

**INSOMNIA (ANIDRA) AND AYURVEDA-A CRITICAL REVIEW**Patil Abhijeet B. <sup>1</sup>, Amod Kumar<sup>2</sup>, Kumari Meena <sup>3</sup>

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**ABSTRACT**

*Ayurveda* recognises the importance of sleep to health. In fact, it maintains that sleep and diet are the two pillars of health. Insomnia, or *Anidra*, is not just about being tired, it means that the nervous system has been weakened and reduces our ability to cope. **Insomnia** is called *Anidra / Nidranasha*, an imbalance in *Tarpaka Kapha, Sadhaka Pitta and Prana Vayu*. The level of sleep required to maintain a good state of health, solely depends on the person's mind-body constitution or *Prakruti*. **Insomnia** is the inability to go to sleep at night, or, once asleep, the inability to have a restful and sound sleep. **Acute insomnia** is common, and it is brought about by situations such as family pressures, stress, or a trauma. **Secondary insomnia** is a side effect of another problem such as emotional, neurological, or other medical and sleep disorders. **Causes of Insomnia:-** Disturbed sleeping patterns, Anger, Overwork, ill health, Worrying, Over excitement, Emotional disorders such as depression, Anxiety, Stress disorder, Neurological disorders such as Alzheimer's disease and Parkinson's disease, Arthritis, Use of caffeinated beverages, Smoking, Asthma. **Symptoms of Insomnia:-** waking up too early in the morning, tiredness and fatigue during the day, inability to concentrate, and irritability during the day. **Treatment of Insomnia:-** *Panchakarma –Virechana, Basti, Nasya, Shiro Abhyanga, Shiro Dhara, Shiro Basti, Shiro Pichu, Pada Abhyanga. Brahmi Vati, Sarsatarista, Aswaga -ndharista, BrahmiGhrita, Smritisagar Ras Brahmi Rasayan*. So it a demand of time to know about the real sleep and the disturbed sleep according to *Ayurveda* and Mordern medicines also. It is very necessary to keep us healthy and maintain pleasure in our lives.

**KEYWORDS:-Ayurveda, Nidra, Anidra, Insomnia-Cause, Symptoms & Treatment.****INTRODUCTION**

**INSOMNIA:** -Habitual sleeplessness or simply inability to sleep for a minimum period, which is necessary for a sound mental and physical health, is called Insomnia (Sleeplessness). Insomnia is the inability to go to sleep at night, or, once asleep, the inability to have a restful and sound sleep. This lack of sleep, or restless sleep, then interferes with our daily activities both physically and mentally. Insomnia is the inability

to fall asleep at night for many hours. Insomnia is a common sleep disorder. People living with insomnia have trouble falling asleep, staying asleep, or both. This could result into getting little or poor-quality sleep. Such persons may not feel refreshed when they wake up. Insomnia can either be acute (short term) or chronic (long-term). **Acute insomnia** is common, and it is brought about by situations such as family pressures,

stress, or a trauma. On the other hand, chronic insomnia lasts longer. Most cases of chronic insomnia are secondary, meaning they are either symptoms or side effects of some other problems. Certain conditions such as medicines, and sleep disorders can cause **Secondary insomnia**. (1). **Primary insomnia** is its own distinct disorder. Factors such as long lasting stress or emotional upset, travelling, work schedules that disrupt sleep routine, may trigger primary insomnia. (2). **Secondary insomnia** is a side effect of another problem such as emotional, neurological, or other medical and sleep disorders. Certain asthma medicines, such as Theophylline, and some allergy medicines can cause insomnia.

**(1). Causes of Insomnia :-** Long gaps between meals, The drinking of coffee or tea before going to bed, The intake of dry and cold food, Withheld emotions, Disturbed sleeping patterns, Anger, Overwork, ill health, Worrying, Over excitement, Emotional disorders such as depression, Anxiety, Stress disorder, Neurological disorders such as Alzheimer's disease and Parkinson's disease, Arthritis, Use of caffeinated beverages, Smoking, Asthma, Heath failure, Gastro-intestinal disorders, such as heartburn, Menopause and hot flashes, Restless leg syndrome. **(2). Symptoms of Insomnia :-** The symptoms of insomnia are the inability to fall asleep once going to bed, disturbed and waking up during the night, waking up too early in the morning, tiredness and fatigue during the day, inability to concentrate, and irritability during the day. **(3). Treatment of Insomnia: -** Have salads with a dressing of cream, yogurt, or vegetable oils, Use whole-wheat flour and brown rice instead of refined varieties, Increase use of butter or purified butter in foods, Avoid caf-

