

**A Critical Review of Nidrajanan dravya (Sedative) and its Applied Aspect**<sup>1</sup>Kalyani Popatrao Bunage, <sup>2</sup>Parashuram S Pawar, <sup>3</sup>Preeti Dasari

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**Abstract**

Preservation ,promotion and maintenance of health in healthy and treatment of diseased one are objectives of Ayurveda. Nidra is one among three sub.pillar. Adequate sleep is necessary to maintain healthy life style. Nidrajanan dravya means drug which induces and maintain sleep.It is a need of time to explore good nidrajanan dravya as modern drug have many side effect on health and drug dependency. The reason behind that are herbal drugs are used for treatment as a whole. Any side effect of active ingredient present in ( drug) dravya on body may be or difenataly over come by other chemical constituents present in same drug. Herbal (drug) dravya acts on body through a configuration called Rasa Panchaka, Panchabhautik property and Dosha Dhatu Karma, Guna. The dravya used as Nidrajanan are laghu and snigdha in Guna. The part used is roots or rhizhoms mostly.

Due to lack of resources the chemical Constituents present in dravya were not explained. But drug indications were studied very accurately and specific which are correct and exact by modern view.

Nidrajanan dravya contain volatile and essential oil which explained as "Dharana" in text By holding on body some specific essential oil gets inhaled which induces sleep and calm mind. Nidrajanan dravya are laghu in guna hence which acts on uradhajantrugatta vikara.(Neck and above)

**Keywords:**Nidrajanan dravya, Rasapanchaka, Panchabhautik, Dosha, Dhatu Karma, Guna

**Introduction**

Ayurveda the oldest systems of medicine is carried forward as an ancient Indian heritage objectives of ayurveda are preservation promotion and maintenance of health in healthy and treatment of diseased one. Insomnia is major problem of these decade. The prevalence of insomnia is 9 % in the general population. Modern drug (Tranquilizer) initially gives considerable relief but continuous and long use of them leads to toxic effect. They have side effect on body and mind show withdraw symptoms drug dependency, addiction or patient get habitual .Ayurvedic dravya have no side effect on body and mind, No whithdraw symptoms and no drug dependency or habitual to patients. why this huge difference in drug?. Because Ayurvedic pharmacology depends upon its fundamental principal like Rasapanchaka, Panchabhautik , Tridosha and karya karanbhav. Herbal drugs are not used in extract form they are used as whole drug. Any side effect of active ingredient present in dravya on body may be of definataly over come by other chemical constituents present in same drug which acts as antitode.

In Clinical practice we need to use specific actions of particular drugs to relive the pathogenesis of Anidra for this we must know such pharmacological actions comprehensively.

The main moto of this article is to explore the pharmacological actions of nidrajanan dravya. To explain their pharmacology by fundamental principal of drug action explained in Ayurveda and modern science. To form and correlate these links with each other

Nidrajanan dravya and their applied aspect

### **Brahmi**

Its Latin Name Bacopa monnieri belongs to Plantaginaceae family. The ras of brahmi is madhur. Tikta and Kashaya and virya (potency) is sheeta, with Laghu and sara guna. Whole plant is used in medicinal purpose in 1 - 3 gm powder form. It is mainly Kaphahar classically used as Madhya, Matiprada, Ayushya, Rasayani, Smrutiprada, and unmad apasmar nashak. By Prabhav (specific of action of drug) it act as Nidrajanan chemical constituent in brahmi called glycosides named hersaponins shows sedative effect. Alcoholic extract and to a lesser extent the aqueous extract of the whole plant exhibited tranquilizing effect.

In practice we can used it in the form of sarasvatarista in kapha prakruti, Brahmi gruta in pittaj prakruti pradhan patients, smrutisagara rasa or awaleha in pediatric population. Disease like kustha, Jvara, Sopha, Pandu, Prameha, Mansavikara,

### **Jatamansi**

It Latin Name is Nardostachys jatamansi belongs to valerianaceae family that grows in Himalayas. The ras (taste) of jatamansi is tikta. kashya, vipak kafa and virya sheet and Laghu guna (physical property ) with tridoshaghna. The roots (Rhizomes) are used for medicine in dose of 2-3gm in powder form & 5-10 gm for decoction. Classical Karm explained are medhya, Nidrajanan, Bhutaghna, manasrogahara. Jatamansi explained as a nidrajanan by prabhav. Chemical constituents are essentials oil and resinous matter, Sesquiterpenes (Jatamansane & Valeranone ) prevents neurodegenation & induces sleep. It is serve as a effective transqulizer, anti stress activity. In practice jatamansi is safe in all three prakruti patients in the form Jatamamsyarka (API) Disease like Daha, Kustha, Visarpa manasroga and Anidara.

### **Taggar**

Tagara consists of dired rhi zome stolon and small portion of root of valeriana wallichi DC (Family valerianaceae) a hainy perennial herb the rasa is katu, Tikta, Kasaya, Guna, Laghu, snigdha, virya - ushna, vipaka - katu and tridosahara vishaghra, Raktadosahara, manasadoshra. The chemical constituents essential oils and valepotriates essential oils contains chemotype-I which is represented by maali 64.3 % and chemotype-II possesses patchouli alcohol 40.2% which act as a sedative. In practice we can used tagar in all type of patients as a it is tridoshara in the form of Dhanvantara Taila, Mahanarayan taila , Devadarvdyrisa, Jatiphaladi curna (API) Disease like netraroga Apasmara, Unmada, Siroroga.

### **Ashvagandha**

It is consists of dried mature roots of withania somnifera Dunel (Fam-solanaceae) a perminal shrub, found in waste and cultivated & open gruounds throughout india Its Rasa in tikta, Kashaya, Virya usha vipak - madhur, Guna - Laghu and vatakaphahara having and rasayana in dose of 3-6 gm of root powder- according to ayurveda it show rasayana property which is helpful in inducing sleep.

It content Alkaloids steroidal lactones and with a nine. Amino acid - choline beta - sitosterol chlorogenic acid scopoletin withaferin. choline requires for acetylcholine synthesis. Acetylcholine is one of the major neurotransmitter.

In Practice we can use it in vatakaphaj and desease in the form of Asvagandhadyarista, Asvagandhadi leha, Balasvagandha laksadi Taila. Like sotha, ksaya, Daurbalya, Vataroga, klaibya.

### **Conclusion**

The drug are used as sedative or anti depression are laghu (light) and snigdha (oily) in guna (property). The part used is rood or rizhome mostly.

Mode of action- Drug contain volatile oil which explained as "Dharana" in ayurvedic texts, By Holding (Dharana) on body some specific essential oils. get inhaled which induces sleep and calm mind.

These drugs are light laghu in Guna (property) hence acts on uradhajanntrog at vikara (Neck and above organ)

In Ayurvedic text drugs are described to used as whole and not extract. which is definitely or probably to over came the side effect or damage of any active ingredient.

Even though drugs acts by their Rasa, Guna, Virya, Vipak, Prabhav, and panchabhautik constitution but their chemical constituents are not explained. due to lack of resources. the drug indications were studied very accurately which are correct exact by modern parameter.

Nidrajanan dravya and their and their Role In prevention and management of Insomnia

A Critical review New

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