

REVIEW ARTICLE

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 Vagbhatta and Sushruta in *Nidranasha* in Ayurveda. *Anidra* is regarded as one of the *Vatavyadhi Nanatmaja*. The *Trayopasthamba* 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 tranquilizers to treat sleeplessness.

Materials and Methods: The Brihatrayi 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-Pishtanna*, *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 *upasthambas* 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*, *vrushtha-klibata*, *dnyanaadnyana*,

jivan-maran, and *pustikasharya* all depend on getting enough sleep.^[3] Any factor that results in a reduction of *kapha* and *tama* guna in it leads 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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Brihatrayi (Charaka, Sushruta, Vagabhata), Laghutrayi (Kashyapa, Bhavaprakasha), Modern Medicine Books, the Internet, and articles.

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 *Rukshanna*, *Ratriprabhutashana*, *Upavaasa Visamashana*, *Adhyashana*, *Alpashana*, *Viruddhashana*, *Atimadhyapana* (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*, *Ativyavaya*, and uncomfortable sleeping environment (*Asukha Shayya*) 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 *Vaman*, *Virechana*, *Dhumapana*, *Raktamokshana*, *Vyayam*, etc. causes the vitiation of *Vata*.^[8]

3.2.5. Purvarupa

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

3.2.6. Roopa

A Cardinal feature of *Anidra* is loss of sleep.

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

3.2.7. Samprapti

It is said that *Anidra* is *Vata Nanatamaja Roga*. 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 *Manasika doshas Raja*. Both types of etiological factors – *Sharirik* and *Mansik* – cause *vata* vitiation. *Manas*'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 ahara* 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. Manasika Chikitsa

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

3.3.5. Shamana Aaushadhi

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

3.4. Single Drugs

- *Sarpagandha churna*
- *Ashvagandha churna*
- *Jatamamsi churna*
- *Vacha churna*
- *Brahmi churna*
- *Mandukparni churn*
- *Shankhapushpi churna*
- *Parsikayavani churna*
- *Jatiphaladi churna*

3.5. Compound Formulation

- *Saraswatarista*
- *Ashvagandharista*
- *Mustarista*
- *Drakshasava*
- *Punarnavastaka kwatha*
- *Nidrodya 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 *Brahmacharya*, *Sawapna* (sleep), and *Ahara*. 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, *Brahmacharya* 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)*^[15,16] *Sukha, Dukha, Pushti, Karshya, Bala, Abala, Varishta, Klibta, 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 Dosha*, 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 sinus in the frontal bone increases the vibration. Next, vibration travels through the cerebrospinal 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 *Abhaynaga*; 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 *ahara-vihara* 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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7. AUTHORS' CONTRIBUTIONS

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9. ETHICAL APPROVALS

This study not required ethical clearance as it is review study.

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.

12. PUBLISHERS NOTE

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