

**"Impact of complementary and Alternative Medicine on Sleep Disorders:
A systematic review."**

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ABSTRACT:

According theory of Ayurveda Ahara, Nidra and Brahmacharya as a *Trayoupastambha* of life. *Anidra* can be considered as difficulty in initiation of sleep, reduction in duration of sleep and disturbances during sleep. Acharya Charaka defines that, if mind gets tired or becomes sedentary then the sensory and motor organs become lazy then one deep into sleep. It means that if mind draw its attention from its work and whole body get tired due to work and it leads to the Nidra. The Nidra is the one which provide complete relaxation to the body and mind. Many patients suffered from disorders about Nidra and Nidranasha, but have been unable to find relief due to a lack of extensive studies and treatment.

KEYWORDS: *Anidra, Sleep, Ahara, Indriya, Trayoupastambha.*

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INTRODUCTION:

Acharya Charaka mentioned the *Ahara*, *Nidra* and *Brahmacharya* as a *Trayoupastambha*. These three factors which play an important role in the maintenance of health of a living organism thus are termed as Upastambhas.¹ The *Nidra* is the one which provide complete relaxation to the body and mind and thereby it restores the potentials of the individual. The *Ahara* is mainly concerned with the energy production and maintenance of living tissues (*Pitta*). The *Brahmacharya* is concerned with disciplined mode of sexual life and reproduction (*Vata*).

***Nirukti*:**

The term “*Nidra*” is feminine gender. Derived from the root “*Dra*” with suffix “*Ni*” and the root ‘*Dra*’ means undesired ‘*Gatu*’ to lead, it is a state which is hated, therefore, it is termed as “*Nidra*”. *Nidra* is formed by Sutra ‘*Ataschopasarge*’ “*Nindyate Iti Nidra*”.

Definition *Nidra*(sleep):

Nidra is defined as the temporary loss of contact with *Gnanendriya* and *Karmendriya* to the *Manas*.

Nidra is considered by Charaka is a condition of mind if tired or becomes sedentary then one deep into sleep. Due to the *Karma*, *Mana* and *Indriya klanata* it further leads to *Nidra*. Therefore, when *mana* and *indriya* withdraw from their *vishaya* leads to sleep. *Nidra* is nothing but combined stage of tired mind and body.

- a) *Acharya Sushruta* described the sleep occurs *Chetana* is vitiated by *Tama gunas*.²
- b) According *Acharya Vagbhata* if *Manovaha Srotas* become hoarded with *Sleshma* and mind because of exhaustion, when individual fell asleep.
- c) *Sharangadhara* mentions that *Nidra* is a state where predominance of *Kapha* and *Tamas* is witnessed.
- d) According to *Yog Darsanas*, there are four *Avasthas* related to *Nidra*:³

They are:-

- 1) *Jaagradavastha*
- 2) *Svapnavastha*
- 3) *Sushuptiavastha*
- 4) *Tureeyavastha*

1. ***Jaagradavastha***- In this phase the person is able to perceive subject via *Panchendriyas*.
2. ***Svapnavastha***- This is the phase of sleep in which the person experiences some feelings depending upon what he has done or perceived during the *Jaagradavastha*.

3. **Sushuptiavastha**- This also is a phase of sleep but nothing is experienced by the person. Only the life sustaining vital functions (like respiration, circulation etc) happen.

4. **Tureeyavastha**- Due to increase in Satva Guna the person can control over the Nidra and there is no effect of *Tamoguna* on this phase. According to Yoga Sastra, the Nidra is a type of *Chittavrtti* and it is *Abhaava* of *Manovishaya*.

Different types of sleep disordered in Ayurveda :

The word *Ratrojagarana* is explained in various Ayurvedic texts. Various words used to denote *Ratrojagarana* are presented in the table.

Table no. 1 Showing Synonyms of sleep Disordered in Ayurveda

Sl. No	Paryaya Nama	CS	SS	AH	SA	YR	MN	HS	BS	DN	RN	BR
1	<i>Anidra</i>	+	+	+	-	+	-	+	+	+	+	-
2	<i>Alpanidra</i>	-	+	+	+	-	-	-	-	-	-	-
3	<i>Asvapna</i>	+	+	+	-	+	-	-	-	-	-	-
4	<i>Jagarana</i>	+	-	+	-	-	-	-	+	-	-	-
5	<i>Anidra</i>	+	+	+	+	+	-	+	-	-	-	-
6	<i>Nidravighata</i>	+	-	-	-	+	-	-	-	-	-	-
7	<i>Nastanidra</i>	+	-	+	-	+	+	-	-	+	+	-
8	<i>Nidradaurbalya</i>	-	+	-	-	-	-	-	-	-	-	-
9	<i>Nidrabhramsa</i>	-	-	+	-	-	-	-	-	-	-	-
10	<i>Nidrakshaya</i>	-	+	+	-	-	-	-	-	-	-	-
11	<i>Nidrabhanga</i>	-	-	-	-	-	-	+	-	-	-	-
12	<i>Nidravinasha</i>	-	-	-	-	-	+	-	-	-	-	-
13	<i>Nidrachheda</i>	-	-	-	-	-	+	-	-	-	-	-
14	<i>Nishijagarana</i>	-	-	+	-	-	-	+	-	-	-	-
15	<i>Nidraviparyaya</i>	-	-	-	-	-	+	-	-	-	-	-
16	<i>Prajaagarana</i>	+	-	+	+	+	-	-	-	-	-	+
17	<i>Anidra</i>	-	-	+	-	-	-	+	-	-	-	-

- **Alpa Nidra**: 'Alpa' means small quantity, which refers to reduction in sleep time.
- **Jagarana**: 'Jagarana' means awakening or waking, *Nidra Rahita*, *Nidra Abhava*, which refers to the loss of sleep or no sleep.

