

CONCEPTUAL STUDY OF ANIDRA AND IT'S MANAGEMENT BY PANCHKARMA
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ABSTRACT

Ayurveda is a holistic life science. Ayurveda recognizes the importance of *Nidra* for health. Ayurveda considered *nidra* as one of the basic instincts of life. Sleeping is a very essential factor for all the living beings. *Anidra* is called as *Insomnia Nindranasha* in *Anidra* an imbalance in *Tarpaka Kapha, prana vyau, sadhak pitta, Tapaka kapha* is sub *dosha* of *kapha* that nourish the brain tissue (cells) and facilitates a good sleep of night. Imbalance of this *dosh* causes poor quality of nourishment of brain tissues, this leading to *anidra sadhaka pitta* is a sub *dosha* of *pitta* and this located in *hridaya*. It controls emotions, desires, decisiveness and spirituality. *Pran vyau* makes the *Tantrika tantra* sensitive, this sensitive *tantrika tantra* (Nervous system) coupled with an aggravated *pran vyau* lead to *anidra*. As per various Ayurveda text *karya, kala, vikar prakurti* are the important etiological factors in *anidra*. In this conceptual study of *Anidra*, the treatment protocol mainly includes some *panchakarma* procedures and same changes in diet and life style. Considering these aspects this study was carried out to find out alternate & safe treatment for *Anidra*.

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

INTRODUCTION

Ayurveda is an holistic life science which not only deals with all types of element but maintain the health of healthy individual all the vital functions of the body are control by the three *stambha* i.e. *vata dosh, pitta dosha and Kapha dosha*. To support these *tri stambha, ahar* (diet) *Nidra* (Sleep) *Brahma charya* (celibacy) are mentioned as *tri upstambha*^[1] (Sub- supportive pillars). Among there *Nidra* (sleep) has very important role in mental and physical health of healthy individual.^[2] According to *Acharya Charak sukha, dukha pusti karshya, bal abala, guna, aguna, jivan and maran* (death) all these factor are depends on proper and improper *nidra*.^[3] As per *susruta* sufficient sleep at night time makes a person free from diseases and gives pleasant mind, full of strength and good complexion, sufficient sleep produces freshness and reduces fatigue.^[4] Mental and physical effect of *Nidra* was well accepted by *Kashyapa* by explaining the relation of milk production in mother with sufficient and comfortable sleep.^[5]

Anidra (Insomnia) is a sleep disorder that is characterized by falling and/ or staying in sleep. There

are two types of Insomnia (a) primary insomnia (b) Secondary insomnia. Primary insomnia means that a person is having sleep problem that are not directly associated with any other health problem. Secondary insomnia means that a sleep problem is because of some health problem i.e. pain, medication, or substance they are using (like alcohol).^[6] Out of every 20 Indians suffers from sleep disorder Indian women (6.5%) out number men (4.3%) when it comes to disturbed sleep. Around 4% Indian men who reported severe / extreme nocturnal sleep problems suffered from severe depression while 3% reported severe anxiety. The statistics were similar for women (3.79%) reporting severe depression and 2.8% suffering from severe anxiety 16% of population suffered from insomnia in India not far 20% far 20% that suffer from insomnia in the west. The findings suggest that sleeplessness epidemic affects an estimated 150 million in developing world. In 20 years, over 260 million people will experience sleep disorders 5% - 6% people aged 50 years and above may be affected by sleep disorders in India.

As per Ayurveda texts *Karya, kala vikar prakurti* are the etiological factors of *Anidra*.^[8] The treatment protocol of *Anidra* has been described is some what similar manner

considering the involvement of *dosha*. The treatment protocol mainly includes some *panchakarma* procedures along with some changes in diet and life style. *Acharya* mainly focus on some *panchakarma* procedures instead of internal medicines. Other pathyies have developed many potent drugs for Induction and maintenance of sleep but they are found to be many side effects. In view of above *panchakarma* procedures found to be safe and result oriented.

AIMS AND OBJECTIVE

1. To study the importance of *Nidra*.
2. To study the cause of *Anidra* in detail.
3. To study the various *panchakarma* procedures effectiveness in the Management of *Anidra*.

Symptoms of *Anidra*

Disturb sleep, late night sleep, insufficient sleep, *shiroshool*, *klam*, *Tandra Angamrda*, *Ajeerna*, *manodourbalya*, Irritability.

