

## A CASE STUDY-INSOMNIA

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### ABSTRACT :

The study case showed very promising effect of *Brahmighan, Jatamansi Phanta, Shirodhara, Yoga* in a patient suffering from insomnia. During the course of 30 Days Ayurvedic Treatment, patient benefitted grossly. High blood pressure precipitated by insomnia was corrected with this treatment. Other psycho-somatic symptoms like headache, restlessness, anxiety are also relieved significantly

**Key words:** *Brahmighan, Jatamansi Phanta, Snehan-Swedan-Shirodhara, Yoga*

**INTRODUCTION:** *Aahara, Nidra* and *Brahmacharya* (Celibacy) are the three *upastambas* (sub-pillars) of life. Because of these three sub-pillars our body is endowed with growth and balance. Insomnia has become very common among the population due to stress and addiction (alcohol, smoking etc).

**Physiology of sleep-Nidra:** When the mind including sensory and motor organs is exhausted and they dissociate themselves from their objects, then the individual sleeps. Insomnia is difficulty in initiating or maintaining sleep and may be short term or chronic. *Charaka* included *Aswapna* in 80 *Nanatmaja vata vikara*. *Madhavakara* also mentioned *Nidranasha* as *lakshana* in some diseases. *Nidranasha* can be correlated with Insomnia on the basis of symptoms mentioned in ancient literatures. *Charaka* has described *Nidana* of *Nidranasha* in the context of *Atinidra Chikitsa* in *Sutrasthana 21st Chapter* and then *Chikitsa of Nidranasha* is also described. In *Astanga Sangraha* and *Astanga Hridaya* the *Nidana & Chikitsa of Nidranasha* are available. *Charaka* has called the Sleep as *Bhuta Dhatri* which occurred by nature of Night, that nourishes

all the living beings. *Sushruta* has mentioned it as a *Svabhavika Roga* and called *Nidra* as *Vaishnavi maya* on which is a physiological process and provides nourishment to the living body and maintains the health. *Bhavaprakasha* has described importance of sleep in foetal life.

**Need of the study:** The treatment of insomnia in modern science has potentially side effects and is causing drug dependence. So the ray of hope in Ayurveda which has significant benefits without any adverse effects. We can successfully treat chronic disease like Insomnia and related physical and psychological symptoms with internal *Ayurvedic medicines, panchakarma and yoga* therapy.

### AIM AND OBJECTIVES:

- 1) To study the effect of drug *brahmi* and *jatamansi phanta* along with *shirodhara* with *tila taila* in *nidranash (Insomnia)*
- 2) To provide safe economical remedy without any adverse side effects

### CASE STUDY:

#### Patient's details:

Name – XYZ

Sex- male

Age- 45 years

Occupation - Farmer

Patient-The 44year old patient was selected with significant history of insomnia, anxiety, headache and recently diagnosed with hypertension.

**Demographic Details:**

Clinical Complaints of:

Anidra (Insomnia) since 5 months

Shirashoola (Headache) since 4-5 months

Anxiety since 6 months

Manodainya (depression) since 4-5 months Along with symptoms like loneliness, loss of confidence, loss of interest in daily activities.

On admission B.P was 180/120 mm of hg .

**H/O of present illness:**Before 6 months patient was having no symptoms. After that due to financial crisis in farming occupation led to social, physical and mental stress. Due to continuous mental and physical stress the patient started having symptoms of anidra. Same like that after some days the patient was having symptoms like Shirashoola and Aruchi

On and off in between the patient was having Malavasthambha and Agnimandya. The severity of insomnia gradually increased (the patient would have only 1-2

hours sleep in 4-5 days )So gradually there was manodainya , loss of self confidence, loss of interest in daily activities.

