

EFFECTIVENESS OF “KSHEERABALA THAILA” NASYA KARMA, IN THE MANEGEMENT OF INSOMNEA

D. M. S. D. K. Dissanayaka

Graduate studies division

Gampaha Wickramarachchi Ayurveda Institute University of Kelaniya

Yakkala, Sri lanka

ABSTRACT

Insomnia, or sleeplessness is a sleep disorder in which there is an inability to fall asleep or to stay asleep as long as desired. Prevalence of insomnia is an estimated 30% of the general population. (Ohayon,2012). Current treatments and medications for insomnia are costly and often harmful due to side effects. In such scenario, this study tries to identify the management of insomnia in a natural way with good usage of herbal medicines with therapeutic procedures.

A randomized control clinical study was performed at Mihinthale Ayurveda Health Promotion service's geriatric clinic. 60 Insomnia patients age between 50-70 years were selected with their consent. Evaluate the effect of “Kheera bala taila” Nasya karma in the management of Insomnia and assess the effect this nasya for managing the level of stress of patients were main objectives. Participants were divide in to two group randomly. (n=40) Ksheerabala thaila nasya, with Thripala decoction was given to the test group while only Thripala decoction was given to the control group to the period of 7 days. Assessment was done before and after the therapy. With considering all the test results of group A (test group) and group B (control group), group A showed the better results relative to symptoms of Insomnia. ($P > 0.05$) Group B not showed any improvement of the therapy. when consider about the level of stress was improved only in the test group. ($P > 0.05$). Therefore, we can come to the conclusion as Ksheerabala thaila nasya karma was effective for managing the Insomnia.

Key words: Insomnia, Anidra, Nasya