- **Nidra Kshaya:** 'Kshaya' means *Hrasa, Adarshana*, reduction in sleep time.
- **Nidra Bhanga:** The word 'Bhanga' means breaking, splitting, dividing which means disturbances of sleep.

By considering all these synonyms, *Anidra* can be considered as difficulty in initiation of sleep, reduction in duration of sleep and disturbances during sleep. In the classical texts the term *Anidra* and *Anidra* is used frequently as synonymous to one another.

Table No.2: Associate symptoms related with Sleep disorders in ayurveda

Roopa	Charaka	Sushruta	Vagbhata	Vruddha vagbhata
<i>Jrumbha</i>	+	+	+	+
<i>Angamarda</i>	+	+	+	+
<i>Tandra</i>	+	+	+	+
<i>Shiroroga</i>	+	-	-	-
<i>Shirogaurava</i>	-	+	+	+
<i>Akshigaurava</i>	+	+	-	-
<i>Jadya</i>	-	-	+	+
<i>Glani</i>	-	-	+	+
<i>Bhrama</i>	-	-	+	+
<i>Apakti</i>	-	-	+	+
<i>Vataroga</i>	-	-	+	+

Management of sleep disorders in Ayurveda

Dietary items for the management of sleep disorders: There are many dietary items mentioned in Ayurveda classics, which helpful inducing sound sleep.^{4,5} *Dadhi* (curd), Cow milk (*Godugdha*), *Madya* (alcohol), *Mahish Kshira* (buffalo's milk), *Mamsa Rasa*.

Sleep disorders and psychological factors: Due to current scenario of competition everyone has tension, sometimes unpleasant environment etc., interrupts our healthy sleep pattern. So, in order to avoid and having good sleep it is very vital to avoid all such psychological factors, especially during sleep time.⁶ *Chintatyaga* (removing worry), *Nityatrupti*, *Santosha*, *Bhaya tyaga* (fear), *ideal shayya*, *Manonukula Sabda granaha*, *Manonukula Vishaya grahana*, *Sukha Shayya* (comfortable bedding), *Nischinta*, *Sukha Sparsh* (pleasant touch), *Sukhavartalapa* (pleasant talk), *Swasteerna Shayana*.

External therapies for sleep disorders:⁷ *Abhyanga* (oil massage), *Padabhyanga* (foot massage), *Karnapoorana*, *Mardana* (massage) *Akshitarpana*, *Moordhnitaila*, *Shirobasti*, *Snana* (bath), *Utsadana* (body anointment).

Table No.3 : External therapies in sleep disorders

Upachara	Charaka	Sushruta	Vagbhata	Yoga rtnakara	Bhava prakasha	kashyapa
<i>Abhyanga</i>	+	+	+	+	+	-
<i>Utsadana</i>	+	-	-	-	-	-
<i>Samvahana</i>	+	+	-	+	+	-
<i>Akshitarpana</i>	+	-	+	+	-	-
<i>Moordhnitaila</i>	+	+	-	-	-	-
<i>Udvardana</i>	-	+	+	-	+	+
<i>Shirobasti</i>	-	-	+	-	-	-
<i>Shirastarpana</i>	-	-	+	-	-	-
<i>Moordhnapoorana</i>	-	-	-	-	-	-
<i>Karnapoorana</i>	-	-	-	-	-	-
<i>Padabhyanga</i>	-	-	-	+	+	-
<i>Angamardana</i>	-	-	-	-	-	-
<i>Mardana</i>	-	-	-	-	-	-

Single drug therapy: A good number of single drugs are described in Ayurvedic literatures which gives relief from Nidranasha. These single drugs are:

Table No.4: Sowing Single drugs useful for sleep disorders

Upacharas	Bhavaprakasa	Kashyapa	Harita	Raj Nighantu	Bhaishya Ratnavali
<i>Palandu</i>	+	-	-	+	-
<i>Ikshurasa</i>	+	-	-	-	-
<i>Potaki</i>	+	-	-	-	+
<i>Tila</i>	+	-	-	-	-
<i>Trikatu</i>	-	+	-	-	-
<i>Ketaki</i>	-	-	+	-	-
<i>Vartaka</i>	-	-	+	-	-
<i>Kakamachi</i>	-	-	+	-	-
<i>Asuri</i>	-	-	-	+	-

Healthy Sleep guidelines from Ayurveda which can help in the management of sleep disorders):^{8,9} Ayurveda texts have provided detailed guidelines to enhance good sleeping. Lying down in an easy posture on a comfortable bed removes the sense of fatigue, pacifies or soothes *Vata Dosha*, brings sleep and *Dhriti*.

Conclusion:

Ayurveda has given importance to *Nidra* (sleep) as it one of the most important components in living a good among *Ahar*, *Nidra* and *Brahmacharya*. If the duration of *Nidra* and sound sleep is not occurring due to vitiation of various dosha or illness it is called as *Nidranasha*. Good quality sleep is both necessary and beneficial to one's quality of life. During sleep, a variety of important physiological changes take place that help people stay healthy and perform at their best.

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