

**Research Article****TAKRADHARA THE DIVINE PROCEDURE FOR IMPROVING QUALITY OF THE SLEEP****Mohod Poonam<sup>1\*</sup>, Mohod Sharad<sup>2</sup>, Shivani<sup>3</sup>, Kour Kirandeep<sup>3</sup>**<sup>1</sup>Associate Professor, <sup>3</sup>P.G.Scholar, Department of P.G. Studies in Shalyatantra, Jammu Institute of Ayurveda and Research, Nardni (Raipur), Jammu.<sup>2</sup>G.M. Hospital Administration, & faculty for Research Methodology and Statistics, Jammu Institute of Ayurveda and Research, Nardni (Raipur), Jammu.**ABSTRACT**

*Nidra* (sleep) in *Ayurveda* plays very important role in health point of view hence it is necessary to have a sound sleep. Current study determines the efficacy of *Takradhara* and indigenous drugs in administration of *Anidra* (insomnia). It was a simple, random, systematic, and focused group study with sample size 30.

It was observed that the common causes of *Anidra* are mental stress; *Chinta*, *Bhaya*, *Krodha*, and improper sleep timings with having common symptoms like Yawning, Drowsiness, Fatigue, Malaise and Headache.

It was seen that after completion of the course 73% of the patients got relieved from drowsiness, 72% relieved from headache, 67% relieved from malaise, 60% relieved from yawning and 58% of the patients got relieved from fatigue. Apart from that, 43% of the patients show improvement in the luster, 42% got relieved from constipation and 41% relieved from indigestion. However, 39% improved their concentration, 37% improved their level of perception and 27% improved their memory, while 23% of the patients show improvement in their weight.

Therefore it can be concluded that the procedure of *Takradhara* was very safe and efficacious to treat the modalities and can be used effectively on the management of *Anidra*. Mixture prepared for *Takradhara* was found very effective in the management of *Anidra*. It only reduces stress and tension but also enhances the circulation of brain, improves memory, nourishes the hair on scalp, calms the mind and body and helps to beat insomnia.

**KEYWORDS:** Insomnia, *Anidra*, *Takradhara*, management.**INTRODUCTION**

In ancient epics *Nidra* or Sleep is count under the *Traya Upastambha* (three pillars). *Acharya Charaka* has mentioned its importance in detail along with *Ahara* (diet) and *Brahmacharya* (celibacy)<sup>[1]</sup>. Hence it is imperative that, all these measures should be indulged in judiciously to maintain good health and sound sleep is one of them.

According to World Health Organization (WHO), health is a state of complete physical, mental or social well being and not merely the absence of disease or infirmity<sup>[2]</sup>. Now a day due to changing lifestyle and environmental factors quality of sleep has been disturbed which may leads to fall under unhealthy status. Hence good quality of sleep is essential for good health and well being.

*Acharya Charaka* also mentioned in *Sutrasthana*, sleep is the source of happiness and misery, growth and waste, strength and weakness, virility and sterility, knowledge and ignorance and life and death<sup>[3]</sup>.

According to a survey conducted in India found that due to stressful lifestyle, anxiety disorders, depressive illness, any psychiatric and pathological conditions 6.5% of females and 4.3% of males reported disturbed sleep<sup>[4]</sup>. Sleep deprivation includes physical effects, cognitive effects and mental health complications. Abnormal or poor sleep can disturb the following day activities. In support of this WHO (1998) said that disturbed sleep can leads to sleepiness at work, at school or when driving, tiredness, have concentration and vigilance detriments, irritability, frustration, memory blanks and higher tendency of accidents<sup>[5,6]</sup>.

In current scenario, a constant feeling of competition and workload among youth may lead them towards restlessness resulting, *Anidra* (insomnia). It is very common in student life and to overcome this problem they may use tranquilizers. But the constant and long term use of tranquilizers has various side effects and drug dependency was reported<sup>[7]</sup>.

Many modern studies have been carried out for the management of insomnia. In India, *Shirodhara* is a common and age old Ayurvedic practice, and the clinical benefits are being observed by *Vaidyas* on thousands of patients<sup>[8]</sup>. Besides its therapeutic usage and its *Shamana Karma*, its general relaxing and calming effects are well known and worth exploring with modern tools.

The ultimate aim of this study was to treat insomnia in natural way with administration of herbal medicines with some special modification. Here we have been used *Takra* as main ingredient for *Shirodhara* in place of oil hence we called as *Takradhara*. The drugs used along with *Takradhara* have *Vata Pitta Shamaka* property which not only reduces stress and tension but also enhances the circulation of brain, improves memory, nourishes the hair on scalp, calms the mind and body and helps to beat insomnia as well.

