

AYURVEDIC MANAGEMENT IN ANIDRA W.S.R TO PRIMARY INSOMNIA THROUGH VARIOUS ASPECTS.

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ABSTRACT

Ayurveda is an ancient science of life, which nearly related to life style. In this way if we do not obey life style, so many problems may develop in human body. *Nidra* concern as an another term sleep. Sleep is very important phenomenon in an organism and also accepted by modern science because of its restorative function and importance for conservation of energy and growth, So good sleep is best indicator of good health. It affects adversely, if properly not taken by any one and leads to sleep disorders. Primary insomnia is the difficulty in initiating and maintaining sleep, and it is most common sleep complaint in present era. Management of *Anidra* is been dealt in the form of diet routine, medicament and proper life style.

KEYWORD: *Nidra*, Sleep, *Ayurveda*, *Anidra*, Primary Insomnia.

INTRODUCTION

Ayurveda having their own principles including three main pillars (*Tridoshas*) i.e. Vata, Pitta, Kapha, these are supporting by three sub-pillar (Trayopstambhas) i.e. Aahara (Food), Svapna (Sleep), Bramhacharya (Abstinence)^[1] through body itself.

Acharya Charak has described that happiness and misery, proper growth and emaciation of body, good strength and weakness, virility and sterility, knowledge and ignorance, the life and death of an individual these all factors depend on proper and improper sleep that one takes.^[2] *Nidra* is essential in maintaining mood, memory, cognitive performance. It also plays a vital role in the normal function of endocrine and immune system.

Anidra

Anidra is the term used for sleep disturbance or Insomnia in Ayurvedic texts, and also used to indicate a pathological condition in which the patient is devoid of sleep. *Anidra* is one among the Vataja Nanatmaja Vyadhi,^[3] which is more prevalent in the present day due to target oriented work, extended working hours, nuclear

families and stress. Acharya Vagbhata says, when Vata increases it produces loss of strength, sleep and loss of sensory functions.^[4]

Anidra can be co-related with Insomnia in modern era. Insomnia is the condition of inadequate quantity or quality of sleep. It may be a symptom of a depressive illness, anxiety disorder or other psychiatric condition. If both these are optimum according to individual need then it leads to proper physical health and mental well being.

Nidra and its disorders are described in the texts of Charak,^[5] Sushruta,^[6] Vagbhata,^[7] Bhavaprakash,^[8] Harita,^[9] Bhela^[10] and Yogaratnakara.^[11]

Primary Insomnia

Primary Insomnia is difficulty in initiating or maintaining sleep, waking up too early and unable to sleep again, or waking up with a feeling of lassitude and lethargy. Primary Insomnia is not directly associated with any other health conditions. Individual worries excessively during day about not being able to fall asleep and even though taking conscious and intense efforts.

Psychological factor play a major role in the causation of the problem like this. The individual tries more to sleep, the greater the sense of frustration and distress.

Causes

Acharya Charaka has mentioned Nidra as one among the Trayo upastambha which is an essential factor to lead a healthy life like proper diet (Ahara). Nidra is the most neglected part of modern life style where one gives least importance to the timing, duration and quality of sleep so various sleep related disorders are increasing day by day. The causative factors mentioned can be described under following heading:

Dietary cause: Intake of dry foods, barley^[12] and Routine causes: Excessive indulgence in exercise, fasting,^[13] sexual intercourse, hunger, uncomfortable bed.^[14] and Iatrogenic causes: excessive or abnormal use of emesis, purgation, bloodletting etc. and Psychological causes: fear, anxiety, anger, joy, sorrow, greed, agitation.^[15] Working tendency during the night time has increased due to busy life style.

Sign and Symptoms

In Ayurvedic text we get explanations regarding symptoms produced due to holding up of sleep like yawning, body ache, lassitude, headache, heaviness in the head and eyes, inactivity, exhaustion, indigestion and diseases caused by Vata.^[16] Nidra is induced due to Kapha and Tamobhav. Nidra is characterized by Angamarda, Shiro Gourava, Jrumba, Jadya, Glani, Bhrama, Tandra, Apakti and Vatarogas.

Treatment of Anidra

In Allopathic medical science, to overcome this Anidra is trend of inducing sleep artificially by consuming drugs –sedatives, narcotics etc. Such drugs are habit forming and injurious to health. So the world is in search of a proper therapeutic measure, which is effective in the management and cure of this problem with least or no side effects.

In Ayurveda a detailed description about Anidra and its Chikitsa has been mentioned. A set of fairly satisfactory Nidrakar methods had been identified and prescribed by Ayurveda. In Charak Samhita and Bhavaprakasha, treatment modalities that used in Anidra are Abhyanga, Utsadana, Snana, Samvahana, Anupa Mamsa Rasa Sevana, Audhana Sevana with Dadhi, Ksheera, Sneha^[17] or Madhya^[18], Manah Sukhakar Gandha, Shabdah, Samvahan, Netra Tarpana, Shirolepa, comfortable bed and proper time brings sleep, to those who are suffering from sleeplessness.

MEDICINE

Internal therapy- Brahmi, Aswaganda, Draksha, Bhang, Shankhapushpi, Raja Sarshapa.^[19] Palandu, Ikshurasa, Kakmachi, Asuri.^[20]

External therapy- Padaabhyang, Siroabhyang, Chakshutarpana, Karnapurana, Mardana (all are with medicated Sneha).

DISCUSSION

Anidra is described as a symptom, a disorder and even as a complication of many diseases. It is explained as Vata Nanatmaja Vikara and in Vata-Pitta dosha vriddhi it as symptoms of some other diseases. First line of treatment to be adopted is the proper life style, diet and avoidance of causative factors. All the selected drugs have Nidra janya and Vata hara Properties. And Ayurvedic management of Anidra is effective, safe, easily available, affordable and without any adverse effects.

CONCLUSION

Nidra is most important factor for both the normal and sick persons. Good sleep means which is observed properly at proper time that enables us to grow well and enjoy good health. Insomnia becoming progressively a life threatening condition and it also has the tendency to damage ones daily life including personal, social, occupational. In such scenario there are immediate needs for the efficient management of insomnia in natural way, good counseling, usage of herbal medicines, following of proper life style and eradicating the problems from root itself.

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