



AYURVEDIC APPROACH IN THE MANAGEMENT OF ANIDRA W.S.R TO INSOMNIA: A REVIEW ARTICLE

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ABSTRACT

Sleep is very important phenomenon to organisms without which life is not possible. Good sleep is the best indicator of good health. It affects adversely if not enjoyed in a rightful manner leading to sleep disorders. Psychological factors play a major role in the causation of the disease. Primary insomnia is the difficulty in initiating or maintaining sleep, which is the most common sleep complaint seen. Anidra is the term used for sleep disturbances in Ayurvedic treatises. The management of Anidra is been dealt in the form of diet, routine and medicament forms. Along with medication, proper counseling and relaxation is very essential in the management. If one follows proper sleep hygiene with a fresh, calm mind then he/she can attain good sleep.

KEYWORDS: Sleep, insomnia, Anidra, Ayurveda.

INTRODUCTION

Insomnia

Habitual sleeplessness or simply inability to sleep for a minimum period, which is necessary for a sound mental and physical health, is called Anidra (Sleeplessness). Insomnia is the inability to go to sleep at night, or, once asleep, the inability to have a restful and sound sleep. This lack of sleep, or restless sleep, then interferes with our daily activities both physically and mentally. Insomnia is the inability to fall asleep at night for many hours. Insomnia is a common sleep disorder .people living with insomnia have trouble falling asleep, staying asleep, or both. This could result into getting little or poor quality sleep .Such persons may not feel refreshed when they wake up. Insomnia can either be acute (short term) or chronic (long term).

Acute insomnia is common, and it is brought about by situations such as family pressures stress, or a trauma. On the other hand, chronic insomnia lasts longer. Most cases of chronic insomnia are secondary, meaning they are either symptoms or side effects of some other problems. Certain conditions Such as medicines, and sleep disorders can cause.

Secondary Insomnia

1. Primary insomnia is its own distinct disorder. Factors such as long lasting stress or emotional upset, travelling, work schedules that disrupt sleep routine, may trigger primary insomnia.

2. **Secondary insomnia** is a side effect of another problem such as emotional, neurological, or other medical and sleep disorders. Certain asthma medicines, such as Theophylline, and some allergy medicines can cause insomnia.
- 1) **Causes of Insomnia:** Long gaps between meals, The drinking of coffee or tea before going to bed, The intake of dry and cold food, Withheld emotions, Disturbed sleeping patterns, Anger, Overwork, ill health, Worrying, Over excitement, Emotional disorders such as depression, Anxiety , Stress disorder, Neurological disorders such as Alzheimer's disease and Parkinson's disease, Arthritis, Use of caffeinated beverages, Smoking, Asthma, Heart failure, Gastro- intestinal disorders, such as heartburn, Menopause and hot flashes, Restless leg syndrome.
- 2) **Symptoms of Insomnia:** The symptoms of insomnia are the inability to fall asleep once going to bed, disturbed and waking up during the night, waking up too early in the morning, tiredness and fatigue during the day, inability to concentrate, and irritability during the day.
- 3) **Treatment of Insomnia:** Have salads with a dressing of cream, yogurt, or vegetable oils, Use whole-wheat flour and brown rice instead of refined varieties, Increase use of butter or purified butter in foods, Avoid caffeinated drinks, alcohol, and aerated drinks after dusk, Avoid watching television or working on the computer late at night, Have a body

massage with sesame oil, Til Taila followed by a bath.

- 4) **Complication of Insomnia:** Psychiatrist Problems, Obesity, Risk of Accident, Risk in Driving Poor Immune System, Poor Job Performance, Mental Irritability, Social Issues, Behavioural Change, Palpitation, Phobia, Intolerance, Nervous Dysfunction.

AIMS AND OBJECTIVES

To study about Insomnia (Anidra) and it's remedies from Ayurvedic Samhita Granthas, other Research Journals and Internet.

MATERIALS

Charak Samhita, Sushrut Samhita, Astang Hridaya& other Samhitas and Modern Medicine Books, Internet & Articles on Insomnia (Anidra).

METHODS

In Ayurveda, Nidra (Sleep):- When the mind and the sense organs are tired and retract from their respective functions, then the person goes to sleep (Nidra).

Effects of proper sleep on the body It gives Sukha (happiness), Pushti (nourishment), Bala (strength), Vrishata, Gyaan (knowledge), Jeevita (life).

Effects of less sleep on the body Dukha (unhappiness), Karshyata (emaciation), Abala (weakness), Kleebata (impotent) Agyana (impaired knowledge or unwise) Destroys the life. Just like taking proper food keeps the body healthy the proper sleep leads to Arogya (health) and Sukha (happiness). "Dependent on sleep is happiness and misery, corpulence and leanness, strength and weakness, potency and impotency, intellect and non-intellect, life and death. Sleep undertaken untimely, excessively and negatively takes away happiness and life like the other death-night. Sleep, if undertaken properly, provides happiness and life like the flashed true knowledge provided to a Yogi."