**Past history :**

No H/O of any other major illness

No H/O systemic illness

Habits-Tobaco chewing-since15 yrs

Socio-economic status- Lower Middle Class

Marital Status- Married

Patient is the only earner of the family with responsibility of a mother, step mother, wife and three children.(joint family)

**Family history:**

No H/o any genetic or infectious disease

**Samanya Parikshan :**

Nadi – 88/ min , B.P – 180/120 mm/Hg

Jivha – Saam , Mala – Malavasthamba

Mutra – samyak , Nidra – Atyalpa

Kostha – Madhyam , Agni – visham

Nakha – prakrut , Kantha – prakrut

Sharira Prakriti- Pitta vata Prakriti

Manasika Prakriti- Rajasika Prakriti

**Drug history:** Patient previously was taking Tab. Restyl 0.25 mg 2HS, Tab

Mirnite(mirtazapine) 5 mg 1 hs, Tab Etizola( Alprazolam) 0.25 mg 1-0-0

All these medicines were stopped after admission as it showed no effect.

**Vikrut Strotas parikshan:**

Name of Vikrut Strotas	Darshan	Sparshan	Prashna
Annavaha	Jivja saamata	Adhmaan	Anannabhilasha, arochak& asmyak Malapravrutti
Rasavaha			Ashradhha,Aruchi,Asyavairasya & Shabdaasahishnuta Hypertension
Manovaha			Nidra – atyalpa, Loss of confidence,Loneliness,Loss of interest in daily activities
Purishvaha		Adhmaan	Malavibandh 2-3 Days

**Chikitsa:**

**Abhyantar Chikitsa:**

1)Brahmi ghanvati 500 mg 2tds

2) *Jatamansi phanta* ( 5 gm churna ) dose - 40 ml bd

3) *Sarpantha ghanvati* 500 mg 2bd

4) Anti-hypertensives drugs- Because of presence of Severe hypertension allopathic medicines are used to prevent any emergency complication.

Tab Olmesartan -40 mg 1-0-0

Tab Metoprolol 25 mg 0-0-1/2

**Bahya chikitsa:**

a) **Panchkarma:**

**Sarvang Snehan** with tila taila

**Sarvang Swedan** (*bashpa sweda*) with *Dashmula kwath*

**Criteria of assessment: Nidra:**

Grade	0	1	2	3
Hours	7-8	5-6	2--3	0-1

**Shirodhara with tila taila**- Duration – 20 min daily ( Til taila 1.5 litre for *shirodhara* and *snehan*)

**Padabhyanga with goghrita** ( at night)

**b) Yoga** – Morning time with empty stomach

*Kapalabhati*-20 repetitions 3 times

*Nadi shodhan pranayam*-40 rounds

*Bhramari pranayam*-5 rounds

*Yoga nidra* 10-15 min ,after increasing to

25-30 min The study was carried out at Dr.

D . Y. Patil college of Ayurveda and

Research Institute, Nerul, Navi Mumbai

Sr no	symptoms	Day 1	Day 3	Day 5	Day 7	Day 9	Day 11	Day 13
1	<i>nidranash</i>	++++	+++	++++	+++	+++	++	-
2	<i>angamarda</i>	++	++	+	-	-	-	-
3	<i>Shirogaurav</i>	+++	++	++	-	-	--	-
4	<i>Glani</i>	+	-	-	-	-	-	-
5	<i>Bhrama</i>	-	-	-	-	-	-	-
6	<i>Tandra</i>	++	+	-	-	-	-	-

Sr no	symptoms	Day 15	Day 18	Day 20	Day 22	Day 24	Day 28	Day 30
1	<i>nidranash</i>		++++	++++	+++	+++	++	-
2	<i>angamarda</i>	-	-	-	-	-	-	-
3	<i>Shirogaurav</i>	-	-	-	-	-	-	-
4	<i>Glani</i>	-	-	-	-	-	-	-
5	<i>Bhrama</i>	-	-	-	-	-	-	-
6	<i>Tandra</i>	-	-	-	-	-	-	-

