

## AN AYURVEDIC VIVECHAN OF ANIDRA (INSOMNIA)

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## ABSTRACT

Three main pillars of Ayurveda are *Vata*, *Pitta*, and *Kapha*, while three supportive pillars (*Trayopasthambha*) are *Ahara* (Food), *Nidra* (sleep) and *Bramhacharya* (regulated sex). Sleep is an important function that allows the body and mind to recharge and keeps the person refreshed. In Ayurveda *Anidra* (Insomnia) is not explained as a separate chapter and the *samprapti* of *Anidra* is also not available. Insomnia is the most common sleep problem worldwide and can lead to many psychosomatic manifestations like fatigue, high blood pressure, inability to perform physical and mental activities normally and badly hampers the quality of life. Insomnia is an inability to obtain a sufficient amount of sleep to feel rested.

**KEYWORDS:** *Ayurveda*, Sleep, *Anidra*, Insomnia.

## INTRODUCTION

*Acharya Charaka* described that *Nidra* is a natural urge which is a nourishing phenomenon, so it is termed as *Bhutadhatri*- which nurses all the living being.<sup>[1]</sup> According to *Acharya Charaka* happiness and unhappiness, proper and improper development, strength and weakness, potency and impotency, intellect and nonintellect, life and death of an individual depend on proper and improper sleep.<sup>[2]</sup> *Nidra* is a special state of mind in which mind is not associated with any *Indriya*. This detachment from *bahya vishaya* is resulting from the tiredness of the body as well as the mind.<sup>[3]</sup> When *Nidra* gets disturbed or reduced, that condition is called as *Anidra* or *Nidranasha*. In *Anidra* mind gets disturbed that causes *Pradnyaparadha*, *Asatmendriyarthasanyog* etc.

There are many factors may be taken as cause of insomnia along with old age, systemic disorder, along with body constitution, and aggravation of *Vata* itself and mainly vitiation of *Vata*, *Pitta*, *Kapha*. Insomnia may present as a disorder on its own, but more frequently it presents in association with another medical or psychiatric disorder. *Aacharya Sharangdhar* describe *Anidra* in *Vata Nanatmaj Vikara*.<sup>[4]</sup>

### **Deprivation of Anidra**

It composed of two words. 1<sup>st</sup> word is A & 2<sup>nd</sup> word is *Nidra*. The suffix A gives negative meaning to the act of *Nidra*.<sup>[5]</sup> *Anidra* means less sleep or no sleep.

### **Synonyms of Anidra<sup>[6]</sup>**

*Nidranasha Asvapna Avyavahitanidra Ratri Jagarana Mandanidra Nashtanidra*

*Nidrakshaya Nidrapranasha*

*Nidravighata*, etc.

### **Causes of Anidra**

- Unhealthy eating habits and lifestyle choices that aggravate *Vata* and *Pitta*.
- Regular consumption of stimulants like coffee, nicotine, tobacco and tea.
- Excessively chilly, dry, fried, and spicy fare.
- Repressed feelings.
- Emotional disturbances include stress, rage, and overwork as well as excessive excitement.
- Respiratory conditions like asthma or chronic obstructive pulmonary disease.
- Neurological conditions like Parkinson's or Alzheimer's.
- Issues with the hormones, like an overactive thyroid.
- Difficulties with the muscles or joints, like arthritis.

### **Anidra Samprapti**

Retrospectively one can postulate the *Samprapti* of *Anidra* from the definition of *Nidra* as explained in *Charaka Samhita*. Whenever there is increased *Rajo Guna* of *Manasa*, increased *Vata* and *Pitta Sharira Dosha*, *Rasa Dhatukshaya* persistently provokes for continuous thinking and prevent the *Dnyanotpatti* of *Indriya* and *Mana* then it leads to 'Insomnia'.

According to modern science, sleep disorders are associated with an impairment of melatonin production. Melatonin produced by pineal gland at night, plays a role in regulation of sleep-

wake cycle and diminished melatonin secretion may cause insomnia.<sup>[7]</sup>

### Classification of Insomnia as according to time period

1. Transient insomnia - lasting from a night to a week and is usually caused by events that alter normal sleep pattern, such as travelling or sleeping in an unusual environment.
2. Short term insomnia- lasts about two to three weeks and is usually attributed to emotional factors such as worry or stress.
3. Chronic insomnia- occurs most of the night and lasts a month or more.

