

ROLE OF LIFE STYLE DISORDER IN INSOMNIA W. S. R TO NIDRANASH

Pooja Prakash Bhingarde*, Sanjeevkumar Bagore and Vrinda Kaknurkar

Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune.

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***Corresponding Author**

Pooja Prakash Bhingarde

Sumatibhai Shah Ayurved
Mahavidyalaya, Hadapsar,
Pune.

ABSTRACT

Role of Life style disorder in Insomnia w.s.r to *Nidranash*. Insomnia is a sleep disorder that is characterised by difficulty in falling asleep. It is usually caused by psychological or psychiatric disorders, shift work, other environmental causes, pain. Most cases of insomnia are related to poor sleeping habits, depression, anxiety, lack of exercise, chronic illness or certain medication. Sleep disturbance include too much sleep (hypersomnolence or excessive daytime sleepiness), insufficient or poor quality sleep (insomnia) and abnormal behaviour during sleep (parasomnias). Prevalence of Insomnia is 9% in general population and about 30% suffer occasional insomnia. So Insomnia is included in Life

style disorder. According to Ayurveda, our health is like a building, supported by three pillars i.e *Trayostambha- Aahar, Nidra* and *Bramhacharya*. *Trayostambha* regulate the body and mind and promote healthy life. Insufficiency of sleep (*Nidranash*) is one of the factor closely related to lifestyle disorder. Improper sleep leads to *Dukha* (Illness), *Karshya* (Emaciation), *Abalam* (Weakness), *Kleebata* (Impotency), *Adnyan* (Ignorance), *Maranam* (Death).

KEYWORDS: Insomnia, *Nidranash*, *Trayopstambha*.

INTRODUCTION

The way of living is grossly termed as lifestyle which influences the health of an individual. The organized way of living life is left behind in this digital era while chasing time.

Life style has a great effect on our life. Lifestyle disorders are modern sickness that are caused or accelerated by the way we live our daily lives. These disease differ from other diseases because it is caused by the way we behave and live our lives. Around the world, lifestyle disorders affects women and men almost equally.

Sleep^[1]:- A state of consciousness, that differs from alert wakefulness, by a loss of critical reactivity, to events in environment, accompanied by a profound alteration in the function of the brain. A normal man spends approximately 1/3rd part of his life span in sleep.

Insomnia is one of the commonest complain.

Insomnia is lack of adequate sleep. Chronic insomnia due to no apparent reason is very common. There are several varieties of insomnia,^[2] including

1. Delay in the onset (initiation) of sleep.
2. Inability to stay in sleep and
3. Very early arousal from the sleep.

It is abnormal wakefulness or inability to sleep (symptoms observed when subjects keep awake for 60-114 hours. Equilibrium disturbed, Neuromuscular fatigue, Mental concentration difficult and inaccurate, Threshold for pain- lowered.^[14]

As unhealthy lifestyle habits have long been recognized to increase the risks of lifestyle related diseases and their worsening it is natural that sleep which takes up 1/3rd of a persons life is markedly associated with disorders. Insomnia is lifestyle related disease.^[3]

Insomnia arises under a variety of circumstances.^[4]

- **Long term** – Months to years
- **Short term** – Days to weeks
- **Transient** – Days or two

According to Ayurveda, the state when the mind and body undergo rest it is known as living body is asleep. When the mind is affected by *Tamoguna* in night, the *kapha Dosha* predominates and natural sleep is included. *Kapha* is related to growth and development of body tissues and enhances the immunity against diseases.

In the presence of depression, anxiety, anger, calm sleep is not possible because these increase *vata*, which has opposite effect as compared to *Tamoguna*. Proper sleep offers many advantages such as *Sukhs* (happiness), *Pushti* (nourishment), *Bala* (strength), *Vrushata* (fertility), *Dnyana* (cognition), *Jiveeta* (life). Good sleepers tend to eat fewer calories. Good sleep can improve concentration, productivity and helps in healing and repairing of body tissues. Adequate sleep reduces the risk of Heart disease, Kidney disease, High Blood

Pressure, Diabetes and Stroke.^[5]

Ayurveda sets principles for living healthy life. Any mis-adaptations in living leads to illness those are called lifestyle disorders.