feinated drinks, alcohol, and aerated drinks after dusk, Avoid watching television or working on the computer late at night, Have a body massage with sesame oil, **Til Taila** followed by a bath. **(4). Complication of Insomnia:** Psychiatrist Problems, Obesity, Risk of Accident, Risk in Driving Poor Immune System, Poor Job Performance, Mental Irritability, Social Issues, Behavioural Change, Palpitation, Phobia, Intolerance, Nervous Dysfunction.

**AIMS & OBJECTIVES: -** To study about *Insomnia (Anidra)* and it's remedies from *Ayurvedic Samhita Granthas, other Research Journals and Internet*.

**MATERIALS: -** *Charak Samhita, Sushrut Samhita, Astang Hridaya & other Samhitas and Modern Medicine Books, Internet & Articles on Insomnia (Anidra)*.

**METHODS:-** In *Ayurveda, Nidra (Sleep):-* When the mind and the sense organs are tired and retract from their respective functions, then the person goes to sleep (*Nidra*). **Effects of proper sleep on the body:** It gives *Sukha* (happiness), *Pushti* (nourishment), *Bala* (strength), *Vrishata*, *Gyaan* (knowledge), *Jeevita* (life). **Effects of less sleep on the body:** *Dukha* (unhappiness), *Karshyata* (emaciation), *Abala* (weakness), *Kleebata* (impotent) *Agyana* (impaired knowledge or unwise) Destroys the life. Just like taking proper food keeps the body healthy the proper sleep leads to *Arogya* (health) and *Sukha* (happiness).

“Dependent on sleep is happiness and misery, corpulence and leanness, strength and weakness, potency and impotency, intellect and non-intellect, life and death. Sleep undertaken untimely, excessively and nega-

tively takes away happiness and life like the other death-night. Sleep, if undertaken properly, provides happiness and life like the flashed true knowledge provided to a *Yogini*.” - **Charka Samhita, Sutrasthana 21/36-38.**

*Ayurveda* recognises the importance of sleep to health. In fact, it maintains that sleep and diet are the two pillars of health. Insomnia, or *Anidra*, is not just about being tired, it means that the nervous system has been weakened and reduces our ability to cope. **Insomnia** is called *Anidra / Nidranasha*, an imbalance in *Tarpaka Kapha, Sadhaka Pitta and PranaVayu*, but the ultimate goal of an *Ayurvedic* approach to *Anidra* is to fabricate the *Ojas* (a factor produced from the most subtle level of proper digestion, and it brings energy, clarity of thinking, strong immunity, happiness, and contentment). It has been proven from research that, only the deepest and most restful sleep, which is called the Stage Four sleep, fabricates *Ojas*. The level of sleep required to maintain a good state of health, solely depends on the person's mind-body constitution or *Prakruti*. *Ayurveda* pinpoints three different sleeping disorders which are; *Vata Imbalance, Pitta Imbalance, and Kapha Imbalance*. (1). *Vata imbalance* is often associated with difficulties in falling asleep. It correlates with hyperactivity, hypersensitivity, anxiety, worry. People with such imbalance require 6-7 hours of sleep. (2). *Pitta imbalance* is often associated with sporadic awakening (difficulty in maintaining an unperturbed sleep). It's often correlated with emotional stress, anger, sadness. People with such imbalance have fragmented sleeps almost every 90minutes. Such people require 7-8 hours of sleep. (3). *Kapha imbalance*

causes an uncurbed sleep associated with waking up un-refreshed. Persons with such disorders, tend to feel sluggish, tired, and completely exhausted regardless of the long night rest such person had. People with such imbalance need 8-9hours of rest.

