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Review Article

A Review on Role of *Shankhpushpi Kalka* and *Yashtimadhu Taila Shirodhara* towards the Management of *Anidra*

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ABSTRACT

Insomnia (*Anidra*) is one of the common health issues of current global scenario and number of such patients increases day by day due to the diversified living pattern. The disease mainly associated with mental anxiety, grief, anger, depression and presence of other disease conditions. The modern medical science utilizes antipsychotic, sedatives and anti-depressant medicine for the management of insomnia while Ayurveda focuses to pacify disease pathology through *Shodhna*, *Shirodhara*, *Nasya karma*, *Murdhni Chikitsa*, use of natural herbs and Ayurveda formulations. The Ayurveda formulations containing herbs like *Shankhpushpi* and *Yashtimadhu* offers beneficial effects in *Anidra*, therefore in present article we emphasize role of some classical therapies for the management of *Anidra*.

Keywords: *Ayurveda*, *Anidra*, *Shankhpushpi*, *Shirodhara*, *Yashtimadhu*

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INTRODUCTION

Ayurveda the science of physical and mental health mentioned various aspects towards the healthy well being and *Nidra* (sleep) is one of them, the disturbed in sleep (*Anidra*) may causes several health ailments therefore management of *Anidra* is very important aspect for maintaining normal health status [1-4]. The *Anidra* can be correlates with insomnia as per modern science which majorly described two stages; primary and secondary insomnia. Primary insomnia is sleep related problem not mainly involves mental and other causes while secondary insomnia associated with mental problems/psychiatric disorders [3-5]. **Figure 1** depicted some basic principles applied for inducing natural sleep.

Ayurveda mentioned various factors responsible for pathogenesis of *Anidra* including; *Dukha*, *Karshyata*,

Balahani, *Agnyanata* and *Vata Vaigunyata*, etc. It is believed that vitiation of *Vata Dosha* triggers consequences of *Anidra* therefore balancing of *Vata Dosha* can offers relieve in case of *Anidra*. Ayurveda mentioned some specific approaches for the management of *Anidra* like; medicated oil massage of head (*Shiro-abhyanga*), medicine pouring on head (*Shiriseka*) and application of oil on anterior part for specific period (*Shiropichu*) [6-10]. The Ayurveda formulations containing *Shankhpushpi* and *Yashtimadhu* can be utilized for the treatment insomnia since these drugs offers calming and soothing effects, therefore present article emphasizes role of *Shankhpushpi Kalka* and *Yashtimadhu Taila* in the management of *Anidra*.

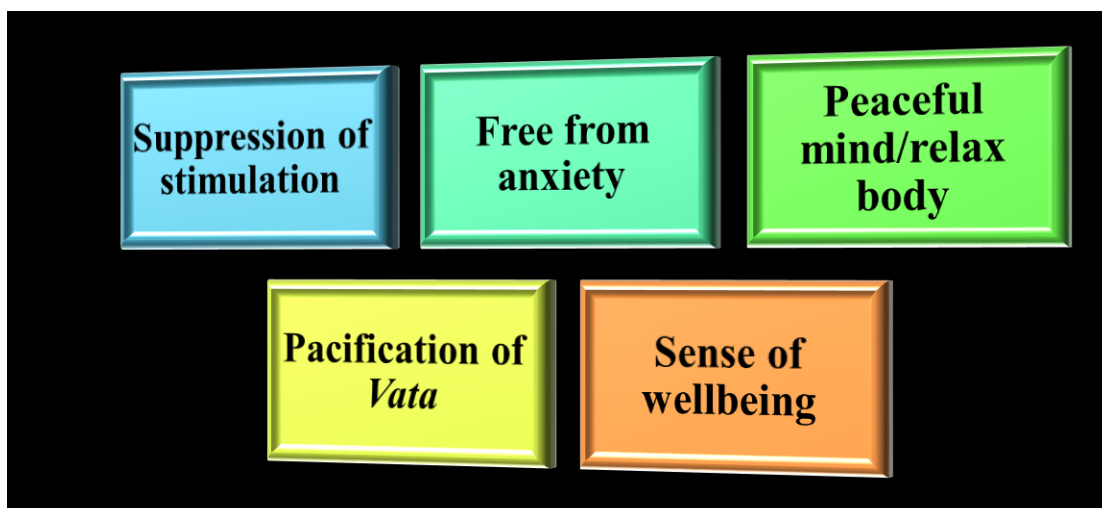


Figure 1: Essential physiological needs for inducing better sleep

SHANKHPUSHPI KALKA

Shankhpushpi Kalka contains herb *Shankhpushpi* which is a memory booster used as brain tonic, improve intelligence and brain functioning. It enhances concentration, learning abilities and helps to treat insomnia, stress, depression and mental fatigue etc.

Mode of action in Anidra

Shankhpushpi belongs to the *Convolvulaceae* family and possess following Ayurveda properties:

- *Tikta Rasa*
- *Snigdha Guna*
- *Sheeta Virya*
- *Madhura Vipaka*

These all qualities of *Shankhpushpi Kalka* along with *Medhya* effect brings *Doshas* into equilibrium state and pacify *Vata Dosh* manily responsible for sleeping disturbance.

