



Study the role of abhyang in nidravegdharan janya lakshanani acording to bruhatrayi

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Abstract-

In modern era most probably because of work schedule and diurnal regimen so many peoples are suffering from number of disorders. In some professions people has do the nidravegadharan as the part of their daily routine work or duties which will produce so many symptoms like tandra, shiromard, akshijadhyata, angmard,etc and hamper the health of healthy individual. Swasthyarakashan(to restore the health of healthy individual) as well as to Aaturasyavikar prashaman(treat the diseased person) is the one of aim of Ayurveda and for that so many procedures has been told in Ayurvedic Samhitas written by Acharya Charaka, Acharya Sushruta and Acharya Vagbhat which are called as Bruhatrayis. They have told panchkarma dinacharya as well as panchkarma therapies for achieve the aim of Ayurveda. In this both regimen the Abhyang is having much important place for achieving the aim of Ayurveda as it restores the aarogya(health), bala(strength), nidra(sleep), kanti(luster), etc. So by taking this reference from Bruhatrayis we have tried to test the effect of abhyang on nidravedharniya lakshanas.

Key words- Nidravegadharan, tandra, shiromard, akshijadhyata, angmard,

Introduction-

There are many things described in ayurveda which comes under pathyakar ahar and vihara. Nidra is one of the most important thing which comes under vihaar.it is one of the pillar of healthy life. Nidra is one of the upastambha described in charak samhita sutrasthana adhyaya 11. Nidra is one of the backbone of healthy life..it helps to keep body healthy and fit .important of nidra is described in charak samhita sutrasthana. Everyone should get proper sleep during night for restoring energy and for good health. Today people's lifestyle is changing. Nidravegdharan means if someone is not getting sleep in night due to some reason or due to work is nidravegdharan .those people

have to work in night shifts suffers from nidravegdharan janya lakshanani. Dinacharya described in bruhatrayi play an important role in presentation of healthy life. Nidravegdharan is most important problem occurring due to present lifestyle. People have to work in night shift like IT, BPO SECTOR, police, security guards, media, hospital staff, various industries, sugar factories. Dinacharya play an important role in promotion of healthy life. it is not only just protocol of routine but also a very important thing to keep body healthy and fit. Abhyang is one of theme to promote healthy life and prevent disease. those people who works in night shifts results in Nidravegdharan affects health.

Nidravegdharan Janya Lakshanani-

According to Charak, Sushrut and Vagbhat laxanas of nidravegdharan are jumbha(yawning), angmard(Body ache), tandra (stuffer), shirorog(diseases of headregion), akshigaurav(heaviness in eyes), shram(weakness), nidrabhighat(loss of sleep), moh(confusion), aalasya(laziness) etc.

Abhyang

Abhyang means application of oil to whole body. It helps to reduce vat dosha, kaph dosha, dhatu pushtikar also restores energy. Abhyang is very beneficial as refreshing, to keep body fit, strong and healthy. It should be done regularly as according to Vagbhat for healthy life, for good sleep, etc. Abhyang helps to reduce vat, bala varnakar, swapnakarak, drushri prasadar. So it will also help to reduce lakshanani resulted due to nidravegdharan. As today's busy and hectic lifestyle and fast food habbit, life is going through hazardous problems. Ayurveda guides us to have healthy lifestyle that is Dinacharya, Rutucharya, for maintaining positive and good health. Abhyang should be done regularly as explained in samhitas. It is described in dincharya. Nidravegdharan is important problem occurring due to present lifestyle. People have to work in night shift like IT, BPO sector, Police, security guards, media, hospital staff, various industries. Hence research is being conducted for spreading awareness about abhyang which helps to reduce lakshanani resulted due to nidravegdharan. It will be useful for promotion, maintainance of good health. This research will also be useful to encourage the people to follow dinacharya in ayurveda which are proved for millennium in each and every field of life.

Aim And Objectives-

Aim-

Study the role of abhyang in nidravegdharan janya lakshanani according to bruhatrayi.

Objectives-

1. Review the literature of abhyang from bruhatrayi.
2. Review the literature of nidravegdharan janya lakshanani from bruhatrayi.
3. Conduct survey of abhyang in nidravegdharan janya lakshanani and volunteers.

Materials And Methods-

Material-

1. Literary review from Ayurvedic Samhitas for nidravegdharan and abhyang
2. 100 volunteers was selected randomly for survey study
3. A specially prepared survey questionnaire with informed consent.
4. Til tail for abhyang

Methods-

100 volunteers of age 20 to 40 years are randomly selected by following inclusion and exclusion criteria who working in various industries like sugar factory, textile mills, IT, BPO sector, police, security guards, hospital nursing staff and those who have to work in night shift and don't do abhyang regularly in there day to day life. All the volunteers are counseled about the abhyang properly. Intimated them about the study. A written consent taken from every volunteer for the study. The questionnaire given to them for filling it before abhyang, after 7 days after abhyang, 15 days , and 30 days after abhyang. The entire questionnaire are observed and analysed after 7 days, 15 days & 30 days. Assessment of the benefit of role of abhyang in nidraveg dharan janya lakshanani is obesrved as per references from Ayurveda.

Hypothesis-

H₀: Abhyanga is not effective in management of Nidraveg dharan janya symptoms.

H₁: Abhyanga is effective in management of Nidraveg dharan janya symptoms.

