



## REVIEW OF AYURVEDIC MANAGEMENT OF ANIDRA W.S.R TO INSOMNIA.

Gokarna chavan<sup>1</sup>, Chanabassavanna BM<sup>2</sup>, Asharani H<sup>3</sup>, Nivedita R<sup>4</sup>.

1 P.G. Scholar, Department of Panchakarma, N.K.J. Ayurvedic medical college and P.G. Center Bidar Karnataka, India.

2 HOD and Professor of Panchakarma department, N.K.J. Ayurvedic medical college and P.G. Center Bidar Karnataka, India.

3 Assistant Professor of Panchakarma department, N.K.J. Ayurvedic medical college and P.G. Center bidar Karnataka, India.

4 Assistant Professor of Panchakarma department, N.K.J. Ayurvedic medical college and P.G. Center Bidar Karnataka, India.

Corresponding Author: [gokarna.ac94@gmail.com](mailto:gokarna.ac94@gmail.com)<https://doi.org/10.46607/iamj2010122022>

(Published Online: December 2022)

## Open Access

© International Ayurvedic Medical Journal, India 2022

Article Received: 19/11/2022 - Peer Reviewed: 05/12/2022 - Accepted for Publication: 18/12/2022



## ABSTRACT

*Nidra* is caused due to *Sharirik dosha Kapha* and *Mansik dosha tama* So any reason which causes a decrease in *Kapha* and *Tama guna* in the body leads to *Anidra* Acharya Vagbhatta and Sushruta have mentioned *Vata-pitta vridhi* in *Nidranasha* in Ayurveda *Anidra* in considered as a one of *Nanatmaja vatavyadhi*. *Ahara*(food), *Nidra* (Sleep), and *Bramhacharya* are described to be the *Trayopasthamba* (Three supportive pillars). Hence forth, Sleep is one of the essential factors to lead a healthy life. It has been rightly stated by Acharya Charaka that happiness & misery. proper & improper growth, good strength & weakness, potency & sterility, knowledge & ignorance, and life & death of an individual depend on proper and improper sleep. In modern science, *Anidra* is compared with Insomnia. Now a days modern medicine doctors prescribe different types of tranquillizers for the treatment of insomnia. In the initial days of treatment, these medication gives considerable relief but continuous and long-term use of these medicine results in adverse effects. Hence attainment is made to see the Ayurvedic management of *Anidra*.

**Keywords:** *Anidra*, Insomnia, *Upasthamba*, *Ayurveda*.

## INTRODUCTION

Ahara, Nidra, and Brahmacharya are the 3 *upasthamba* of life<sup>1,2</sup>, if it maintains and followed in a proper manner it maintains the body strongly just as pillars support a building. Nidra is a special state of mind in which the mind is not associated with any type of *Indriyas*. This detachment from the *bahya vishaya* results from the tiredness of the body as well as the mind. Nidra is also called *Vaishnavi maya*<sup>3</sup> which provides nutrition to maintain good health like Lord Vishnu who nourishes and sustains this world. Acharya Charaka mentioned when the mind gets exhausted or becomes inactive and *karma* and *gya-nendriya* become inactive then the individual gets to sleep. Acharya Sushruta described the sleep occurs when the *Hrudaya* the seat of the *Chetana* is covered by *Tamas*. Acharya Vagbhata in *Astanga Sangraha* stated that Nidra is caused by *Tama guna* due to *avarana of kapha*. Nidra should never be suppressed if withheld it causes *Jrambha, angamarda, tandra, Shirshoola, akshigouravam, etc. Sukha-dukha, pusti-kasharya, bala-abala, vrushta-klibata, dnyana-adnyana, jivan-maran* all are depended upon the proper sleep.<sup>4</sup> Nidra comes due to *Sharirika dosha kapha* and *mansika dosha Tama* so any reason which causes a decrease in *kapha* and *tama guna* in it leads to *Anidra*<sup>5</sup>. In Ayurveda, *Anidra* is considered one of the *vataja nanatmaja*<sup>6</sup> *vyadhi*. Acharya Vagbhata and Acharya Sushruta have mentioned *vata-pitta vridhi* in *Nidranasha*<sup>7</sup>. In modern it can be correlated with Insomnia. It is defined as difficulty in sleep. It is a common sleep disorder. Approximately 30 to 40% of people are affected by insomnia and the incidence goes on increasing day by day because excessive caffeine, alcohol consumption, drug abuse, smoking, and

poor sleep habits play an important role in developing Insomnia.

**DEFINITION OF ANIDRA:** Any reason which causes a decrease in *kapha* and *tama guna* in the body leads to *Anidra*.

*Anidra* is broadly defined as the loss of sleep or the derangement in the quality and quantity of sleep.

**SYNONYMS OF ANIDRA:-** *Anidra, Nidranasha, Aswapna, Nidrakshay, Alpanidra*

**NIDANA OF NIDRANASHA:-**

*Aaharaja nidana*- Excessive consumption of Aahar like *Rukshanna, Ratriprabhutashana, Upavaasa Visamashana, Adhyashana, Alpashana, Viruddhashana, Atimadhyapana* (Alcohol), Drug withdrawal effects (including Alcohol) can raise the *Anidra*<sup>8</sup>.