The *Madhura vipaka* helps to pacify *Vata dosha*, *Sheeta Virya* pacifies *Pitta dosha* and *Tikta Rasa* alleviates *Kapha dosha* thus prevent other health ailments that affects sleeping pattern.

The *Medhya* effect improves mental strength thus resist pathogenesis of depression and anxiety therefore induces good sleep. *Shankhpushpi* believed to reduce levels of cortisol (stress hormone) thus suppress stress and improves quality and duration of natural sleep. Gastric trouble sometimes causes sleeping disturbance, *Shankhpushpi* improves digestion and prevent gastric irritation and gas formation thus reduces hurdle prolong sleep.

The chemical constituents of *Shankhpushpi* such as; shankhapushpine, convoline, convolidine, confoline, myristic acids, scopoletin, β -sitosterol, tetratriacontane acids, flavonoid-kaempferol and phytosterols helps to improve overall health thus prevent disease induced insomnia.

The beneficial effects of *Shankhpushpi Kalka* in Anidra can be summarizes as foolows:

- ✓ *Shankhpushpi* rejuvenates mind to induce sleep.
- ✓ It imparts calming and soothing effects thus produces good sleep

- ✓ Nourishes *Dhatus* improves physical strength that affects mental calmness.
- ✓ Strengthens brain and nervous system thereby enhances mental relaxation.
- ✓ Helps in disease like; mania and epilepsy thereby treat insomnia.
- ✓ It relieves abdominal gas, hemorrhoids and other painful conditions thus resist break in sleep.

SHIRODHARA WITH YASHTIMADHU TAILA

Yashtimadhu Taila contains Liquorice (*Yastimadhu*) which is one of the common medicinal herbs and uses for various therapeutic purposes.

Mode of action in Anidra

The *Yashtimadhu Taila* offers following Ayurveda properties of *Yashtimadhu*:

- *Madhura Rasa*
- *Guru Guna*
- *Sheeta Veerya*
- *Madhura Vipaka*

These all properties of drug reduces *Vata* and *Pitta* while increase *Kapha*, the aggravated *Vata* may cause sleep disturbances and *Yashtimadhu* pacify *Vata* thus helps in sleeping pattern. The constituent of liquorice are glycyrrhizin, isoliquirtin, starch, metallic acids, calcium and meganesium salts which offers health benefits and prevent disease induce pathogenesis of insomnia. *Yashtimadhu tailam* relive convulsions and other mental problem thus boost mental strength thereby induces good sleep. It enhances memory; protect brain and treats neurodegenerative diseases thus helps in sleeping.

Shirodhara with *Yashtimadhu taila* relive cerebral ataxia, anxiety and chronic headache thereby help in case of insomnia. It imparts mental relaxation and pacifies therefore helps in the management of mental disturbances. *Shirodhara* reduces anxiety due to somato-autonomic reflex through pressure sensors of the skin/hair follicles.

Shirodhara with *Yashtimadhu taila* produces vibration through hollow sinus of frontal bone; these vibrations transmitted inwards *via* cerebrospinal fluid medium. These vibrations activate functions of thalamus and basal forebrain

due to which serotonin and catecholamine level optimizes. The serotonin and catecholamine considered for felling of wellbeing or happiness therefore helps to maintain normal sleep and suppress felling of grief and anxiety.

The pressure induces by oil stream on head affect impulse conduction; the interrupted impulse conduction relaxes body. Oil poured on fore-head can produces tranquilizing effect through the brain cortex. *Shirodhara* with oil suppress stimulating receptor (Alpha Adrenergic) thus block adrenaline and nor adrenaline effects thereby reduces excitation to induce natural sleep.

The overall beneficial effects of *Shirodhara* with *Yashtimadhu taila* in *Anidra* can be summarizes as follows:

- This therapy acts as brain tonic and revitalize.
- Improves blood circulation of central nervous system thus rejuvenates brain.
- It relieves stress, depression and anxiety.
- Imparts calming and soothing effects thus relaxes mind and whole body
- *Shirodhara* help to enhance duration, quality of sleep and sense of wellbeing.
- It suppresses stimulatory action and pacifies *Dosha* that can affect sleep.

CONCLUSION

Anidra is common health issue and seen in many other diseases as a symptom/complication, disturbance of *Vata* and *Manas* considered responsible for disturbed sleeping pattern therefore management of mental ailments and *Vata* can treat Insomnia. Sleep is very important for daily routine activity, concentration, vigilance, mental functioning and physical performance, etc. the disturbed sleep can cases other complications and severe health problems. Ayurveda gives many approaches for inducing good sleep including use of *Shodhna* procedure, herbs, formulations and

counseling. Present article summarizes beneficial effects of *Shankhpushpi Kalka* and *Yashtimadhu Taila* in the management of *Anidra*, on the basis of literature study on ingredients of formulations it can be concluded that *Shankhpushpi Kalka* and *Yashtimadhu Taila* can be explored as alternative approach for the treatment of insomnia.

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