



CLINICAL STUDY TO ACCESS THE EFFICACY OF DASHMOOLA SIDDHA KSHEER SHIRODHARA IN THE MANAGEMENT OF MEDOROGA (OBESITY)

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ABSTRACT

In today's era various psychological problems are added to our lives due to hectic life style and insomnia being one of them. Insomnia leads to delayed sleep or early awakening any time during sleeping hours. The present study showed that dashmoola siddha ksheeradhara is effective in anidra and its associated symptoms with least side effects leading to positivity in lives of people.

INTRODUCTION

Today's lifestyle have added a lot misery to our lives giving way to various diseases, insomnia, being one of them. Stress and strain are the key factor in various mental disorders. Insomnia anidra, being very common in our society is usually due to an after affect of a traumatizing event or just stress. This disorders makes you tired the whole day and drains your energy levels health of life.

In allopathic system of medicine, Tranquilizer are usually administered which initially responds well but when continued for pretty long time patients develop drug dependence. Leading to increased dose further deteriorating their condition. Therefore, certain indigenous remedies for this purpose was selected, shirodhara, as a trial technique for Anidra treatment.

Disease Introduction

Nidra is a state of a complete physical and mental relaxation of body which play vital role towards the good health states. Anidra is abnormal physiological condition which greatly affects quality of life and this problem increases day by day due to the enhanced level of stress, diversified environmental condition, disturb pattern of life style and bad dictory habits.

Insomnia patients experience variable dimensions of the problem, even same patient experiencing variable severity at different points of time. Insomnia reflects the perception of inadequate sleep duration, continuity or quality or a difficulty with sleep initiation. Physiological disturbances associated with,

Andira

- Andira affect happiness sterility, longevity.
- Nourishment, strength, satya Buddhi, Siddhi, deteriorate due to Anidra.
- Anidra may imbalance weight and obesity.
- Physical and mental fatigue may increase.
- Healing of external cuts and wounds may be delayed due to Andira.
- Andira also affect process of natural growth and development.
- Anxiety and stress associated with Anidra may deteriorate memory and mental power.
- Anidra may disturb natural immunity and detoxification process.
- Cardiac diseases, diabetes, blood pressure and psychological disturbance may be triggered with Anidra.
- Sleep disturbances significantly affect bowel movement and gastric functionary this imbalances process of digestion.
- Anidra may also lead to physiological disturbances such as dukha, klibata,
- Abala, Karshya, Anjma Holimaka, headache, rhinitis, giddiness and drowsiness.
- Poor concentration or attention during the day.
- Neuro-cognitive complaints that affect day time performance.

Causes

- Psychiatric disorders:-
- Depression.
- Anxiety disorder.
- Stressful life.

Drug abuse

- Alcohol addiction
- Stimulant drugs like Amphetamine
- Certain medication.

Disease Condition

- Liver disease
- Respiratory disease
- Heart disease
- Delirium
- Age
- Any painful condition
- Idiopathic Insomnia

Procedure

Pouring of Qushadha sadhita Milk over forehead by a specific technique is known as shirodhara. From a fixed height 8cm in a fixed fashion or in form of oscillatory movements that is to and fro movement of milk stream. Medicated milk poured over the forehead of patients. It is a form of kearliya panchkarma. In ayurvedic classic shirodhara is not clearly included in panchkarma thereby and shaduparna. But due to only and lubricant effect on bed parts of the body, it can be considered as a special type of snehane, i.e. part of shadupkrana chikitsa.

MATERIAL AND METHOD

Patients clinically diagnosed for Anidra (Insomnia), 20 in number were selected from OPD/IPD on the basis of description available in Ayurvedic Texts.

In each group, 10 patients were put on simple ksheerdhara, while other 10 were put on dashmoola siddha ksheerdhara patients with some organic disease were excluded.

Duration of clinical trial was 3 weeks all patients were assessed for any improvement in their manifestations on the basis of various scientific parameters before and after the treatment. All the patients were given regular sitting

of shidhara in form of ksheerdhara for 30-45 minutes daily for 3 weeks.

Parameters of Assessment

Following parameters were used to assess the patients one a week for three weeks

- Shirashoola
- Angamarda
- Tandra
- Aratee
- Klama
- Koshtha baddhate
- Smriti daurbalya
- Chitta vibhransha
- Anidra
- Bhrama

Showing the pattern of clinical recovery in 20 patients of Anidra treated with shirodhara.

Sign and symptoms relief grade.

- Upto 25% +
- Upto 50% ++
- Upto 75% +++
- Upto 100% ++++

DISCUSSION

In this clinical trial 20 patients of anidra were treated to see the effect of shirodhara.

- Comparatively better result were found in dashmoola siddha ksheerdhara,
- Early response to therapy was observed in dashmoola ksheera shirodhara.
- Several patients stopped the addiction particularly to tea and smoking after their therapy in dashmoola siddha ksheera group.
- Mental functions including retaining power and intellectual levels were considerably improved in dashmoola siddha ksheera in comparison to other group.

PATIENT SYMPTOM	GROUP A (10) KSHEERDHARA			GROUP B (10) Dashmoola Sadhita Ksheer		
	B.T	A.T	R%	B.T	A.T	R%
Shirashoola	10	10	100%++++	10	10	100%++++
TANDRA	10	8	80%+++	10	9	90%+++
ARATEE	10	8	80%+++	8	8	100%++++
ANGAMARDA	10	6	60%++	8	6	75%+++
KLAMA	8	6	75%+++	7	5	70%++
KOSHHA BADHATA	9	6	66%++	8	6	75%+++
CHITTA –VIBHRANSA	7	6	85%+++	8	8	100%++++
SMRITI DAURBALYA	8	6	75%+++	10	8	80%+++
SLEEP Disturbance (Andira)	10	8	80%+++	10	9	90%+++
BHRAMA	8	7	87%+++	10	8	80%+++
TOTAL	90	73	81.11%	89	77	86.511

CONCLUSION

Patients treated with Dashmoola siddha ksheera developed more confidence. They became more active and organized and started taking active part in every activity they involve into.

Shirodhara is safe and affective treatments no untoward incident was reported.

This project is a short term project carried on a limited number of patients with limited resources. Still this work has added new dimensions to the subject and opened for large scale study on a large number of series of patients to draw concrete discussions.

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