



# To Evaluate Efficacy of Pada Abhyanga Ondisturbed Sleeping Patterns

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## ABSTRACT

In the present scenario; people are highly likely to experience stress, anxiety and disturbed sleeping patterns due to unhealthy lifestyle. Various studies worldwide have shown the prevalence of insomnia in 10%–30% of the population. PadaAbhyanga as described by classic ayurvedic text, can be used an effective medical treatment to reduce or overcome these mentioned lifestyle disorders. One can practice it on daily basis by stimulating feet through massaging it via oil, ending up having numerous benefits. Its co-relation has been made with the modern era's reflexology and acupressure techniques (due to similar methodology and results as seen in PadaAbhyanga).

**Keywords-** PadaAbhyanga, Disturbed Sleeping Pattern

## I. INTRODUCTION

Disturbed sleeping patterns (sleeping disturbances) are disruptions in the normal sleep pattern that can result in difficulty falling asleep, staying asleep; or waking up to early. These disturbances can be caused by various factors such as medical conditions, lifestyle choices, and psychological factors, inducing stress.

Stress can be significant contributors to disturbed sleeping patterns. When an individual experiences stress, the body releases stress hormone such as cortisol, which can increase heart rate, blood pressure, and alertness, making it difficult to fall asleep. Additionally, stress can lead to racing thoughts, worry and anxiety, which can further disrupt sleep.

According to Ayurveda, 'PadaAbhyanga' (Pada- feet, Abhyanga- oil massage) is a part of ayurvedic traditional treatment. Reflexology, acupuncture, acupressure and pedicure seem to be originated from this ancient therapy of healing. Benefits of Pada Abhyanga (according to the samhitas) are- used as a therapy in cases of roughness, stiffness, dryness, tiredness, numbness. It is called "Drishti Prasadana" that means beneficial for eyes/vision (Ch.Su 5/87-88). This journal proposal aims to prove the mentioned benefits of

PadaAbhyanga in classical ayurvedic texts, with respect to disturbed sleeping patterns.

## Objectives

The main objective is to prove the effects of PadaAbhyanga therapy on disturbed sleeping patterns, based on the benefits mentioned in the classical ayurvedic texts for the practice of Pada Abhyanga.

## II. DISCUSSIONS

PadaAbhyanga treatment has been mentioned in Charak Samhita, which was originated around 3<sup>rd</sup> to 2<sup>nd</sup> century BCE. Pada means feet and Abhyanga means oil massage in Sanskrit language. PadaAbhyanga is also mentioned in AshtangHridayaSutrasthana, (A.H.S 2/8-9) (one of the classical ayurvedic literature). This treatment can be co-related with today's reflexology technique; due to same methodology and benefits. The literature claims that practicing PadaAbhyanga can be benefited in the cases of tiredness as well. This can be co-related with modern era's stress, anxiety and disturbed sleeping patterns. The same benefits can be seen in the reflexology too, i.e. it helps by increasing blood flow through the body, which helps to decrease stress and anxiety and lower blood pressure. Hence it can be stated that reflexology could be originated from the ancient medicinal treatment, i.e. PadaAbhyanga.

Reflexology, also known as zone therapy, is an alternative medical practice involving the application of pressure to specific points on the feet, ears, and hands. This is done using thumb, finger, and hand massage techniques without the use of oil or lotion. The way reflexology connects spots on the outside of your body to the inside is a bit like acupuncture and acupressure. This theory builds on research done in the 1890s by Sir Henry Head and Sir Charles Sherrington, who began to show through their research that a neurological relationship exists between the skin and the internal organs, and that the whole nervous system adjusts to a stimulus. According to the theory, the reflexologist's application of pressure to feet, hands, or ears sends a calming message from the



peripheral nerves in these extremities to the central nervous system, which in turn signals the body to adjust the tension level. This enhances overall relaxation, brings internal organs and their systems into a state of optimum functioning, and increases blood supply (which brings additional oxygen and nutrients to cells and enhances waste removal). It positively affects the circulatory, respiratory, endocrine, immune, and neuropeptide systems in the body.

In a study funded by the National Cancer Institute, women with advanced breast cancer who received reflexology treatments showed improvement in a few symptoms, such as shortness of breath, but not others, such as nausea or pain. In this study, reflexology was safe even for the most fragile patients. Many of the reflexologists claim to have relaxation effects seen on their patients after several practices.

Acupressure therapy may also be derived from PadaAbhyanga (due to the same methodology, actions and benefits). Acupressure on the feet is said to promote better sleep as well as helping to fight depression. Nerve endings linked to many organs can be found at the sole of the feet, therefore massaging these pressure points will act as a natural pain reliever.

### III. CONCLUSION-

Sleep disturbances caused by stress can lead to vicious cycle, where lack of sleep can further exacerbate stress, leading to more sleep difficulties. Chronic sleep disturbances can have adverse effects on an individual decreased immune function, impaired cognitive performance, and increased risk of mood disorders. Techniques such as stress management, relaxation technique and cognitive behavioural can be helpful in reducing stress and improving sleep quality. PadaAbhyanga can be an effective relaxation technique to cope up with sleep disturbances. Reflexology and acupressure therapies in modern era (with same methodologies of that mentioned in PadaAbhyanga) is proved in helping the patients with respect to stress, anxiety and disturbed sleeping patterns.

Benefits of practising PadaAbhyanga on daily basis: -

1. Cost efficient.
2. Will replace the need of anti-depressant, anti-anxiety and sleeping pills.
3. Can be self-practiced, i.e. doesn't need any assistance
4. Can be self-practiced anywhere, without any time limitations

Hence, it can be stated that this method may help considerably in disturbed sleeping patterns of the patients.

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