Ayurvedic Management of Anidra W. S. R. to Insomnia – A Review

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ABSTRACT

Introduction: Mansik dosha tama and Sharirik dosha Kapha are the causes of nidra. Consequently, Anidra results from any because that lowers the body’s levels of Tama and Kapha guna. Vata-pitta vridhi is stated by Acharya Vagbhata and Sushruta in Nidranasha in Ayurveda. Anidra is regarded as one of the Vatavyadhi Nanatmaja. The Trivopasthamba are defined as Ahara (meal), Nidra (sleep), and Bramhacharya (three supporting pillars). From now on, getting enough sleep is crucial for maintaining good health. Acharya Charaka has correctly said that appropriate and improper sleep determines happiness and misery, proper and improper growth, good strength and weakness, potency and sterility, wisdom and ignorance, and life and death for a person. Anidra is compared to insomnia in contemporary science. Modern medical professionals now recommend a variety of tranquillizers to treat sleeplessness.

Materials and Methods: The Brihattrayi and its commentaries, the Laghutrayi, as well as other Ayurvedic and contemporary texts, provided information on Anidra (Insomnia).

Results: Ayurvedic classics including Madhura-Snigdha Anna, Gramya-Audaka-Anupa Rasa, Shali-Godhuma-Pishisthina, Dadhi, Ksheera, Madhya, and Sneha all discuss how to handle sleeplessness. Insomnia might also benefit from panchakarma treatments like Nasya, Utsadana, Shirodhara, Abhyanga, Udavartana, and Samvahana.

Conclusion: These medications provide significant relief during the first few days of treatment, but long-term use and continuing use have negative side effects. Thus, an attempt is made to view Anidra’s Ayurvedic management.

1. INTRODUCTION

The three upasthambhas of life are Ahara, Nidra, and Brahamacarya. If they are maintained and followed correctly, they maintain the body strongly, just as pillars support a building.[1] A unique mental state known as nidra occurs when there is no association between the mind and any kind of Indriya. This disengagement from the bahya vishaya stems from both physical and mental exhaustion. Vaishnavi maya, also known as Nidra, is a form of nourishment that promotes health, much like Lord Vishnu does to sustain and nourish this world.[2] According to Acharya Sushruta, sleep happens when Tamas covers the seat of Chetana or Hrudaya. According to Acharya Vagbhata of the Astanga Sangraha, avarana of kapha causes Tama guna, which in turn causes Nidra. Nidra should never be denied because doing so can result in Jrambha, Angamarda, Tandra, Shirshoola, Akshigouravam, and other problems. Sukha-dukha, bala-abala, vrushta-klibata, drynaaadnyana, jivan-marana, and pustikasharya all depend on getting enough sleep.[3] Any factor that results in a reduction of kapha and tama guna may lead to anidra. Nidra arises from Sharirika dosha kapha and mansika dosha Tama.[4] These days, it is associated with insomnia. It is described as having trouble sleeping. This sleep ailment is widespread. About 30–40% of people suffer from insomnia, and the prevalence is rising daily as a result of factors including smoking, drinking too much alcohol, abusing drugs, excessive caffeine use, and bad sleeping habits.[5]

1.1. Aims and Objective

• The aim of this study was to study insomnia and how it is treated in an Ayurvedic context.
• To study about Anidra and its Management from Ayurvedic Samhita Granthas.

2. MATERIALS AND METHODS

• The causes, pathophysiology, and treatments of insomnia were reviewed in a variety of Ayurvedic literature, including the

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3. REVIEW OF LITERATURE

3.1. Definition of Anidra

Anidra arises from any cause that results in a reduction of tama guna and kapha in the body. The general definition of anidra is the loss of sleep or abnormalities in the quantity and quality of sleep.[6]

3.2. Nidana

3.2.1. Aaharaja nidana

Excessive consumption of Aahar such as Rakshanna, Ratriprabhutasavana, Upavasa Visamashana, Adhyashana, Alpashana, Viruddhashana, Atimadhyanpana (Alcohol), and drug withdrawal effects (including alcohol) can raise the Anidra.[7]

3.2.2. Viharaj Nidan

Ati Dhumpana Sewan, Ratri Jagarana, Adhika Sharirika Shrama, Adhika Diwaswapna, Atiyavaya, and uncomfortable sleeping environment (Asukha Shavya) and Vegavidharana are a responsible factor for Anidra.

3.2.3. Mansika nidana

Chinta, Bhaya, Shoka, Krodha, Manastapa, etc.

3.2.4. Improper treatment

Atiyoga of Yaman. Virechana, Dhumapana, Raktamokshana, Vyayam, etc. causes the vitiation of Vata.[8]

3.2.5. Purvarupa

There is no mention of Anidra’s purvaroopa in any of the Ayurvedic texts. Since this is a vata-predominant Vyadhi, Avyakta is purvaroopa.

3.2.6. Roopa

A Cardinal feature of Anidra is loss of sleep.

