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Review Article

## Management of *Anidra* through *Ahara-Vihara*, Natural Herbs and *Shodhna* Therapy: A Review

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### ABSTRACT

Ayurveda the science of healthy living deals with physical, mental and spiritual components of health. Ayurveda considered *Ahara*, *Nidra* and *Brahmacarya* as important parts of life for achieving goal of *Swasthavritta*. *Nidra* is a state of complete physical and mental relaxation of body which play vital role towards the good health status. There are some factors which may disturb physiology of *Nidra* leading to condition of sleeplessness/insomnia (*Anidra*). *Anidra* is abnormal physiological condition which greatly affects quality of life and this problem increasing day by day due to the enhanced level of stress, diversified environmental condition, disturb pattern of life style and bad dietary habits. It is very important for physician society to put focus attention to reduces prevalence of this issue. Ayurveda mentioned different therapeutic approaches for the management condition of insomnia including use of natural herbs, formulation, *Shodhna Chikitsa* and good conduction of *Ahara-Vihara*. Present article explored ayurveda view on *Anidra* along with its treatment modalities.

**Keywords:** *Ayurveda*, *Nidra*, *Anidra*, *Insomnia*.

**Article Info:** Received 13 Oct, 2018; Review Completed 26 Nov 2018; Accepted 27 Nov 2018; Available online 15 Dec 2018



### Cite this article as:

Chawardol SG, Jain S, Dr. Khuje S, Jain JK, Management of *Anidra* through *Ahara-Vihara*, Natural Herbs and *Shodhna* Therapy: A Review, Journal of Drug Delivery and Therapeutics. 2018; 8(6-s):344-346  
**DOI:** <http://dx.doi.org/10.22270/jddt.v8i6-s.2077>

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### INTRODUCTION

Insomnia is one of the most common problems now a day's affecting large number of global population. It is associated with psychosomatic manifestations such as; fatigue, high blood pressure, loss of concentration, stress, anxiety, presence of other disease and conduction of disturbed daily regimen. Insomnia in Ayurveda termed as *Anidra* which may causes symptoms like; *Dukha*, *Balahani*, *Karshyata* and *Agnyanata*. As per ayurveda principle *Vata Vaigunyata* is mainly responsible for *Anidra* along with *Mana* and *Indriya Vikaras*. Ayurveda literature suggested that there are various diseases also associated with the *Anidra* such as; diabetes, psychological disturbances, eye problems, CNS disorders and digestive problems<sup>1-5</sup>.

The modern therapeutic approaches involve use of antipsychotic and sedatives drugs for the management of insomnia but these drugs may also have adverse effect like; abuse and addiction. Therefore it is very essential to have some safer approaches for the treatment of *Anidra* and

Ayurveda offers the same. Ayurveda mentioned different modalities for the management of insomnia including use of natural herbs, formulation, *Shodhna Chikitsa* and good conduction of *Ahara-Vihara*. Ayurveda also described *yogic* exercise (figure 1) for the management of insomnia<sup>2-4</sup>.

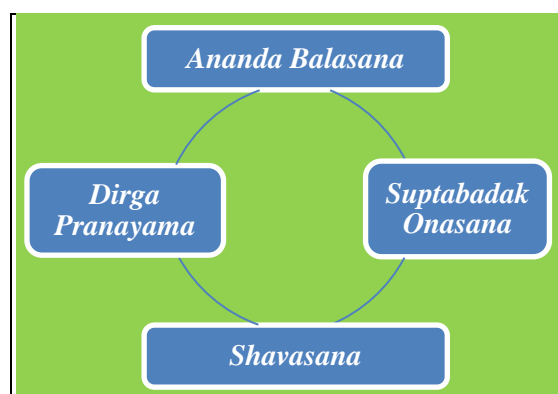


Figure 1: Yoga for *Anidra*.

## Prognosis of Anidra:

Anidra may involve vitiation of *Vata Dosha* associated with *Upavasa*, *Atichinta*, *Asukha* *Shayaa*, *Atikrodha*, *Satvaudarya*, *Karya*, *Tamajayee*, *Kala Vikara*, *Pita Vridhi*, *Abhighata* and *Atibhaya* etc. Predisposition of *Manasikakarana* along with *Tama Kshaya* and *Rajo Vriddhi* also induces prognosis of *Anidra*.

**Anidra may be associated with following internal factors:**

- Vitiation of *Tama* may disturb *Tamobhava Nidra*.
- Vitiation of *Kapha* may affect *Slesmasamudbhava Nidra*.
- *Nidra* associated with *Manah-Sarira Srama Saambha* disturbed during mental exertion.
- Presence of other diseases like; *Sannipataja* & *Jwara* may lead *Vyadhi-Anuvartini* and disturbance in normal sleep.
- Factors such as; trauma and sock may vitiate *Agantuka Nidra*

## Physiological disturbances associated with Anidra:

*Anidra* may offer following health disturbances:

- *Anidra* affect happiness, sterility and longevity
- Nourishment, strength, *Satya Buddhi* and *Siddhi* deteriorate due to *Anidra*
- *Anidra* may imbalances weight & obesity
- Physical and mental fatigue may increase with *Anidra*
- Healing of external cuts and wound may delayed due to *Anidra*
- *Anidra* also affect process of natural growth and development
- Anxiety and stress associated with *Anidra* may deteriorate memory and mental power
- *Anidra* may disturb natural immunity and detoxification process
- Cardiac diseases, diabetes, blood pressure and psychological disturbance may be triggered with *Anidra*
- Sleep disturbances significantly affect bowel movement and gastric functioning thus imbalances process of digestion.
- *Anidra* may also leads physiological disturbances such as; *Dukha*, *Klibata*, *Abala*, *Karshya*, *Ajnana Halimaka*, head ache, rhinitis, giddiness and drowsiness<sup>5-10</sup>.

