

**“A COMPARATIVE STUDY OF *GOKSHEERA* AND  
*MAHISHAKSHEERA* WITH SPECIAL REFERENCE TO  
QUALITY OF SLEEP - AN OBSERVATIONAL STUDY”**



Dissertation submitted as partial fulfillment for the degree of

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**[Doctor of Medicine – Ayurveda]**

**Specialty – Kriya Sharir**

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**ABSTRACT**

**TITLE - A COMPARATIVE STUDY OF *GOKSHEERA* AND *MAHISHAKSHEERA* W.S.R. TO QUALITY OF SLEEP – AN OBSERVATIONAL STUDY**

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**Introduction:**

Health is the supreme foundation for the achievement of happy life. Objective of *Ayurveda* is to accomplish the physical, mental, social and spiritual well-being, by adopting the preventive and promotive approach as well as treating the diseases with various remissive approaches.

*Ahara, Nidra* and *Brahmacharya* are three sub-pillars, which support the main pillar, the body itself. When these are observed or maintained properly then only the main pillars will be endowed with strength, complexion and development (*Bala, Varna* and *Upachaya*).

So this present study was carried out to collect the matter related to *Nidra*, to show the importance of *Nidra* and to assess the efficacy of *Goksheera* and *Mahishaksheera* in the management of Quality of sleep.

**Aim and Objectives:-****Aim:-**

1. To compare the effect of *Goksheera* and *Mahishaksheera* w.s.r. to improve the Quality of Sleep.

**Objectives:**

1. To Assess the Effect of *Goksheera* to improve the Quality of Sleep.

2. To Assess the Effect of *Mahishaksheera* to improve the Quality of Sleep.
3. To Compare the Efficacy of *Goksheera* and *Mahishaksheera* to improve the Quality of Sleep.

**Methodology:-**

Healthy Volunteers who fulfill the eligibility criteria was selected and who are voluntarily willing to participate in the study and assessed their quality of sleep by Using PQSI scale and giving *Goksheera* and *Mahishaksheera* 100 ml in Luke warm condition 1 hr. before going to bed at night for 1 month. The selected Subjects are advised to maintain a sleep dairy to confirm sleeping or sleepless pattern. The data was collected before treatment and after treatment follow up, the intervention was compared and analyzed by using Wilcoxon Signed Rank W test and Mann –Whitney U test applied after consulting the Biostatistician.

**Ethical clearance:**

Was obtained from Institutional Ethical Committee of Parul Institute of *Ayurveda*, Parul University. (IEC No: PU/PIA/IECHR/2019/6) and Registered in Clinical Trial Registry India [CTRI/2019/03/018198] [Registered on: 20/03/2019]

**Observations and Results:**

On Quality of Sleep is assessed by PQSI Scale, improvement showed were according to Mean Rank of Sleep Quality (58.12%), Sleep latency (60.35%), Sleep Duration (65.72%), Sleep efficiency (60.40%), Sleep disturbances (56.99%), Daytime Dysfunction (63.58%) ,and Global Score PSQI (71.77%).

**Discussion:**

*Goksheera* and *Mahishaksheera* having the property of *Madura*, *Snigdha*, *Shita*. *Madura Rasa* is predominance of *Prithvi* and *Jala Mahabhuta*. *Prithuvi Mahabhuta* having properties of *Sthula*, *Sthira*, *Guru* and these will act against the property of *Vata Dosha* and increase of *Kapha Dosha* and by this *Tamo Guna* will increase respectively.

**Conclusion:**

Both *Goksheera* and *Mahishaksheera* have shown the beneficial effect, in the improvement of Quality of Sleep. But in between two groups, *Mahishaksheera* had shown more significant result, to improve the Quality of Sleep. Hence, the Null Hypothesis rejected.

It was an attempt made, clinically to evaluate the effect of *Goksheera* and *Mahishaksheera* in the improvement of Quality of Sleep.

**Keywords:** Quality of sleep, *Nidra*, *Mahishaksheera*, *Goksheera*.