

Nidranash And It's Management By Panchakarma(Shirobhyanga)

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Introduction

In our routine life we come across many patients who complaints about not having sleep at night. This occurs repeatedly for so many months. It may be due to stress, work load, tension, loss of exercise, unhealthy diet, etc. so many people complain about sleeplessness for many night i.e. NIDRANASH. The most convenient way to overcome Nidranash, is Shirobhyanga i.e. head massage. Shirobhyanga is type of bahyasnehana. In Ayurveda Ahara, Nidra, Bramhacharya are explained as three important pillars of healthy life (trayopstambha). So nidra is the second important pillar which must be adequate otherwise it will disturb the healthy life.

But in today's modern era, due to modern lifestyle and hectic schedule a common man doesnot have enough time to take rest. Due to this he suffers from various problems like stress, disturbed sleep, etc. Ayurveda has described dinacharya, rutucharya & sadavritta palana for healthy living of the person. In dinacharya it describes thing things that to be done from morning till night which helps to maintain proper and good health through sound sleep and sleep helps in destroying half diseases.

Aims and objective

1. To study nidra, nidranash and its causes.
2. To study its technique of Shirobhyanga and its profit.

Definition of Nidra: Nidra or sleep is a physiological state of rest for body, mind, sense and motor organs. When the mind, including sensory and motor organ is exhausted and the exhausted sense organs detract from their objects and the man sleeps.

In Ayurveda, various types of nidra are explained some of them are shleshmasambhava, shramasambhava, swabhaviknidra,etc.

Nidranash: Nidranash is the condition in which the person fails to sleep due to dosha dushti. Sushrutacharya explains it as Vaikarika nidra (Su. Sh.4/42). The dosha dushti in nidranash is of vataprakopa and pittaprakopa. It may be due to manastap, Dhatukshaya and abhighata.

Causes of Nidranash: The most common causes are

1. Mental stress
2. Manasik nidan like chinta, bhaya, krodha, etc.
3. Improper sleep timing
4. Vitiated vata pittadosha
5. Reduction in tamoguna and increase in rajoguna
6. Improper lifestyle

7. Psychiatric condition or any other pathological condition.

Charakacharya has stated that happiness and misery, proper and improper growth, good strength and weakness, potency and sterility, knowledge and ignorance, life and death of an individual depends on proper and improper sleep (Cha. Su.21/36)

Shirobhyanga

Techniques of Shirobhyanga

Shirobhyanga means Ayurvedic head massage by til taila or coconut oil or any other medicated hair oil. It focuses on shoulders, neck, face and head, the areas most vulnerable to stress and tension. The head massage induces a state of calm, peace and tranquillity. It also promotes high levels of alertness and concentration.

Shirobhyanga means head massage which includes application of oil on the scalp and gently spread by deep strokes and pressure. During this massage, ayurvedic oil will be kept for suitable period on the head of an individual. This is called Moordha tala on oiling of head.

There are four types

1. Shirobhyanga- massage the head with oil
2. Shirodhara- pouring oil on head
3. Shirahapichu- keeping a cloth dipped in oil on the head.
4. Shirobasti- oil is kept on the head with an apparatus or holder.

Profit/Results of Shirobhyanga

1. A wonderful and beneficial programme for distressing the whole body.
2. An increase in flow of cerebrospinal fluids, thus strengthening the nervous system.
3. A dispersion of toxins from tense and knotted muscles, improvement of blood circulation in previously congested muscles and helps oxygenated the brain.
4. Helpful against eyestrain, tinnitus, jaw ache and sinusitis, stimulated lymphatic drainage and aids sleep.
5. It helps to remove the toxins and other side effects caused by the use of dyes, etc.
6. The massage has effect of nourishing the hair roots and prevents excessive hair loss.
7. It also gives most relaxed stage and hence gives a sound sleep.

Conclusion

Thus Nidranash is the common problem in the society which disturbs the routine life and social life of patients. Modern pathy has limitation concerning the treatment but ayurveda has the view of curing the disease along with prevention. So the technique of shirobhyanga will be really helpful for the person who really suffers from Nidranash and they will enjoy the healthy life.

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