

HOMOEOPATHIC APPROACH IN TREATMENT OF INSOMNIA

AUTHOR:

Dr.Srabani Pal, Dr.Falguni Patel, Dr.Dhaval Jadav, Dr.Zankhana Desai, Dr.Shweta Patel

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 originated from life style disorder or other causations 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: Homoeopathy, Insomnia, homoeopathic medicines, constitutional, rubrics-kent, therapeutics-Lilienthal

INTRODUCTION

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. Chronic insomnia, lasting >3 months, occurs in about 10% of adults. Acute or short-term insomnia affects over 30% of adults and is often precipitated by stressful life events. Most insomnia begins in adulthood, but many patients may be predisposed and report easily disturbed sleep predating the insomnia, suggesting that their sleep is lighter than usual.

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.

Generally, sleep needs during a 24-hour period follow this pattern:

- New-borns (1 to 2 months) – 10.5 to 18 hours
- Infants (3 to 11 months) – 10 to 14 hours
- Toddlers (1 to 3 years) – 12 to 14 hours
- Pre-schoolers (3 to 5 years) – 11 to 13 hours
- School-aged children (5 to 12 years) – 10 to 11 hours
- Adolescents (12 to 18 years) – 8.5 to 9.5 hours
- Adults (18 years to the end of life) – 7.5 to 8.5 hours

Insomnia is usually a symptom rather than a disorder, and refers to persistent problems falling asleep, maintaining sleep, or having a good quality of sleep. It is extremely common, with one-third of adults experiencing significant insomnia at some point. Sleep disruption may be a primary disorder, but is more often secondary to another medical or psychiatric condition. The patient may complain of:

- not being able to get to sleep
- repeated awakenings throughout the night
- early morning awakening
- perceived poor quality of or unrefreshing sleep
- inadequate total quantity of sleep

Inadequate sleep may lead to daytime sleepiness, irritability, fatigue, poor attention and concentration, and substandard performance at daily activities. The patient is usually distressed and preoccupied by sleep problems, and in severe cases social or occupational functioning is negatively affected. Rarely, the consequences will have been severe; for example, loss of a job due to poor performance secondary to fatigue. There are often co-morbid symptoms of anxiety related to the attempts to obtain adequate sleep.

Types of insomnia: Insomnia can be classified as acute, or chronic.

1.Acute insomnia: 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. These types of insomnia occurs despite there is adequate opportunity and circumstances for sleep, and they must result in problems with daytime function. Acute insomnia is also known as short term insomnia or stress related insomnia.

2.Chronic insomnia: It lasts for more than a month. It can be caused by another disorder, or it can be a primary disorder. People with high levels of stress hormones or shifts in the levels of cytokines are more likely to have chronic insomnia. Its effects can vary according to its causes. They might include muscular fatigue, hallucinations, and/or mental fatigue. Those people that live with this disorder have hallucinations and tend to see things as if they are happening in slow motion. Chronic insomnia can cause double vision.

MANAGEMENT OF INSOMNIA---

Sleep restriction therapy. This is especially helpful for patients who spend long periods in bed, but are awake for much of the time. Sleep restriction involves the patient first keeping a sleep diary and calculating average sleep duration. For the first week, they are only allowed to spend this much time in bed per night, with no daytime naps. The sleep time can be slightly altered until an appropriate satisfactory amount of sleep is achieved.

Cognitive behavioural therapy (CBT) is the most effective treatment for chronic insomnia. Around 70 per cent of patients with insomnia will benefit from CBT, and the effects are maintained in the long term. Components of CBT for insomnia include:

- identifying intrusive thought patterns; addressing misconceptions about sleep;
- establishing a daily review and planning session in the early evening; relaxation training;
- distraction and thought blocking; challenging negative thoughts;
- Motivation to maintain cognitive and behavioural change.
- Pharmacotherapy: Homoeopathic medicines

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. According to causation if homeopathic medicine is given to patient, it helps patient to sleep normally.
- **Secondary insomnia** means because of a health condition like asthma, depression, arthritis, cancer or heartburn, pain and medication sleeplessness developed. Different homeopathic medicine having symptoms of sleeplessness due to pain, asthma, heart problem, cough etc. if similar medicine should be given it cured the condition and helps patient to sleep normally.

SLEEPLESSNESS FROM PHYSICAL COMPLAINTS FROM KENT'S REPERTORY

- burning in the veins :Ars.
- Chill, with: Bry., lyc.,*mur-ac*.
- coffee, abuse of, after: Nux-v.
- coition, after: Calc.,cop., nit-ac, sep., sil.
- formication of legs, from: Zinc.
- heavy feeling in arms, from; Alum
- hunger, from: Abies-n., *chin, ign.*, lyc., *phos.*, sanic., teucr.
- itching, from: Anac., ant-c., bar-c., carb-v., chlol., *gels.*, lach., lyss., *merc.*, *mez.*, **Psor.**, *puls*, raph., zinc.
- low fevers: *Stram*
- Numbness from: Cimic., cina
- old people: *Bar-c*.
- pain on falling asleep, from: Lil-t.
- palpitation, from: *Aur-m.*, *benz-ac.*, *calc.*, crot-t., dig., kali-bi., *nat-m.*, psor., sars., sil.
- perspiration, from: *Ars.*, **Con**, ferr., sulph., tarax., verat.
- Shivering from: Bry.
- Twitching of the limbs: Ambr., *alum.*, **Ars.**, bell., calc., canth., ign., *kali-c.*, merc-c., **Puls.**, rhus-t., sel., sep., stront.
- Vertigo from : Am-c., arg-n., calad., calc., *merc-c.*, nat-c., nat-m., phos., spong., sulph., tell., ther.
- Wine, after abuse of: Coff., fl-ac., **Nux-v.**