**Viharaj Nidan:** *Ati Dhumpana Sewan, Ratri Jagarana, Adhika Sharirika Shrama, Adhika Diwaswapna, Ativyavaya*, and uncomfortable sleeping environment (*Asukha Shayya*), *Vegavidharana* are a responsible factors for *Anidra*.

**Mansika nidana ;-**

*Chinta, Bhaya, Shoka, Krodha, Manastapa*<sup>9</sup>, etc.

Improper treatment:- *Atiyoga of vaman, Virechana, Dhmapana, Raktamokshana, vyayam*<sup>10</sup>, etc causes the vitiation of *vata*.

Other factors:-

*Ativyayama, Rogi person, Vata prakrati person.*

**Purvarupa:-**

*Purvarooopa* of *Anidra* is not mentioned in any Ayurvedic classics. This is *vata* predominant *Vyadhi*, so *Avyakta* is *purvarooopa*.

**ROOPA:-**

A Cardinal feature of *Anidra* is loss of sleep. Due to lack of sleep symptoms usually appears as follows<sup>11,12</sup>.

Table No 1:

Rupa	Ch.	Su.	A.H	A.S
Jrambha	+	+	+	+
Angamarda	+	+	+	+
Tandra	+	+	+	+
Shiro roga	+	-	-	-
Shirogaurav	-	+	+	+
Akshigouravam	+	+	-	-

Jadya	-	-	+	+
Glani	-	-	+	+
Bhrama	-	-	+	+
Apakti	-	-	+	+
Vata rog	-	-	+	+

Table 1: Rupa( symptoms).

**Samprapti:-**Anidra is considered as *Vata Nanatama-ja Roga*. If an individual falls asleep when his mind including the sensory and motor organs gets exhausted, they dissociate themselves from their objects. *Manasikadoshas raja* plays an important role in pathogenesis. *Vata* vitiation occurs due to both kinds of etiological factors i.e *Sharirik* and *Mansik*. Impairment of psychosomatic functions of mind restrict detachment of *Mana* from *Gyanendriya* and *kar-mendriya*<sup>13</sup>This ultimately results in the pathological stage of *Anidra*.

#### CHIKITSA

**NIDANA PARIVARJANA** one should avoid all causative factors which results in *Anidra*. In *nidranasha vata dosha* is involved so one should avoid the *vatakara ahara* and *vihara*.

#### AAHARA CHIKITSA:-

Acharya charaka mentioned *Gramya mamsa rasa*, *Anup mamsa rasa*, *Mahisha ksheera*, etc. use of *Shali* rice, curd, milk, wheat, *ikshu*, *draksha*, *mishri*, etc

#### VIHARA CHIKITSA:-

Practicing yoga and meditation like *Pranayama*, *Sur-yanamaskara*, *tadasana*, etc relives stress and calms the mind. Practicing *Shiroabhyanga*, *Samvahana* induces sleep.

#### Manasika chikitsa:-

Acharya charaka mentioned *Mano anukula vishaya Grahana*, *Manoanukula shabda Grahana*, and *Manoanukula gandha Grahana* as *mansika upachara*.

#### SHAMANA AAUSHADHI CHIKITSA:-

##### SINGLE DRUGS:-

1. Sarpagandha churna - 2 gm/bd It is a powerful tranquilizer and induces sleep.
2. Ashvagandha churna- 3 gm churna is used two times a day with sugar and ghrita before a meal.

3. Jatamamsi churna - 50mg to 1gm two times a day with milk after a meal. It relaxes the nervous system. It is used to tranquilize.
4. Vacha churna - dose is 1-2 gm Bd.it is a mind-calming herb that cures tension and depression.
5. Brahmi churna - 1-2 gm Bd with milk and sugar.
6. Mandukparni churna - 1-2gm Bd with milk and sugar.
7. Shankhapushpi churna - 1-2gm Bd with milk and sugar.
8. Parsikayavani churna:- 575mg churna is used twice a day with honey.
9. Jatiphaladi churna 3-6 gm chuma is used twice a day with ghee.

#### COMPOUND FORMULATION:-

1. Saraswatarista - 15 to 30 ml/Bd with equal quantity of water A/F
2. Ashvagandharista - 10-30ml/Bd with an equal quantity of water
3. Mustarista - 10-30ml/Bd with equal quantity of water A/F.
4. Drakshasava - 10-30 ml/Bd with equal quantity of water A/F
5. Apamarga kashaya - 10-30ml/Bd with water after food
6. Punarnavastaka kwatha- 10-30 ml with water after food.
7. Nidrodaya vati - 1 tab/bd with water after food.
8. Sarpagandhaghan vati - 1-tab/hs with water.
9. Vedic calm - 1 tab/Bd after food with milk.
10. Manasmitra vati - 1 tab/Bd after food with milk.

