



UNIQUE JOURNAL OF AYURVEDIC AND HERBAL MEDICINES

Available online: www.ujconline.net

Review Article

STUDY OF INSOMNIA ACCORDING TO TRISUTRA

Suryawanshi CS*

M.D. (Ayu), Department of Ayurved Samhita and Siddhant. Y.A.C. P.G.T. & R.C. Kodoli, Kolhapur, Maharashtra, India

Received 15-12-2014; Revised 12-01-2015; Accepted 10-02-2015

*Corresponding Author: Prof. Dr. C. S. Suryawanshi M.D. (Ayu).

Department of Ayurved Samhita and Siddhant. Y.A.C. P.G.T. & R.C. Kodoli, Kolhapur, Maharashtra, Pin 416114. Mob: 9420933231

ABSTRACT

Ayurveda is based on three principles called *Tri* (Three) *sutra*. (1). *Hetu* –Causes (cause of health and disease) (2). *Linga*–Symptoms (Symptoms of health & disease) (3). *Aushadh* –Medicines (In both roles as preventive & curative). *Ayurveda* considered sleep as one of the basic instincts of life, a very essential factor for all the living beings. Insomnia is called as *Anidra / Nidranasha*, an imbalance in *Tarpaka Kapha, Sadhaka Pitta and Prana Vayu*. *Tarpak Kapha* is a sub-*dosha of Kapha* that nourishes the brain cells and facilitates a good night's sleep. Imbalance of this *dosha* causes poor nourishment of brain cells, leading to Insomnia. *Saadhak Pitta* is a sub-*dosha of Pitta* and is located in the heart. It controls emotions, desires, decisiveness, and spirituality. *Prana Vayu* makes the nervous system sensitive, this sensitive nervous system coupled with an aggravated *Prana Vayu* lead to 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 (*Anidra*). (1). Causes for Insomnia (*Anidra*) :-Vitiated *Vata dosha or Pitta Dosha.(Vata-Pitta-Prakop)*, Mental stress. (*Mansik Tanaava*). Mental and physical trauma. (*Shareerik va Maanashik Aaghaat*). *Dhatukshaya* or Emaciation due to improper diet and diseases. (2). Symptoms of Insomnia (*Anidra*) :- Yawning, Body ache, Lassitude, Headache, Heaviness in the Head and Eyes, Inactivity, Exhaustion, Giddiness, Indigestion and Diseases caused by *Vaata*, Unpleasantness, Emaciation, Weakness, Impotency, Ignorance and finally culminating into death. (3). Treatment of Insomnia (*Anidra*) :- Avoid caffeinated 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, followed by a bath, Pleasant smell and Sound, Listen to good music and News. *Brahami Vati, Sarsatarista, Aswagandharista, Brahmi Ghrita, Smritisagar Ras, Brahmi Rasayan, Cap. Brahmi, Tab. Mantate, Cap. Stesscom, Cap. Aswagandha*. So it is a demand of time to study about Insomnia and be careful for health and life. By follow some rules to live healthy any one can get a pleasant and healthy life.

Keywords: *Ayurveda, Trisutra, Insomnia (Anidra)-Causes, Symptoms & Treatments.*

INTRODUCTION

Ayurveda considered sleep as one of the basic instincts of life, a very essential factor for all the living beings. When the mind is exhausted and the exhausted sense organ distracts from its object, one gets sleep. Sleep influences happiness and misery, corpulence and leanness, strength and weakness, potency and impotency, intellect and non- intellect. When both the quantity and quality of sleep are optimum, it leads to proper physical health and mental well-being. If any of the components of sleep is disturbed, it leads to various problems like unpleasantness, emaciation, weakness, impotency, ignorance and finally culminating into death^{1.(Cha.Su. 21/34-37)}. Sleep and its disorders are described in the texts of *Charaka Samhita, Sushruta Samhita, Vagbhatta (Astang- Hridaya and Astang Sangraha), Bhavaprakasha, Harita Samhita, Bhela Samhita and Yogaratnakara*. Sleep needs in individuals vary

tremendously and changes during the life cycle. Newborn child sleeps for 14-18 hours during early months of infancy. Then by the age of 10 years; it drops to 9 -10 hours. For adult person, good sound sleep of 7-8 hours is sufficient. As one get older sleep diminishes to an average of 5-6 hours. In *Ayurveda*, Insomnia is called as *Anidra / Nidranasha*, an imbalance in *Tarpaka Kapha, Sadhaka Pitta and Prana Vayu*. *Tarpak Kapha* is a sub-*dosha of Kapha* that nourishes the brain cells and facilitates a good night's sleep. Imbalance of this *dosha* causes poor nourishment of brain cells, leading to Insomnia. *Saadhak Pitta* is a sub-*dosha of Pitta* and is located in the heart. It controls emotions, desires, decisiveness, and spirituality. Its imbalance makes a person demanding and workaholic, thereby leading to situations that may cause lack of sleep. *Prana Vayu* is a sub-*dosha of Vayu*. It is linked to insomnia, worry, anxiety, and problems like depression. *Prana Vayu* makes the nervous system sensitive, this sensitive

nervous system coupled with an aggravated *Prana Vayu* lead to insomnia.

Insomnia (Anidra) Habitual sleeplessness or simply inability to sleep for a minimum period, which is necessary for a sound mental and physical health, is called Insomnia or Chronic inability to fall asleep or remain asleep for an adequate length of time is called Insomnia. It is the difficulty in initiating or maintaining sleep, waking up too early and unable to sleep again, or waking up with a feeling of lassitude and lethargy. Insomnia becomes a serious problem when it affects daytime performance and behavior.

