

To Study the Causes of Insomnia W.S.R. to Anidra

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Abstract:

Background :

There are many mental disorders like Insomnia, Depression, Dementia, Anxiety are due to late night working hours, Excess use of cell phones computer, Televisions, Video games etc there are also many health related problem like insomnia mental disorder disease it is estimated that 40% of all insomnia patients have a coexisting psychiatric condition among the psychiatric disorders depression is the most common and insomnia is a diagnostic symptom for depressive and Anxiety disorders. Ayurveda is Medical sciences describes physical mental and spiritual health mental health is well being of a person as per ayurvedaa nidra which is basically due to aggregation of vata dosh (vatavrudhi). Ayurveda not only the medical science but its sciences of teaching are of living to us also Ayurved is the only sciences tremendous

command over recovering such sleeping disorder and make man free of it.

Aim and objective: To review the literature on anidra - Ayurvedic and modern aspects.

Material and Method: All Information in this articles is collected from Ayurvedic texts, modern texts & journals

Result and conclusion: The review literature shows the insomnia affect the mind of person in various aspect. It follows the tri-upstambh i.e Ahar, Nidra and Bramhachary to avoid the mental disorder insomnia (Anidra)

Key words : Insomnia, Anidra, Tri-upstambh, Vata dosh

INTRODUCTION –

Defination –

In 1979 American medical institute had developed the concept of “unsatisfactory sleep” accordingly modern science defines the concept of insomnia

corresponds to complaint of insufficient sleep every night or being exhausted after the usual sleep time. Insomnia is a complaint or perception of inadequate poor sleep because of difficulty in falling asleep, awakening too early in morning.

Anidra - Anidra (insomnia) is defined as difficulty in maintaining a sound sleep or unable to sleep or waking up without complete sleep.

Importance of Sleep According to Modern Science -

Sleep is the routine biological important for every living being. It nourishes not only body but also the mind to regain, repair and rejuvenate the brain and body cells. It is natural event responsible for the life of a living being for its growth and development. The need to sleep is a fundamental human given importance to get the desired amount of sleep i.e. nights good sleep. Because poor sleep worsens the psychological ability of a person. To get relieved from the uneased condition sleep is required. To get mind in its stable condition a person is desired to get in between power nap or cat naps to recreate the healthy generating powers from mind to body.

Importance of Sleep According to Ancient Science -

Ayurveda has described Nidra as follows

- It maintains healthy and happy life.
- It increases strength.
- It increases the mind and brain power.

In spite all of this some individual attain their normal sleep pattern. Multiple factors like stress, illness, working

patterns, life style, age, emotional disturbances and practicing unhealthy diet are responsible for insomnia. An individual suffering from anidra or insomnia suffers from other medical problems and mood swings related to mind and body.

Tray-upsthamba and its importance -

In day to day life people have to suffer from many health issues. To overcome these problems a person has to keep sound mind in his sound body. The holistic science has suggested many principles, which each and every individual has to practice routinely to maintain a healthy life. Among this one of the principle is Tri-upasthamba. Factors included in Trayopsthamb (sub-supporting) three important pillars of life are aahar (diet), Nidra (sleep) and brahmacharya (celibacy). Aahara (diet) is the first important factor which directly affects the life by causing various affects on health and mind. Diet causes primary effect on digestive tract. Second most important pillar is nidra (sleep) for healthy life. By taking a sufficient and good sleep a person can get prepare for new activities and intellect. Third pillar is bramhacharya (celibacy) means controlled sex, if done at proper time and in proper age it maintains the healthy status of body or becomes harmful for body if practiced in non – scientific manner. Sleep has its own completeness in itself. It is natural biological clock indulgence effect on every living creature in nature for rejuvenation and repair of cells. Sound sleep at night generates the power in mind and body, maintains health, emotional well being. But in today's era a person struggling to get

sufficient amount of sleep in prescribed time. Thus a population is suffering from various unhealthy psychological disturbances with emotional ups and downs which results in multiple psychological disorders.