### Clinical Features of *Anidra*(Insomnia)<sup>[8,9]</sup>

Cardinal feature of insomnia is loss of sleep. Due to lack of quality and quantity of sleep symptoms that usually appear in a person are-

1. *Angamarda* (body ache and heaviness of body)
2. *Shirogaurava* (headache and heaviness in head)
3. *Jrumbha* (day time drowsiness, yawning)
4. *Apakti* (indigestion)
5. *Bhrama*
6. *Glani*
7. *Tandra*
8. *Vataj roga*

### Samprapti Ghatak Of *Anidra*

<i>Dosha</i>	<i>Vata &amp; Pitta Vriddhi, Kapha Kshay</i>
<i>Dushya</i>	<i>Rasa</i>
<i>Srotas</i>	<i>Manovaha &amp; Rasavaha</i>
<i>Srotodushti Prakar</i>	<i>Atipravritti(Over indulgence)</i>
<i>Adhasthan</i>	<i>Hriday</i>

### Management of *Anidra*(Insomnia)<sup>[10,11,12]</sup>

#### 1) Nidana Parivarjana

Before starting medication for insomnia any other pathological condition (psychiatric, neurological, chronic illness) may be ruled out first and if present should be treated accordingly. Other factors discussed above should be avoided.

#### 2) *Aahar Chikitsa*

Use of *Madhur Rasa Pradhan Dravyas* like meat of humid and aquatic animals, *Shali Dhanya* with *Dadhi*, milk especially buffalo milk. Fruits like grapes, preparation of jaggery

and sugar, recommendation of alcohol is also indicated in *Nidranasha*.

### 3) *Vihara Chikitsa*

- The causes of *Anidra* are attributed to over indulgence in a variety of activities. They are listed below- It is recommended to sleep at regular hours (not too early or too late).
- During sleep time, be entirely at relaxed.
- Suitable sleeping postures that promote an extended posture.
- Dinner should be eaten two to three hours before bed.
- Before going to bed, electronic devices like laptops and mobile phones should be avoided.
- Avoid sleeping during the day.
- Taking a bath before bed may be helpful in induction of sleep.

### 4) *Aushadh Chikitsa*

*Panchkarma Chikitsa* followed by *Shaman Chikitsa* should be advocated. Following *Panchkarma* procedures are beneficial in *Anidra* as according to the need of the patient.

- *Abhyanga* (body massage), *Padabhyanga*, *Shiroabhyang*, *Utsadan*, *Udvartan*
- *Netra Tarpan*, *Karna Pooran*.
- *Shira* and *Mukha Lepa*.
- *Shirodhara* with medicated oils like *Narayana taila*, *Himsagar taila* etc.
- *Pichu* with *Kshirabala taila/Himsagar taila*
- *Takra Dhara*.

In *Bhavaprakasha*<sup>[13]</sup> and *Astanga Samgraha*<sup>[14]</sup> one more karma i.e. *Padabhyanga* is also mentioned for sound sleep as *Nidrapradhkar*.

### 5) Compound formulations

*Mansyadi Kwatha*, *Brahmi Vati*, *Sarpagandhadi Vati*, *Manasmitra Vatak*, *Mahakalyanak Ghrita*, *Smritisagar Rasa*, *Nidrodya Rasa*, *Vatkulantak Rasa*, *Sarasvatarishta*, *Ashvagandharishta*, *Brahmi Ghrita*, *Brahmi Rasayana* etc.

### 6) Yoga for *Anidra*

Yoga reduces stress and improves mental performance along with Insomnia.

- Deep relaxation techniques
- Meditation (*Dhyan*)
- *Yog Nidra*

- *Suryanamaskar*
- *Padmasana*
- *Pascimottasana*
- Mindfull training and breathing exercises
- Practice of *Yama* and *Niyama*
- *Anuloma Viloma*
- *Ujjanini*
- *Bramari*
- *Tadasana*
- *Matsyasana*
- *Bhujangasana*
- *Padmasana*
- *Savasana*

## CONCLUSION

*Nidra* is very essential to replenish the energy level, to relieve the mental stress and settle down the physiological function in the rhythm or harmony. Proper sleep provides balance of the body constituents, alertness, good vision, good complexion, good digestive power as well as happiness, nutrition and long life & hence it is included in *Trayopasthambha*. "*Anidra*" is a diagnostic term that refers to a sleep problem or insomnia. *Anidra* is effectively represented by the list in *Vata Nanatmaja Vyadhi*. *Vata Dosha* is primarily responsible for the disease's manifestation, which also results in *Kapha Kshaya*. *Anidra* losses this rhythm of all physiological and psychosomatic process of person and produces various disease condition like very simple body ache to severe like neurological complication. *Ayurveda* has a great potential and can be a promising alternative in insomnia. Various measures provided in *Ayurveda* whether by avoiding causative factors or with administration of drugs in compound form can certainly manage *Anidra* (insomnia).

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