

Management of insomnia by integrated *Ayurvedic* and *Yogic* approach:

A case study

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ABSTRACT:

Urbanization and modernization together are the contributors to lifestyle diseases. This lifestyle impacts on health and well-being. The most common lifestyle diseases are obesity, diabetes, heart attack, high blood pressure, pulmonary diseases, arteriosclerosis, cancer, liver cirrhosis and many more. lack of physical activity, work stress, wrong eating habits, unusual biological sleep patterns, smoking, consumption of alcohol and pollution are included most common reason of lifestyle disease. The most prevailing lifestyle disorders are induced by stress. Stress causes many diseases like obesity, mental disability, Alzheimer's, arteriosclerosis and gastrointestinal disorders. Now-a-days stress is also one of the causes of Insomnia. Insomnia is inadequate quality and quantity of sleep which may be the symptom of stressful lifestyle, depression illness, anxiety disorders or any other pathological condition. The Modern medical science is still not having a definitive and effective treatment for insomnia. In this case,

patient having stress related insomnia. So, applying Ayurvedic concept of management of insomnia along with life style modification, medical management, Yogic practice may be remedial. Clinical improvement that was achieved and shown by Athens Insomnia Scale.

KEYWORDS: Lifestyle disease, insomnia, Athens insomnia scale, Ayurvedic management.

INTRODUCTION:

Lifestyle disease is occurred due to wrong style of living group of people of community. The most common lifestyle diseases include obesity, diabetes, heart attack, high blood pressure, pulmonary diseases, arteriosclerosis, cancer, liver cirrhosis and many more. In past few decades, increasing westernization of lifestyle and rapid economic development, prevalence of insomnia has reached alarming proportions among Indians in the recent years. Lifestyle disorders are very common in the present era. Insomnia is estimated to affect 30%- 50% of general

population with increased rate seen among the older ages, female gender and presence the medical and psychiatric illness. Stress of day to day life, environmental factor, over using drugs, several diseases, lifestyle, diet pattern, human race is now facing many difficulties in maintaining natural sleep pattern. Hence, people suffer from insomnia, the most common sleep disorders.

Insomnia one of the caused by psychiatric conditions such as depression. Psychological struggles can make it hard to sleep, insomnia itself can bring on changes in mood, and shifts in hormones and physiology can lead to both psychiatric issues and insomnia at the same time. Insomnia can also cause of commonly used substances such as caffeine, tobacco and alcohol Substance abuse; such as smoking, disruption of circadian rhythms; such as shift work, change in work schedule.

In *Ayurveda*, *Aahar* (food), *Nidra* (sleep), *Bramhacharya* (abstinence) are to be a *Trayopasthambas* (three supportive pillars)^[1]. Sleep (*Nidra*) is one of the essential factor lead to healthy life, proper sleep depends on happiness & misery, proper & improper growth, good strength & weakness, potency & sterility, knowledge & ignorance and life and death of individual^[2].

Ayurvedic name for Insomnia (Sleeplessness) is *Anidra*. *Anidra* is a Ayurvedic terminology come under *Vata Nanatmaja Vikara*^[3]. It is a condition in which a person is unable to take proper rest. The patient is unable to sleep properly and this affects his daily activities. According to *Ayurveda*, the three *Doshas* either taken all together or individually may result in to insomnia.

All factors, that are responsible for aggravation of *Vata* and *Pitta*, along with

environmental and dietary factors play an important role in sleep disturbances. People, who toss and turn, unable to fall asleep because their mind is spinning, have insomnia. It results with anxiety, worry, and rushed activity during the day. Whereas in pitta imbalance there is intermittent awakening. You may fall asleep quickly but wake up frequently with palpitation, body pains, and emotional disturbances such as fear, anger, and sadness. Another pattern is that you wake up before dawn and find it difficult to go back to sleep.