Ayurveda has its classical references centuries ago, There are many of the researchers showed that improper practicing of sleep can increase the risk of developing obesity, high blood pressure, diabetes or heart disease. A survey in India carried out by WHO had reported 35% respondents that mild to extreme difficulty are associated with sleep. Ayurveda has mentioned various factors affecting Nidra which leads to Nidranasha (insomnia). Classical texts has described its causes, symptoms and its disease.

Now –a- days changing environmental factors and life style affects the quality of sleep and leads to unhealthy status. In charak sutrasthana Acharya has narrated that sleep is the source of strength and weaknss, happiness & misery; growth and waste, knowledge, ignorance, life and death.

In current scenario the life is very competitive and workload over the youths as technologies have advanced this results in insomnia of students, youths, old ages etc which results into restlessness and disturbed sleep. To overcome this issues Ayurveda is the only platform to follow the principles of dinacharya, sadvruttapalan, nidanparivarjana etc. for healthy lifestyle.

Prevalence Rate:

All chronic insomnia suffering population was estimated as 25% Primary insomnia patients. There are

variations in determined insomnia sufferers. Hence insomnia estimation prevalence have varied widely, from 10–40%.

Fatal insomnia - It is a rare sleep disorder which is typically inherited and results in death within few months to few years after the onset. Main symptom is insomnia but the disease also causes a range of other combination of symptoms such as physical coordination, speech and dementia. It is a prion disease of brain. It is always caused by mutation of protein Prp^C. It has two forms. In the autosomal dominant inherited form, it is termed as fatal familial insomnia. It can also develop spontaneously as an non inherited mutation called sporadic fatal insomnia.

Need of study – As the modern era is approaching towards modernization and vast technologies, today's generation has adapted the foreign traditions of lifestyle to attain the high economic status. The prevalence of insomnia is increasing day by day due to which people are dealing with many of the thinking and behavioral consequences which are unable to express and evaluate.

Thus there is a need of awareness among the population and researches has to get at the depth of the ocean of Ayurveda in manas vikara to gather more knowledge regarding manovaha strotas dusti.

Gap in Research – To bridge the gap between the academic and research.

Aim and objective : To review the literature on Anidra - Ayurvedic and modern aspects.

Material and Method : All Information in this articles is collected from Ayurvedic texts modern texts, journals,

e-library.

Literature Review –

Insomnia is the inability to sleep or abnormal wakefulness. It occurs due to systemic illness or mental conditions such as psychiatric problems, alcoholic and drug addiction.

Hypersomnia is the excess sleep or excess need to sleep. It occurs due to lesion in the floor of the third ventricle, brain tumour, encephalitis, chronic bronchitis and the disease of the muscles. It also occurs in endocrine disorders such as myxedema and diabetes insipidus.

Causes of Insomnia –

1. Primary insomnia – It occurs due to its own distinct disorder. Causative factors such as prolonged stress or emotional breakdowns, travelling working schedules that disturbs the routine may trigger primary insomnia.

2. Secondary insomnia - It is occurred due to the effect of other problems such as emotional, neurological, medical or sleep disorders.

Other causative factors -

- Short term insomnia may be caused by stress and upsetting or traumatic event or change to sleep habits.
- Chronic insomnia – Lasts for at least three months and usually relates to secondary problems or a combination of problems which includes

Medical conditions which makes it harder to sleep such as arthritis or low back pain.

Physiological issue such as anxiety or depression.

a) Substance use.

Ayurveda an ancient science which had its own basic principles based on lifestyle disorders. Anidra is among the vataj nanatmaj vikara. diagnostic symptom for depressive and Anxiety disorders. Ayurveda is Medical sciences describes physical mental and spiritual health, mental health is well being of a person as per ayurveda anidra which is basically due to aggravation of vata dosha (vatavrudhi).

Aetio –pathogenesis – Nidra is due to sharirikdosha and manasdosha tama, nidrashleshmtamobhava. Thus any reason which causes decrease in kapha dosha tamoguna in body leads to anidra. Acharya Vaghabhatta and Sushruta has mentioned vata- pitta vriddhi in causing anidra. It is the outcome of various causative factors. Some conditions commonly arises insomnia.

