

Evaluation of an Ayurvedic polyherbal compound in the management of Insomnia

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Anidra (Insomnia) is a sleeping disorder characterized by persistent difficulty in falling asleep or staying asleep despite the opportunity. *Ayurveda* has recognized *anidra/asvapna*, which is considered as one of the *vataja nanatmaja vikara*. It is one of the burning problems all over the world. Statistics shows that 20% - 40% adults encounter insomnia problems during a year time. Allopathic hypnotic drugs are useful for short term treatment in Insomnia which is due to acute stage. Long term uses of certain classes of sedatives cause physical dependence and withdrawal symptoms also have a number of side effects. In the present era, patient prefers readymade, cost effective, easily palatable drugs with fewer side effects for their health problems. For the present clinical trial, Polyherbal compound consisting of *Parasikayavani*, *Jatamamsimoola*, triturated with juice of *Sankhpushpi* and *Kushmanda*, was formulated to evaluate its efficacy in the management of insomnia. Total 37 patients of newly diagnosed case of insomnia who were not taking any hypnotic medicine were randomly divided in to two groups. In Group A (Trial group), 22 patients were administered 5 capsules of Polyherbal compound of 500 mg each with a cup of warm milk at bed time for one month. In Group B (Placebo group), 15 patients were given Starch Capsules of 500 mg each, such 5 capsule with same *Anupana* and duration. Assessment was done considering the overall improvement of sleep according to Pittsburgh insomnia rating Scale, improvement of associated complains of insomnia, relieving of negative emotions, improving of positive emotions, relieving of level of anxiety according to Hamilton Anxiety Rating Scale and relieving of level of depression according to Hamilton Depression Rating scale before and after one month of treatment period. The information gathered on the basis of observation was subjected to statistical analysis. The paired "t" test was used to check the significance of objective criteria and Wilcoxon signed rank method for subjective criteria, to compare the effect of therapy on the two groups 'X²'-test was carried for subjective criteria and unpaired 't' test for objective criteria. The obtained results were interpreted at p < 0.05, p < 0.01, and p < 0.001 significant levels. The study has revealed that the Polyherbal compound provided highly significant effect in almost all the parameters of insomnia in comparison to placebo.

Key words: Insomnia, Polyherbal compound, Placebo, *Anidra*.

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