### STATEMENT OF THE STUDY

“*Takradhara* the divine procedure for improving quality of the sleep”

Management of *Anidra* with the help of *Takradhara* and some special indigenous drugs.

### AIMS AND OBJECTIVES

1. A conceptual study on *Anidra* w.s.r.to insomnia and its management.
2. A clinical study on *Anidra* w.s.r.to insomnia and its management.
3. To evaluate the efficacy of *Takradhara* and indigenous drugs in *Anidra* (Insomnia).

### MATERIALS AND METHODS

It is simple, random, systematic, and focused group study with sample size 30. It was conducted on volunteers who were suffered from insomnia. The study samples were selected randomly from Department of *Shalyatantra* of Jammu Institute of Ayurveda & Research. The records of samples under study were maintained according to standardized proforma for quality assurance on regular basis. Inclusion and exclusion criteria were set to achieve and get genuine results of the study.

#### Inclusion Criteria

1. Volunteers of age between 20-40 years of both sexes were selected for the study.
2. Volunteers having weight between 40-70 kg of both sexes were selected for the study.
3. Only those volunteers, who were suffering from insomnia, were considered for the study.
4. Apart from above patients of insomnia with mild hypertension, mild depression and anxiety disorders without complications and illness of any other diseases were also consider for the study.

#### Exclusion Criteria

1. Volunteers of both the sexes who were not follows the inclusion criteria for age and weight were excluded from the study.
2. Volunteers or patients who were suffering from major psychiatric illness, chronic disease and acute condition were excluded from the study.
3. Alcoholic, drug users and drug dependent were also excluded from the study to achieve better results.

#### Drug Medley

In Ayurvedic texts *Shirodhara* can be correlated with *Shiroparisheka*<sup>[9]</sup>. *Shirodhara* is the process of pouring the liquid over the head. It can be of three types *Taila*, *Kshira* and *Takra*. In the present study *Takra* was used for the treatment so it is called as *Takradhara*. As concoction we used *Nirgundi Swaras*, and *Dashamoola Kwatha* in equal quantity along with *Takra* for the better result of the process on studied population. The mixture for *Takradhara* was used to prepare fresh on daily basis, which helps to get and maintain quality output. Apart from this some internal medication were prescribed to the participated volunteers. Prescribed dose of the medicine were as follows.

<i>Sarpagandha Churna yog</i>	→ 1 gm	} – –BD <sup>[10]</sup>
<i>Guduchi Satva</i>	→ 500 mg	
<i>Sutashekhar Ras</i>	→ 250 mg	

#### Course of action

All 30 registered, clinically diagnosed and confirmed participants of *Anidra* have been gone through the procedure of *Takradhara* on daily basis approximately for 30 minutes in every sitting. Simultaneously, the above combination of drug was also administered orally onto the volunteers. And to achieve the results of the procedure volunteers were observed on regular basis at least for a month or till the symptoms of the disorder relieved. Meanwhile they were examined thoroughly and their findings were assessed and recorded according to the criteria mentioned in proforma for further analysis.

#### Follow Up

Patients were followed up after every 7<sup>th</sup> day and changes, improvements; deterioration and any other effects produced after the therapy were recorded properly for further analysis.

#### Assessment Criteria

During the course of study both subjective as well as clinical improvements were employed for the assessment of the impact of the procedure. Subjective criteria included the observation of patients as well as the physician. And in clinical criteria, all symptoms which were selected for assessment, their improvements were thoroughly examined and the severity of each of them was rated before and after the trial of the procedure. Patients were assessed from

following criteria from the joined symptoms of *Jrimbha*, *Tandra*, *Klama* etc<sup>[11]</sup>. The grading criteria were also mentioned in the following table.

