



## REVIEW OF RESEARCH



### EFFICACY OF TRATAKA IN TANDRA VYADHI

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#### ABSTRACT

Acharya Charaka stated that, excessive intake of Singdha, Madhura Guru Ahara and shoka, parishrama, adhikachintan and due to Jeerna Vyadhi Avastha, vayu get allivated, further allivating Kapha it enters Heart and causes Tandravvyadhi. Hence considered stress factors commences to "TANDRA VYADHI", Today stress is major factor for initiating diseases and one of the commonest is Excessive Daytime Sleepiness (EDS). The causes and signs and symptoms of Tandra are similar to that of EDS, so Tandra can be correlated with EDS. The prevalence is estimated that 18% of worldwide populations are suffering from EDS. In modern science the treatment of EDS is done by drugs which are mostly Depressants or Sedatives. Though there are many Researches carried on EDS, there is no proper line of treatment and is an unsolved mystery of medicine. Shatakarma is the part of yoga, trataka is one among shatkarma, it is indicated in tandravvyadhi.



**KEYWORDS:** Tandra, Trataka, EDS.

#### INTRODUCTION:

The branch Swasthavritta has developed independently and has focused not only on physical and mental aspects of body, but also has given vast importance to spiritual aspects. In this era, development being fast, man has to cope-up and work hard to achieve and fulfil dreams. Development being fast, resources being less and rising inflation has forced humans to work beyond time hours, this type of fast life has led to stress.

Acharya Charaka stated that, excessive intake of Singdha, Madhura Guru Ahara and shoka, parishrama, adhika chintan and due to Jeerna Vyadhi Avastha, vayu get allivated, further allivating Kapha it enters Heart and causes Tandravvyadhi. Hence considered stress factors commences to "TANDRA VYADHI", Today stress is major factor for initiating diseases and one of the commonest is Excessive Daytime Sleepiness (EDS). According to modern concept, Tandra can be correlated with Excessive Daytime Sleep (EDS), EDS is define as "A state of impaired awareness associated with a desire or inclination to sleep". The causes and signs and symptoms of Tandra are similar to that of EDS, so Tandra can be correlated with EDS. The prevalence is estimated that 18% of worldwide populations are suffering from EDS.

In modern science the treatment of EDS is done by drugs which are mostly Depressants or Sedatives. Though there are many Researches carried on EDS, there is no proper line of treatment and is an unsolved mystery of medicine.

**Tandra Vaydhi Lakshana:**

1. **SharirGaurav:** SharirGaurav called heaviness of the body.
2. **Klama:**Klama is called fatigue.
3. **Jrumba:** Jrumba is called Yawning.
4. **Chinta:**Chinta is called worries.
5. **Vakagaurav:**Vakagaurav is Dysarthria.
6. **Chestagaurav:** Chestagaurav is Dyspraxia.

Shatakarma is the part of yoga, trataka is one among shatkarma, it is indicated in tandrav yadhi as per Hatayoga pradapika. Trataka is a yogic kriya which has ease of access consumes less time and is cost effective.

**Trataka:**

Trataka is a practice of focusing the eyes to a point, typically a candle's flame, without blinking until the eyes become wet and cleansed. Close the eyes and let them rest for as long as you gazed at the flame while you imagine the flame between the eyebrows. The candle should be about 3-4 feet away and at eye height. You can also gaze to the tip of the nose or towards the third eye. Make the movement slow and without strain. Using internal images is also a practice of Trataka. Visualize a geometric shape or deity between the eyebrows with steady focus. This is to increase the powers of perception, strengthen the physical eyes and also learn control in a world full of things calling our attention. . It is a greatly intense strategy which encourages us to cure and enhance all eye issue, expels lethargy and controlling our mind.it really helps in coordinating the sensory system a distinct way and furthermore builds our vitality level.it quiets all our intellectual capacities and aides in accomplishing complete focus and true serenity.

**AIMS AND OBJECTIVES:**

- To study the concept of Tandra Vyadhi as per Ayurveda and Contempory sciences.
- Detail study of Trataka kriya as per Hatayoga Pradapika.
- To study the effects of Trataka in Trandra Vyadhi.

**METHODOLOGY**

Subjects were selected from OPD, IPD and special camps conducted at Smt. Rajeshwari karpurmath memorial Ayurveda College, Hospital and P.G. Research center, Vijapur. Patient were selected according to classical signs and symptoms of Tandrav yadhi; irrespective of sex, religion and socio-economic status.

**INCLUSION CRITERIA**

- 1.Age criteria:- 18 to 40 years
- 2.Sex :- Male and Female
- 3.A patient suffering from TandraV yadhi.

**EXCLUSION CRITERIA**

- Any other systematic disorders like neurological disorder, chronic diabetes, hypertension etc.
- Pregnancy.
- Patients of less than 18 years and more than 40 years.

**SUBJECTIVE CRITERIA :**

1. Sharir Gaurav
2. Klama
3. Jrumbha
4. Chinta

**OBJECTIVE CRITERIA:**

1. Vaka Gaurav
2. Chesta Gaurav

**RESULTS**

The efficacy of therapy was done on the basis of parameters before and after treatment and results obtained are as follows:

**SUBJECTIVE ASSESSMENT:**

1. Cured: 100% relief in signs and symptoms and no repetition during follow up study were considered as cured.
2. Marked Improvement: More than 81% improvement in signs and symptoms was recorded as marked improvement.
3. Moderate improvement: Around 60-80% improvement in signs and symptoms was considered as moderate improvement.
4. Mild Improvement: Around 31-50% improvement in signs and symptoms was considered as mild improvement.
5. Unchanged: Up to 30% reduction in signs and symptoms was noted as unchanged.

**OBJECTIVE ASSESSMENT:**

1. Cured: 100% relief in signs and symptoms and no repetition during follow up study were considered as cured.
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**CONCLUSION**

There was moderate improvement in TandraV yadhi's. It is an encouraging finding that a non-pharmacological, low cost, relaxation technique can improve the quality of life, by which it indirectly checks the progression of the disease condition.

**SUMMARY**

- 30 Patients were selected from OPD of our ayurvedic college on the basis of inclusion criteria (clinically diagnosed patients of dustavrana, patients were taken between 18 to 40 years, irrespective of sex and religion, maximum candle size length and breadth up to 3x3 cm) and exclusion criteria.
- Study has been divided in to two parts Subjective and Objective, Subjective are like Sharir Gaurav, Klama, Jrumba and Chinta and in Objective Vaka Gaurav and Chesta Gaurav.
- With the 30 patients 100% relief in signs and symptoms and no repetition during follow up study were considered as cured, more than 81% improvement in signs and symptoms was recorded as marked improvement, around 60-80% improvement in signs and symptoms was considered as moderate improvement, around 31-50% improvement in signs and symptoms was considered as mild improvement and up to 30% reduction in signs and symptoms was noted as unchanged.

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