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Effect of Snehapana on Nidranasha in a Case of Ekakushtha

¹Dr. Gayatri Gandhe, MD (Kayachikitsa), & ²Dr. C. H. Babaria, MD, PhD (Maulika Sidhhant)

¹Professor & HOD, Department of Panchakarma, G.J. Patel Institute of Ayurvedic Studies & Research, New Vallabh Vidyanagar, Anand, Gujarat, 388120

²Director & Medical Superintendent, G. J. Patel Institute of Ayurvedic Studies & Research, New Vallabh Vidyanagar, Anand, Gujarat, 388120

Name of Department & Institution:

Department of Panchakarma, G. J. Patel Institute of Ayurvedic Studies & Research,
 New Vallabh Vidyanagar, Anand, Gujarat, 388120

Corresponding Author:

Dr Gayatri S Gandhe, Chandan Vila, Mahadev Road, Vallabh Vidyanagar, near Manish Corner,
 Anand, Gujarat, 388120

Email Id: serviceheb@gmail.com

Abstract

Nidra is one of three important pillars of life that paves way to health & longevity. *Nidra* is brought about by *Shleshma Dhatu & Tamoguna*. *Vata Vrudhhi* of any origin developing in the body can lead to *Nidranasha*.

Dhatukshaya is a form of *Dhatuvaishamyia* also termed as *Vikara*. *Dhatukshaya* is an important cause as well as result of vitiation of *Vata* in the body. Management of *Nidranasha* in any pathological condition needs correction of *Dhatukvaishamyia* either in the form of *Kshaya* or *Vridhhi* & establishing *Dhatuamyia*. Hence, *Yathakala Nidralabha* (timely sleep) has been cited as one of the standards in the attainment of *Dhatuamyia*.

In a case of *Ekakushtha* (plaque psoriasis), *Nidranasha* of longstanding origin was successfully managed with the use of *Panchtikta Ghrita* as *Shamana Sneha* that also helped to alleviate other symptoms like *Kandu, Daha, Tvakdarana, Araktata & Vibandha* & overall wellbeing.

Sneha could be of great help in conditions of *Nidranasha* to restore sleep.

Keywords: *Nidranasha, Tamoguna, Shleshma, Dhatukshaya, Panchatikta Ghrita*

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