

A Comparative perspective study of Anidra (Insomnia) in Western and Ancient Text: A Literature review

Vijay Shanker Yadav*, Rajaneesh Kumar Gupta*, Dr. Bhola Nath Maurya*

Abstract

The physical, mental, and spiritual aspects of health are all addressed by Ayurveda, the science of well living. According to Ayurveda, Ahara, Nidra, and Brahmacharya are crucial aspects of life for obtaining Swasthavritta's end objective. Nidra is a state of total bodily, mental, and emotional relaxation that is essential for maintaining good health. There are some things that could disrupt Nidra's physiological processes and cause insomnia (Anidra). Anidra is an abnormal physiological condition that significantly lowers quality of life. It is getting worse every day as a result of increased stress levels, a variety of environmental factors, a disturbed lifestyle pattern, and poor eating habits. It is crucial that the medical community concentrate its efforts on lowering this problem's prevalence. For the treatment of insomnia, Ayurveda specified a variety of therapeutic methods, including the use of natural herbs, preparations, Yoga Chikitsa, and effective diet conduction. The current article examined ayurveda's perspective on Anidra (Insomnia) and its therapeutic approaches.

Key Words- Insomnia (Anidra), Yoga therapy, Diet, Ayurvedic drugs.

Introduction-

Insomnia is a prevalent problem that affects people all over the world and has a significant impact on their health and well-being. For patients and clinicians, treating insomnia can be difficult and time-consuming.[1] It relates to psychosomatic manifestations such as weariness, high blood pressure, lack of focus, tension, anxiety, the presence of other diseases, and disruption of daily routine.[2] In Ayurveda, insomnia is known as Anidra, and it can produce symptoms such as headache, Balahani (weakness), Karshyata, and Agnyanata. The doshas determine various functions, including sleep. According to Ayurvedic scriptures, sleep is produced by increased kapha, while insomnia is caused by increased vata or pitta, which can occur as a result of physical or mental exertion or sickness.[3] According to Ayurvedic literature, a number of ailments, including diabetes, psychiatric difficulties, eye problems, CNS abnormalities, and digestive issues are linked to the Anidra. [4]

Antipsychotic and sedative medications are used in modern therapeutic techniques to control insomnia, but these medications can potentially have negative effects like misuse and addiction.[5] Ayurveda provides these safer ways, that's why it is essential to have them for the treatment of Anidra. Ayurveda suggested various methods for treating insomnia, including using natural medicines, Shodhna Chikitsa, and effective Ahara-Vihara conduction. Yoga exercises were also included in Ayurveda as a way to treat insomnia.[6]

* Department of Sangyahan, Faculty of Ayurveda, Institute of Medical Science, Banaras Hindu University, Varanasi, India, Email.: vijay8890@bhu.ac.in

Prognosis of Insomnia (Anidra)

Anidra could result in the vitiation of Vata Dosha linked to Upavasa, Atichinta, Asukha Shaya, Atikrodha, Satvaudarya, Karya, Tamojayee, KalaVikara, Pita Vridhi, Abhighata, and Atibhaya, among other things. Manasikakarana's tendency, combined with that of Tama Kshaya and Rajo Vriddhi also, causes the prognosis of Anidra.[7]

Symptoms of Insomnia (Anidra)-

According to Ayurveda, Nidranasha is a symptom, a problem, and occasionally even a complication of a particular ailment. The peculiar symptoms that can appear during Nidranasha include yawning, bodily aches, headaches, lethargy, apathy, exhaustion, indigestion, and ailments caused by vata dosha. Unsatisfactory sleep can result in unpleasantness, emaciation, weakness, impotence, and even death.[8]

Symptoms of Anidra according to ayurvedic classics: -

Sr.no.	Charaka	Susruta	Aastanga Hridaya
1.	<i>Jrumbha</i>	<i>Jrumbha</i>	<i>Jrumbha</i>
2.	<i>Angamarda</i>	<i>Angamarda</i>	<i>Angamarda</i>
3.	<i>Tandra</i>	<i>Tandra</i>	<i>Moha</i>
4.	<i>Shiroroga</i>	<i>Shirojadya</i>	<i>Shirogaurava</i>
5.	<i>Akshi gaurava</i>	<i>Akshijadya</i>	<i>Akshigaurava</i>
6.	-	<i>Angajadya</i>	<i>Alasya</i>

SYMPTOMS OF INSOMNIA (ANIDRA) according to Tridosha: - [9]

(1) **Vata 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 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 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.

