

CLINICAL STUDY ON NIDRA NASHA (CLINICAL INSOMNIA)

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INTRODUCTION

The *Swasthya* depends on three *Upastambha* i.e. *Ahara Swapna (Nidra)* and *Brahmacharya Nidra* is very important for daily life. It is essential for functioning of human being. If *nidra* is not taken properly can cause various health problems. Which will affects physical, mental health and sexual life. The main factors of affects *nidra* is abnormal life styles, *Dincharya*, *Ritucharya*. *Arti* icle provides through review of causes, consequences and management of *Nidranasha* with the perspective of Ayurveda Definitions of *Nidra Charaka* affirmed that when the mind (as well as soul) gets exhausted or becomes inactive and the sensory and motor organs become inactive then the individual gets sleep.

Types of *Nidra*

Acharya Charaka has classified *Nidra* in following manner according to causes 6.

Tamobhava- caused by *tama*.

Shleshmasamudbhava- caused by vitiated *kapha*.

Manah- sharirshramasaambhava- caused by mental and mental exertion.

Agantuki- indicative of bad prognosis leading imminent death.

Vyadhyanuvartini- caused as a complication of other disease like *Sannipataja jwara* etc.

Ratri- swabhavaprabhava- caused by the very nature of the night.

CASE REPORT

The 35year old male patient to panchkarma opd of Sadar Patel Ayurvedic College and Hospital Balaghat(M.P) on 11/1/2024 with having chief complain of disturbed sleep before 4 months then after few week he was suffering from loss of sleep *Angamarda Tandra Shiroroga Shirodaha Akshigaurava* he was suffering from disturbed sleep habits with dream of dark area. hence he was not felling to go for sleep.

History - No DM and HTN

On examination

Pulse -90/min\reg

B. p - 120/80mmhg

Body Weight -55kg

Intervention treatment - On admission *Takradhara* and *Taladhara* with *nagakeshar churna* was administered for 7days. Along with this *shamana aushadha* such as *Cap Ashwagandha 2 TID*, *Saraswatarista 4tsp TID*, and *bhrami taila* for external application was prescribed. Later, on discharge same medication were continued along with *Brahmi vati 1 BD* for a period of 2 weeks. On follow up patient showed good improvement in her sleep quality.

Quality of sleep during treatment was assessed by sleep wake chart. *Takradhara*, *taladhara* with *Ngakeshar churna churna* and *shamana aushadha* gave excellent result by improving the quality of sleep. Assessment is done by using *Insomnia Severity Index* scale before treatment, after treatment and during follow-up.

Date	Time of initiation of sleep	Time taken to fall asleep	No of awakenings during sleep	Time of awakening in the morning
11/1/24	9.30am	15min	4hour 30min	7am
12/1/24	9.30am	15min	3hour 30min	6.30am
13/1/24	9.30am	1hour	2time 15min	6.30am
14/1/24	9.30am	1hour	2time night 10min	6.30am
15/1/24	9.30am	1hour	No awakening	5am
16/1/24	9.30am	30min	No awakening	5am
17/1/24	9.30am	30min	No awakening	5am

Insomnia Severity Index

	BT 0th day(11/1/24)	AT 7th day(18/1/24)	FU After 15days(11/1/21)
1.Difficulty falling asleep	3	1	0
2.Difficulty staying asleep	3	2	1
3. Problems waking up too early	3	0	0
4.Satisfied/dissatisfied with current sleep pattern	3	1	0
5. Impairing the quality of life	3	2	0
6. Worried/distressed about current sleep problem	3	0	0
7. Interfere with daily functioning	3	0	0
Total	21	6	0

DISCUSSION

The important observation made during the study - Ayurveda included that sharira and satva both interact with one another in all round of life. Sleep is exactly connected with mental health. Sleep is appropriate significant to psychiatric disorders and periodically part of diagnostic criteria for specific diseases. In today's generation peoples are not taking enough hours of sleep because of busy life styles and workload. Tension also granted its share in decreasing the sleeping time. If a normal person not taking enough sleep, he will become a patient.it is not a severe complication the start but later on side it convert to many health issues. Sleep occurs due to increased Tamaguna. During sleep anabolism is active and catabolism comparatively passive thus prevents body organs from injured and repairs damage at cellular level.

CONCLUSION

The medicaments selected which are vatahara in nature and promoting mental calmness helped in rectifying the pathogenesis of nidranasha by reducing the signs and symptoms.

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