



INSOMNIA AND ITS HOMEOPATHIC MANAGEMENT

Dr. Vaishali Burhanpurkar¹, Dr. Subhash Chand Yadav²

¹ MD,pgr at Dept of repertory Swasthya kalyan homeopathic medical college and research center,Jaipur Batch 2023-2024

Email-vaishaliburhanpurkar@gmail.com

² Professor at dept.of repertory Swasthya kalyan homeopathic medical college and research center,Jaipur

ABSTRACT :

One of the most common health complaints is sleeplessness. It is described as restlessness throughout the day or interference with sleep at night. Insomnia, in particular, can be effectively treated with homeopathic medicine. This article provides an understanding of the assessment of insomnia and its homeopathic approach.

Keywords: homoeopathy, Insomnia, sleeplessness

Introduction ^[1]

An adequate amount of sleep combined with difficulties falling asleep, staying asleep, getting up early, or having difficulty getting back asleep is known as insomnia. There are many different kinds of insomnia and their underlying causes. Sometimes fatigue and stress can cause transient sleeplessness. Personal issues are usually the cause of short-term sleeplessness. Insomnia with delayed sleep onset is not uncommon in the adolescent population. There are two possible causes of chronic insomnia: psychological factors and physiological factors.

Causes ^[2]

Primary causes (common causes)

- Medical disorder (GERD, heart disease, diabetes, asthma)
- Poor sleep hygiene
- Environmental
- Hormonal (melatonin, cortisol)
- Circadian rhythm disturbance
- Psychiatric disorder (depression, anxiety and post traumatic disorder)
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Secondary causes (rare causes)

- Restless limb syndrome
- Sleep apnea syndrome
- Idiopathic
- Periodic limb movement syndrome

Epidemiology ^[2]

Between 10% and 15% of the population in general suffers from insomnia. Although it affects people of all ages, older people and women going through the premenopausal and postmenopausal phases suffer from it more frequently.

Types ^[2]

According to cause

- **Acute insomnia:** Stress, environmental changes, and other factors can cause it to appear for a few days to a few weeks. Also known as short term insomnia.
- **Chronic insomnia:** chronic insomnia that lasts for three nights a week or more for a minimum of one month.

According to duration

- **Transient insomnia-** fewer than two weeks
- **Intermittent insomnia-** periodic episodes of acute insomnia.
- **Chronic insomnia-** continuing difficulty getting to sleep

Symptoms: ^[1]

- Difficulty in going to sleep at night.
- Tiredness in the daytime.
- Feeling sleepy all day.
- Unable to perform daily activities.
- Mood swings
- Anxiety
- Depression
- Difficulty in paying attention or focusing on any task.
- Frequent headaches.
- Difficulty in handling stressful situations

Assessment of insomnia ^[2]**Sleep history**

- Characteristics of the sleep difficulty, such as its frequency, severity, course, and onset.
- Symptom patterns, complaint timing, and both aggravating and ameliorating factors.
- Behaviour while sleeping. Any specific nightmares or dreams. Awakening episodes
- Symptoms' effects on behaviour, emotions, social life, career, education, and other family members
- Any past medical history for sleep disorders and their treatments.

Daily routine

- Time of going to bed
- Activities on bed (reading, TV, eating)
- Night time awakening
- Daily naps

Investigation ^[2]

- **Sleep diaries-** For two weeks, the patient notes their activities, sleep, coffee use, and other sleep-related symptoms. These can help us determine the source that causes insomnia.
- **Actigraphy-** Through the use of a device used as a wrist watch, it is monitoring the body's motions and sleep/wake cycles.
- **Polysomnography-** It's a sleeping study that involves tracking a number of physiological factors while you sleep.

Management of insomnia ^[3]**General measures**

- Psychological education
- Improve the sleep hygiene

Psychological measures

- Cognitive behavioural therapy
- Relaxation therapy
- Sleep restriction

Homoeopathic therapeutics ^[4,5]

- **Belladonna-** The patient has severe sleep disturbances. There are spasms in the muscles. The patient fears going to sleep due to terrifying dreams. Dreams cause children to wake up. Patients experience pain from congestion, which keeps them awake.
- **Opium-** Opium is a sleep medication for people with insomnia. While exhausted, the patient is unable to fall asleep. Different noises, such as the ticking of clocks, keep him awake. Drowsiness is noticeable.
- **Coffea-** The body and mind are extremely restless. The patient is fully conscious, showing no signs of sleepiness, and their senses are all extremely acute. When children are teething, they get insomnia. Anxiety arises from the negative effects of positive news.

- **Nux vomica** - The patient has evening sleepiness and wakes up during the night with frightful dreams and anxiety. It's indicated for people with digestive problems, mental stress, caffeine and tea addictions, and sedentary habits.
- **Pulsatilla**- The patient suffers from sleeplessness in the evening and goes to bed accurately late. The patient has trouble falling asleep and frequently wakes up with scary dreams.
- **Passiflora incarnata**- It is given for insomnia caused by emotional discomfort or irritation. When sleeping, it can be taken with water.
- **Cannabis indica**- It is suggested for severe types of insomnia. The patient falls off as the anxiety and neuralgic pain decrease.
- **Galenism**- It is suggested for insomnia in those who work mentally. It is prescribed for businessmen who have trouble sleeping at night, wake up early, and worry about their business matters. Both excitement and sadness are present.

Conclusion :

Getting sufficient sleep improves our mood, memory retention, and overall health. Insufficient sleep increases the risk of certain ailments. This review paper suggests

knowing the insomnia sleep disorder, helping with the psychological evaluation of the condition, and using a homoeopathic strategy to treat it. Within the homoeopathic medical system, we take into account the broad idea of treating each patient as an individual. It also helps in understanding the mental and physical difficulties that patients face, helping us to advise them on the most effective sleep hygiene practices.

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