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## Management Of *Nidranasha* (Insomnia) Through Ayurveda: A Review

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### ABSTRACT:

Insomnia is a very common sleep disorder in present's era as it make hard to fall asleep, hard to stay asleep or cause to wake up too early and not be able to get back to sleep. Insomnia causes many problems in day to day life such as tiredness, a lack of energy, difficulty in concentrating and irritability. As there is no permanent cure of insomnia in modern science because they use only Hypnotics and sedatives as its treatment but there are chances that the patient may get addicted to these particular drugs. In Ayurveda difficulty to fall asleep, stay asleep, or both are considered under heading of *Nidranasha*. According to *Charaka*, *sukha*, *dukh*, *pusti*, *karshya*, *bala*, *abala*, *vrishtha*, *kleebta*, *gyanm*, *agynam jivan* and *maran* all these factors depends on proper and improper *nidra*. In *Nidranasha* the main *doshas* which are involved are *vata* and *pitta prakopa*. So treatment of *Nidranasha* is mainly *Vata-Pitta Shamak chikitsa*. In Ayurveda there are a variety of treatments for insomnia. An attempt has been made in order to compile different types of treatment protocols for insomnia according to different acharayas.

**Key words:** Asleep, *Dosha*, Insomnia, *Nidranasha*, Sedatives.

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## INTRODUCTION

Insomnia is a very common sleep disorder in present's era as it make hard to fall asleep, hard to stay asleep or cause to wake up too early and not be able to get back to sleep<sup>1</sup>. Due to insufficient sleep, person feel tiredness or sleepiness during day time. Conditions like irritability, depression or anxiety are also related to insomnia. As a result, person feel difficulty in paying attention, focusing on tasks. Insomnia can occur independently or as a result of another condition. Disease conditions e.g. psychological stress, chronic pain, heart failure, hyperthyroidism, heartburn, menopause, certain medications and drugs such as caffeine, nicotine and alcohol are also risk factors for Insomnia. There is no any effective treatment in modern science. Hypnotics and sedatives drugs are mainly prescribed by all psychiatrists and in

maximum prescriptions of general practitioners. Their role in curing the disease is very limited as there are chances that the patient may get addicted to particular drug. In Ayurveda, devoid of sleep is considered as *Nidranasha*. According to *Charaka*, three *Upsthambas* are *Ahar*, *Sawapna* (*nidra*) and *Brahamacharya*<sup>2</sup>. *Nidra* affects both physical as well as mental health. *Charaka* included *Anidra* (*nidranash*) in 80 *Vataj roga*<sup>3</sup>. According to *Charaka*, *sukha*, *dukh*, *pusti*, *karshya*, *bala*, *abala*, *vrishtha*, *kleebta*, *gyanm*, *agynam jivan* and *maran* all these factors depends on proper and improper *nidra*<sup>4</sup>. As per *Sushruta* sufficient sleep at right time makes a person free from diseases, with pleasant mind, full of strength and good complexion<sup>5</sup>. According to *Susruta*, *nidranasha* is caused by *anila* and

*pitta prakopa, manastapa, rasadhi dhatu kshaya* and due to *abhighata*.<sup>6</sup>

### AIMS AND OBJECTIVES:

- To evaluate and discuss the *hetu* and *samprapti* of *Nidranasha*.
- To discuss Ayurvedic management of *Nidranasha* through Ayurveda.

### MATERIAL AND METHODS:

The article is based on review of Ayurvedic texts. Materials related to *Nidranasha* and Insomnia has been collected. Ayurvedic texts mainly used in this study are *Brihatriyi* i.e. *charaka samhita, sushurut samhita* and *vagbhata Samhita*.

#### HETU OF NIDRANASHA:

##### According to *Charaka*<sup>7</sup>

1. *Atiyoga* of *Kayavirechana*
2. *Atiyoga* of *Shirovirechana* and *Vamana*
3. *Bhaya*
4. *Chinta*
5. *Krodha*
6. *Dhoomapana sevana*
7. *Raktamokshana*
8. *Upavasa*
9. *Asukhashayya*

Another causes of *Nidranasha* are as follows:

*Karya Kalo Vikarasch Prakriti Vayu...* (*Charaka, Sutra, 21/57*)

According to *Susrutha*, Causes of *Nidranasha* are as follows<sup>8</sup>:

1. *Anil* and *Pitta Prakopa*
2. *Manastapa*
3. *Rasadhi dhatu kshaya*
4. *Abighata*

#### Modern causes of Insomnia

1. Disturbances of circadian rhythm such as night shifting of duties.
2. Mental disorders like generalized anxiety disorder, Post traumatic stress, Schizophrenia etc.
3. Life problems like emotional tensions, financial stress, work problems.
4. Medications like b-blockers, corticosteroids, respiratory stimulants e.g. Theophylline, Methyldopa, Thyroid supplements.
5. Diseases like Hyperthyroidism and Rheumatoid arthritis.
6. Disturbed Hormonal conditions like Menopause.
7. Any injury that causes pain.