Ayurveda has mentioned various principles for well being of human. *Ahara*(Food), *Nidra*(Sleep) and *Bramhacharya*(Celibacy) are three pillars of life.^[6]

त्रय उपस्तंभा इत्याहारः स्वप्नो ब्रम्हचर्यमिति । च.सू. ११/३६

1. *Ahara*- Considered as one of the *Upastambha*.

2. *Nidra* (sleep)

- *Tamomula*- It is born out of *Tamas*,
- *Lokadisarga.prabhava*- origin at the time of creation.
- *Bahulyat tamaso rathrou*- As it is origin from *Tamas Guna*, during its predominance, therefore generally at night it occurs.

3. *Bramhacharya*- Importance of *Shukra Dhatu*.

These three used in proper manner support the body just like pillar (supports the house) and bestow strength, colour complexion and normal growth to it till life exists. So proper sleep helps to be healthy mentally, physically and socially.

Keeping awake at night causes increase in *Vata* and *Pitta Dosha*. Increase in these factors may lead into the symptoms or disease related to them like *Nidranash*.

According to Ayurveda, *kapha Prakruti* enjoys the long sleep as compare to *Vata*.

AIM

To study the role of lifestyle disorder in Insomnia w.s.r to *Nidranash*.

OBJECTIVE

1. To access the role of lifestyle disorder in Insomnia w.s.r to *Nidranash*.
2. To study prevalence of Insomnia in India.
3. To study relation between Insomnia and *Nidranash*.

MATERIALS AND METHODS

1. Ayurvedic *Granthas* and *Samhitas*.

2. Modern texts.
3. Online data and Journals.

REVIEW OF LITERATURE

रात्रावपि जागरितवतां वातपित्तनिमित्तास्त एव उपद्रवा भवन्ति ।

सु.शा.४/३८

Acharya Sushruta mention in the above quote that the person should avoid keeping awake at night. Keeping awake at night causes increase in the *Vata* and *Pitta Dosha*. Increase in these factors may lead into the symptoms or disease related to them.^[7]

स्वप्नविपर्यय-रात्रौ जागरणं दिवसे च स्वप्न विपर्ययः ।

डल्हण टिका

According to dalhan tika: *Swapnaviparya* is *ratri jagran* and *Divaswap*.

Causes^[8,12]

- Unusual pattern of work
- Over night watching TV and using smart phones
- Shift work
- Anxiety
- Depression
- New place
- Night mares
- Sleep paralysis
- Taking naps during day time
- Sleep related epilepsy
- Sleep related headache
- Trauma or any injury
- Sleep apnea
- Chronic alcoholism
- Peptic ulcer

According to ayurveda^[9]

निद्रानाशोऽनिलात् पित्तान्मनस्तापात् क्षयादपि ।
 संभवत्यभिघाताच्च प्रत्यनीकैः प्रशाम्यति ॥
 सु. शा. ४/४२

Sleep is lost due to *vayu*, *pitta*, stress, wasting and trauma and is restored by the opposite.

Effects of insomnia^[10,13]

- Equilibrium disturbed
- Neuromuscular fatigue
- Mental concentration difficult and inaccurate
- Threshold for pain- lowered.

According to ayurveda^[11]

निद्रानाशाद्.मर्द शिरोगौरवजृम्भिकाः ।
 जाड्यग्लानि भ्रमापक्तितन्द्रा रोगाश्च वातजाः ।
 अ. ह. सू. ७/६४

Loss of sleep leads to squeezing pain in the body parts, heaviness of the head, too much of yawning, lassitude, exhaustion (even without strain), giddiness, indigestion, stupor and diseases of *vata* origin.

Observations

On the basis of the review of literature and observations made by this study suggest that changes in lifestyle can affect sleep patterns and can worsen insomnia, leading to more complications.

Unhealthy lifestyles can create insomnia on their own (without any psychiatric or medical problem).

RESULT

The literature reveals that quality of life is severely impaired in individuals with insomnia, unhealthy lifestyle significantly affects quality of life negatively.

Therapy and medications are successful at improving quality of life.

CONCLUSION

The present generation lifestyle is surely an serious issue.

Insomnia and unhealthy lifestyle negatively affects an individual's quality of life and different treatments can produce improvements in physical and psychological wellbeing and quality of life. We need to adopt the *Dinacharya*, *Rutucharya*, *Ratricharya* and Inherit disciplinary of life, for better health.

More research is needed to develop more interventions that specifically focus on improving life in patients suffering from insomnia.

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