



STUDY OF ABHYANGA AND YOGNIDRA IN THE MANAGEMENT OF NIDRANASH (PRIMARY INSOMNIA)

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ABSTRACT

Ayurveda is the life science introduces Trayopstambha i.e. Ahar, Nidra, Brahmacharya, these three are supportive pillars of life which are essential for mental and physical health of individual. Considering this aspect study was carried out to find out alternative treatment on Nidranash. There are many treatments for Nidranash like Abhyang, Udhavartan, Shirodhara, Lepa to Shira and Vadan, Samvahan etc. To collect data about Abhyang and Yognidra from different Ayurvedic Samhita, Yoga reference books, Modern texts and research paper. Clinical study was done on 15 diagnosed patients with primary insomnia of age group 20 to 40, had been treated with Abhyang and Yognidra for one month.

KEYWORDS: Nidranash, Primary Insomnia, Abhyang, Tilatail, Yognidra.

INTRODUCTION

Ayurveda is the science of knowledge of Ayu. It emphasizes on the importance of maintenance of health of healthy persons and curing the disease of ill. Aahar, Nidra, and Brahmacharya are known as Trayopstambha i.e. three supportive pillars of life.

Nidra is a glimpse of Pralaya where there is a peace but in darkness. After this glimpse of Pralaya – that is Nidra, man awakens fresh like Srijana. For the living beings, it is an essential phenomenon for maintenance and restoration of both – body & mind. The disturbance in Nidra might be related to the life style, environmental influence, and mental tension. Today's word sleep related complaints are common due to heavy work load, Stress etc. According to Acharya Charak Karya, Kala, Vikara, and Prakruti are the Hetus of Nidranash.

Everyone who wants to live long and healthy life is expected to follow the rules of conducts which are given as Dincharya Upakrama in Ayurved. By following these rules one can maintain his health and can prevent the diseases also Abhyanga is a part of this Upakrama. According to Ayurveda man should apply oil daily all over the body. Yoganidra is one of the practices of Pratyahara. Yoganidra means psychic sleep i.e. sleep with full awareness. Yoganidra has its origin in the ancient tantric practice called Nyasa. Swami Satyananda Saraswati adapted and presented the practice of yoganidra in a systematic and scientific way in the

1960s. Yognidra is among the deepest possible states of relaxation while still maintaining consciousness.

Need of study

in modern medicine sedative and tranquilizer drugs are used to induce sleep in insomnia but it cannot be used for a long time as it leads to dependence. In such a scenario there is need for the efficient management of insomnia in a natural way. Ayurveda treats Nidranash by both Abhyanga and Yognidra. Hence the study selected.

AIMS AND OBJECTIVES

Aim

Study of Abhyanga and Yognidra in the management of Nidranash (primary Insomnia)

Objectives

- 1) To study the efficacy of Abhyanga and Yognidra in the management of Nidranash.
- 2) To find out alternative treatment for Nidranash.

Inclusion criteria

- 1) Patients suffering from Nidranash have been included.
- 2) Age group 20 to 40 years.
- 3) Patients ready to abide by trial procedure and ready to give informed consent.
- 4) Patients of both sexes have been included.

Exclusion criteria

- 1) Any mental disorders.
- 2) Patients on medication which impact normal sleep retry were excluded.
- 3) Insomnia due to other condition like Madatyay, Abhighat, and other systemic disease were excluded.
- 4) The patients which discontinue the treatment were excluded from the study.

Discontinuation & Withdrawal

1. Patient following the treatment very irregularly.
2. Patient willing to discontinue the trial.
3. Among these 20 patients 15 patients gave regular follow up hence those 15 patients are included for proposed study.

Assessment criteria

- 1) Sleep.
- 2) Disturbance during sleep.
- 3) Sense after awakening.

MATERIALS AND METHODS

Selection: Patients were selected randomly.

Literary source

All classical text of Ayurveda and modern text were referred. Journals, research paper, MD dissertation and related source of data.

Total number of patients: 15

Written consent: An informed written consent of all 15 patients study was taken.

Review

About Abhyanga: Abhyanga is one of the Upkramas mentioned in Dinacharyas and is an ancient Indian Ayurvedic approach adopted for healing, relaxation and treating various types of diseases. Abhyanga is one of the Upakrama described in Ayurved for the management of Nidranasha. Yognidra is a sleep-like state which individuals report to experience during their meditation. Yognidra is among the deepest possible states of relaxation while still maintaining full consciousness. Yoganidra and Abhyanga has been proved to be beneficial in Nidranash.

About Yognidra: Yognidra is a state of consciousness which is, neither sleep nor awaken, neither is it concentration nor hypnotism. It can be defined as an altered state of consciousness. It is probably best known technique to induce complete physical, mental, emotional relaxation. Yognidra also brings simultaneous relaxation by inducing alpha brainwave in both hemispheres of brain and alter the state of consciousness. In Yognidra, it is not necessary to concentrate. One should just keep the mind moving from point to point and be aware of every experience. It means sleep with a trace of awareness.

Assessment criteria

Improvement in Nidra – Depending on the duration of sleep in hrs.

Sleep

Sleep	Sleep in hours	Grade
Normal	5 to 7 hrs	1
Mild sleep	3 to 5 hrs	2
Moderate sleep	1 to 3 hrs	3

Disturbance during sleep

No	No dist	1
Mild	2 times	2
Moderate	3 times	3

Sense after awakening

No	Fresh	1
Mild	Sleepy	2
Moderate	Fatigue	3

OBSERVATION AND RESULT

Table 1: Sleep before and after study by Wilcoxon's Singed Rank Test.

	Mean	S.D	S.E	W	P
B.T	2.067	0.7988	0.2063	66.00	0.0021
A.T	1.200	0.4140	0.1069		

P<0.05 significant

Table 2: Disturbance during Sleep before and after study by Wilcoxon's Singed Rank Test.

	Mean	S.D	S.E	W	P
B.T	1.867	0.5164	0.1333	36.00	0.0060
A.T	1.333	0.4880	0.1260		

P<0.05 significant

Table 3: Sense after awakening before and after study by Wilcoxon's Singed Rank Test.

	Mean	S.D	S.E	W	P
B.T	1.867	0.7432	0.4919	28.00	0.0107
A.T	1.400	0.6325	0.1633		

P<0.05 significant

DISCUSSION

The aim of the present study was to explore the effect of Abhyanga and yoganidra on Insomnia. Abhyanga alleviates vata dosha and increases kapha dosha. Increased kapha dosha enhances the tamo guna which counteract the rajo dosha. Thus helps in inducing sleep. Yognidra also brings simultaneous relaxation by inducing alpha brainwave in both hemispheres of brain and alter the state of consciousness. In Yognidra, it is not necessary to concentrate. One should just keep the mind moving from point to point and be aware of every experience. It means sleep with a trace of awareness.

The statistical observation shows that the Abhyanga and Yoganidra for the management of Nidranash is effective.

CONCLUSION

Conclusion of symptoms as per scoring system in patients of Nidranash- Abhyanga and Yognidra significantly reduces symptoms of sleep, Disturbance during sleep, Sense after awakening.

Future Directions

The result of this study suggest that a regular Yoganidra practise may help to reduce Nidranash. More research is necessary to support this hypothesis. informally, participants shared anecdotal data regarding the benefits they experienced, including improved sleep and mood.

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