

ROLE OF AYURVEDA IN MANAGEMENT OF PRIMARY INSOMNIA**Dr. Punam Kumari*¹, Dr. Vinod Kumar², Dr. Sunayana Sharma³ and Dr. Anupam Pathak⁴**¹PG Scholar, ²PG Scholar, ³Associate Professor, ⁴Professor and HOD
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ABSTRACT

Ayurveda is an ancient science of life, which is nearly related to life style .In this if we do not obey life style, so many disease may develop in human body. Nidra concern as an another term sleep. Sleep is very important phenomenon in a organism, and it is accepted by Modern science also because of its resporative function and importance for conservation of energy and growth, so good sleep is best indicator of good health. It affects adversely if not taken by anyone and leads to sleep disorders. Primary insomnia is the difficulty in initially and maintaining sleep. Primary insomnia is most common sleep complaint in present era. Management of Anidra is done in the form of diet routine, medicaments and proper life style with meditation follow up.

KEYWORDS: Nidra, Sleep, Anidra, Primary Insomnia.**INTRODUCTION**

Ayurveda having their own principles including three main pillars(Tridoshas)i.e. Vata, Pitta and Kapha are described as Tristhuna, and three supportive pillars (Trayopstambhas) i.e. Aahara(food), Svapna /Nidra(sleep) and Bramhacharya(Abstinences) Acharya charak has described that happiness and misery, growth and emaciation of body, good strength and weakness, Virility-Sterility, Knowledge and ignorance. Life and death of an individual, these all factors depend upon proper and improper sleep.

The importance of Nidra is well accepted by modern science also and it is essential in maintaining mood, memory and cognitive performance. It also plays vital role in the normal functions of Endocrine and Immune system.

Anidra

Anidra is term used for sleep disturbance or Insomnia in Ayurvedic texts and it is also used to indicate a pathological condition in which the patient is devoid of sleep. Anidra is one among the Vataja Nanathmaja Vyadhi. Acharya vagbhata says when vata increase it produce loss of strength, sleep is loss of sensory functions. When both the Quantity and Quality of sleep are optimum according to individual need then it leads to proper physical health and mental well being. Sleep and its disorders are described in texts of Charaka^[1], Sushruta^[3], Vagbhata^[7], Bhavaprakas^[8], Harita^[11], Bhela^[9] and yogratnakara.^[10]

Primary Insomnia

Symptoms of primary insomnia is the difficulty in maintaining sleep, waking up too early and unable to sleep again and waking up with a feeling of lassitude and lethargy. Patient is not directly associated with any other health condition. Patient not related to any mental disorders and physical condition. Individual worries excessively during day about not being able to fall asleep and even though taking conscious and intense efforts. Psychological factors play a major role in the causation of problem like this. The individual tries more to sleep, the greater the sense of frustration and distress and even worse is the sleeplessness that follows.

Causes

Nidra is one among the Trayopstambhas in Ayurvedic classics. 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 headings.

Dietary Causes

Intake of dry foods, barely routine “excessive indulgence in exercise, fasting sexual intercourse, hunger, uncomfortable bed.

Iatrogenic Causes

Excessive or abnormal use of emesis, purgation, nasal rhinitis blood- medicated form of smoke, sadation, collyrium fasting.

Psychological Causes

Fear, anxiety, anger, joy, sorrow, greed, agitation.

Working tendency during the night time has increase due to busy lifestyle.

Signs and Symptoms

In Ayurvedic text we get explanations regarding symptoms. symptoms produced due to holding up sleep like yawning, bodyache, lassitude, headache, heaviness in the head and eyes, inactivity, exhaustion, giddiness, indigestion and disease caused by vata [6]. disturbed sleep also causes unpleasantness, emaciation, weakness, impotency, ignorance and finally culminating into death.[3] Nidra is induced due to Kapha and Tamobhava.[6] The symptoms of Anidra are: Angomarda, Shirogaurava, Jrumbha, Jadya, Glani and Bhrama. Anidra is correlated with insomnia in modern era. It may be a symptom of depressive illness, anxiety disorder or other psychiatric condition.

Treatment of Anidra

In Allopathic medical science, Insomnia is normally treated with Anti- depressant, tranquilizers and sedatives. Initially these drugs are gives considerable relief but continuous and long term used may cause various adverse effects including drug dependency. Need has always been felt to develop certain Ayurvedic treatment modalities for the management of Anidra which is effective, safe, easily, available affordable and without any adverse effects.

Management of Anidra according to Ayurvedic samhitas are in the form of diet, lifestyle (routine) and medicine.

Diet

Intake of buffalo milk, ghee, fish, juice of sugarcane, wine 18.

Routine

Siroabhayanga, both pleasant smell and sound, padaabhayanga leading life without tension and greed.

MEDICINE**Internal therapy**

Single drug therapy – Brahmi, Aswaganda, Draksha, Bhanga, Shankhapuspi, Jatamansi, Ahiphena, Kusmanda, Yamini, Pippali moola, Sarpagandna, punarnava, Karpura, Parasika yavani, Katutumbi, Jatiphala, Apamarga moola, Khas Khas, Raja Sarshapa, Palandu, Ikshurasa, Potaki, Tila, Trikata, Vartaka kakmachi, Asuri20 all the single drug to relief Anidra.

Compound Drug Therapy

Vidaryadi kashaya, Drakshadi kashaya, Vidaryadi ghritha, Kalyanka ghritha, Aswagandharishta, Draksharishta, Chandanasava Nidroyarasa, Aswagandha Ksheerpaka.

External Therapy

Padabhayanga with medicated oils Dhanvantaram taila, Ksheerbala taila, Mahanarayana taila, Chakshustarpana

with Triphla ghee and Siroabhayanga with Murdhani taila, Karnpoorna, Murdana (mildly pressing the body).

DISCUSSION

Anidra is described as a symptom, a disorder and even as a complication of many disease. It is explained as Vata Nanatmaja Vikara and in Vatta Pitta dosha vriddhi it as symptoms of other disease. The first line of treatment to be adopted is the proper lifestyle, diet and avoidance of the causative factors. All the selected drugs have Nidrajanka and Vatahara properties . The treatment of Anidra should depend on the majors having pacifying effect on Vata of person.

CONCLUSION

Nidra is one of the essential factor to lead a healthy life like proper diet. Acharya charaka has explained Sukha, Dukha, Sthoola, Krusha, bala, Abala and death, life depends on Nidra. Only a healthy body and sound mind can have a sound sleep. Insomnia becoming progressively a life threatening condition and it also has the tendency to damage one's life including personal social, occupational.

In such a condition there are immediate needs for the efficient management of insomnia in natural way, good counseling, usage of herbal medicines, following of proper lifestyle (aahara vihara) and eradicating the problems from root itself.

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