

AYURVEDIC MANAGEMENT OF ANIDRA W.S.R TO INSOMNIA- A REVIEW

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ABSTRACT

Aim of this study was to review the insomnia and their management in *Ayurvedic* context. Various *Ayurvedic* literatures (*Charaka*, *Surshurta*, *Vagabhata*) were review for the insomnia, its causes, pathology, and treatment. It was found that various causes are indicated for insomnia, its severity is depends on the *Doshik* involvement, *Prakriti*, diet etc. Insomnia is also due to the complication of several diseases. Insomnia is described in *Ayurvedic* text in the name of *Anidra* and *Nidranasha*. It can be treated on the various line of management of *Anidra*. The management of insomnia is described in *Ayurvedic* classics such as *Madhura-Snigdha Anna*, *Gramya-Audaka-Anupa Rasa*, *Shali-*

Godhuma-Pishtanna, *Dadhi*, *Ksheera*, *Madhya*, *Sneha*. *Panchakarma* therapies such as *Nasya*, *Utsadana*, *Shirodhara*, *Abhyanga*, *Udavartana*, *Samvahana* are also useful for insomnia. Satisfactory description of insomnia is available in *Ayurvedic* text in the name of *Anidra* and *Nidranasha*. Insomnia can be better managed if *Ayurvedic* view is taken into consideration for its treatment.

KEYWORDS: *Anidra*, *Nidranasha*, *Panchakarma*, *Nasya*, *Utsadana*, *Shirodhara*, *Abhyanga*, *Udavartana*, *Samvahana*.

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INTRODUCTION

Habitual sleeplessness or simply inability to sleep for a minimum period, which is necessary for a sound mental and physical health, is called Insomnia (Sleeplessness). Insomnia is common sleep disorder. Insomnia is defined as difficulty in initiating and maintaining sleep or both despite adequate opportunity and time to sleep, leading to impaired day time functioning. Now a day Insomnia is becoming a major problem because of stressful and busy life style of present era. The prevalence of insomnia is increasing world-wide at a shocking rate in developed & developing countries. The persistent stress and strain in day to day life adversely affect the physical and mental health of individual. Sleep problem is a global epidemic affecting 45% of world population quality of life.

Being an alarming problem, insomnia needs effective and safe treatment. Modern therapeutics has a broad spectrum of the drugs such as tranquilizers for the management of insomnia. Even though initially the tranquilizers give considerable relief in insomnia; but they have serious side effects like loss of memory, weight gain, gastrointestinal disturbance & habit forming nature. There is an immediate need for the efficient management of insomnia in a natural way with good counselling, usage of herbal medicines, following the proper life style and eradicating the problems from root itself. Need has always been felt to develop certain *Ayurvedic* treatment modalities for the management of *Anidra* which could be safe, effective, readily available, cost effective without any side effects. In comparison to the therapeutic procedures of different systems of medicine, *Ayurveda* has a potent approach towards the treatment of *Anidra* by both internal and external medications. The management of insomnia is described in *Ayurvedic* classics such as *Madhura-Snigdha Anna*, *Gramya-Audaka-Anupa Rasa*, *Shali-Godhuma-Pishtanna*, *Dadhi*, *Ksheera*, *Madhya*, *Sneha*. *Panchakarma* therapies such as *Nasya*, *Utsadana*, *Shirodhara*, *Abhyanga*, *Udavartana*, *Samvahana* are also useful for *Anidra*.

AIMS AND OBJECTIVE

1. Aim of this study was to review the insomnia and their management in *Ayurvedic* context.
2. To study about *Anidra* and its remedies from *Ayurvedic Samhita Granthas*.

MATERIAL AND METHODS

Various *Ayurvedic* literatures *Brihatrayi* (*Charaka*, *Sushruta*, *Vagabhata*), *Laghutrayi* (*Kashyapa*, *Bhavaprakasha*), Modern Medicine Books, Internet & Articles were review for the insomnia, its causes, pathology, and treatment.

OBSERVATION AND RESULT

According to *Sushruta* causes of *Anidra* are aggravation of *Vata & Pitta Dosha*, *Mansantapa* (excessive exhaustion of mind), *Dhatu Kshaya* and injury.^[1] According to *Ashtanga Sangraha* causes of *Anidra* are *Kala* (like morning time, old age), *Sheela* (Busy life style), *Kshaya* (*Dhatu Kshaya*), *Vyadhi* and aggravation of *Vata & Pitta Dosha*.^[2] It can be treated on the various line of management of *Anidra*. Insomnia is described in *Ayurvedic* text in the name of *Anidra* and *Nidranasha*. According to *Acharya Charaka* management of *Nidranasha* are *Abhyanga*, *Utsadna*, *Snana*, *Gramya-Audaka Anuparasa*, *Shalianna*, *Ksheera*, *Dadhi*, *Samvahana*, *Chakshu Tarpana*, and *Sneha*.^[3] *Acharya Charaka* also explained *Samshodana Chikitsa* in *Nidranasha*. According to *Acharya Sushruta Ayurvedic* management of *Nidranasha* are *Abhyanga*, *Murdhina Taila Nishevanuma*, *Udavartana*, *Shali-Godhuma-Pishtanna*, *Ksheera*, *Mamsa Rasa*, *Madhura Rasa*.^[4] *Acharya Vagabhata* also described *Nidranasha* and its treatments are *Ksheera*, *Madhya*, *Mamsarasa*, *Dadhi*, *Udavartana*, *Snana*, *Murdhkarana- Akshitarpana*.^[5] In the *Ayurvedic* classics there is so many way to treat the *Anidra* such as *Shirodhara*, *Shiro Basti*, *Padabhyanga*, *Nasya*, *Basti*, *Shiro Pichu*, *Shiro Abhyanga* and *Virechana*.

