



ROLE OF PANCHAKARMA IN ANIDRA (INSOMNIA) – A REVIEW

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ABSTRACT

Ayurveda has regarded sleep as one of the most significant health related aspects of happiness and good health. The 21st century man respire under various pressures, pressure, anxiety and abnormal and unhealthy food habits so insomnia is a very common sleep disorder stressful life event that is closely associated with the onset of insomnia and is influenced by some predisposing personality factors. I.e., *Tridoshas Vata, Pitta, and Kapha* are identified as Ayurveda's *Tristhambha* (three key pillars)–the life science. Similarly, the *Trayopasthambas* (three supporting pillars) are identified as *Ahara* (food), *Nidra* (sleep), and *Bramhacharya* (abstinence). Sleep is thus one of the important factors for leading a healthy life. So many health-related problems suffer due to lack of sleep human. Insomnia in modern times may be signs of traumatic lifestyle, depressive illness, anxiety disorder, psychological disorders or other medical conditions. The *Nidranasha* management line explained by various Acharyas in different ways can be represented in detail in the different therapeutic procedures of *Snehana, Abhyanga, Samvahana, Murdhnitailam, Padaabhyanga, Shirobasti, Shirodhara, Nasya*.

KEYWORDS : Ayurveda, Panchakarma, Anidra.

INTRODUCTION

Among the "*Trayopasthambha*" *nidra* is the one of the *sthambha* (supportive pillar of life).¹ *Vata and Pitta* are the *Pradhana Doshas* contributing to *Anidra*.² *Aswapna* is included in *Vataja Nanatmaja Vikaras* where quantity of *Nidra* is reduced.³ There is also an opinion that increased *Pitta* is responsible for *Alpa Nidra*, where there is reduction in quality of *Nidra*.⁴ Both *Alpa Nidra* and *Nidranasha* can be correlated to insomnia as it fits to the definition.

WHO survey showed that in India 35% respondents suffer from mild to extreme difficulty in sleeping⁵. Insomnia has a great impact on social, occupational and other functioning areas of an individual.

Insomnia which lasts from 1 night to a few weeks is known as acute insomnia. Insomnia which lasts from at least 3 nights a week for 3 months or more is chronic.

Types of Insomnia:

1. Primary insomnia
2. Secondary insomnia

Insomnia Causes

Causes of primary insomnia include:

- big life events, like a job loss or change, the death of a loved one, divorce, or moving
- noise, light, or temperature
- Any Changes to your sleep schedule like jet lag, a new shift at work, or bad habits you picked up when you had other sleep problems

Causes of secondary insomnia include:

- Mental health issues like depression and anxiety
- colds, depression, high blood pressure, and asthma medications
- Pain or discomfort at night
- Caffeine, tobacco, or alcohol use
- Hyperthyroidism and other endocrine problems

There are some of the causes of *Nidranash* mentioned in *Ayurveda* include dietary consumption of food which is predominant in excessive exercise, fasting, *Vamana, Virechana, Nasya, Raktamokshana, Swedana* and *Anjana*, Psychological causes-anger, anxiety, fear, apart from this excessive joy, sorrow and agitation is also responsible for insomnia. Improper sleep can increase risk of developing

obesity, diabetes, high blood pressure or heart disease.

- In *Charaka Samhita* and *Ashtanga sangraha*, *Anidra* is mentioned as a disease belonging to the category of *Nanatmaja Vatavyadhi* and also as a *Pitta Vriddhi Lakshna*.
- In *Sushruta Samhita* the causative factors of *Anidra* are mentioned as vitiated *Vata* and *Pitta* but it has not been described as a separate disease.⁶

The *Nidranasha* management line explained by various Acharyas in different ways can be represented in detail in the different therapeutic procedures of *Snehana, Abhyanga, Samvahana, Murdhnitailam, Padaabhyangm, Shirobasti, Shirodhara, Nasya*.

AETIOPATHOGENESIS OF ANIDRA

Causes of Anidra:

Anidra can be the effect of multiple causative factors such as *Ahara* (food habits), *Vihara* (activities), *Manasika* (emotional factors) and *Anya Nidanas* (other non-specified causative factors), *Chikitsa Atiyoga* (improper treatment induced). The cause of *Anidra* is mostly multifactorial.

Aharaja Nidana (Food habits)

Relevant references to *Nidra*'s relationship with *Ahara* can be found in *Ayurveda*'s classical texts. *Ahita Ahara* Consumption is considered to be a cause of *Anidra*. Specifically, over-consumption of *Yavanna* and *Rukshanna* is explained as *Anidra*'s source. Nevertheless, there are several references to the food materials that cause *Atinidra* and all the food materials that contain antagonistic qualities will lead to *Anidra*. It can therefore be concluded that *Anidra*, which is an opposite *Atinidra* state, is caused by excessive intake of food materials with qualities such as *Ruksha, Laghu, Teekshna Guna*. This collection of causative factors causes both *Shareerika* and *Manasika Dosh* to have imbalances. At the physical level these foods cause primarily *Vata Vriddhi* and *Kapha Kshaya*, and at the psychological level they cause *Rajo Guna* derangement.