Assessment criteria of role of abhyang in nidravegadharan janya lakshanani-

1. Moha – As feeling confused state of mind after night shift.
2. Akshigourav – Feeling heaviness in eyes.
3. Alasya – Feeling often laziness, not feeling fresh.
4. Jrumbha – Often feeling yawning in day to day life.
5. Angamarda – Whole body ache.
6. Shirojadya – Feeling heaviness in head.
7. Tandra – Feeling sleepy, incomplete sleep.

Accordingly gradation was done.

Sr. No.	Lakshanani	0 Absent	1 Alpa	2 Madhyam	3 Ati
1	Moha				
2	Akshigourav				
3	Alasya				
4	Jrumbha				
5	Angamarda				
6	Shirojadya				
7	Tandra				

Observations-

Statistical Analysis of Subjective Parameters (By Wilcoxon Singed Rank Test)

Sr. No.	Symptoms	BT/AT	Mean	SD	W	P	Significance
1	Moha	BT	0.03	0.171	NA	NA	Not applicable
		AT	0	0			
2	Akshigaurav	BT	1.750	0.592	4278	<0.0001	Significant
		AT	0.050	0.219			
3	Aalasya	BT	2.540	0.500	5050	<0.0001	Significant
		AT	0.060	0.238			
4	Jrumbha	BT	1.590	0.697	3741	<0.0001	Significant
		AT	0.030	0.171			
5	Angamarda	BT	2.150	0.386	5050	<0.0001	Significant
		AT	0.020	0.140			
6	Shirojadya	BT	1.830	0.603	4560	<0.0001	Significant
		AT	0.030	0.171			
7	Tandra	BT	1.390	0.694	3916	<0.0001	Significant
		AT	0.020	0.140			

Wilcoxon Ranked Sign test was applied to observe whether the difference between BT(Before treatment) and AT(After treatment) score is significant or not. In the case of symptoms Moha there is 100% reduction in symptom. Therefore total after treatment sign rank score is 0, mean is 0 and SD of After treatment is also 0. When SD of one group is zero then we cannot apply test. From mean we can say that Abhyanga is useful in reducing symptom Moha. In case of symptoms Akshigaurav, Aalasya, Jrumbha, Angamarda, Shirojadya and Tandra the test has shown highly significant difference between BT and AT symptom scores. H_1 is accepted and H_0 is rejected here. It was hence concluded that Abhyang is effective management to reduce Nidraveg dharan janya symptoms.

Total Effect of the Therapy

1. According to Volunteers' score

Sr. No.	Improvement	Criteria	No of volunteers
1	Excellent	75% - 100%	98
2	Good	50% - 75%	1
3	Moderate	25% - 50%	1
4	Poor	00% - 25%	0

Out of 100 volunteers, 98 volunteers have shown excellent improvement, 1 volunteer have shown Good improvement and 1 volunteer has shown Moderate improvement while 0 volunteers has shown Poor improvement. It suggest that Abhyanga has overall excellent effect to reduce volunteers' score.

2. According to Symptoms' score

Sr No	Improvement Grade	Criteria	Symptoms
1	Excellent	75%-100%	Moha, Akshigaurav, Aalasya, Jrumbha, Angamarda, Shirojadya Tandra
2	Good	50% - 75%	-
3	Moderate	25% - 50%	-
4	Poor	00% - 25%	-

It shows that all 7 symptoms have shown excellent improvement, none of the symptoms have shown Good, Moderate or Poor improvement. It suggest that Abhyang has shown overall excellent effect to reduce volunteers' score.

Discussion-

This chapter gives an idea about complete research work carried out on the basis of analysis and interpretation of the data. The researcher has drawn specific findings on the basis of data collected from the respondent. The relevant suggestions and conclusion will be given in this chapter. This chapter also gives direction for research leads and future trends in “ To study the role of abhyang in nidravegdharan janya lakshanani according to bruhatrayi” In samhita era medicinal uses are firstly emerges and all texts of this era narrating its medicinal uses both internally and externally, we have to keep on adjusting with the environmental changes which occurs constantly. To keep fit throughout his life one should adapt to a perfect lifestyle every day. Today we are living in a highly sophisticated environment due to the development of the science. This also an effect on our lifestyle and dietary habits. Abhyang is mentioned in our great samhitas to use in our day to day life. To keep active, one should be fit. To keep body fit, one should understand the importance of biological clock of our body. One should be very strict and disciplined in following his lifestyle. We have to keep on adjusting with the environmental changes which occurs constantly. Ancient acharyas had designed a regimen that is sure shot way for healthy and long living is called Dinacharya literally means daily regimen. With many other things abhyang is also described as mandatory thing in dinacharya. Abhyang promotes health and gives many more benefits as described in samhitas. Abhyang is mardavkar means healthy for skin health, it helps to reduce kapha and vata. Vata prakop is there in nidraveg dharan. So due to abhyang it reduces vata prakopa in nidraveg dharan. It gives proper nourishment to all sapta dhatu which finally helpful for physical and mental health so abhyang should be done regularly.

Conclusion-

Abhyanga is effective in management of Nidraveg dharan janya symptoms. It shows that all 7 symptoms have shown excellent improvement, none of the symptoms have shown Good, Moderate or Poor improvement. It suggest that Abhyang has shown overall excellent effect to reduce volunteers' score.

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