CLASSIFICATION OF NIDRA- According to Ayurveda, 6 types of nidra and their causes are mentioned below: -

तमोभवा श्लेष्मसमुदभवा च मनःशरीरसुप्तसंभवा च।

आगन्तुकी व्याध्यनुवर्तिनी च रात्रि स्वभावप्रभवा च निद्रा ॥ ch/sutra sthan21/58

1. **Tamo bhava:** This kind of sleep occurs due to tamas guna(tamas guna is one among three manas guna or mental qualities. Tamas is considered to be dull, lethargic, dark and chaotic.).
2. **Shleshma samudbhava:** This type of sleep occurs due to a vitiated Kapha dosha.
3. **Mana sharir shrama sambhava:** Such types of sleep occur due to mental and physical exertion.
4. **Aagantuki:** This occurs due to external causes (external cause can be medicines, odors, or the topical local application of herbal pastes).
5. **Vyadhya anuvartini:** This type of sleep occurs as a result of complications in various disorders.
6. **Ratri svabhava prabha:** This type of sleep occurs due to the nature of the night. This is physiological sleep.

The internal elements listed below may be linked to anidra:

- ❖ Tamobhava Nidra may be disturbed by Tama's vitiation.
- ❖ Slesmasamudbhava Nidra may be affected by vitiation of Kapha.
- ❖ When thinking hard, the Manah-Sarira Srama Saambha-related nidra becomes disrupted.
- ❖ Other illnesses like Sannipataja and Jwara may cause Vyadhi-Anuvartini and a disruption in regular sleep.
- ❖ Agantuka Nidra can become contaminated by things like trauma and socks.[10]

CIRCADIAN RHYTHM-

Your circadian rhythm is responsible if you've ever observed that you typically feel alert and sleepy at the same times each day. Your circadian rhythm is essentially a 24-hour internal clock that continuously cycles between alertness and drowsiness in the background of your brain. You may also refer to it as your sleep-wake cycle.[11]

The largest energy slumps for most people occur between the hours of 2:00 and 4:00 am, when they are often fast asleep, and about 1:00 pm, when they start to feel the need for a nap after lunch. Because you woke up early for work, your body clock's circadian cycle is telling you that you need a break and instinctively wants to take a sleep in the afternoon.[12] This is known as the "Circadian Trough" or "2 o'clock Trough." As the body's internal temperature drops, the brain is prompted to produce more melatonin, a sleep-inducing hormone. If you've gotten all the sleep you need, your circadian rhythm's dips and peaks won't be as noticeable. When you're sleep deprived, that is.[13]

When you have consistent sleep patterns, such as going to bed at the same time every night and getting up at around the same time every morning (even on weekends), your circadian rhythm functions best. This will advance your clock when we innocently lay in on a weekend. As a result, Monday morning requires getting up earlier than the biological clock demands, which makes individuals grouchy and exhausted. The 'Monday Morning Blues' are caused by this.[14]

How much sleep do we need?

Age-related sleep requirements vary by group. The recommendations give a healthy person's suggested range of nightly sleep durations for each category. Depending on the

individual's circumstances, sleeping an hour more or shorter than the recommended amount may occasionally be appropriate.[15]

Infants (ages 0-3 months)	14-17 hours/day
Infants (ages 4-11 months)	12-15 hours/day
Toddlers (ages 1-2 years)	11-14 hours/day
Preschool children (ages 3-5)	10-13 hours/day
School-age children (ages 6-13)	9-11 hours/day
Teenagers (ages 14-17)	8-10 hours/day
adults	7-9 hours/day
Older adults (ages 65 and older)	7-8 hours/day
Women in the (first three months of pregnancy)	Need several more hours of sleep than usual.

Effects of proper sleep on the body: It gives Sukha (happiness), Pushti (nourishment), Bala (strength), Vrishata, Gyaan (knowledge), Jeevita (life).[16]

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).[17]

Discussion-

The Nidra is regarded as the most significant of the three primary pillars of life according to Ayurveda. Nidra is a crucial component of daily living that, if not practised properly, can lead to serious illnesses that have an impact on both one's physical and emotional well-being. Nidranasha, the absence of Nidra due to various doshik circumstances. Samhitas from ancient science provide a full analysis of Nidra and Nidranasha as well as several therapies. The lack of sleep can occur for a variety of reasons, such as disease, stress, ageing, pain, mental illness, etc., according to modern scientific theory.