**SAMPRAPTI:**

In Ayurveda, *Nidranasha* is not given as a separate disease. *Vata vriddhi* and *Kapha kshaya*<sup>9</sup> are the main factors responsible for *Nidranasha*. *Vata dosha* has antagonistic property of *Kapha dosha* which means that

aggregation of *vata dosha* due to its *nidana* leads to *Kapha Kashya*. To induce *nidra*, *Tamo guna Pradhanya Kapha* should fill up the *Hridya*, as *Hridya* is the *chetana sthan*. *Tamo guna* is responsible for induction of *Nidra* while *Satva Guna* is responsible for *Nidranasha*<sup>10</sup>

*Nidana Sevana:*

*Atiyoga of Kayavirechana, Atiyoga of Shirovirechana and Vamana, Bhaya, Chinta, Krodha, Dhoomapana sevana, Raktamokshana, Upavasa, Asukhashayya, Manastapa,*

*Abighata*

*Vata Vriddhi, Pitta Vriddhi*

*Kapha Kashya*

*Lack of Sleshma to Chetana Sthana Hridya*

*Nidranasha (Insomnia)*

## Management Of *Nidranasha* Through Ayurveda

### **DINCHARYA**

- Daily massage of scalp with oil (*Tail Dharana on shira*) induces deep sleep<sup>11</sup>.
- Foot Massage with oil (*Pada-Abhyanga*) also helps in induction of sleep<sup>12</sup>.
- Pressing foot with hands also helps in sleep induction<sup>13</sup>.
- *Sukha Shayya* and *Asana* helps in persons who are suffering from sleepiness<sup>14</sup>.

According to *Charak*<sup>15</sup>, Treatment of *Nidranasha*:

1. *Abhyanga*
2. *Utsadana*
3. *Snana*
4. *Gramya, Audhaka, Anupa mamsa rasa sevana*
5. *Audhana sevana with dadhi, Ksheer, Sneha or Madhya*
6. *Manaha sukhakara, manaso anuguna - gandha, shabdaha sevana*
7. *Samvahana*

8. *Netra tarpana*
9. *Sirolepa*
10. *Vadana lepa*
11. Comfortable bedding.

According to *Susruta*<sup>16</sup>, Treatment of *Nidranasha*:

1. *Abhyanga*
2. Oil massage on scalp
3. *Samvahana*
4. Taking milk, Sugercane juice
5. Taking rice with jaggery
6. Taking *draksha, sita*, sugarcane and its products
7. *Sukha shayya and asana*
8. Fragrance of different flowers, perfumes, dhoop etc.
9. Dim light
10. Slow music.

### **SHIRODHARA:**

*Panchkarma* based procedure *Shirodhara* is helpful in producing relaxation both – physically and mentally. It is helpful for counteracting the disturbed *Manasika Bhavas*, leading to the state of tranquility of mind resulting in inducing sleep<sup>17</sup>.

TABLE NO. 1 SHOWING SINGLE DRUGS FOR NIDRANASHA

S. No.	DRUG NAME	PHARMACOLOGICAL PROPERTY	PHARMACOLOGICAL ACTION
1.	<i>Sankhpushpi</i>	<i>Rasa-tikt, Guna- snigdha pichil, Virya-sheet, Vipak-madhur</i>	<i>Medhya, Tridosahar, Nidra janan<sup>18</sup></i>
2.	<i>Kushmanda</i>	<i>Rasa-madhur, Guna-laghu snigdha, Virya-sheet, Vipak-madhur</i>	<i>Medhya, Vat-Pitta shamak, Nidra janan effect<sup>19</sup></i>
3.	<i>Bhanga</i>	<i>Rasa-tikt, Guna-laghu tikshana, Virya- ushna, Vipak-katu</i>	<i>Madak, Nidrajanan effect<sup>20</sup></i>
4.	<i>Jatamansi</i>	<i>Rasa-tikt Kashaya Madhur, Guna-laghu snigdha, Virya-sheet, Vipak-katu</i>	<i>Tridosahar,medhya, Nidrajanan effect<sup>21</sup></i>
5.	<i>Sarpagandha</i>	<i>Rasa-tikt, Guna-ruksha, Virya-ushna, Vipak-katu</i>	<i>Prabhav - Nidrajanan<sup>22</sup></i>
6.	<i>Draksha</i>	<i>Rasa-madhur, Guna-guru snigdha, Virya-sheet, Vipak-madhur</i>	<i>Vata-Pitta Shamak, Medhya<sup>23</sup></i>
7.	<i>Ashwagandha</i>	<i>Rasa-tikt katu, Guna-laghu snigdha, Virya-Ushn, Vipak-madhur</i>	<i>Rasayan, Nidrajanan effect<sup>24</sup></i>
8.	<i>Madyantika</i>	<i>Rasa-tikt kasahya, Guna-laghu ruksha, Virya-sheet, Vipak-Katu</i>	<i>Medhya, Nidrajanan effect, Pitta shamak<sup>25</sup></i>

