

**NIDRANASHA AND IT'S MANAGEMENT AS PER AYURVEDA W.S.R.
TO INSOMNIA- A REVIEW ARTICLE**

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ABSTRACT

Nidranasha a sleep disorder is major healthcare concern in many developed countries In *Ayurveda Ahara, Nidra* and *Bramhacharya* is mentioned as tripod of life by *Acharyas*. *Nidra* considered as one of the basic instinct of life which is essential for maintaining health. But due to some reasons like modern lifestyle, work stress, older age, disease related pain, mental illness, night job shift, anxiety and some *Doshas* like *Vata* and *Pitta* etc. are responsible for *Nidranasha*. A condition where the sufferer complains of loss of *Nidra* (sleep) during its natural time i.e., *Ratri* (night) is called *Nidranasha*. *Vatavruddhi* plays a key role in producing *Nidranasha*. The disease is well addressed in *Ayurvedic* literatures. *Nidranasha* is compared to insomnia in contemporary science. Modern medical professionals now recommend a variety of tranquillizers to treat sleeplessness. Which shows dose dependent depression of the central nervous system. It is important to explore the treatment modalities recommended in *Ayurveda*, such as *Nidan Parivarjana, Aahar, Vihar*, and *Chikitsa (Shaman and Shodhan)*. "This review article focuses on the causes of

Nidranasha (insomnia), and its management through *Ayurvedic* approaches."

KEYWORD: *Nidranasha*, Insomnia, *Ayurveda*, *Nidra*, *Alpa Nidra*.

INTRODUCTION

Nidra is one of the *Sthambha* (supporting pillar of life) among the "*Trayopasthambha*."^[1] The *Pradhana Doshas* that contribute to *Anidra* are *Pitta* and *Vata*.^[2] *Vataja Nanatmaja Vikaras*, which reduces the amount of *Nidra*, includes *Aswapna*.^[3] Another view holds that *Alpa Nidra*, in which the quality of *Nidra* decreases, is caused by elevated *Pitta*.^[4] According to the definition, insomnia can be linked to both *Alpa Nidra* and *Nidranasha*. In *Sushruta Samhita* the causative factors of *Anidra* are mentioned as vitiated *Vata* and *Pitta* but it has not been described as a separate disease.^[5] In *Ayurveda*, some of the causes of *Nidranasha* include eating foods that are high in fat and fasting, as well as excessive activity like *Raktamokshana*, *Swedana*, *Anjna*, *Nasya*, *Vamana*, and *Virechana*. Aside from these psychological factors, excessive happiness, grief, and agitation can also lead to insomnia. These include anger, anxiety, and fear. Lack of sleep can raise your risk of heart disease, diabetes, high blood pressure, and obesity.

According to WHO health survey, about 35% of people in India have mild to extreme difficulty related with sleeping.^[6] A person's social, professional, and other functional domains are significantly impacted by insomnia.

Modern medicine treats insomnia with sedatives, antipsychotics, and antidepressants which are costly and often harmful due to side effects. May lead to tolerance, dependence on the pills in order to fall asleep, or abuse of the medication. But *Ayurveda* concentrates on calming disease pathology with *Shodhana*, *Shirodhara*, *Nasya karma*, *Murdha Tail Chikitsa*, *Ayurvedic* formulations^[7] and efficient *Ahara-Vihara* behavior. Additionally, *Yoga* used in *Ayurveda* to cure insomnia.^[8]

AIMS AND OBJECTIVES

- * The purpose of this study was to investigate *Ayurvedic* treatment for insomnia.
- * To study *Nidranasha* and its management through *Ayurvedic Samhita Granthas*'s

MATERIALS AND METHODS

Numerous *Ayurvedic* texts, such as the *Brihatrayi* (*Charaka*, *Sushruta*, *Vagabhata*), *Laghutrayi* (*Kashyapa*, *Bhavaprakasha*), Modern Medicine Books, the Internet, and articles, addressed the pathophysiology, causes, and remedies of insomnia.

DISEASE REVIEW

***Nidranasha* definition**

Any factor that causes the body's *Tama Guna* and *Kapha* to decrease can lead to *Nidranasha*. *Nidranasha* is generally defined as sleep loss or irregularities in the amount and quality of sleep.^[9]

***Nidana* (Causes)**

The *Nidranasha* can be raised by excessive use of *Aahara*, such as *Rukshanna*, *Ratriprabhutashana*, *Upavaasa*, *Visamashana*, *Adhyashana*, *Alpashana*, *Viruddhashana*, and *Atimadhyapana* (alcohol), as well as by the side effects of medication withdrawal, including alcohol.^[10]

Vihara including *Ratri Jagarana*, *Adhika Sharirika Shrama*, *Adhika Diwaswapna*, *Ativyavaya*, an uncomfortable sleeping environment (*Asukha Shayya*), and *Vegavidharana*.^[11]

Manastapa, *Krodha*, *Shoka*, *Bhaya*, *Chinta*^[12] etc.

Poor handling of *Vaman's* *Atiyoga*. *Vata* is vitiated by *Virechana*, *Dhumapana*, *Raktamokshana*, *Vyayam*, and other factors.^[13]

Purvaroop

In none of the *Ayurvedic* books is *Nidranasha's* *Purvaroop* mentioned. Given that this *Vyadhi* is *Vata*-predominant, *Avyakta* is *Purvaroop*.

***Roopa* (Symptoms)**

Sleep deprivation is a cardinal feature of *Nidranasha*.