One of the reasons that insomnia is on the rise is the high stress levels and time pressures associated with modern living. The people would gladly get more sleep if they could, but the information age, which was supposed to make everything more efficient, has just made everything busier. Many people complain of insomnia, with stress during the day making them too tense or worried to be able to fall asleep at night. Lack of sleep, in turn, creates more stress on the job and at home. However, it is important to know at the outset that not all people require the same amount of sleep. Sleeping cycles vary among people and throughout a person's life.

AIM AND OBJECTIVES:

To study the effect of Ayurvedic Treatment, yogic practices, lifestyle modification in a case of insomnia.

MATERIAL & METHODS:

A male patient aged 32 years presented with the complaints of fatigue, sleeplessness, numbness and heaviness in head for 1 year. He consumes 4 cups of coffee during the day and lately takes alcohol at night to aid sleep. No previous medicinal, surgical history. This is insomnia related to acute stress, conflict, or recent environmental change.

Inadequate sleep hygiene (consumption of coffee and alcohol at bedtime, stress at bedtime) may contribute to his sleep difficulty and restlessness in the night.

Through Athens Insomnia Scale ^[4] objective parameters were assessed before and after treatment. Athens scale is measured by assessing 8 factors, these are

rated on a 0-3 scale and the sleep is finally evaluated from the cumulative score of all factors and reported as an individual's sleep outcome. Over the period of time, AIS is considered to be an effective tool in sleep analysis. A cut off score of > 6 on the AIS is used to establish the diagnosis of Insomnia.

Sleep factors	Athens insomnia scale			
Sleep induction	0: No problem	1: Slightly delayed	2: Markedly delayed	3: Very delayed or did not sleep at all
Awakenings during the night	0: No problem	1: Minor problem	2: Considerable problem	3: Serious problem or did not sleep at all
Final awakening	0: Not earlier	1: A little earlier	2: Markedly earlier	3: Much earlier or did not sleep at all
Total sleep duration	0: Sufficient	1: Slightly insufficient	2: Markedly insufficient	3: Very insufficient or did not sleep at all
Sleep quality	0: Satisfactory	1: Slightly unsatisfactory	2: Markedly unsatisfactory	3: Very unsatisfactory or did not sleep at all
Well-being during the day	0: Normal	1: Slightly decreased	2: Markedly decreased	3: Very decreased
Functioning capacity during the day	0: Normal	1: Slightly decreased	2: Markedly decreased	3: Very decreased
Sleepiness during the day	0: None	1: Mild	2: Considerable	3: Intense

AYURVEDIC TREATMENT:

1. Panchkarma Therapy:

Recommended *Panchkarma* are *Shirodhara*, *Nasya*.

Shirodhara: ^[5] is a type of *moordhana taila*, in which suitable *taila* is to be continuously poured on the forehead and the oil to be allowed to flow over the scalp. It is very fruitful in insomnia, stress, anxiety, other neurological and psychological and psychosomatic disorders. Here pouring of oil is not followed by any massage.

The procedure was done with *Bramhi*

Tailam for 30 min for the duration of 15 days.

Plant	Dose	Vehicle	Duration
<i>Aswagandha churna</i>	3gm	Milk after meal	15 days
<i>Jatamansi churna</i>	1gm	Milk after meal	15days
<i>Brahmi churna</i>	1gm	Milk	15days

Nasya Karma ^[6]: Administration of the medicines through nasal route is known as *Nasya*. As this is the nearest route, the diseases related to head is best treated by this procedure. *Shirovirechana*, *Shirovireka* and *Murdhani-virechana* are the other names of this procedure. Depending upon the composition of the names of the herbs used in the medication as well as variation in the pharmacological actions, the *Nasya* are of different types. The procedure of dropping the medicated oil into the nostril is called *Navana Nasya*.

The procedure was done with *Anu tailam* ^[7] for the duration of 15 days.

Abhyangam ^[8]-This full body Ayurvedic massage using oils, relaxes the body and removes tensions, and induce sound sleep. The procedure was done with sesame oil before 30 min of hot water bath.

Pada Abhyangam ^[9] or Foot Massage sesame oil provides relaxation to the body and mind helps good sleep. The procedure was done with sesame oil before sleep.