Viharaja Nidana (Activities)

Various activities is explained as the causes of *Anidra*. They are as follows;

- By way of its *Teekshna Ushna*, excessive *Dhooma Sevana, Ruksha Guna* triggers vitiation of *Vata* and *Pitta* induces *Anidra*.
- *Vyayama* (physical activity), *Vyavaya* (sexual activity) and

Upavasa (fasting) cause *Vruddhi* of *Vata Dosha* to overindulgence. At the same time *Vata Dosha* causes *Kapha Kshaya* by virtue of its *Gunas*.

- *Asukha Shayya* is a word that describes an unsuitable sleeping atmosphere like inadequate bedding and bedroom where there would be a problem in following commonly accepted sleeping practices that lead to insomnia.
- *Karya*: If a person indulges excessively in some function, either mental or physical, the mind may deviate from the sleep. That can be seen in people that are working actively. Thus, over indulgence in any work removes *Manas*'s focus from sleep. In both *Shareerika* and *Mano Doshas* this set of factors causes imbalances.

Manasika Nidanas (Emotional factors)

The other set of etiologic factors involved in *Anidra*'s manifestation are psychological factors. Either emotional factors such as *Bhaya*, *Krodha*, and *Shoka* cause *Doshas* vitiation at both the physical and psychological levels leading to disease manifestation, or the disease manifests itself as a secondary manifestation during the various stages of other *Mano Rogas* such as *Apasmara*, *Vishada*, and *Chittodvega*. Emotional upheavals such as *Bhaya*, *Shoka*, *Krodha* play an important part in *Anidra*'s cause.⁷ These factors are primarily causing *manodosh* derangement.

SYMPTOMS OF INSOMNIA (ANIDRA):

(1). *Vata*: A *Vata* may not fall asleep at all (if *pitta* has been affected 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 *Cortisol*'s 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.⁸

DISCUSSION:

Ayurvedic herbs, *Ashwagandha* (an adaptive that decreases 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 *Pittaja Anidra* 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 *Kaphaja Anidra*, *kapha*-pacifying regime would be beneficial. Self-massage with mustard oil and *Til Taila* before bed is recommended. *Abhyanga* & *Shirodhara* and customised lifestyle plans; another important aspect of the treatment is learning how to relax the mind.⁹

CHIKITSA APACHARA (IMPROPER TREATMENT MODALITIES)¹⁰

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 unctuous 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, *yana* (vehicle).

PANCHAKARMA UPACHARA

Virechana, *Basti*, *Nasya*, *Shiro Abhyanga*, *Shiro Dhara*, *Shiro Basti*, *Shiro Pichu*, *Pada Abhyanga*. *Bramhi Vati*, *Sarswatarista*, *Aswagandharista*, *Bramhi Ghrita*, *Smritisagar Ras Brahmi Rasayan*.

- *Abhyanga* & *Samvahana* (massage), *Utsadana*, *Udvaratana* (Rubbing medicated paste & powder), *Snana* (bath), *Karnapuran* & *Akshitarpan*, *Shirobhyanga* & *Padabhyanga* are desirable for best results in the management of sleep disorders.^{11,12}
- *Shirodhara* with medicated oils proves beneficial.¹³
- *Takra dhara* for daily 45 minutes for 14 days & *Pichu* with *Kshirbala taila/Himasagara tail* promotes peaceful sleep.

Murdhataila: Anointing the head with oils is of four kinds *Abhyanga* (massage with oil over the head) *pariseka* (poring oil over the head) *pichu* (putting a cloth soaked in oil over the head) and *Basti* (making the oil to stand on the head) each succeeding one stronger than its preceding.¹⁴

DISCUSSION:

Elderly people are highly prone to Physical and mental morbidities due to, problems associated with physical and mental health, socio-economic factors such as breakdown of the family support systems, and decrease in economic independence. Sleep-related problems in older people are mostly ignored by the physicians. These include *Alpa Nidra*, *Khandit nidra*, & *Anidra* or *Nidranash*.

Suppressed emotions, disturbed sleeping patterns, worries, anger, old age, overexcitement and ill health may be other responsible factors. Timing of sleep is one of the important factors which is controlled by the suprachiasmatic nucleus of the hypothalamus, which responds to light and causes sleepiness at night when it is dark¹⁵. Sleep disturbances in the elderly can lead to changes in the physiological systems, such as a reduction in the production of appropriate hormones, like the growth hormones, and also a decline in the metabolic functioning.¹⁶

An ideal preventive health package for the sleep related disorders include various components such as knowledge and awareness about disease conditions and steps for their prevention and management, good nutrition and balanced diet.

CONCLUSION

Ayurvedic Management for sleep (*Anidra*) disorder varies according to the individual and the actual causes of the conditions, and the treatment will be done through balancing and bringing to the disharmonized *doshas* back into its natural state of harmony. Treatments for sleep disorders include *panchakarma* therapies, internal medicines, *Rasayana* therapies, yoga and meditation. Aroma therapy, *pranayama* plus other yogic practices and life style change management including diet, regime all from part of Ayurvedic treatment for *Anidra*.

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