

ANIDRA: ITS MANAGEMENT THROUGH AYURVEDA

**Abanikanta Sahoo^{1*}, Pramod Kumar Mishra², Neha Verma³, Ghyan Kanwar⁴ and
Maneesh Kumar⁵**

^{1,3,4,5}MD Scholar, PG Department of Swasthavritta, Dr S.R. Raj. Ayurveda University,
Jodhpur, Rajasthan.

²Professor & HOD, PG Department of Swasthavritta, Dr S.R. Raj. Ayurved University,
Jodhpur, Rajasthan.

Article Received on
04 March 2023,

Revised on 24 March 2023,
Accepted on 14 April 2023

DOI: 10.20959/wjpr20236-27751

***Corresponding Author**

Dr. Abanikanta Sahoo

MD Scholar, PG

Department of

Swasthavritta, Dr S.R. Raj.

Ayurveda University,

Jodhpur, Rajasthan.

ABSTRACT

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 Prana Vayu. The level of sleep required to maintain a good state of health, solely depends on the person's constitution or Prakruti. Insomnia is the inability to go to sleep at night, or, once sleep, the inability to have a restful and sound sleep. Acute insomnia is common, and it is brought about by situations such as family pressures, stress, or a trauma. Secondary insomnia is a side effect of another problem such as

emotional, neurological, or other medical and sleep disorders. Causes of Insomnia- Disturbed sleeping patterns, Anger, Overwork, ill health, Worrying, Over excitement, Emotional disorders such as depression, Anxiety, Stress disorder, Neuro logical disorders such as Alzheimer's disease and Parkinson's disease, Arthritis, Use of caffeinated beverages, Smoking, Asthma. Symptoms of Insomnia - waking up too early in the morning, tiredness and fatigue during the day, inability to concentrate, and irritability during the day. Treatment of Insomnia- Panchakarma –Virechana, Basti, Nasya, Shiro Abhyanga, Shiro Dhara, Shiro Basti, Shiro Pichu, Pada Abhyanga. So it a demand of time to know about the real sleep and the disturbed sleep according to Ayurveda and Mordern medicines also. It is very necessary to keep us healthy and maintain pleasure in our lives.

KEYWORDS: *Ayurveda, Nidra, Anidra, Insomnia-Cause, Symptoms & Treatment, Panchakarma.*

INTRODUCTION

Insomnia:- Habitual sleepless-ness 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 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, neuro- logical, 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, Gastrointestinal 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 its 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 Yogini," Charka 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 Prana Vayu, 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 I thinking, strong immunity, happiness, and contentment). It has been proven from re- search 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 de- pends on the person's mindbody constitution or Prakruti, Ayurveda pinpoints three different sleeping disorders which are; Vata Imbalance, Pitta Imbalance, and Kapha Imbalance. (1) Vata imbalance is often as- sociated 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 al- most 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 8-9 hours 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). Prana, Vayn is an auxiliarydosha 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.

Management of insomnia (Anidra)

- 1. Ahara nidan (Food factors)-** There are specific references to the relationship between Nidra and Ahara in the older Ayurvedic writings. Ahita Ahara consumption is regarded as a contributing factor to Anidra. There are some specific points given below: -
 - A heavy, greasy, and spicy meal should not be consumed right before bed.
 - Multivitamin-containing foods (vitamins A, C, E and B-complex vitamins) should be taken.

- Trace mineral-containing foods (magnesium, calcium, zinc and selenium) are good for sleep.
- Green leafy vegetables, wheat, rice, lentils, and dairy products may be advised, but junk food and large meals should be avoided right before bed.

2. Vihara nidana (Activities factors)- 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 phones should be avoided.
- Avoid sleeping during the day.
- Taking a bath before bed may aid with sleep induction.
- Also advised: Mantra and Japa chanting.
- Relaxation technique: Shavasana, Mindfulness meditation, Yog nidra e.t.c

3. Manasika nidana (Emotional factors)- The emergence of Anidra is also influenced by a different set of etiological elements, which are psychological in nature. Either the disease develops as a secondary manifestation during the various stages of other Mano Rogas, such as Apasmara, Vishada, and Chittodvega, or emotional factors, such as Bhaya, Krodha, and Shoka, cause the vitiation of Doshas at the physical and psychological levels, leading to the manifestation of the disease. Anidra is significantly influenced by emotional disturbances like Bhaya, Shoka, and Krodha. Manodoshas become deranged mostly as a result of these circumstances. Even Shareerika Dosha Prakopa is brought on by these emotional elements (Bhaya, Shoka causes Vata Vruddhi, Krodha causes Pitta Prakopa).