**Objective assessment:**

Sr no	Day	Nidra	time	B.P
1	1	Grade-3	Morning Evening	180/120 180/110
2	3	Grade-3	Morning Evening	160/110 150/100
3	5	Grade-2	Morning Evening	150/100 150/100
4	7	Grade-2	Morning Evening	150/110 160/100

5	11	Grade-1	Morning Evening	180/110 150/100
6	13	Grade-0	Morning Evening	150/100 140/90
7	15	Grade-0	Morning Evening	150/90 140/90
8	20	Grade-0	Morning Evening	130/90 130/90
9	24	Grade-0	Morning Evening	130/90 130/80
10	28	Grade-0	Morning Evening	130/80 130/80
11	30	Grade-0	Morning Evening	130/80 130/80

After *Abhyantar* and *Bahya chikitsa* following observations were made :

**First week :**

Sleep Pattern	B.P	Other symptoms
Improvement after <i>panchkarma</i> (1 hour sleep in daytime after <i>panchkarma</i> procedure) 2 hours sleep at night	150/100 mm of Hg decreased To 140/90 mm of Hg	<i>Shirashoola</i> decreased <i>Aruchi</i>

**Second week :**

Sleep pattern	B.P	Other symptoms
3-4 hours sound sleep at night and remained 2 hours sleep with <i>swapnadarshan</i> and <i>khandit</i>	140-80 mm/ Hg	<i>Shirashoola</i> on and off, Increased appetite <i>Mala - samyak,</i> <i>Annapachan - uttam</i>

Third week –

Sleep pattern	B.P	Other symptoms
5-6 hrs sound sleep at night	130/80 mm/Hg	No <i>shirashoola</i> , <i>manodainya</i>

***Karmukatva* (Mode of action of drug):**

Drug	<i>Brahmi</i>	<i>Jatamansi</i>	<i>Sarpagandha</i>
<i>Rasa</i>	<i>Tikta , kashaya</i>	<i>Tikta kashaya madhur</i>	<i>Tikta</i>
<i>Guna</i>	<i>Sara laghu</i>	<i>Laghu tikshna snigdha</i>	<i>ruksha</i>
<i>Virya</i>	<i>Sheeta</i>	<i>sheeta</i>	<i>ushna</i>
<i>Vipak</i>	<i>Madhur</i>	<i>Katu</i>	<i>Katu</i>
<i>Doshagnata</i>	<i>Vataghna , pittaghna, kaphagna, sadhakapittagami</i>	<i>tridoshashamak</i>	<i>Kaphavatashamak pittashamak by tikta rasa</i>
<i>Dhatu</i>	<i>Meda (demulcent) Strengthens all sapta dhatu</i>	<i>Majja rakta</i>	<i>Majja rakta</i>

Mala	Urine (diuretic)Keshya	sweda	Purisha
Chemical composition		Volatile oil, resin, camphor, gum Jatamansin	Resin, gum, potassium carbonate, phosphate, calcium, manganese
Prabhava	Apasmar, unmad nashak medhya Vishaghna Rasayani	Bhutaghna Manasrogaghna Vishaghna	Vishaghna Sedative, effective in mania and convulsions
Karma	Nervous system – Helps in depression and mental retardation by enhancing intelligence Pramehaghna Smrutiprada, Aayushya	Bhutaghna Rakshoghna (convulsions, epilepsy, hysteria) Medhya (Brain tonic) Shoolhar hypertension Twakdoshahar Raktadosh-vishaghna Kantika	Nidrapada Used in anidra, bhutonmada and apasmar Deepan pachan Shoolprashaman Krimighna Dilates blood vessels lowering blood pressure & lowering drowsiness, giddiness and mental tension Very effective on mental symptoms arising due to hypertension

