Comprehending Nidana Panchaka and Chikitsa of Nidranasha

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Abstract: Sleep plays a vital role in proper health and well being throughout one's life. A normal healthy adult requires an average sleep of 6-7hours, which is not properly taken care of in the current scenario. Nidra being one of the Traypasthamabha (Ahara, Nidra and Brahamacharya) is given importance for maintaining physical and mental state. In Ayurveda, the term "Nidranasha" signifies the absence of sleep with the vitiation of Vata and Pitta Dosha and stated both as a disease and symptom. The cause of Nidranasha includes Nija, Agantu and Manasika Karana. Nidranasha is the sign which manifest with different symptoms. The Purvaroopa and Samprapti of Nidranasha are not mentioned in classics. The treatment for Nidranasha includes the Bahya prayoaga, Abhayanata Prayoga and Pathya- Ahara and Vihara. Article thereby provides the detail understanding of the Nidana Panchaka of Nidranasha with the comprehensive analysis of each component contributing to the disease and its treatment.

Key words: Sleep, Nidra, Nidranasha

INTRODUCTION

The significant change in lifestyle is observed to have an influence on physical and mental health of human being. Modern life driven by technology, work pressure and social expectations has made it harder for people to maintain healthy sleep habits. *Ayurveda* states sleep as *Nidra* under the purview of *Trayopasthamabha*, as one among the three pillars of life. The absence of *Nidra* is known as *Nidranasha*, is one of the prevalent clinical condition which requies atmost attention. *Nidranasha* one of the *Vataja Nanatmaja Vyadhi*, associated with *Pitta Dosha*. *Nidana* related to *Nija*, *Agantu* and *Manasika Karana* results in its manifestation. *Nidranasha* is mentioned both as a symptom and disease in *Ayurvedic* classics. The main line of treatment in *Nidranasha* is found to be *Yuktivyapasharaya*. The *Pathya -Ahara* and *Vihara* is given much importance in the cure of *Nidranasha*.

AIM

To study on *Nidana panchaka* and *Chikitsa* of *Nidranasha* from *Ayurvedic* texts.

OBJECTIVES

1. To review on *Nidranasha* from *Ayurvedic texts*
2. To analyse each component in *Nidana Panachaka* and its role in manifestation of *Nidranasha*.

MATERIALS AND METHODS

Bruhatrayee with its commentaries, the relevant data from other *Ayurvedic* literatures and Sanskrit dictionaries were referred to compile the data for the present study.

REVIEW OF LITERATURE

Nirukti and *Padartha*

The meaning of *Nidra* is *Swapna, Swapa,* and *Shayana. Nasha* means *Adarshana, Palayana*[1]. The absence of *Nidra* is *Nidranasha*.

Synonyms

Table no: 1 showing synonyms of *Nidranasha* according to different *Acharya*

SL NO	SYNONYMS	CS	SS	AH/AS	SHA.S	YR	MN	H.Sa
1.	*Nidranasha*	+	+	+	+	+	-	+
2.	*Anidra*	+	+	+	-	+	-	-

3.	*Aswapna*	+	+	+	-	+	_	-
4.	*Nidravighata*	+	-	-	-	+	-	-
5.	*Nashtanidra*	+	_	+	_	+	+	-
6.	*Mandanidra*	-	-	+	-	-	-	-

Anidra[2]

The letter'अ' denotes *Abhava* or *Alpatwa*. The absence or reduced *Nidra* is *Anidra*.

अनिद्रा - निद्रा अभावार्थेन । (वा.च)

According to *Acharya Chakrapani*, *Anidra* is defined as the absence of *Nidra*[3].

Aswapna-Absence or reduced *Nidra* is *Aswapna* or without *Nidra* (*Nidrarahite)*[4].

Nidravighata[5]-The intruption in *Nidra* is *Nidravighata*.

Nashtanidra[6]-The loss of *Nidra* is *Nashtanidra*.

Mandanidra[8]-The state of deep sleep, without knowing what is going around.

Nidana[8,9,10]

The procedures like *Kayavirechana, Shirovirechana, Vamana,* having fear *(Bhaya),*excessive thinking *(Chinta),* anger *(Krodha),* smoking *(Dhumapana),* ,exercise *(Vyayama), Raktamokshana,* fasting *(Upavasa),* lying in uncomfortable bed , predominance of *Sattva Guna* and absence of *Tamo Guna*, inappropriate timing (*Asatmya Kala)* and due to *Shareera Prakruti*, aggravation of *Vata* and *Pitta Dosha, Manasthapa*, loss reduction of *Dhatu,* injuries *(Abhighata*), habits (*Sheela),* due to other diseases.

