

A Review on *Anidra* (insomnia) based on Ayurveda and indigenous medical texts

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Abstract

According to Ayurveda, *āhāra*, *Sayana* and Observance of *Brahmacharya* when properly indulged in, supports the body constantly just like the house is supported by the pillars. According to Ayurveda texts it is known as "*Thrayoupasthambha*". Absence or lack of sleep creates many disorders of the mind, sensory organs and also many systems of the body such as digestive, excretory, reproductive etc. The sleep disturbances increase with age. Statistics show that about 40% of women and 30% of men and even the young are at risk. Daytime sleep caused *insomnia* is also a health risk factor today. Not only is that *insomnia* one of main causes of insanity (*unmada*) it is also a main symptom of *unmada* which create major clinical problems. This literature study was carried out to collect and analyze the causes of *anidrā*, diseases caused by *anidra*, treatment methods, correct food patterns and *viharana* mentioned in Ayurveda and Indigenous texts referring 08 major texts of both traditions. At the end of the study, the differences of causes, aetiopathogenesis (*Vatha kopa*, *pitta kopa* and *heena thamo guna* and *kapha heena*) Ayurveda formulas specially recommended for *anidra* were collected. *Charaka*, *Sushruta* and *Vagbhata* do not directly mention treatments for *anidrā*. But correct *āhāra* patterns and *viharana* such as anointing head and body, rice, wheat, flour of grains, food prepared using sugar cane juice are recommended at night. Also soft beds and seats are indicated as well as comfortable vehicles. *Desheeya Chikithsa Samghraha* has mentioned some suitable decoctions and formulae for *anidrā*. It was concluded that Ayurveda and traditional Medical systems both contain a number of treatments under the name of *anidrā*.

Key words: *anidrā*, *Thrayoupasthambha*, *Vruddhathraya*, *insomnia*