#### CAUSES OF INSOMNIA (ANIDRA) :-

(1). *Tarpak Kapha* is an auxiliary-*dosha of Kapha* and its job is to nourish the cells of the brain, resulting in a restful night's sleep. When this *dosha* is not in balance the brain cells go un-nourished, causing insomnia. (2). *PranaVayu* is an auxiliary-*dosha of Vata* it creates a sensitive nervous system, and this, together with an aggravated *PranaVayu*, causes insomnia. It's also linked to depression, anxiety and worrying. (3). *Sadhak Pitta* is an auxiliary-*dosha of Pitta* and it can be found in the heart. It's in control of our emotions, spirituality, decisiveness and desires. Any imbalance creates problems for the sufferer, such as working too hard and too long, and becoming very demanding. This ultimately leads to insomnia.

- *Kaya virechana* (inducing purgation), *Shirovirechana* (nasal drops).
- *Chardhana* (inducing vomiting), *Bhaya* (fear), *Chinta* (sadness), *Krodha* (anger).
- *Dhoomapana* (smoke inhalation), *Vyayama* (physical exercise), *Upavasa* (fasting)
- *Raktamokshana* (bloodletting), *Asuhkashyaa* (Unpleasant Bed)
- *Karya* (engaged in some important work)
- *Kala* (time) Like old age and Other than routine sleeping hours. *Vikara* (diseases), *Vataprakopa*

## SYMPTOMS OF INSOMNIA

(ANIDRA):- (1). *Vata*-type insomnia usually means a restless night in which there is much tossing and turning. A *Vata* may not fall asleep at all (if *pitta* has been effected too), or wake up between 2 and 4am (the *vata* time of the morning), and won't go back to sleep until after the heaviness of *kapha* time starts (after 6am). (2). *Pitta* insomnia:- *Pitta* insomnia is when the patient cannot sleep until the *pitta* period of the night (10pm-2am) is over. The *Pitta* insomniac is hyper-aroused and has too much Cortisols in their system. They simply cannot 'switch off' enough to go to sleep. *Pitta* insomniacs will be irritable, and may have disturbing dreams about fighting, if they do have any sleep. *Pitta* insomnia may be related to acid reflux. (3). *Kapha* insomnia: -*Kapha* is not normally associated with insomnia, but with excessive sleep, unless a *kapha* condition (e.g. sleep apnoea) interferes with normal sleep. Waking up too early in the morning (6am) may be a type of *Kapha* insomnia, as is feeling sluggish after a full night's sleep.

## TREATMENT OF INSOMNIA

(ANIDRA):- *Ayurvedic* herbs, *Ashwagandha* (an adaptive that deceases cortisol levels) and *Vidari* are recommended to soothe *vata*. Calcium or magnesium-rich foods are important too as they are natural sedatives (e.g. milk, kelp, almonds, brewer's yeast). In *Pitta* insomnia must also eat *pitta*-soothing foods, and massage themselves with cooling oil like coconut or *Bhringaraj oil*. Drink cooling herbal teas, like *tulsi*, chamomile or coriander, and avoid alcohol and caffeine. In *Kapha* insomnia a *kapha*-pacifying regime would be beneficial. Self-massage with mustard oil and *Til Taila* before bed is recommended. *Abhy-*

*anga & Shirodhara* and customised lifestyle plans; another important aspect of the treatment is learning how to relax the mind.

- *Abhyanga* (oil application), *Moordhnithaila* (oil application on head).
- *Gatrasyaudwartana* (rubbing the body with powders).
- *Hitamsamvahana* (gentle rubbing of the body).
- *Shali* (rice), *Godhooma* (wheat), *Pistanna* (foods prepared by flours).
- Foods prepared with *ikshu* (sugarcane), *Ksheera* (milk), *Go Ghrita* (Cow-Ghee).
- *Madhura, snigdha bhojana* (sweet and unctous foods).
- Mamsa rasa of *vileshaya and vishkira* animals (meat soup).
- *Draksha* (grapes), *Sita* (candy sugar), *Ikshu* (sugarcane) and its various preparations at night. Pleasant and soft shayana (mattress) and seatings, Pleasantiyana (vehicle).
- *Panchakarma –Virechana, Basti, Nasya, Shiro Abhyanga, Shiro Dhara, Shiro Basti, Shiro Pichu, Pada Abhyanga.*
- *Brahmi Vati, Sarsatarista, Aswagandharista, Brahmi Ghrita, Smritisagar Ras Brahmi Rasayan.*

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