2. Yogic practice:

Anulom vilom - practice 30 seconds & gradually increase time to 10 minutes

- Alternate Nostril Breathing controls *Vata* and a hyperactive mind. At first, practice this only for 30 seconds, then gradually increase the time to 10 minutes. With patience and regular practice, Alternate Nostril Breathing builds mental endurance and adaptability. ^[10] Relax and be peaceful after 9 p.m. Practicing Glottal Breathing with Womb Seal in bed is very calming.

Yoga-Nidra- is a systematic form of guided relaxation. It has been found to reduce tension and anxiety.

3. Shamana Aushadhis:

4. lifestyle modification – advice to

1. Drink warm milk before bed in night.
2. Light physical activities before going to bed in night
3. Bath with warm water before bedtime
4. Sleep on comfortable bed
5. Use of bed and bedroom for sleeping purpose only. (Bed room should not be used for watching TV and reading)
6. Maintain a regular sleep /wake up schedule

7. Practice yoga and meditation
8. Leave the bed if unable to sleep
9. Avoid stressful conditions
10. Avoid heavy meals at bed time
11. Avoid consumption of coffee, tea, soft drinks, alcohol and smoking
12. Avoid irregular sleep habits and nap during the day
13. Avoid watching TV at bed time

OBSERVATION:

Patient got relief from this integrated approach of treatment According to Ayurveda. Symptoms like fatigue, sleeplessness, numbness and heaviness in head decreased and Score of Athens insomnia Scale decreased suggested relief.

Effect of Ayurvedic Treatment, yogic practices, lifestyle modification in insomnia:

	Before treatment	After treatment
Athens insomnia scale	10	7

DISCUSSION:

Shirodhara is a procedure which comes under the external application of oil used for neuromuscular relaxation and nourishment. *Shirodhara* is a relaxation therapy which relieves mental exhaustion as well as pacifies the aggravated *Vata Dosha* in head. It helps to normalize the function of central nervous system by relaxing the nervous system and balancing the circulation of blood in the head. According to modern medical science stress or anxiety is main cause for Insomnia, and the in the condition of *Anidra* (insomnia) the main vitiated *Dosha*

is *Vata*, so balance of *Vata Dosha* is an important thing to treat insomnia. By the application of oil over the head, the dryness of skin subsides and in turn *Kapha Dosha* increases. The increment of *Kapha Dosha* enhances the *Tama*, which counteracts the *Raja Dosha*. Ultimately this process nourishes the essential components of body and helps to get ride the problem like insomnia. *Shirodhara* is one of the fruitful treatment for reducing stress & anxiety and *Shirodhara* with *Brahmi Tailam* is very beneficial due to procedural effect as well as due to drug effect also. As continuous pouring of liquid over a particular point increases local circulation may help the absorption of active principles. which may help to reduce stress & enhancing secretion of serotonin and improves sleep.

In standard *Nasya* therapy, given gentle head and face massage and heat treatment followed by installation of drops into each nostril which may be absorbed by vascular or lymphatic path through nasal mucosa, which has special parenchyma. It stimulates olfactory bulb. Nasal route is considered as the pathway to reach brain . and helps to improve mental & intellectual activity. All these together helps to improve brain functioning and provides nourishment to brain thereby overcomes stress & anxiety and calm down the mind in turns improves quality and quantity of sleep.

Practice of *Anulom vilom* to controls *Vata* and a hyperactive mind. With patience and regular practice, Alternate Nostril Breathing builds mental endurance and adaptability. *Yoga Nidra* to reduce tension and anxiety. Lifestyle modification regulate *vatta* and *pitta doshas* & Better to improve quality and quantity of sleep.

CONCLUSION & RESULT:

The treatment given was a combination of Ayurvedic Treatment, *Yogic* practices, lifestyle modification

which has given the result with sleep factor as mentioned in Athens insomnia scale. Duration of sleep and quality of sleep improved and Symptoms were relieved along with improvement in the quality of life. From this study, it can be stated that Ayurveda can be a promising remedy along with Yogic practices for stress induced insomnia.

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