Purvarupa

Purvarupa is absent in *Nidranasha.*

Rupa

The *Rupa* is *Nidranasha*.

Lakshana

The *Lakshana* in *Nidranasha* are body pain (*Angamarda),* heaviness in the head *(Shirogaurava),* yawning *(Jhrumbha),* and difficulty in doing activities (*Jadya),* lassitude *(Glani),* giddiness (*Bhrama*), indigestion *(Apakti),* lethargy *(Tantra*,) and *Vataja Roga*[11].

Chikitsa[12,13]

- In *Nidranasha, Abhyanga, Murdha Taila, Udwartana, Mardana, Utsadana, Netratarpana, Lepa* done on head and face, *Taila Tarpana* in head and ears, *Jeevaniya Gana Siddha Ghrita* with *Ksheera Anupana* .
- The roots of *Aswagandha* are made into fine powder mixed with ghee and sugar and taken. *Bhanga* leaves are purified and made into powder with honey to take at night.
- *Kakajhangadi Kwatha*
  The decoction of *Kakajhanga, Apamarga, Kokilakasha* and *Suparnika*, to be given orally and the tying of the roots of the same drugs in the *Shikha* are indicated in *Nidanasha*.
- *Kantakariyadi Kwatha.*
  The root of *Kantakari, Bruhati, Simhamukhi, Kakamachi, Punarnava,* and *Vartaki* are made into decoction for is indicated in *Nidranasha.*

Pathya –Ahara

The intake of meat of domestic ,marshy and aquatic animals, *Shali Anna*, with curd,milk, unctuous substances,alcohol, sugarcane juice, *Masha, Kilada, Mahisha Dadhi, Pishtanna, Madhura Snighda Ahara, Mamsa Rasa* of animals living in burrows and birds that attain food through scratching, raisins, sugar and sugar cane are to be taken in night time. *Peya* made of *Sita, Amalaka, Nagara* is to be taken and goat's fat boiled with the cream of milk and added with honey, ghee and sugar.

Pathya- Vihara

Regular bathing, things which are uncomfortable, pleasant smell and sound, lying properly in the bed, living in good house in the particular *Kala*, lying in the place which is well ventilated, talking to loved ones, hug of women, free from sadness, finishing the regular works, desire of favorable things, sit and travel on soft surface and things liked by him can provide good sleep.

DISCUSSION

Discussion on synonyms of *Nidranasha*

There are various synonyms of *Nidranasha* are *Anidra, Aswapna, Nashtanidra* and *Nidravighata*.

- *Anidra* and *Aswapna* having the prefix "अ" to be considered as *Alpa* in the context of *Swasta*. In

Vata Prakruti person *Alpanidra* indicates the *Prakritavastha*.

- *Nashta* and *Nasha* are synonyms. *Nashtanidra* implies the meaning of absence of *Nidra* which was previously present.
- *Nidravighata* indicate interruption in *Nidra*. The *Nidra* which existed before gets interrupted due to some factors (external or internal). Due to this, person stays awake either for less or long durations. It's not necessarily with the presence of *Vyadhi* conditions only, can be due to other reasons viz, scary dreams, stress, family issues etc.
- *Manda Nidra* the meaning implied for *Manda* is *Alpa*. The *Ayurveda Rasayana* gives the *Nirukti* for *Manda Nidra*[14] explaining the state of deep sleeps. As the person becomes *Mooda* without knowing the things surrounding him.

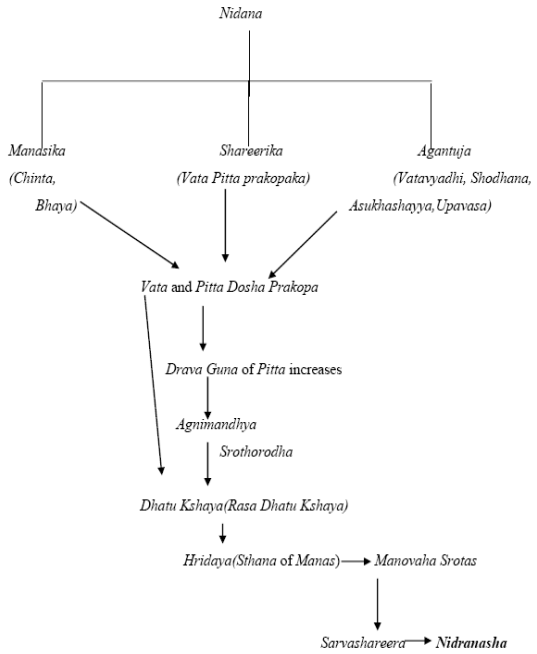
Hence, *Anidra*, *Aswapna* and *Nashta Nidra* can be considered as the synonyms of *Nidranasha*.