Another *ekala dravyas*:

1. *Mahisha Ksheer*<sup>26</sup>
2. *Peeyusha, Morata, Kilata*<sup>27</sup>

**TABLE NO. 2 SHOWING HERB-MINERAL FORMULATIONS FOR NIDRANASHA**

S.No.	Herbo-mineral formulation	Pharmacological Action
1.	<i>Sarpagandha churana yoga</i> <sup>28</sup>	Effective in High BP related insomnia.
2.	<i>Smiriti sagar rasa</i> <sup>29</sup>	Increases memory, effective in fatigue, loss of appetite, insomnia
3.	<i>Brahmi Vati</i> <sup>30</sup>	Increases intelligence and memory, Improves insomnia, hysteria.
4.	<i>Sarpagandha ghan vati</i> <sup>31</sup>	Increases sleep, Lowers high BP
5.	<i>Narikel khand pak</i> <sup>32</sup>	Increases sleep and strengthen body.
6.	<i>Ashwagandhadi churan</i> <sup>33</sup>	Strengthen body, increases body weight, Increases sleep.
7.	<i>Draksharishta</i> <sup>34</sup>	Appetizer, <i>vayasthapanya</i> , Improves sleep.
8.	<i>Sarsvatarishta</i> <sup>35</sup>	<i>Hridya rasayan</i> , effective in insomnia.
9.	<i>Ashwagandhadi grit</i> <sup>36</sup>	Effective in Back ache, Vertigo, Insomnia.
10.	<i>Mansayadi kwath</i> <sup>37</sup>	Effective in <i>Nidranasha</i> .

**PATHYA-APATHYA****Pathya**

- Do *Pranayam* or exercise, Meditation daily in morning hours.
- Keep away your cell phone atleast 1 hour before going to sleep.
- Minimize things that can interrupts sleep like bright lights, loud noises, TV or computer.
- Gentle rubbing over scalp.
- Listen good music and positive lectures.
- Keep mind in a calm and happy state.

**Apathya**

- Consumption of Caffeine in evening or night hours.
- Heavy meal in dinner.
- Drinking and smoking.
- Day time sleeping.
- Stress, worry, over thinking.

**DISCUSSION**

In present era, Insomnia is the most common disorder among individuals. There are number of factors responsible for insomnia like stress, sorrow, work problems, emotional tensions, mental disorders, disturbed circadian rhythm, Any bodily pain, many systemic disorders, some medications like theophylline etc.

According to Ayurveda, *Nidranasha* involved both *Sharirik dosha* i.e. vitiated *Vata, Pitta dosha* and *Mansika doshas* i.e. *Rajas, Tamas dosha*. Insomnia has no effective treatment in modern science where as in Ayurveda there are variety of treatments for *nidranasha*. The main treatment protocol for *nidranasha* is *Vata Pitta Shamak chikitsa* along with daily meditation or *Pranayam*. There are number of single as well as compound formulations, as described above, are effective in inducing sleep due to their *Vata Pitta Shamak* property. *Mahisha Ksheer, Peeyusha, Morata, Kilata* are the food items which have *Nidrajanan* effect. *Bahya Upacharas* like *Abhyanga, Utsadana, Padabhyanga, Angamardana, Shirodhara* with oil or any herbal decoction have *Vata Shamak* Action leading to sleep induction. *Manasika Upacharas* like *Mrudu, Sukha Shayya, Bhaya tyaga, Chinta Tyaga, Lobha Tyaga, Santosha* – all are helpful to treat *Mansika Doshas* i.e. *Rajas and Tamas*. Fragrances of flowers, perfumes, Dim light, Slow music also helps in sleep induction.

**CONCLUSION**

From above discussion, it is concluded that Stress, Anxiety, over thinking, fear, emotional tensions, Changes in daily life



routine i.e. Day sleeping, Late night waking, many systemic disorders are responsible for Insomnia. Daily meditation, *Pranayam*, Exercise, Following Pathya-Apathya, Increasing tolerance power, Increasing acceptance power, in present era, is very helpful in reducing various types of stress, tensions, anxiety etc. *Ahara dravyas* having *Vata Pitta Shamak* property like *Ksheer* etc.

are helpful in sleep induction. Many single drugs and compound formulations, *Panchkarma* procedure like *Shirodhara* are effective in *Nidranasha*, due to their *Vata Pitta Shamak* Property. Hence it is concluded that *Nidranasha* (Insomnia) can be effectively treated through Ayurveda without any side effects and dependency of its drugs.

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