

Insomnia and its Homeopathic Management

Dr. Ravinder Pal Singh

Abstract: *“Homeopathy treats the patient, not the disease”. It is a holistic science –considering the patient’s all sphere like physical, emotional and mental. Insomnia is a common problem which affects the day time functioning, increased morbidity, and reduced quality of life. Insomnia is a common sleep disorder that can make it hard to fall asleep, hard to stay asleep, or cause you to wake up too early and not be able to get back to sleep. You may still feel tired when you wake up. Insomnia originated from life style disorder can be easily treated by well selected homeopathic medicine. Homeopathic similimum not only remove the symptom but also cure and establish the normal sleep physiology successfully.*

Keywords: Insomnia, homoeopathic medicines, sleep, management, constitutional.

1. Introduction

Insomnia or sleeplessness is a common problem in the modern world: so many people live such busy lives and from one task to the next. And we are surrounded by noise – noise from traffic, washing machines, air conditioning, televisions, children’s stereo etc. In cities, it is quite common for such noise to continue all night. Fortunately, human beings are designed to be adaptive, and most of us learn to filter out unwanted noise. However, when we are under stress these natural adaptive mechanisms don’t function so well. Insomnia is the complaint of poor sleep and usually presents as difficulty initiating or maintaining sleep. People with insomnia are dissatisfied with their sleep and feel it impairs their ability to function well. Affected individuals often experience fatigue, decreased mood, irritability, malaise, and cognitive impairment.

2. Importance of Sleep

Sleep is important to a number of brain functions, including how nerve cells (neurons) communicate with each other. In fact, your brain and body stay remarkably active while you sleep. Recent findings suggest that sleep plays a housekeeping role that removes toxins in your brain that build up while you are awake. Sleep affects almost every type of tissue and system in the body from the brain, heart, and lungs to metabolism, immune function, mood, and disease resistance.

Types of insomnia:

Insomnia can be classified as acute, or chronic.

1. **Acute insomnia:** Acute or short - term insomnia affects over 30% of adults and is often precipitated by stressful life events. It is the inability to sleep well for a period of less than a month. Insomnia is present when there is difficulty initiating or maintaining sleep or when the sleep that is obtained is non - refreshing or of poor quality.

2. **Chronic insomnia:** Chronic insomnia, lasting >3 months, occurs in about 10% of adults. It lasts for more than a month. It can be caused by another disorder, or it can be a primary disorder.

Homeopathic Management of Insomnia:

Homeopathy treat the patient as an individual so considering his mental, physical, constitutional symptoms and causation, it is possible to find out similar medicine which cure the sleeplessness. Insomnia is the symptoms cause by so many

factors mainly originated by physical or mental. Primary insomnia is caused by jet lag, extreme heat & cold, lack of exercise, caffeine or alcohol use before bed time, job shift changes, high altitudes, environmental noise, day time napping, use of electronic gadgets while sleeping, anxiety and stress.

Some common causes of insomnia in adults include:

- Depression or fear
- Anxiety or fear
- Excitement or happiness
- Pain
- Overwork load
- Noise
- Old age
- Late Eating
- Alcohol, coffee, tea etc
- Uncomfortable bed to sleep

Arsenicum:

The patient is disturbed, anxious, restless, agitated and tosses and turns. He must have his head raised by pillows. The patient has suffocating fits during sleep. He or she sleeps with the hands over the head. His dreams are full of care and fear. He is usually worse at or after midnight.

Belladonna:

The patient has fever, dryness of the mouth, cold extremities and hunger. There is pulsation of the blood - vessels, and the patient may hear this so loudly when trying to sleep as to be kept awake by it. He or she experiences comatose sleep at night, with frequent waking and convulsive movements.

Coffea:

The patient experiences complete sleeplessness and is constantly moving and excited. Sleeps until 3 am, after which he or she is only able to doze. Wakes with a start and feels excited. His sleep is disturbed by dreams. Experiences sleeplessness because of mental activity.

Colocynthis:

The patient experiences sleeplessness following a fit of indigestion or colic. This remedy can be very useful in children. The patient is very wakeful and sleepless. When asleep the patient lies on his or her back, with one hand under the occiput.

Volume 10 Issue 8, August 2021

www.ijsr.net

Licensed Under Creative Commons Attribution CC BY

Chamomilla:

Patient has nocturnal sleeplessness, with attacks of anguish, visions and illusions involving sight and hearing. On sleeping, the patient starts with fright, cries, tosses about, is tearful, talks, raves, groans, snores and constantly separates the thighs.

Nux vomica:

The patient goes to sleep late because of a feeling of thoughts crowding in on him. He or she wakes at 3 am and lies awake until daybreak, when he falls into a dull sleep full of dreams, from which it is hard to rouse. He wakes late, feeling tired. He feels better after a short sleep, unless aroused.

Phosphorus:

Used for sleeplessness in old people. The patient goes to sleep late and awakens feeling weak. Has vivid dreams of fire. Has lascivious dreams. Has anxious, distressing dreams that are frightful and horrible; or vivid and uneasy dreams; for example, of animals that bite.

Valeriana:

Sleeplessness. Disturbed sleep (patient only able to fall asleep towards morning) with tossing, and anxious and confused dreams. Can be taken in herbal form in capsules. Homeopathic remedies for disturbed sleep are widely sold in health food shops and pharmacies.

3. Conclusion

Insomnia is the common problem in modern world. Stressful modern life style, irregular sleep schedule, poor sleeping habits, mental disorders like anxiety, depression, physical illness like pain, medication are major causation which affect the normal sleep pattern and develop sleeplessness. Homeopathic medicines describe above are frequently prescribed in practice successfully.

References

- [1] DR FREDERIK SCHROYENS, Synthesis, B. Jain Publisher, New Delhi, India, Edition 8.1, 2002
- [2] ROBIN MURPHY, Lotus Materia Medica, B. Jain Publisher, New Delhi, India, 2nd revised edition, 2004
- [3] Dennis, J. larry, Dan, Joseph, and Stephen, Harrison's manual of medicine, Published by, Mc Grow Hil Education, 19th edition.
- [4] British Homoeopathic Association.1998 magazine. Magazine pro themes on genesis framework.
- [5] British Homoeopathy journal, Vol.90, January 2000, p62 - 63.
- [6] Clinical research study series 1 published by CCRH New Delhi 2011.
- [7] Close Stuart. The genius of Homoeopathy, Lectures and Essays on Homoeopathic Philosophy with word index - Second edition. B. Jain Publishers (P) Ltd. P164.
- [8] Hahnemann Samuel. Organon of Medicine.5th&6th Edition's Jain Publication. p100.
- [9] JT Kent. The Lesser Writings. B. Jain publishers (P) Ltd. P74