Nidra is a vital component of life and contributes significantly to the body's normal physiological operation. Anidra (Insomnia), the term for insufficient sleep, is linked to a number of pathological disorders, including mental stress, headaches, and a heavy feeling, among others. Insomnia is a problem that is becoming more and more prevalent today as a result of a stressful lifestyle, a declining environmental condition, an unbalanced pattern of behaviour, and poor eating habits.

Conclusion-

This article's major goal is to summarise and illuminate the main study of Nidra that has already been provided in many Samhitas and to compare it to modern society. Here, an outline of Nidranasha is given, and an effort is made to ignore all of its facets. Since there are so many people who suffer from it and haven't found relief due to a lack of thorough research and therapy, Nidra and Nidranasha are vital factors to be explored in the modern era. As the Acharyas have already explained the causes, symptoms, and treatments in our Samhitas, an effort has been made here to make the study of Nidra and Nidranasha more approachable.

References-

1. Kay-Stacey, M., & Attarian, H. (2016). Advances in the management of chronic insomnia. *Bmj*, 354.
2. Chawardol, S. G., Jain, S., Khuje, S., & Jain, J. K. (2018). Management of Anidra through Ahara-Vihara, Natural Herbs and Shodhna Therapy: A Review. *Journal of Drug Delivery and Therapeutics*, 8(6-s), 344-346.
3. Telles, S., Pathak, S., Kumar, A., Mishra, P., & Balkrishna, A. (2015). Ayurvedic doshas as predictors of sleep quality. *Medical science monitor: international medical journal of experimental and clinical research*, 21, 1421.
4. Huang, W., Kutner, N., & Bliwise, D. L. (2011). Autonomic activation in insomnia: the case for acupuncture. *Journal of Clinical Sleep Medicine*, 7(1), 95-102.
5. Lie, J. D., Tu, K. N., Shen, D. D., & Wong, B. M. (2015). Pharmacological treatment of insomnia. *Pharmacy and Therapeutics*, 40(11), 759.
6. Upadhyay, D., & Maurya, B. N. (2021). SELECTION, INDUCTION AND EDUCATION OF SCHOLARS IN AYURVEDIC STREAM DURING ANCIENT ERA.
7. Saliya, K., & Badani, P. (2022). CLINICAL EVALUATION OF NIDRAJANANA KARMA (SEDATIVE ACTIVITY) OF BIJAPURADI YOGA WSR TO ANIDRA (INSOMNIA).
8. Nimgade, D., & Nidra, B. S. (2017). Nidranasha-An Ayurvedic Critical Review. *IAMJ*, 5(8), 3082-9.
9. http://iamj.in/posts/2014/images/upload/775_779.pdf
10. Chawardol, S. G., Jain, S., Khuje, S., & Jain, J. K. (2018). Management of Anidra through Ahara-Vihara, Natural Herbs and Shodhna Therapy: A Review. *Journal of Drug Delivery and Therapeutics*, 8(6-s), 344-346.
11. Bjorvatn, B., & Pallesen, S. (2009). A practical approach to circadian rhythm sleep disorders. *Sleep medicine reviews*, 13(1), 47-60.
12. Lu, B. S., & Zee, P. C. (2006). Circadian rhythm sleep disorders. *Chest*, 130(6), 1915-1923.
13. Zhu, L., & Zee, P. C. (2012). Circadian rhythm sleep disorders. *Neurologic clinics*, 30(4), 1167-1191.
14. Huang, W., Ramsey, K. M., Marcheva, B., & Bass, J. (2011). Circadian rhythms, sleep, and metabolism. *The Journal of clinical investigation*, 121(6), 2133-2141.
15. <https://www.sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need>
16. Kirti, B. Nidra, Harmonious Gift of Nature.
17. Sobana, R., Parthasarathy, S., Jaiganesh, K., & Vadivel, S. (2013). The effect of yoga therapy on selected psychological variables among male patients with insomnia. *Journal of clinical and diagnostic research: JCDR*, 7(1), 55.