Additional signs and symptoms include *Jadya*, *Glani*, *Bhrama*, *Apakti*, *Vata rog*, *Angamarda*, *Tandra*, *Shiro rog*, *Shirogaurav*, *Akshigaurav*, and so on.^[14]

***Samprapti* (Aetiopathogenesis)**

Nidranasha is considered a *Vata Nanatamaja Roga*, where the dissociation of an individual from their surroundings occurs when the mind, along with the sensory and motor organs, becomes fatigued. The pathogenesis highlights the significant role of *Manasika Doshas*. Both *Sharirika* and *Manasika* factors contribute to *Vata* vitiation. This impairs the mind's (*Manas*) ability to function properly with *Gyanendriya* and *Karmendriya*, ultimately leading to the pathological condition known as *Nidranasha*.^[15]

MANAGEMENT

Nidana Parivarjan

It is best to stay away from every factor that contributes to *Nidranasha*.

One should avoid the *Vatakara Ahara* and *Vihara* since the *Vata Dosha* is involved in *Nidranasha*.

Aahara Chikitsa

Along with *Gramya mamsa rasa*, *Anup mamsa rasa*, *Mahisha ksheera*, and other concepts, *Acharya Charaka* mentioned the use of *Shali* rice, curd, milk, wheat, *Ikshu*, *Draksha*, etc.^[16]

Vihara Chikitsa

Pleasant and soft *Shayana* (mattress) and seatings, *Yana* (vehicle).

Yoga reduces stress and improves mental health along with *Insomnia*.^[17]

Suryanamaskar

Pascimottasana.

Tadasan

Matsyasana

Bhujangasana

Savasana

Pranayam

Anuloma Viloma

Ujjanini

Bramari

Manasika Chikitsa

Manoanukula Vishaya Grahana, *Manoanukula Shabda Grahana*, and *Manoanukula Gandha Grahana* were all stated by *Acharya Sushruta* as *Mansika Upachara*.^[18]

Aaushadhi Shamana

Ayurvedic herbs are used both in single as well as compound forms. Several drugs with *Medhya*, *Rasayana*, *Nidrajanan*, *Vatashamak* and *Balya* properties are used for the treatment of *Nidranasha*.^[20]

Single Drugs^{[19],[20]}

Sarpagandha churna

Ashwagandha churna
Jatamansi churna
Vacha churna
Brahmi churna/swarasa
Mandukparni churna /swarasa
Shankhapuspi charna/swarasa
Janphaladi churna

Compound form^{[19],[20]}

Mansyadi kwatha
Brahimi vati
Sarpagandhadi vati
Manasmitra vatak
Brahimi Rasayana
Ashwagandharishta
Saraswatarista
Mustarista
Drakshasaya
Punarnavasaka kwatha
Nidrodaya vati

Medicated Oil^[20]

-Himsagar taila, Narayana taila, Kshirabala tails for Panchakarma procedures.

PANCHKARMA THERAPY

In the *Chikitsa* of *Nidranasha*, *Murdha Taila* is specifically mentioned.^[21] *Abhyanga* and *Samvahana* (massage), *Utsadana*, *Udvartana* (rubbing with medicated paste and powder), *Snana* (bath), *Karnapurana*, *Akshitarpan*, *Nasya*, *Shirodhara*, *Shirobhyanga*, and *Padabhyanga* are recommended for optimal results in managing sleep disorders.^{[22],[23]}

Panchkarma therapy supports regular blood flow and lowers the risk of insomnia brought on by hypertension by lowering *Vata*, encouraging sleep, improving circulation, and enhancing respiratory function through *Shrotas*. *Panchkarma* encourages mental calmness and a feeling of rejuvenation. In addition to aiding in the body's waste product detoxification, it also relieves physical fatigue and tension. Additionally, it relaxes and calms the whole body.

Panchkarma therapy balances mental and physical force, which reduces insomnia, while also improving digestion and controlling *Dosha*.^[24]

DISCUSSION

Sleep (*Nidra*) is essential for both mental and physical well-being.^[25] According to *Ayurveda*, various factors such as employment, age, illness, constitution, and certain *Doshas* like *Pitta* and *Vata* contribute to inadequate sleep (*Nidranasha*). These factors directly affect sleep quality and lead to sleep deprivation. In modern science insomnia treated by tranquilizers but continuous use can causes side effect like drowsiness, headache, fatigue, confusion etc. so, we prefer the *Ayurvedic* treatment.

In the treatment of *Nidranasha*, therapies like *Murdha Taila* (medicated oil application on the head) are mentioned specifically. Furthermore, *Mano Dosha* like *Rajas* are also linked to insomnia. Therapies like *Nasya* and *Shirodhara* are highly effective in managing *Nidranasha* and reducing stress and anxiety. During *Shirodhara*, the pressure and vibration applied to the forehead affect the sinus cavity in the frontal bone, and the vibration travels through the cerebrospinal fluid, stimulating the thalamus and basal forebrain. This helps in restoring normal levels of serotonin and catecholamines, which are important for sleep regulation. The *Doshas Vata* and *Pitta* are mainly involved in *Nidranasha*, and purification through *Abhyanga* (massage) for *Pitta* and optimal cleansing through *Virechana* (purgation) and *Basti* (enema) are recommended for *Vata*.

CONCLUSION

In *Ayurveda*, the three sub-pillars of *Aahara* (food), *Nidra* (sleep), and *Bramhacharya* (celebrity) are crucial for preserving an individual's health. This article's primary research focuses on reviewing its causes, its *Ayurvedic* management through therapies like *Nasya*, *Shirodhara*, *Abhyanga* and *Padabhyanga* etc, as well as through the use of both single and compound *Ayurvedic* herbs. It is clear from the above review that sleep has a positive impact on the body and can be treated with various *Ayurvedic* medications.

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