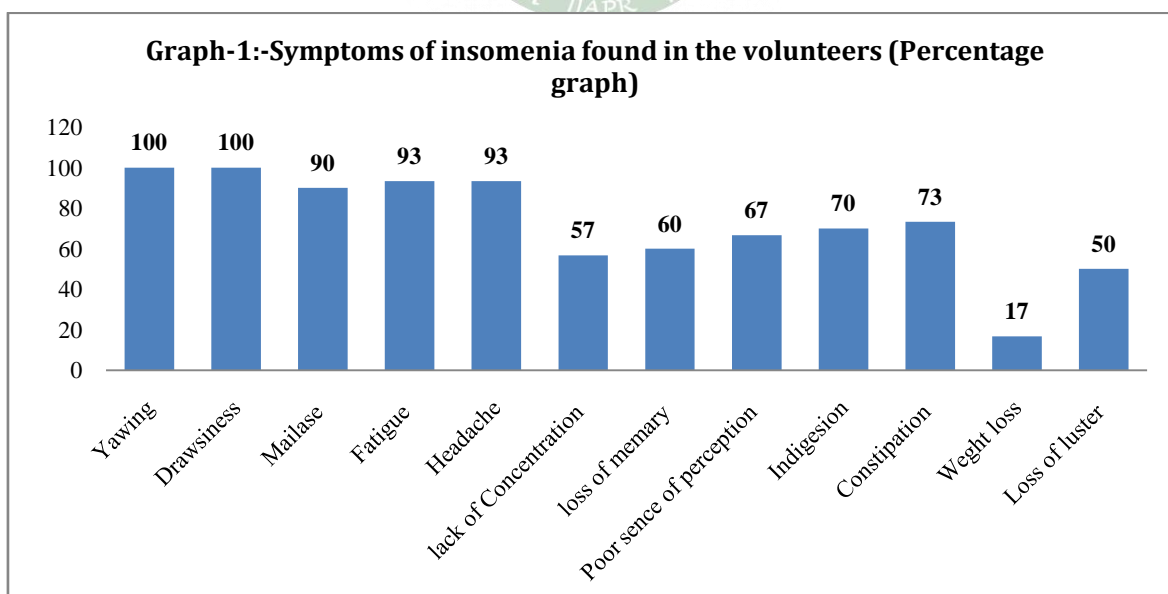
**Table 1: Symptoms and grading criteria for assessment**

S.No.	Symptoms		Grading criteria			
			Absent	Mild	Moderate	Severe
	Ayurvedic name	English equivalent	0	1	2	3
1.	<i>Jrimbha</i>	Yawning				
2.	<i>Tandra</i>	Drowsiness				
3.	<i>Angmarda and Angsada</i>	Malaise				
4.	<i>Arati and Klama</i>	Fatigue & Inertness				
5.	<i>Shirashoola</i>	Headache				
6.	<i>Manodourbalya</i>	Lack of concentration				
7.	<i>Smritidourbalya</i>	Lack of memory				
8.	<i>Indriya karmahani</i>	Poor sensory perception				
9.	<i>Ajirna and Agnimandya</i>	Indigestion				
10.	<i>Malabaddhata</i>	Constipation				
11.	<i>Dhatu Kshaya</i>	Weight loss				
12.	<i>Kanti Kshaya</i>	Loss of luster				

**Observations**

- Study was conducted on 30 established cases of *Anidra* (Insomnia).
- Out of total 30 volunteers 50% were male and remaining was female.
- Symptoms like Yawning and Drowsiness were found in all volunteers.
- Symptoms like Malaise, Fatigue and headache were found in 90 to 93% of the volunteers.
- 50 to 73 % of volunteers were suffering from symptoms like Loss of luster, Concentration, Loss of memory, Poor sense of perception, indigestion and constipation.

- Only 17% of the volunteers were complaints that they had weight loss.
- Apart from this it was observed that all symptoms were equally affected to both the genders.
- Symptoms like loss of luster were found prominent in female than that of male.
- Symptoms like concentration, loss of memory and poor sense of perception were found more in students and people who worked on computer.
- Symptoms like headache were commonly found in those who were continuously working on computer or watching television.



**DISCUSSION**

It was seen that during the student life or while working there was lots of mental stress experienced by people which may be due to result of workload, exams tension and target oriented assignment etc. In other hand due to the unemployment status people may

suffer from stress, tension of being unemployed all these causes lead them towards the insomnia. Insomnia affects the routine life of the people. It can be one of the causes which may leads person towards chronic disease. Hence it is very important to cure before it become severe.

In present scenario, established cases of insomnia were used to treat with tranquilizers but it can be corrected with herbal medicines along with good counseling, following proper lifestyles and removing the root cause of problems. By considering this an Ayurvedic approach can become a good option to treat *Anidra*, with the help of both internal as well as external medications.

*Shirodhara* or *Takradhara* is the unique procedure for all types of *Manasa Doshas*. It induces the relaxation and natural sleep by increasing the intensity of alpha brain waves and decreases the brain cortisone and adrenaline level. During the procedure prolonged

*Dhara* of the drugs mixed with *Takra* over forehead generate a conduction which not only acts as tranquilizer but also induces sleep<sup>[12]</sup>. This procedure not only normalizes serotonin and nor-epinephrine but also keep the hypothalamus in normal function.