Discussion on *Lakshana* of *Nidranasha*

Out of the *Lakshanas* of *Nidranasha*, *Glani* is due to *Rasa Dhatu Kshaya*, *Shirogaurava*, *Tandra*, *Jadya* are the *Rasa Pradoshaja Vikara*[15]. *Jhrumbha*, *Bhrama* are the *Vataprakopa*[16] *Lakshanas* , the *Vikrita Vata* in the *Shareera* increases the *Gati* for which the *Shareera* with increasing the *Vikrita Kapha*, tries to balance the *Shareera* thereby, *Shareera* tends to be in *Jadavastha*, *Apakti* is due to vitiated *Pitta Dosha*, *Tandra* caused due to *Vatakapha Dosha Prakopa* and *Vrddhi* of *Tamoguna*[17].The *Lakshanas* manifested in *Nidranasha* can be identified due to *Vata-Pitta Dosha Vriddhi* and *Rasa Dhatu Kshaya*.

Discussion on *Samprapti* of *Nidranasha*

The *Nidanas* for *Nidranasha* are physical (*Shareerika)*, mental *(Manasika)* and external (*Agantuja)* factors. The *Shareerika* (which include *Aharaja* and *Viharaja Nidanas*) and *Agantuja Nidanas* include *Vata Vyadhi* and *Dosha Vriddhi* due to *Shodhana Karma*, results in *Vata Prakopa*. The *Manasika Nidanas* like *Bhaya* and *Chinta* causes the *Vata Dosha Vriddhi*. The *Vyana Vata* carries the vitiated *Dosha* to *Hridaya*. *Hridaya* is the *Sthana* of *Manas*. Vitiated *Vata Dosha* vitiates the *Manas* and *Indriyas*. The *Chala Guna* of *Vata* and *Drava Guna* of *Pitta* get aggravated. The *Pitta Doshas Vriddhi* increases the *Dravamsa* of *Pitta* resulting in *Agnimandhya*, which reduces *Dhatu Poshana* causing *Dhatu Kshaya*(*Rasa Dhatu Kshaya*).The vitiated *Vata Dosha* results in *Dhatu Kshaya*. The *Vikrita Dosha* is carried to *Hridaya* by *Vyana Vata* to *Manovaha Srotas* reaching the whole body. This *Dosha* results in manifestation of symptoms of *Nidranasha*.



Discussion on *Samprapti Ghataka*

Dosha	*-Vata(Udana), Pitta(Pachaka)*
Dushya	*-Rasa Kshaya*
Srotas	*-Manovaha Srotas*
Srotodushti	*-Sanga*
Rogamarga	*-Abhyantara*
Agni	*-Mandagni*
Udbhavasthana	*- Pakvashaya*
Adhisthana	*- Hridaya*
Vyaktasthana	*-Sarvashareera*

Udana Vata function is *Prayatna* which is due to *Sattva Guna* predominance. The predominance of *Sattva Guna* causes absence of *Nidra*. *Rasa Dhatu Kshaya* results in *Glani* which is the *Lakshana* of *Nidranasha*, hence the *Dushya* involved is *Rasa Dhatu* in this case. In *Nidranasha* the person is conscious as *Manas* and *Indriyas* are functional. The vitiated *Dosha* gets into *Manovaha Srotas*. The vitiated *Pitta* increases its *Dravamsa* resulting in *Mandagni*. The main *Dosha* involved is *Vata* hence the *Udbhavasthana* is *Pakwashaya*. The *Sthana* of

Manas is *Hridaya* hence defined as the *Adhishtana* of this *Vyadhi*. *Sarvashareerika Lakshanas* are involved in *Nidranasha*, thereby the *Vyaktasthana* of *Nidranasha* is *Sarvashareera*.