Etiology of Anidra– Ayurveda has described the following causative factors

- Tarpak kapha is auxiliary dosha of kapha and its functioning is to nourish the brain cells which results in restful nights sleep. When these doshas get get imbalance brain cells undergorsd malnourished causing insomnia.
- Prana vayu is also a auxiliary dosha of vata which creates a sensitive nervous system and this together gets aggravated and causes insomnia. It is also linked to depression, anxiety and worrying.
- Sadak pitta is a auxiliary dosha of pita and placed in heart. It controls emotions, spirituality,

decisiveness and desires. Any of the imbalance in these doshas creates a struggle for sufferer such as working too long too hard and becoming very demanding. Thus it ultimately leads to insomnia.

Miscellaneous factors -

Aahar – Dietary intake of food which possesses laghu, ruksha, atyaushna, sheeta, dry in property

i.e. barely, bread, popcorns, chips, burger, fries, cold drinks, excess coffee tea, icecream etc. Viharajhetu– Excess exercise, fasting, hunger, excess practicing intercourse, excess use of mobile, laptops, excess use of vehicles, excess therapeutic uses vaman (emesis), virechana (purgation), basti (enema), nasya (nasal medications), dhooma (medicated smoke), raktamokshana. Living in airconditioned rooms.

Addictions – Smoking

Manasikhetu – Grief, anger, joy, sorrow, greed, crying, obsession, possessive, compulsiveness, anxiety, anxious personality, fearfulness, loneliness, agitation, depression, frustration.

Vyadhijhetu – Pandu, unmad, apasmar, shool etc.

Acharya Charaka has described the following cause responsible for sleep disturbance.

- Work – Karya
- People who work in night shifts or heavy work in nature can suffer with insomnia. Ancient science has advised not to work at night and not to practice day sleep.

- Time/ Age –Kaal
- Second most influencing factor which also causes disturbance in sleep. It is directly related to our life and directly affects our sleep.
- According to age –
 - Infants –Child sleeps most of the day time and in night. But as with increase in age the duration of sleep decreases. This occurs due to the influence of kaphadosha.
 - Middle age – Duration of sleep ranging averagely from 6 to 8 hours.
 - Old age – Due to increase in vatadosha and diminished kaphadosha leads to anidra.
 - Diseased condition –Vikara
 - Diseases affect both body and mind simultaneously thus also causes anidra. The classics have mentioned especially diseases of vatadosha origin which causes insomnia. Increased vatadosha leads to decrease in kaphadosha which ultimately results in anidra.

Constitution – Prakruti

In ancient classic texts there are three basic elements which build human life. These three doshas decide the constitution of man since from birth. These three elements form seven types of constitution which show sleep duration according to their prakruti. Vataprakruti person has short duration of sleep compared to any other constitution. Apart from this vatadosha causes anti kaphadosha properties. Kaphadosha and tama are the only responsible factor for

sleep. Due to virtue of vatadosha there is lack of kaphadosha which leads to insomnia. And also person may deal with khanditnidra, anidra

According to Acharya Sushruta causes of Anidra as follows -

- i. Due to increased condition of vatadosha.
- ii. Due to increased Pitta dosha.
- iii. Because of mental harassment or increased stage of mind.
- iv. Because of emaciation.
- v. Due to injury, hurt or accidents.

Mind also plays vital role in Anidra. Tamoguna of mana creates sleep. Tamoguna is associated with kaphadosha which also helps in generating sleep. When mind gets disturbed due to any of the unhealthy influence it increases rajoguna of mana and thus leads to increase in vatadosha. This increase in vatadosha effects the tamoguna of mana and landing person into insomnia.

Kshaya - Weakness or fatigue also a cause of anidra. Weakness is generally caused by vitiated vatadosha. Apart from this laghu, rukshaguna dry property of vatadosha produces weakness in body.

Abhighat - Injury, accident, hurt may also aggravate vatadosha and cause in anidra. In ancient Ayurveda it is termed as "Abhighatajavikara". Injuries due to trauma can cause discomfort and pain in body which leads to anidra. Shula aggravates the vatadosha in body and causes disturbance in sleep.

Acharya Vagbhata has described five factors for disturbances in sleep causes anidra. Acharya Indu also commented on causative factors on Anidra.