### Statistical Analysis

Statistical analysis was conducted on SPSS software, paired sample t- test were used to find out the significant level of *Takradhara* on insomnia. By comparing before and after statistics at 95% confidence level it showed that almost all pairs were statistically significant.

**Table 2: Paired sample t- test and statistics**

Sr. No.	Symptoms of Insomnia	Separate Samples Statistics						Paired Differences				
		Mean		SD		SEM		Mean	SD	SEM	t	Sig. (2-tailed)
		BT	AT	BT	AT	BT	AT					
Pair 1	Yawning	2.333	0.400	0.547	0.498	0.100	0.091	1.933	0.450	0.082	23.543	0.000
Pair 2	Drowsiness	1.733	0.267	0.450	0.450	0.082	0.082	1.467	0.571	0.104	14.060	0.000
Pair 3	Malaise	1.733	0.200	0.785	0.407	0.143	0.074	1.533	0.681	0.124	12.324	0.000
Pair 4	Fatigue	2.167	0.333	0.834	0.479	0.152	0.088	1.833	0.747	0.136	13.449	0.000
Pair 5	Headache	2.133	0.200	0.860	0.407	0.157	0.074	1.933	0.740	0.135	14.316	0.000
Pair 6	Concentration	0.900	0.100	0.960	0.305	0.175	0.056	0.800	0.805	0.147	5.442	0.000
Pair 7	loss of memory	0.867	0.200	0.860	0.407	0.157	0.074	0.667	0.844	0.154	4.325	0.000
Pair 8	Poor sense of perception	0.967	0.233	0.809	0.430	0.148	0.079	0.733	0.583	0.106	6.886	0.000
Pair 9	Indigestion	1.067	0.200	0.907	0.407	0.166	0.074	0.867	0.730	0.133	6.500	0.000
Pair 10	Constipation	1.100	0.233	0.885	0.430	0.162	0.079	0.867	0.681	0.124	6.966	0.000
Pair 11	Weight loss	0.200	0.067	0.484	0.254	0.088	0.046	0.133	0.346	0.063	2.112	0.043
Pair 12	Loss of lustre	0.667	0.033	0.802	0.183	0.146	0.033	0.633	0.809	0.148	4.289	0.000

### RESULT

Established volunteers of Insomnia were observed before and after the treatment of *Takradhara* and application of internal medicine. It was seen that after completion of the course 73% of the patient's relieved from drowsiness, 72% relieved from headache, 67% of patients relieved from malaise, 60% of the patients got relieved from yawning and 58% of patients got relieved from fatigue. 39% of the patients improved their concentration, 27% improved their memory, and 37% of the patients improved their level of perception. 41% of the patients relieved from indigestion problem while 42% got relieved from constipation. 23% of the patients show improvement in their weight and lastly 43% of the patients show improvement in the luster.

**Table 3: Improvement statistics of insomnia symptoms**

Symptoms of Insomnia	Before Treatment		After Treatment		Improvement	
	Frequency	%	Frequency	%	Frequency	%
Yawning	30	100	12	40	18	60
Drowsiness	30	100	8	27	22	73
Malaise	27	90	6	22	21	68
Fatigue	28	93	10	36	18	58
Headache	28	93	6	21	22	72
Concentration	17	57	3	18	14	39
loss of memory	18	60	6	33	12	27
Poor sense of perception	20	67	7	35	13	32
Indigestion	21	70	6	29	15	41
Indigestion	21	70	6	29	15	41
Constipation	22	73	7	32	15	42
Weight loss	5	17	2	40	3	23
Loss of lustre	15	50	1	7	14	43



## CONCLUSION

The following conclusions can be drawn from the present study:

1. With similar conditions on the basis of the clinical manifestation symptoms of Insomnia and *Anidra* can be correlated with each other.
2. The persons of age group between 20-40 years are more prone to *Anidra*.
3. Common causes of *Anidra* are mental stress, *Chinta*, *Bhaya*, *Krodha*, and improper sleep timings.
4. Yawning, Drowsiness, Fatigue, Malaise and Headache are the five most common symptoms found in the patients suffer from *Anidra*.
5. *Takradhara* procedure with mixture of *DashmoolaKwatha* and *Nirgundi Swaras* is found very effective in the management of *Anidra*. It had *Vata Pitta Shamaka* property which not only reduces stress and tension but also enhances the circulation of brain, improves memory, nourishes the hair on scalp, calms the mind and body and helps to beat insomnia as well.

Therefore it can be concluded that *Takradhara* is very safe and efficacious to treat the modalities and can be used effectively in the management of *Anidra*.

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