Discussion on *Chikitsa* of *Nidranasha*

The *Chikitsa* is mainly divided into *Shodhana* and *Shamana*. Based on the condition of *Roga* and the *Rogi* the treatment is to be planned. *Shodana Chikitsa* is not indicated in *Nidranasha*. The main line of treatment goes with following *Pathya Ahara-Vihara* and *Shamana Chikitsa*.

- *Bahya Upachara*

❖ *Abhyanga* and *Murdha Taila- Shiroabhyanga, Shiro Seka* or *Dhara, Shiro Pichu* and *Shirobasti* induce *Nidra* with reducing the vitiated *Vata Dosha*.

❖ *Utsadana* a type of *Udwartana* explained by *Acharya Susruta* in which *Taila* with *Churna* is used. It helps to maintain the *Prakupita Vata*.

❖ *Netra Tarpana* indicated in *Vata Pittaja Rogas* as *Nidranasha* is *Vatapitta Pradhana Vyadhi Netratarpana* induces *Nidra*.

❖ *Lepa*[18] *-Doshagna Lepa* explained by *Acharya Vaghbata* the *Dravyas* will be used accordingly to pacify the vitiated *Dosha*. *Vatapittahara Lepa* is to be administered in *Nidranasha*.

❖ *Manasika Upachara, Ashwasana, Manonukoola Vishaya, Kama* and *Mardana - Upacharas* which subside the vitiated *Vata Dosha*, enhances *Kapha* and *Rasa Dhatu*.

- *Aushadha Yoga*

Jeevaniya Gana[19]

Table: 2 showing the individual properties of the drugs

Name	*Rasa*	*Guna*	*Virya*	*Vipaka*	*Doshakarma*
Jivaka	*Madhura*	*Guru, Snigdha*	*Sheeta*	*Madhura*	*Vatapittahara*
Rushabhaka	*Madhura*	*Guru, Snigdha*	*Sheeta*	*Madhura*	*Vatapittahara*
Meda	*Madhura*	*Guru, Snigdha*	*Sheeta*	*Madhura*	*Pittaraktavatahara*
Mahameda	*Madhura*	*Guru, Snigdha*	*Sheeta*	*Madhura*	*Pittaraktavatahara*
Kakoli	*Madhura*	*Guru, Snigdha*	*Sheeta*	*Madhura*	*Vatapittahara*
Ksheerkakoli	*Madhura*	*Guru, Snigdha*	*Sheeta*	*Madhura*	*Vatapittahara*
Mudgaparni	*Madhura*	*Guru, Snigdha*	*Sheeta*	*Madhura*	*Tridoshahara*
Mashaparni	*Madhura*	*Guru, Snigdha*	*Sheeta*	*Madhura*	*Vatapittahara*
Jivanti	*Madhura*	*Laghu,Snigdha*	*Sheeta*	*Madhura*	*Vatapittahara*
Maduka	*Madhura*	*Guru, Snigdha*	*Sheeta*	*Madhura*	*Vatapittahara*

Kantakaryadi Kwatha[20]

The formulation composed of six medicinal herbs namely; *Daruharidra, Yastimadhu, Chitraka, Haritaki, Bibhitaka* and *Amalaki*.

Table 3: showing the individual properties of the drugs

·	*Rasa - Katu, Tikta, Kashaya (Madhura rasa in Yastimadhu*)
·	*Guna – Laghu, Ruksha*
·	*Vipaka – Katu (Daruharidra & Chitraka) and Madhura*
·	*Virya – Ushna (shita virya in Yastimadhu & Amalaki)*
·	*Dosha Karma – Tridoshaghna*

Kakajhangadi Kwatha

In *Kakajhangadi Yoga*, drugs included are *Kakajhanga, Apamarga, Kokilaksha* and *Suparnika*. *Suparnika* is the synonym for drugs like *Shalaparni, Bakuchi, Bala* and *Atibala*. Here *Bakuchi* is considered.