**Yoga-**

**Kapalbhati**<sup>2</sup> It is a type of Shuddhikriya (Cleansing Process)

Benefits: Respiratory passage is kept healthy Circulation of body is improved Digestion is improved Mental fatigue is removed and one feels fresh and healthy. Useful in tension headache, sleeplessness Beneficial in heart disorders

**Nadi Shuddhi Pranayam**<sup>3</sup>–

Advised for purification of nadis or nerve passages, Oxygenation is improved. Mind becomes calm and quiet. Freshness is felt

**Bhramari Pranayam**<sup>4</sup>: Mind becomes calm and quiet Beneficial in insomnia and hypertension

**DISCUSSION:** Abhyanga mitigates vata, promotes strength, sleep, growth of

hairs etc. Paadabhyanga makes feet strong, promotes sleep and vision; cures loss of sensation, tiredness, stiffness etc according to Ashtanga Samgraha<sup>5</sup>

**Probable mode of action of shriodhara with tila taila** : Nidra is natural phenomena produced due to shleshma and tamoguna. In nidranash sharirik and mansik hetu causing aggravation of vata pitta and rajasik guna vrudhhi with shleshma and tama kshaya. Tila taila is guru, snigdha, slashna, mruvu served as vata pitta shamaka. according to modern the function of structures like thalamus, and forebrain may be diminished along with quantitative decrease in serotonin and increase in quantity of catecholamines.

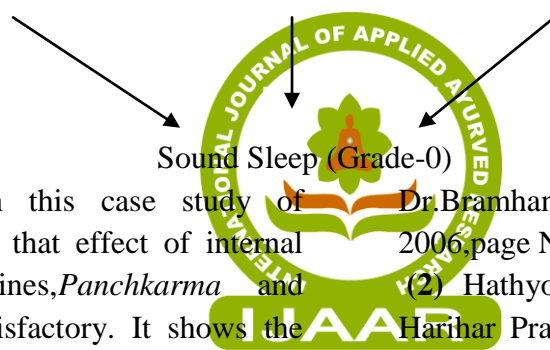
In shirodhara tactile impulses from the forehead by stimulating ophthalmic nerve may cause a somato-autonomic reflex and changes in levels of various neurotransmitters including serotonin, TRH, catecholamine resulting in sympathetic suppression and physioimmunologic changes of peripheral circulation.

Agnya Chakra is stimulated by shirodhara which improves function of mind, vitiated in stress and anxiety. Shirodhara acts on structures like Pituitary gland, pineal body, sub cortical structure of mid-brain which are related with mental functions like memory, anger, grief, pain, fear and other higher intellectual functions and corrects their functions

Effect of Drug

Effect of Shirodhara

Effect of Pranayam



Sound Sleep (Grade-0)

**CONCLUSION:** In this case study of insomnia observed that effect of internal Ayurvedic medicines, Panchkarma and Yoga are very satisfactory. It shows the good effect on insomnia as well as stress factor and blood pressure. After starting this treatment, allopathic antidepressants were totally stopped. As B.P. was very high initially, antihypertensive showed little effect till 10-12 days. As soon as patients sleep was improved, B.P. stabilised at normal range gradually.

**Scope of study:** This case study shows very promising results in stress induced insomnia. There is great scope for further study in Insomnia as well as stress related complaints, which can overcome with less financial budget & less side effects.

**REFERENCES:**

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**Jatamansi:** Anxiolytic activity- Causes overall increase in the levels of central monoamines and inhibitory Neuroprotective action. Calms the nervous system Serves as effective tranquilizer

**Brahmi:** Directly affects hypothalamus. Cognitive enhancement and anxiolytic effect. Use as a nerve tonic for rejuvenating mental health and for enhancing memory. Uses in ADHD (attention deficit hyperactivity disorder) Its contents significantly enhance protein synthesis in those areas of brain which are implicated in the memory function.

Dr. Bramhanand Tripathi, edition-2006, page NO.-406

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Source of support: Nil

Conflict of interest: None

Declared