Another symptoms-Jrumbha, Angamarda, Tandra, Shiro rog, Shirogaurav, Akshigaurav, Jadya, Glani, Bhrama, Apakti, Vata rog etc.[9]

3.2.7. Samprapti

It is said that Anidra is Vata Nanatamaja Roja. An individual dissociates themselves from their objects if they nod off when their mind, along with their sensory and motor organs, become fatigued. Pathogenesis involves a significant role for Mansika doshas Raja. Both types of etiological factors – Sharirik and Mansik – cause vata vitiation. Mana’s ability to separate from Gyanendriya and Karmendriya is restricted by impairment of psychosomatic mental functions. In the end, this leads to Anidra’s pathological stage.[10]

3.3. Management

3.3.1. Nidana Parivarjana

All of the contributing elements that lead to Anidra should be avoided. Since vata dosha is engaged in nidranasha, one should stay away from the vatakara ahaara and vihara.

3.3.2. Aahara Chikitsa

The use of Shali rice, curd, milk, wheat, ikshu, draksha, mishri, etc. was mentioned by Acharya Charaka along with Gramya mamsa rasa, Anup mamsa rasa, Mahisha ksheera, etc.

3.3.3. Vihara Chikitsa

Stress is released and the mind is calmed by engaging in yoga and meditation practices including tadasana, suryanamaskara, and pranayama.

3.3.4. Mansika Chikitsa

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

3.3.5. Shamana Aushadhi

According to Ayurveda some single herbs and compound medicine used in Insomnia the are-

3.4. Single Drugs

- Sarpagandha churna
- Ashvagandharista
- Jarumashi churna
- Vacha churna
- Bhrmi churna
- Mandukparni churna
- Shankhapushpi churna
- Parsikavani churna
- Manasmitra vati
- Jatiphaladi churna

3.5. Compound Formulation

- Saraswatarista
- Ashavagandhharista
- Mustarista
- Drakshasava
- Punarnavastaka kwatha
- Nidrodaya vati
- Sarpagandhaghan vati
- Manasmitra vati

3.6. Panchakarma Chikitsa

Panchkarma therapy helps to reduce vata, promote sleep, enhance respiratory function through shrotas and improve circulation, all of which support normal blood flow and reduce the risk of hypertension-related insomnia. Panchkarma promotes mental relaxation and a sense of renewal. Along with helping the body detoxify waste products, it also helps to lower tension and physical exhaustion. It also has a calming and relaxing impact on the entire body. In addition to regulating dosha and enhancing digestion, panchkarma therapy balances mental and physical power, which lessens insomnia.[11]

4. DISCUSSION

Ayurvedic medicine uses a phrase called nidranasha to treat insomnia. The three Ayurvedic sthambhas, Vata, Pitta, and Kapha, regulate every bodily vital function. When all three Sthambhas are in an equilibrium state, an individual is considered healthy. There are three Upsthambha to support these Sthambha.[12] These three are Brahmacarya, Sawapna (sleep), and Ahaara. The elements that assist and collaborate with the primary life supporters are known as Upsthambha. The primary effect of these Upsthambha is to strengthen Sthambha.[13] Ahara is mostly affected by physical elements and activity. While Nidra influences both physical and mental elements, Brahmacarya primarily affects mental variables and actions. Thus, nidra is necessary for both mental and physical well-being.[14] Many factors, including employment, age, illness, constitution, and certain doshas like Pitta and Vata, were stated by Ayurveda as to why people don’t get enough sleep. These
elements have a direct impact on sleep quality and lead to sleep loss (Nidranasha). Modern science believes that there are numerous causes of sleep deprivation, including disease, stress, aging, pain, and mental illness. In 80 Vataja roga, Charaka and Kashyapa included Anidra (Nidranasha)\[13,16\] Sukha, Dukha, Pushhti, Karya, Bala, Abala, Varishtha, Kliista, Gyanam, Agyanam, Jivana, and Marana according to Acharya Charaka, are all dependent on appropriate and inappropriate nidra.\[17\] Vata, Parkopa is primarily to blame for Anidra. In the Chikitsa of Anidra, Murdhni Taila is mentioned specifically. Additionally, Mano Dosh, like Raja, is the reason behind Anidra’s condition. Nasya and Shirodhara are a huge aid in managing Anidra. Research has demonstrated that Shirodhara and Nasya may be more effective in treating Anidra and lowering stress and anxiety. During the Shirodhara technique, specific pressure and vibration are applied to the forehead. The hollow sinuses in the frontal bone increases the vibration. Next, vibration travels through the cerebrospinal fluid fluid medium and is internalized. This vibration may stimulate the thalamus and basal forebrain, restoring normal levels of serotonin and catecholamines, particularly those related to sleep. Vata and Pitta are the two Doshas that are mostly involved in Anidra. Vata Samshodhana through Abhayagna; for Pitta Samshodhana, optimal way Virechana and Basti, respectively. Numerous physiological changes, including variations in blood pressure, muscle tone, body temperature, heart rate, respiratory rate, and hormonal production, are brought on by insomnia.

5. 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 such as krodha, Bhaya, Shoka, and Chinta. 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 ahar-vihar are the best way to treat Anidra. Medhya herbal formulations include medications with anti-anxiety and anti-stress effects that also help patients maintain a stress-free and anxiety-free state to promote regular sleep, which is essential for a happy and healthy life. Sleeping tablets are the modern scientific method of treating it. Since many adverse effects of sleeping drugs include tingling, vertigo, peripheral neuritis, and other conditions, Ayurveda offers a lot of promise in treating insomnia.

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10. CONFLICTS OF INTEREST

Nil.

11. DATA AVAILABILITY

This is an original manuscript and all data are available for only review purposes from principal investigators.

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REFERENCES


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