Table 4: showing the individual properties of the drugs

Ingredients	*Kakajhanga*	*Apamarga*	*Kokilaksha*	*Suparnika*
Latin name	*Peristrophe*	*Achyranthus*	*Astercantha*	*Psorelea coryfolia*

	bicalyculata Linn.	*aspera* Linn.	*longifolia* Nees.	Linn.
Family	*Acanthaceae*	*Amaranthaceae*	*Acanthaceae*	*Fabaceae*
Synonyms	*Nadikanta, Kakatikta*	*Markati, Shikhari,*	*Ikshuraka, Vajrakantaka*	*Bakuchi, Avalguja*
Parts used	*Panchanga*	*Panchanga*	*Panchanga*	*Panchanga*
Rasa	*Tikta, Kashaya*	*Tikta, Katu*	*Madhura, Amla Tikta*	*Tikta, katu*
Guna	*Picchila, Sara*	*Laghu, Ruksha, Sara, Tikshna*	*Picchila, Snigdha*	*Ruksha, Laghu*
Veerya	*Sheeta*	*Ushna*	*Sheeta*	*Sheeta*
Vipaka	*Katu*	*Katu*	*Madhura*	*Katu*
Doshaghnata	*Kapha-Pittahara*	*Kapha-Vatahara*	*Vata-pittahara*	*Kapha vata Shamaka, kaphaasrapittanut(api)*
Karma	*Varnya*	*Deepana, Pachana, Ruchya, Medohara, Mutrala, Vantihara*	*Balya,Vryshya,Mutrala, Vajikara, Santarpana, Rucya*	*Grahi, Vranapaha, Hrdya*
Chemical-constituents	Volatile oils	Saponins	Alkaloids	Essential oils, Fixed oil, Psoralen, Psoralidin, Isopsoralen, Bakuchiol

Discussion on *Daivavyapashraya* in *Nidranasha*

Daivavyapashraya[21] is one among the *Trividha Aushadha*. The disease manifested due to *Adhrushta* or due to *Daiva* can be treated with the *Daivavaypashraya.* In *Chakrapani* commentary, the *Karma* of *Daivavyapashraya* is stated as it can give sudden cure in the disease condition compared to other modes of treatment hence is described as the preliminary mode of treatment. *Aushadha Dharana* being one on the *Daivavyapashraya Chikitsa*, the mode of action of drug is with its *Prabhava*. The *Dharana* of drugs of *Kakajhangadi Moola* over *Shikha* region is indicated. *Shikha* signifies the one point focus on a spiritual goal and devotion to God. The *Chalatava* is the Guna of *Vata Dosha*. This can be reduced with *Bandhana* on that particular site.

Discussion on *Upashaya - Anupashaya*

Ahara -Vihara Upachara

Table no 5: showing the *Pathya Ahara- Guna* and *Karma*

Ahara	*Guna*	*Doshakarma*
Shali	*Snigdha,Guru,*	*Tridoshahara*
Godhuma	*Snigdha,Guru*	*Vatahara*
Ksheera	*Snigdha,Guru*	*Vatapittahara*
Dadhi	*Guru, Ushna*	*Vatahara*
Draksha	*Snigdha,Guru*	*Vatapittahara*
Sita	*Snigdha*	*Vatapittahara*

Ikshu	*Snigdha, Brumhana, Sara*	*Vatahara*
Madya	*Tikshna, Ushna*	*Vatahara,Nashtanidra*
Audaka Mamsa	*Guru,Ushna, Snigdha*	*Vatahara*

Table no 6: showing the *Pathya Vihara- Guna* and *Karma*

Vihara	*Doshakarma*
Snana(Ushna jala)	*Vatahara*
Aslesha	*Vatahara*
free from *Sukha Dukha*	*Vatahara*

Anupashaya

The *Ahara* and *Vihara* which vitiates *Vata-Pitta Dosha* are considered as *Anupashaya* for *Nidranasha*.

CONCLUSION

Nidranasha manifest due to the *Vriddhi* of *Udana Vata, Pachaka Pitta Dosha* and *Rasa Dhatu Kshaya*. The *Vikrita Vata* in the *Shareera* increases the *Gati* which tries to balance the *Shareera*, being in *Jadavastha.* The *Udhbavasthana* of *Nidranasha* is *Pakvashaya* being *Vata Dosha* predominant. In the *Samprapti* of *Nidranasha*, the increase in *Dravamsha* of *Pitta* results in *Mandagni* which causes *Srothorodha* leading to *Dhatu Kshaya*. The *Dosha* hence gets carried away throughout the body. The main line of treatment is *Shamana Chikitsa* with the following of *Pathya Ahara- Vihara*. *Aushadha Yoga* like *Jeevaniya Gana* is *Vatapittahara*, *Kantakaryadi Kwatha*, *Kakajhangadi Kwatha* is *Tikta*, *Katu* in *Rasa* and *Ushna Virya* and the *Aushadha Dharana* with *Kakajhangadi Moola* being one on the *Daivavyapashraya Chikitsa*, are indicated in *Nidranasha.*

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