#### PANCHAKARMA CHIKITSA

Virechana- expels toxins, pitta dosha, and dusti kapha, therefore, balances normal doshahar. Abhyanga -( Abhyanga with medicated vatahara oil) Padaabhyanga -foot massage with vatahara oil & Mastu. Akshi tarpana - retaining oil over eyes. Samvahana (gentle pressure on the body) Moordhini taila shiro pichu-with ksheerabala taila, Brahmi taila,

etc, Shiroabhyanga (massaging oil results in calm mind & induces sleep), *Shirobasti, Shirodhara, Shiro lepa*

**OTHER MANAGEMENT OF ANIDRA** Comfortable bed and a comfortable room should be used.

Maintaining regular time for going to sleep. Do not indulge in any type of work or reading till late at night. Should be devoid of thought tension before going to sleep. Hearing soft, calm music before going to sleep. 5-10 min. meditation before going to sleep, and washing hands, feet, and face before going to sleep. Proper evacuation of stool and urine before going to sleep. Maintenance of adequate privacy and free from disturbance.

**PATHYA-** Practicing yoga and pranayama., Regular sleep patterns should be followed. use of Ksheer, Shali rice, Etc, and Proper evacuation of stool and urine.

**APATHYA-** Avoid Smoking, tea, coffee, or alcohol at night before going to bed. Avoid late-night work or reading and avoid tension before going to bed. Avoid day sleep.

## CONCLUSION

*Nidra* is one of the important aspects of life. Disturbed sleep causes a high risk of a lot of physical and mental abnormalities and most of the patients suffering from insomnia have negative emotions like *krodha, Bhaya, Shoka and Chinta*, etc. The problem of insomnia currently increasing day by day due to the stressful life. Ayurveda literature established various therapeutic measures in the management of Anidra such as avoiding causative factors, administration of drugs in single or compound form, *Shodhan chikitsa, Panchakarma chikitsa* and regulation of *ahara -vihara*, etc are the best way to treat *Anidra. Medhya* herbal formulations contain drugs having

anti-anxiety and anti- stress effect activity and also provide beneficial results to keep the patient anxiety free and stress-free to induce normal sleep to lead to a healthy and happy life.

In modern science it is treated with sleeping pills .sleeping pills cause many sides effect like tingling, dizziness, peripheral neuritis, etc. so Ayurveda has great potential to treat Insomnia.

## REFERENCES

1. Acharya VYT (2007) Agnivesha, Charak Samhita, with Ayurved Dipika, Choukhambha orientalia, varanasi, 11/3.
2. Hemadri AAR, Krishnadas (2005) Vagbhata, Ashtanga Hridya with Sarvang Sundari, Varanasi, Sutra sthana, 7/52.
3. Trikamji Y (2005) Sushruta, Sushruta Samhita with Nibandh sangraha and Nyaychandrika, Choukhambha orientalia, Varanasi, Sharira sthana, 4/32.
4. Acharya VYT (2007) Agnivesha, Charak Samhita with Ayurved Dipika, Choukhambha orientalia, Varanasi. Sutra sthana, 21/36.
5. Trikamji Y (2005) Sushruta, Sushruta Samhita with Nibandh sangraha and Nyaychandrika, Choukhambha orientalia, Varanasi, Sharirasthana, 4/55.
6. Acharya VYT (2007) Agnivesha, Charak Samhita with Ayurved Dipika, Choukhambha orientalia, Varanasi, Sutra sthana, 18/36.
7. Hemadri AAR, Krishnadas (2005) Vagbhata, Ashtanga Hridya with Sarvang Sundari Varanasi, Sutra sthana, 7/40.
8. Acharya VYT (2007) Agnivesha, Charak Samhita with Ayurved Dipika, Choukhambha orientalia, Varanasi, Sutra sthana, 21/55-57.
9. Acharya VYT (2007) Agnivesha, Charak Samhita with Ayurved Dipika, Choukhambha orientalia, Varanasi, Chikitsa sthana, 3/115.
10. Acharya VYT (2007) Agnivesha, Charak Samhita with Ayurved Dipika, Choukhambha orientalia, Varanasi, Chikitsa sthana, 28/15
11. Gupt KA, Krishnadas (2002) Vriddha Vagbhata Ashtanga Sangraha, Varanasi, Sutra sthana, 9/43.
12. Hemadri AAR, Krishnadas (2005) Vagbhata, Ashtanga Hridya with Sarvang Sundari, Varanasi, Sutra sthana. 7/64.
13. Acharya VYT (2007) Agnivesha, Charak Samhita with Ayurved Dipika, Choukhambha orientalia, Varanasi, Sutra sthana, 08/20-21.

**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: Savita et al: Review of Ayurvedic Management of Anidra W.S.R to Insomnia. International Ayurvedic Medical Journal {online} 2022 {cited December 2022} Available from: [http://www.iamj.in/posts/images/upload/3387\\_3390.pdf](http://www.iamj.in/posts/images/upload/3387_3390.pdf)