It was found that various causes are indicated for insomnia, its severity is depends on the *Doshik* involvement, *Prakriti*, diet etc. Insomnia is also due to the complication of several diseases. Persistence stress, fast growing competition, habit of unwholesome eating & irregular sleeping pattern, fasting, unconscious towards daily regimen (*Dinacharya*) & seasonal regimen (*Ritucharya*) are main causes for insomnia. In *Ayurveda* insomnia can be treated in the name of *Anidra* and *Nidranasha*.

DISCUSSION

Nidranasha is a term of *Ayurveda* used for loss of Sleep. The three *Sthambhas* of *Ayurveda* are *Vata*, *Pitta* & *Kapha* which control all the vital function of the body. A person is term healthy when all three *Sthambha* are in equilibrium state. To support these *Sthambha* there are three *Upstambha*.^[6] They are *Ahara*, *Swapna* (sleep) & *Brahmacharya*. *Upstambha* is the factors which help and co-operate to main supporters of the life. These *Upstambha*

mainly increases strength of *Sthambha*.^[7] Among these *Ahara* mainly affect physical factors & activities. *Brahmacharya* mainly affect mental factor & activities, and *Nidra* affects both physical as well mental factors. So *Nidra* is essential for physical & mental health.^[8] *Ayurveda* explained many reasons for loss of sleep as like work, age, diseased conditions, constitution and some *Dosha* like *Vata* & *Pitta*. These factors directly affect on the sleep and causes loss of sleep (*Nidranasha*). According to modern scientific view, loss of sleep has many reasons as like illness, stress, elder age, pain, mental illness etc *Charaka* & *Kashyapa* included *Anidra* (*Nidranasha*) in 80 *Vataja* roga.^[9,10] According to *Acharya Charaka Sukha*, *Dukha*, *Pushti*, *Karshya*, *Bala*, *Abala*, *Varishta*, *Klibta*, *Gyanam*, *Agyanam*, *Jivana* and *Marana* (death) all these factors are depends on proper & improper *Nidra*.^[11] As per *Sushruta* sufficient sleep at right time makes a person free from diseases, with pleasant mind, full of strength & good complexion.^[12] According to *Bhavaprakasha* sufficient sleep produces freshness & reduces fatigue.^[13] *Kashyapa* has accepted that comfortable *Nidra* is essential for milk production in Mother.^[14]

Anidra is mainly due to *Vata Parkopa*. Specifically *Murdhni Taila* is indicated in the *Chikitsa* of *Anidra*. Further *Mano Dosha* like *Raja* is a causative factor for *Anidra*. *Shirodhara* and *Nasya* are very helpful in the management of *Anidra*. It has been proved that *Shirodhara* & *Nasya* could be better choice to treat *Anidra* and to reduce stress & anxiety. In the procedure of *Shirodhara*, the particular pressure and vibration is created over the forehead. The vibration is amplified by the hollow sinus present in the frontal bone. Then vibration is transmitted inward through the fluid medium of cerebrospinal fluid (CSF). This vibration may activate the function of thalamus and basal forebrain which then brings the amount of serotonin and catecholamine to the normal stage including the sleep.

In *Shirodhara*, *Sneha* is taken according to the condition of *Dosha* such as

- *Vata Dosha-Tila Taila*
- *Pitta Dosha- Ghrita*
- *Kapha Dosha-Tila Taila*
- *Rakta Dosha- Ghrita*
- *Vata+Pitta+Rakta-Ghrita + Tila* in equal portion
- *Vata+Kapha+Rakta-1/2 part Ghrita+1 part Tila Taila*

Also the *Nasya* is better in *Anidra* because *Acharaya Vagbhata* explained that *Nasa* is the gateway to *Sira*. It does not mean that some channel connects directly to the brain but they might be connected through blood vessels, lymphatics or through nervous system. Scientist have proved after experiment that drug administered through nose shows effective action in brain. So it can be concluded that there is a very close relation between brain & nose. In *Anidra* mainly two *Dosha* are predominately involved *Vata*, & *Pitta*. For the *Samshodhana* of *Vata* and *Pitta*; best way *Basti* and *Virechana* respectively, *Vata Samshamana* through *Abhaynaga*.

Due to insomnia many physiological changes occur such as variation in respiration, cardiac function, body temperature, muscle tone, hormonal secretion & blood pressure.

CONCLUSION

Satisfactory description of insomnia is available in *Ayurvedic* text in the name of *Anidra* and *Nidranasha*. Insomnia can be better managed if *Ayurvedic* view is taken into consideration for its treatment.

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