oil is used for *shirobhyangam* (Head massage) or *padabhyangam* (Foot massage) for 12 to 15 minutes every day and keep it there at least for one hour. *Abhyangam* (massage) should be done as gentle massage with finger tips.

Methodology:

(i) Clinical trial was done on randomly selected 60 individuals for 30 days on OPD basis.

(ii) **60** patients were divided in two **(02)** groups.

(iii) Group “A” - **30** patients were given *narikel tail* for *shirobhyangam*.

(iv) Group “B” – **30** patients were given *narikel tail* for *padabhyangam*.

(v) Patients were observed and readings were taken by interrogative examination with patients in order to avoid bias.

(vi) Patients were observed before, during and after *shirobhyangam* and *padabhyangam upkrama*.

(vii) Follow ups were taken after every **10** days.

Assessment Criteria - Sleep Duration:

<u>Symptom</u>	<u>Time</u>	<u>Grade</u>
Normal sleep	6 to 8 hours	0
Mild <i>nidranash</i>	5 to 6 hours	1
Moderate sleep	4 to 5 hours	2
Severe <i>nidranash</i>	below 4 hours	3

OBSERVATIONS: The keen observations of patients were noted carefully. Follow ups were taken after every 10 days. Thus each patient had 4 visits (3 follow ups)

1. Gender wise distribution of 60 patients:

Sr.No.	Sex	Group “A”		Group “B”		Total	
		Nos.	%	Nos.	%	Nos.	%
1.	M	21	70	12	40	33	55
2.	F	9	30	18	60	27	45
Total		30		30		60	

2. Age wise distribution of 60 individuals.

Sr.No.	Age in Years	Group “A”		Group “B”		Total	
		Nos.	%	Nos.	%	Nos.	%
1.	20 – 25	3	10.0	2	6.7	5	8.3
2.	25 – 30	2	6.7	4	13.3	6	10.0
3.	30 – 35	4	13.3	5	16.7	9	15.0
4.	35 – 40	5	16.7	6	20.0	11	18.3
5.	40 – 45	7	23.3	5	16.7	12	20.0

6.	45 -50	9	30.0	8	26.7	17	28.3
Total		30		30		60	

3. Occupation wise distribution of 60 patients.

Sr. No.	Occupation	Group "A"		Group "B"		Total	
		Nos.	%	Nos.	%	Nos.	%
1	Students	4	13.3	4	13.3	8	13.3
2	Housewives	6	20.0	11	36.7	17	28.3
3	Service	13	43.3	10	33.3	23	38.3
4	Business	7	23.3	5	16.7	12	20.0
Total		30		30		60	

DISCUSSION:

1 *Matra* = 19/60 seconds

300 *Matra* = 94 seconds – up to hair roots (*romanta*)

400 *Matra* = 133 seconds- upto the skin (*tvacha*)

800 *Matra* = 240 seconds – up to bones (*asthi*)

900 *Matra* = 285 seconds – up to bone marrow (*majja*)¹⁰

- The oil reaches to the hair roots and up to *majja dhatu* if gently circular massage with finger tips for at least 12 to 15 minutes in both *upakramas* is done.
- *Shirobhyangam* and *padabhyangam* were done by 15 ml. lukewarm *narikel tail* for 12 to 15 mins.
- Readings were taken at the time of follow ups with the help of grade of symptom/sign.

Clinical recovery of subjective parameters of *nidranash* in 60 individuals according to the grading score:

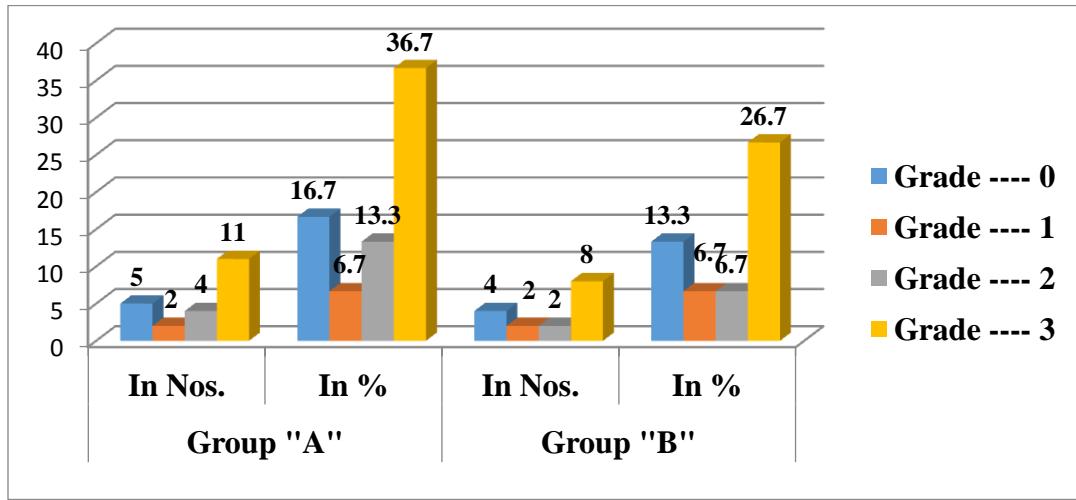
Group "A" <i>Shirobhyangam</i>						
Grades	Before Treatment		After Treatment		Improvement	
	Nos. of Patient	% of Total group	Nos. of Patient	% of Total group	In Nos.	In %
0	0	0.0	5	16.7	5	16.7
1	8	26.7	10	33.3	2	6.7
2	10	33.3	14	46.7	4	13.3
3	12	40.0	1	3.3	11	36.7
Total	30				22	73.3

Group "B" <i>Padabhyangam</i>						
Grades	Before Treatment		After Treatment		Improvement	
	Nos. of Patient	% of Total group	Nos. of Patient	% of Total group	In Nos.	In %
0	0	0.0	4	13.3	4.0	13.3
1	6	20.0	8	26.7	2.0	6.7

2	13	43.3	15	50.0	2.0	6.7
3	11	36.7	3	10.0	8.0	26.7
Total	30				16.0	53.3

Comparison in Improvements						
Grade	Group "A"		Group "B"		Difference	
	In Nos.	In %	In Nos.	In %	In Nos.	In %
0	5	16.7	4	13.3	1.0	3.3
1	2	6.7	2	6.7	0.0	0.0
2	4	13.3	2	6.7	2.0	6.7
3	11	36.7	8	26.7	3.0	10.0

Graphical Presentation of Improvement



Sleep Duration: In Group "A" before treatment mean duration of sleep in 30 individuals was **3 to 5 hours**. After treatment, there was increase in duration of sleep to **6 to 7 hours**.

In Group "B" before treatment mean duration of sleep in 30 individuals was **3 to 5 hours**. After treatment there was increase in sleep to **6 to 7 hours**.

RESULTS: The overall effect/improvement of the both *upkramas* like *shirobhyangam* and *padabhyangam* in both the Groups "A" & "B" was observed and Group "A" showed much significant effects than Group "B".

CONCLUSION: Both groups showed significant improvement in *nidranash*. However in this short term project marked relief was observed in *lakshanas* (symptoms) of patients in Group "A". Still this work has added new dimensions for further research.

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