## MANAGEMENT OF ANIDRA 6-11

**Rules/Vihara to Eradicate Problem of Anidra:**

- ❖ Consumption of heavy, oily and spicy food should be avoided before sleeping
- ❖ One should follow to sleep during natural sleeping time (not too late/not too early)
- ❖ Be relaxed completely during sleeping time
- ❖ Comfortable positions for sleeping with extended body posture
- ❖ Oil massage may be helpful before sleeping time
- ❖ Dinner 2-3 hrs. before bed time
- ❖ *Dhyana* or meditation should be done before to go on bed
- ❖ Electronic gadgets such as; laptop and mobiles must be avoided before sleeping time
- ❖ Exercise and *yoga* practice help in *Anidra*
- ❖ Caffeine and tea should be avoided
- ❖ Day time sleep need to be avoid
- ❖ Bathing before sleep may help to induce sleep

- ❖ Chanting a *Mantra* and *Japa* etc. also recommended

## Ayurveda Herbs for Insomnia

**Brahmi:**

- It acts as powerful brain tonic, supports and improves mental functioning.
- It offers calming and tranquillizing effect.
- *Brahmi* at bedtime may help to induce sleep.
- *Brahmi* help to control anxiety and stress.

**Vacha:**

- *Vacha* offers therapeutic benefits in various mental ailments such as; epilepsy, headache and insomnia etc.
- It relax mind and calm muscle fatigue.

**Aswagandha:**

- *Aswagandha* enhance vitality and longevity.
- It improves coordination between mind and senses.
- It is good to induces sleep.
- *Aswagandha* empowered mental status and relief anxiety.

**Jatamansi:**

- Increase levels of neurotransmitters serotonin thus enhance felling of well being.
- It acts as sedative, anti-depressant and relaxant.
- It is effective remedy for neurosis.
- Relax central nervous system and help to relief stress.
- *Jatamansi* control mental and physical fatigue.

**Valerian:**

- *Valerian* boosts nerve channels and cleans out toxins from nerve tissue.
- It acts as rejuvenating agent.
- *Valerian* in mild dose induces dulling effect which calms anxiety and stress.
- It is best when used with some herbal preparation.

## Ayurveda Formulation for Insomnia

- *Pipplimula churna*
- *Swamamakhshik Bhasma*
- *Vatakulantaka*
- *Nidrodaya rasa*
- *Triphala churna*
- *Asanadi Kashayam*
- *Varanadi Kashayam*

## Panchkarma for Insomnia

- ❖ *Shirobasti*, *Shirodhara* and *Nasya* offer excellent relief in anxiety, stress and insomnia.
- ❖ *Abhyangam* massage using anti-*Vata* oils like *narayana* or *bala* oils relaxes body, relief tensions and induces sleep. *Brahmi* oil massages on head region control insomnia.
- ❖ *Vamana* help to expel *kapha dosha* and thus prevent disturbances in sleep.
- ❖ *Virechana* expel toxins, *dushti kapha* & *pitta dosha* therefore balances normal physiological functioning of body.
- ❖ *Swedana* help to clear channels, removes toxins, reduces fats and relax body therefore offer relief in sleep disturbances.

### Dietary supplement for Insomnia:

- ❖ Food containing multivitamin (vitamins A, C, E and B-complex vitamins).
- ❖ Food containing trace minerals (magnesium, calcium, zinc and selenium).
- ❖ Fish oil having omega-3 fatty acids.
- ❖ Food having 5-hydroxytryptophan, L-theanine, Melatonin and L-tryptophan.
- ❖ Hot, sour and spicy food should be avoided.
- ❖ Green leafy vegetables, wheat, rice, pulses and milk product may be recommended however junk food and heavy food must be avoid before sleep.

### CONCLUSION

*Nidra* is one of the important aspects of life and play major role towards the normal physiological functioning of body. The incomplete sleep termed as *Anidra* (Insomnia) which may associate with various pathological conditions such as; *Karshya*, *Dukha*, *Abala*, *Klibata*, mental stress, head ache and feeling of heaviness etc. The problem of insomnia increasing currently day by day due to the stressful life; deteriorated environmental condition, imbalanced pattern of life style and misconduct of dietary regimen. Ayurveda literature established various therapeutic approaches for the management of *Anidra* such as; use of natural herbs, Ayurveda formulation, *Shodhna Chikitsa* and disciplined conduction of *Ahara-Vihara*.

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