Charaka Samhita, Sutrasthana 21/36-38

Ayurveda recognises the importance of sleep to health. In fact, it maintains that sleep and diet are the two pillars of health. Insomnia, or Anidra, is not just about being tired, it means that the nervous system has been weakened and reduces our ability to cope. Insomnia is called Anidra / Nidranasha, an imbalance in Tarpaka Kapha, Sadhaka Pitta and PranaVayu, but the ultimate goal of an Ayurvedic approach to Anidra is to fabricate the Ojas (a factor produced from the most subtle level of proper digestion, and it brings energy, clarity of thinking, strong immunity, happiness, and contentment). It has been proven from research that, only the deepest and most restful sleep, which is called the Stage Four sleep, fabricates Ojas. The level of sleep required to maintain a good state of health, solely depends on the person's

mind-body constitution or Prakruti. Ayurveda pinpoints three different sleeping disorders which are.

Vata Imbalance, Pitta Imbalance, and Kapha Imbalance

1. **Vata imbalance** is often associated with difficulties in falling asleep. It correlates with hyperactivity, hypersensitivity, anxiety, worry. People with such imbalance require 6-7 hours of sleep.
2. **Pitta imbalance** is often associated with sporadic awakening (difficulty in maintaining an unperturbed sleep). It's often correlated with emotional stress, anger, sadness. People with such imbalance have fragmented sleeps almost every 90minutes. Such people require 7-8 hours of sleep.
3. **Kapha imbalance** causes an uncurbed sleep associated with waking up un-refreshed. Persons with such disorders, tend to feel sluggish, tired, and completely exhausted regardless of the long night rest such person had. People with such imbalance need 8-9hours of rest.

Causes of Insomnia (Anidra)

1. **Tarpak Kapha is an auxiliary-dosha** of Kapha and its job is to nourish the cells of the brain, resulting in a restful night's sleep. When this dosha is not in balance the brain cells go unnourished, causing insomnia.
2. **PranaVayu is an auxiliary-dosha** of Vata it creates a sensitive nervous system, and this, together with an aggravated PranaVayu, causes insomnia. It's also linked to depression, anxiety and worrying.
3. **Sadhak Pitta is an auxiliary-dosha** of Pitta and it can be found in the heart. It's in control of our emotions, spirituality, decisiveness and desires. Any imbalance creates problems for the sufferer, such as working too hard and too long, and becoming very demanding. This ultimately leads to insomnia. Kaya virechana (inducing purgation), Shirovirechana (nasal drops). Chardhana (inducing vomiting), Bhaya(fear), Chinta (sadness), Krodha (anger).
- 1) Dhoomapana (smoke inhalation), Vyayama (physical exercise), Upavasa (fasting)
- 2) Raktamokshana (bloodletting), Asuhkashyaa (Unpleasant Bed)
- 3) Karya (engaged in some important work)
- 4) Kala (time) Like old age and other than routine sleeping hours. Vikara (diseases),

Vataprakopasymptoms of Insomnia (Anidra)

1. Vata type insomnia usually means a restless night in which there is much tossing and turning. A Vata may not fall asleep at all (if pitta has been effected too), or wake up between 2 and 4am (the vata time of the morning), and won't go back to sleep until after the heaviness of kapha time starts (after 6am).
2. Pitta insomnia Pitta insomnia is when the patient cannot sleep until the pitta period of the night (10pm-2am) is over. The Pitta insomniac is hyper-aroused and has too much Cortisol in their system.

They simply cannot ‘switch off’ enough to go to sleep. Pitta insomniacs will be irritable, and may have disturbing dreams about fighting, if they do have any sleep. Pitta insomnia may be related to acid reflux.

3. Kapha insomnia Kapha is not normally associated with insomnia, but with excessive sleep, unless a kapha condition (e.g. sleep apnoea) interferes with normal sleep. Waking up too early in the morning (6am) may be a type of Kapha insomnia, as is feeling sluggish after a full night’s sleep.

Treatment of Insomnia (Anidra)

Ayurvedic herbs, Ashwagandha (an adaptive that deceases cortisol levels) and Vidari are recommended to soothe vata. Calcium or magnesium-rich foods are important too as they are natural sedatives (e.g. milk, kelp, almonds, brewer’s yeast). In Pitta insomnia must also eat pitta-soothing foods, and massage themselves with cooling oil like coconut or Bhringaraj oil. Drink cooling herbal teas, like tulsi, chamomile or coriander, and avoid alcohol and caffeine. In Kapha insomnia a kapha pacifying regime would be beneficial. Self-massage with mustard oil and Til Taila before bed is recommended. Abhyanga & Shirodhara and customised lifestyle plans; another important aspect of the treatment is learning how to relax the mind.

1. Abhyanga (oil application), Moordhnithaila (oil application on head).
2. Gatrasyaudwarta (rubbing the body with powders).
3. Hitamsamvahana (gentle rubbing of the body).
4. Shali (rice), Godhooma (wheat), Pistanna (foods prepared by flours).
5. Foods prepared with ikshu (sugarcane).
6. Ksheera (milk), Go Ghrita (Cow-Ghee).
7. Madhura, snigdha bhojana (sweet and unctuous foods).
8. Mamsa rasa of vilesaya and vishkira animals (meat soup).
9. Draksha (grapes), Sita (candy sugar).
10. Ikshu (sugarcane) and its various preparations at night. Pleasant and soft shayana (matress).
11. seatings, Pleasentyana (vehicle).
12. Panchakarma – Virechana, Basti, Nasya, Shiro Abhyanga, Shiro Dhara, Shiro Basti, Shiro Pichu, Pada Abhyanga.
13. Brahami Vati, Sarsatarista, Aswagandharista, Brahami Ghrita, Smritisagar Ras Brahami Rasayan.

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