- Acute Insomnia: This type of insomnia lasts for a short time – from several nights up to three weeks – and goes away on its own without treatment.
- Chronic Insomnia: Insomnia that lasts more than three weeks is classified as chronic insomnia. Nearly 1 in 10 people have chronic insomnia, which often requires some form of treatment to go away.
- Primary insomnia: Primary insomnia means that a person is having sleep problems that are not directly associated with any other health condition or problem.
- Secondary insomnia: Secondary insomnia means that a person is having sleep problems because of something else, such as a health condition (like asthma, depression , arthritis ,cancer , or heart burn) pain, medication they are taking or a substance they are using (like alcohol).

Aims & Objectives:

To study about *Insomnia (Anidra)* according to Tri-Sutra and it's remedies from *Ayurvedic Samhita Granthas, other Research Journals and Internet* .

MATERIALS AND METHODS

Materials

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

Methods

1) *Hetu Sutra*

Causes for Insomnia (*Anidra*) :-

- Vitiating *Vatadosha* or *Pitta Dosha*. (*Vata-Pitta-Prakop*).
- Mental stress. (*Mansik Tanaava*). Mental and physical trauma. (*Shareerik va Maanashik Aaghaat*). *Dhatukshaya* or Emaciation due to improper diet and diseases.
- According to Modern Medical Sciences:- Physical pain from Arthritis, Ulcers, Migraines, Angina, Breathing disorders like Asthma, and Respiratory problems such as cold and cough, irregular heart-beat or palpitation, cramps in legs, increased frequency of urination due to diabetes mellitus etc. leads to insomnia.
- Many types of drugs may lead to insomnia such as stimulants, sedative and antidepressants, drugs acting on thyroid, contraceptives etc. can cause insomnia. Alcohol consumption also causes disturbance in sleep. Both sleeping pills and alcohol lead to fragmented sleep and frequent early awakening instead of good sound sleep.

2) *Linga Sutra*

Symptoms of Insomnia (*Anidra*) :-

- Yawning, Body ache, Lassitude, Headache, Heaviness in the Head and Eyes.

- Inactivity, Exhaustion, Giddiness, Indigestion and Diseases caused by *Vaata*.
- Unpleasantness, Emaciation, Weakness, Impotency, Ignorance and finally culminating into death.
- Difficulty falling asleep and Feeling tired upon waking.
- Waking up often during the night and having trouble going back to sleep.
- Waking up too early in the morning.
- Problems with attention, concentration or memory (cognitive impairment).
- Lack of energy or motivation and Lower performance on the job or at school.
- Difficulty paying attention, focusing on tasks or remembering.
- Slowed reaction time while driving and higher risk of accidents.
- Psychiatric problems, such as depression or an anxiety disorder.
- Overweight or obesity and Irritability.
- Increased risk and severity of long-term diseases or conditions, such as high blood pressure, heart disease and diabetes. ^{2.} (Su.Su.Sha. 4/32-47)

3) *Aushadh Sutra*

Treatment of Insomnia (*Anidra*) :-

Diet

- Have fresh fruits, avocado, pasta, rice, dairy products, and sweet foods.
- Increase use of butter or purified butter in foods.
- Intake of soup of Domestic, Marshy and Aquatic Animals, Buffalo Milk. Fish, Eatables of wheat, Black Gram, Milk Products like Curd, Ghee. Grape Fruit, Preparations of Jaggery and Sugar, Wine.

Routine

- Avoid caffeinated 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, followed by a bath
- Pleasant smell and Sound, Listen to good music and News.
- Sleep induced by the moving wind with the help of Cloth, Bamboo-chip (fan) or use of bronze vessel and the use of banana leaf.
- Viewing dance and hearing humorous voice, to keep the mind in a calm and happy state, always content with every -thing in life, leading a life without worry, thoughts and greed.

Medicines

- External therapy: *Abhyanga* (massage)and *Padabhyanga* (foot massage) with medicated oils.Application of oil to the scalp. *Shiroabhyanga, Shiropichu, Shirodhara, Shirobasti*.
- Internal therapy: Single drug therapy:- *Brahmi, Aswagandha, Draksha, Bhang, Shankhapushpi, Jatamansi, Ahi-phena, Tagara, Kusmanda, Yamini, Pippalimoola, Sarpagandha, Punarnava, Karpura, Parasikayavani, Katutumbi, Jatiphala, Apamargamoola, Khaskhas*.

- *Brahmi Vati, Sarsatarista, Aswagandharista, Brahami Ghrita, Smritisagar Ras, Brahami Rasayan, Cap. Brahami, Tab.Mantate, Cap.Stesscom, Cap.Stress Gaurd, Cap.Aswagandha, etc.*^{3.(Ast.Hri.Su.7/53-67)}

CONCLUSION

- Sleep is considered as one of the basic instincts of life. Happiness, vigour, virility, nutrition, long life is achieved by proper sleep.
- Only a healthy body and sound mind can have a sound sleep.
- Insomnia becoming progressively a life threatening condition and it also has the tendency to damage one's daily life including personal, social, relational and occupational life.

- If one follows the day, night and seasonal regimens properly with control over mind and deeds, then any one will definitely get a refreshing sound sleep.

REFERENCES

1. Charaka Samhita with Ayurveda Deepika Teeka of Chakrapani Dutta. By Yadavaji Trikamji Acharya, Choukhambha Sanskrit Sansthan; Varanasi, Reprint (2011).
2. Susruta Samhita, By Kaviraj Ambika Dutta Shastri, Chaukhambha Sanskrit Sansthan, Varanasi, 2009.
3. Astang Hridaya, By Kaviraj Atri Dev Gupta, Chaukhambha Prakashan, Varanasi, 2007.

Source of support: Nil, Conflict of interest: None Declared