Signs and symptoms –

- i. Glani
- ii. Tandra (Drowsiness)
- iii. Jhrumbika (Yawning)
- iv. Bhrama
- v. Apakti (indigestion)
- vi. Shiogaurav (heaviness in head and headache)
- vii. Angamarda (body ache and heaviness of body)
- viii. Vatajroga.

Management of insomnia –

1) Nidanparivarjana – Getting free from the causative factors. Before starting with the treatment a physician has to understand for pathological condition (chronic illness, psychiatric, neurological disturbances) should be ruled out first search the cause and treat the cause. Factors discussed above should be avoided.

2) Aaharaj –

Practicing madhura rasa predominance dravyas like sneha, dadhi, milk specially buffalo milk (mahiskshiraswapajanananam), flesh of marshy aquatic and humid animals, shalidhanya etc all these food stuffs are responsible for kphavridhi which are responsible in anidra.

Fruits like grapes, jiggery and sugar, puran Madhya are indicated in anidra. Undernourished, canned food, hot, spicy, indigestible food items and excess intake of tea, coffee, cold drinks, alcohol and smoking should be avoided.

3) Viharaj -

Practicing yoga, meditation, pranayama. Living active and healthy

lifestyle both mentally and physically.

Certain activities like abhyang, shiroabhyang, padabhyang, bath, perfumes, pleasant flowers with fragrance, pleasant music also help in calm sleep. One should keep self mind happy and calm without worrying, painful thoughts, greed. Suryanamaskar, tadasana, padmasana relieves stress and calms mind. Bedroom should not be used for watching television. Regular sleep pattern should be practiced. Pleasant music also helps to induce sleep. Day sleep should be avoided.

4) Chikitsa— A) Daiva vyapashraya (Divine Therapy) B) Yukti Vyapashraya (rational therapy).

C) Satvavijaya (psychological Therapy)

Shodhan Chikitsa : Panchakarma chikitsa followed by shaman chikitsa should be practiced. Panchakarma procedures benefit in anidra as per the need of patient like shirodhara, , abhyanga, utsadan, udvartana, netratarpan, karnatarpan, shirapicchu with himsagartaila/narayanataila, shira and mukhalepa.

Shaman chikitsa—

Drugs used in both single as well as in compound forms. Mainly neuro relaxing drugs with properties of medhy, balya, nidra-janan, rasayana, vatshamak used in treatment of insomnia. Drugs like sarpagandha, brahmi, vacha, mandukaparni, jatamansi, jyotishmati.

DISCUSSION –

Anidra can also be said as nidranasha which is enumerated in vatajanatmajavikara. In certain diseases

it is also included as a symptom in vata and pitta dosha vridhdhilakshana. Kaphadosha, hridaya, mana, tamas, and samjnyavahastrotas are responsible for sleep induction. There is a relation between sleep and age. Tridosha has the influence on sleep disturbed patterns. Vata vridhhi causes loss of sleep. Increased pitta dosha ushna and tikshna properties are also responsible for reduction in sleep.

Kshaya weakness or loss of power also causes insomnia. As it is also responsible in deprivation of saptadhatu from their normal function. This condition may lead to individual suffer from insomnia.

Conclusion-

Today's day to day rat race population is dwelling with the stress level which a person has to pay with its mind's calmness. This creates unstable of healthy mind state and causes it to suffer from anidra. Anidra is a purpose of all the age to cause a unease state of mind. So Ayurveda has a great potential and promising alternative in insomnia.

Lifestyle modification –

Insomnia creates struggle for an individual to combat with the daily routine.

i. Aahar – Madhur, ushna snigdha, guru, balya gunatmak aahara. Mahish kshira, grhita, mamsa rasa vishkira and vileshaya, shastishali, godhum, ikshu, draksha, .

ii. Vihara – Padaabhyana, Takradhara, nasya, shirodhara, shiro basti, gatrasya urdhvartana, Pleasant and soft soothing bed, early bedtime,

if a person has night working shift he should practice day time sleep as advisable and need of body. Avoid mobiles, electrical and entertaining gadgets before 15 minutes of sleep.

iii. Aushada –Brahmi, vacha, shankhapushpi, jyotishmati, ashwagandha, parsik yavani etc along with combinations can be used.

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