4. Ayurvedic herbs for anidra- The ayurvedic treatment for insomnia involves restoring the body's natural equilibrium and sleep-wake cycles. According to the teachings of Ayurveda, a buildup of toxins in the body is what causes the majority of chronic diseases, including sleeplessness. Toxins can be produced and our body's capacity to eliminate them is hampered by poor diet, weak digestion, an overly busy lifestyle, and excessive stress. Accumulated toxins disrupt our metabolism and biochemistry, which includes sleep-related activities.

Top ayurvedic herbs for insomnia are given below-

- **Brahmi (*Bacopa monnieri*)-** One such herb is brahmi, also known as bacopa, which promotes sound sleep, reduces emotional turbulence, and also aids in enhancing focus and alertness. In Ayurveda, brahmi is said to as a brain tonic and is renowned for treating digestive issues. Additionally, it enhances blood circulation, which helps the body's natural healing process even more.
 - **Shankhpushpi (*Convolvulus pluricaulis*)-** The herb Shankhpushpi, a memory enhancer utilised as a brain tonic to stimulate cognition and brain function, is found in Shankhpushpi Kalka. It improves focus and learning skills and aids in the treatment of conditions such as depression, stress, and mental tiredness.
 - **Vacha (*Acorus calamus*)-** Vacha has been used to cure a variety of illnesses in Ayurvedic medicine, including epilepsy, headaches, sleeplessness, etc. It can be taken at bedtime with Amla and Brahmi powder.
 - **Sarpagandha (*Rauvolfia serpentine*)-** Sarpagandha is rich in alkaloids, which have potent sedative properties and can soothe the central nervous system and calm an unsettled mind. As a result, it is an excellent insomnia treatment since it calms the mind and encourages restful sleep at night.
 - **Ashwagandha (*Withania somnifera*)-** This is a general tonic that will give you more energy and lifespan. According to Ayurveda, it improves the coordination of the mind and senses, which is necessary for restful sleep. A half teaspoonful of powder given at bedtime with sugar and ghee or warm milk is the recommended dosage.
 - **Jatamansi (*Nardostachys jatamansi*)-** The concentrations of neurotransmitters like serotonin have been found to rise. One of the best treatments for neurosis, it is a sedative, anti-depressant, and anti-epileptic cardio-tonic that also aids with sleep disorders.
 - **Tagar- (*Valeriana Wallichii*)-** Tagar can help you get a good night's sleep. An exacerbated Vata dosha, according to Ayurveda, renders the nervous system sensitive and causes Anidra (Insomnia). Due to its ability to balance the Tridosha, particularly Vata, Tagar relaxes the nervous system and aids in the treatment of insomnia.
5. **Panchakarma for anidra (Insomnia)-** Is a pathological disorder that causes people to lose sleep as a result of the negative effects of contemporary life and stress. Anidra pathologically, Vata & Pitta, Vriddhiin Rajasik Guna, Shleshma, and Tama Kshaya are all aggravated. Panchkarma therapy is advised for the management of nidra because it calms agitated Vata and Pitta and provides a soothing and shooting effect. Tila Taila,

Sarvang Snehan, Sarvang Swedan with Dashmula Kwath, and Shirodhara with Tila Taila are said to offer significant relief in Anidra. Panchkarma helps to enhance respiratory route and clear stored Kapha, relax the mind, and impart lightness throughout the body, which helps to promote sleep. Blockages in the respiratory channel and accumulation of Kapha can occasionally affect sleep. Vata Parkopa is primarily to blame for anidra. In the Chikitsa of Anidra, Murdhni Taila is specifically mentioned. Additionally, Mano Dosha, like Raja, is a cause of Anidra. In managing Anidra, Shirodhara and Nasya are quite useful. Shirodhara & Nasya have been demonstrated to be superior options for treating Anidra and lowering stress & anxiety. The forehead is subjected to a specific pressure and vibration during the Shirodhara process. The hollow sinus found in the frontal bone amplifies the vibration. Then, through the fluid medium of cerebrospinal fluid, vibration is conveyed inward (CSF). This vibration may cause the thalamus and basal forebrain to function more effectively, restoring serotonin and catecholamine levels to normal levels and promoting 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 + Taila in equal portion
- Vata+Kapha+Rakta-1/2-part Ghrita+1-part Tila Taila

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
- Pdamasana
- Savasana