Etiology of *Anidra*

Anidra may be the effect of multiple causative factors such as *Ahar* (food habits) *Vihar* (Activities) *Chikitsa atiyoga* (Improper treatment induced) *Manasika* (emotional factors) and *Anya Nidans* (other non specified causative factors). Most of the times the cause of *Anidra* is multi factorial. According to *charak*, *karya*, *kala*, *Vikar* and *prakurti* are the *hetu* of *nindra nasha*.^[9] The people who work in night shift become more prone to disturb sleep. As per *Ayurveda* proper time of sleep is at night. The second factor in *nidra nasha* etiology is *kaal* which refers to time or age. In infant age child sleeps most of the time of day and night but with increasing age duration of sleep decreases. This variation in sleep duration or patterns more or less related to the predominance of *doshas* as *kapha* predominance in infant and *vata dosha* pre dominance in old age. Some diseases may also cause the disturbance in the *nidra*. The diseases of *vataja* origin can cause *anidra prakruit* or body constitution shows variation sleep duration. According *sushruta* causes of *anidra* are aggravation of *vata* and *Pitta dosha*, *mana santap* (excessive exhaustion of mind) *dhatu kshya* (weakness) and injury (due to accident, hurt or any injury).^[10] According to *astang samgrah* causes of *anidra* are *Kal* (Time of day or old age) *shram* (Busy life style) *kshaya* (*Dhatu kshay*) (weakness), *vyadhi* (some diseases) and aggravation of *vata & pitta dosha*.^[11]

Benefits of Sleep

Sleep helps keep your heart healthy, sleep reduces stress, sleep improve memory, sleep help control body weight issues, sleep reduces, your chances of diabetes. Sleep reduces the occurrence of mood disorders. Both western medicine and *Ayurvedic* understanding of sleep have very similar definition interim of sleep patterns being cyclical. In western there are 5 stages of sleep, in *Ayurveda* there are 3 stage of sleep, and both practices emphasize strong rhythms in sleep. Also both strongly

associate good quality of sleep as essential to one' over all good health.

Treatment of *Anidra* in *Ayurveda*

In *Ayurvedic* classics the treatment protocol of *Anidra* has been descried the treatment protocol of *anidra* has been described in meticulous manner. In all classics it has been explain more or less similar manner's considering the involvement of *dosha*. It includes performing certain *panchkarma* procedures in routine changes in *aahar* and *vihar* with or without internal medication as needed certain procedures like *abhyanga* specially *sarvanga abhyang* (full Body message) *udvartan* after ward bath *murdha tailam*, *karnapurana*, *akshitarpana* and application of *lepa* on face and head.^[12] In *bhavprakash* and *Astang samgaraha*, one more *karma* i.e. *padabhyanga* is also mention as *Nindrprasadkar* (i.e. (sound steep)).^{[13][14]}

Murdhataila: Anointing the head with oils is of four kinds *Abhanga* (massage with oil over the head) *pariseka* (poring oil over the head) *pichu* (putting a cloth soaked in oil over the head) and *Basti* (making the oil to stand on the head) each succeeding one stronger than its proceeding.

DISCUSSION

When the mind and the sense organ are tired and retract from their respective functions then the person goes to sleep^[15] and when the person characterized by difficult in failing and not staying in sleep, he may will be *dukha* (un happiness) *karshya*, *abala* (weakness) *klabya* (impotency) *aghayana* (impaired knowledge). It means proper sleep lead to *Arogya* (health) and (health) and *sukha* (happiness).^[16] *Anidra* (Insomnia) is a *vataja nanatmaj vikara*.^[17] When quantity and quality of *nidra* reduced *vata & pitta* are the *pradhan dosha* contributing in the *samprapti* of *Nidranasha*.^[18] *Aanidra* is also included as one of the symptoms in *vata pitta dosha vruddhi lakshanam* and certain disease, *kapha dosha tamas*, *hridaya* and *sanghaya vaha strotas* are responsible for the inducing sleep.

CONCLUSION

Ayurvedic Management for sleep (*Anidra*) disorder varies according to the individual and the actual causes of the conditions, and the treatment will be done through balancing and bringing to the disharmonized *doshas* back into its natural state of harmony. Treatments for sleep disorders include *panchakarma* therapies, internal medicines, *rasayan* therapies, *yoga* and *meditation*. *Aroma* therapy, *pranayama* plus other *yogic* practices and life style change management including diet, regime all from part of *Ayurvedic* treatment for *Anidra*.

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