SLEEPLESSNESS FROM MENTAL COMPLAINTS OR EMOTIONS FROM KENT'S REPERTORY

- anxiety, from: Arn, **Ars**, bell, bry.; carb-an, *caust.*, **Cocc**, cupr., kali-i., laur., lyss., mag-co, mag-m., merc., nat-c., nat-m., nux-v., rhus-t., *stram.*, sulph., thuj.
- child must be carried: Cham.
- conversation, after: **Ambr.**
- excitement, from: *Ambr.*, *arg-n.*, camph., canthe, caps. , chin. , **Coff**, *colch.*, hep., **Hyos**, kali-p., *lach.*, laur., lyc., *merc.*, mosch., nit-ac, **Nux-v.**, *puls.*, ran-b., *sep.* , sulph., sul-ac., teucr.
- grief, from : *Ign.*, *kali-bro*, **Nat-m.**
- homesickness, from: **Caps**,
- joy, excessive: **Coff**.
- mental strain, after: **Nux-v**
 exertion after : Agar., *aur-m.*, ambr., **Ars.**, *coff.*, ferr., **Hyos.**, igne, kali-bro, *kali-c.*, *kali -p.*, lach., lyc., *nux-v.*, *ph-ac.*, *pic-ac.*
- mortification, after: *Coloc.*
- noise, from slight: Am-c., *asar.*, *calad.*, chin., nat-p., *nux-v.*, ol-an., phos., *sel.*
- nursing the sick : **Cocc.**, *coff.*
- shocks, from: Agar. , alum. , **Arg-m**, **Ars.**, bell., ip., *nat-a.*, *nat-m.*, *nit-ac*, *phos.*
- vexation, after: Acon., *ars.*, cham., kali-p., nux-v., petr., *staph.*
- vivacity, from: Aur., *calc.*, graph., kali-co merc., *mez.*, *nit-ac*, sep. , sil., *sulph.*
- Weariness, from: **Ars.**

SLEEPLESSNESS, (Insomnia) by LILIETHAL [Therapeutic Book]

- **Sleeplessness from restlessness:** Acon. (after midnight), Alum., Amb., Anac., Apoc. cann., Arn., Carb. an., Caust., Cham., Cimicif., Coff., Coloc., Led., Lith. carb., Lyc., Magn. mur., Mur. ac., Phyt., Ran., Sabad., Sec., Stram., Val.; in the evening: Carb. v., Laur., Merc., Nux v., Pulse Tossing in bed: Acon., Cham., Cina, Ferr., Merc., Psor., Puls.
- **Wants to go from one bed into another:** Ars., Bell., Calc. carb., Cham., Cina, Hyosc., Mez., Rhus, Sep., Veratr.
- **Crowds of ideas prevent sleep:** Agar., Calc., Chin., Fluor. ac., Hep., Puls., Sulph., Viol. od.
- **Effects of loss of sleep:** Cimicif., Cocc., Fluor. ac., Lac defl., Nux v.
- **Sleeplessness from febrile excitement:** Acon., Ars., Bapt., Bell, Bry., Chin. sulph., Chin., Gels., Hyosc., Op., Phos., Rhus
- **Nervous excitement:** Acon., Amb., AP. grav., Bell., Cham., Chin. sulph., Chin., Cocc., Cyrip., Dig., Hyosc., Ign., Kali br., Mosch., Plat., Phos., Scutel., Stict., Val.
- **Nervous exhaustion:** Coca, Cocc., Cyrip., Chin. sulph., Chin., Fer., Gels., Kali br., Lac can., Lac defl., Nux v., Passiflora incarn., Phos., Sulph., Zinc.
- **Indigestion:** Acon., Bry., Calc., Cham., Chin., Cocc., Fer., Fluor. ac., Ign., Iod., Kali carb., Kreos., Lach., Merc., Natr. m., Nux v., Phos., Puls., Sulph., Zinc.
- **Intestinal irritation:** Acon., Aloe, Ars., Calc., Cham., Cina, Lyc., Merc., Nux v., Plant., Thuj., Sulph.
- **Hepatic affections:** Aloe, Ars., Bell., Bry., Cham., China, Chin. sulph., Gels., Merc. core, Merc. sol., Nux v., Phos., Sulph.; dentition: Acon., Bell., Calc., Cham., Cina, Cupr., Gels., Kreos., Merc., Phos., Sil., Sulph.
- **Heart trouble:** Acon., Ars., Cact., Dig., Gels., Lach., Naja, Rhus, Spig., Tab.
- **Uterine or ovarian irritation:** Amm. br., Aur., Bell., Cimicif., Cocc., Cyrip., Gels., Hyosc., Ign., Kali br., Kreos., Lach., Lil., Phos., Plat., Puls., Sabin., Sep., Val.
- **Irritation of male genitals:** Agn., Aur., Chin., Coca, Phos., Phos. ac., Sel., Staph., Sulph.
- **Mercurial syphilitic affections:** Aur., Fluor. ac., Iode, Kali iod., Lach., Merc core, Merc. iod. Merc. sol., Nitr. ac, Staph., Sulph., Thuj.

Aconite.—Sleeplessness after midnight, with anxiety, fear and fright, restlessness and tossing about from arterial excitement; or from a local irritation, especially in the intestinal tract;

Agaricus.—Cannot get asleep, though very tired, on account of many ideas crowding upon him, from overwork at desk.

Alumina.—Lies awake from crowding of ideas or fancies, or from heaviness in his arms; restless, unrefreshing night sleep, feet too warm, starts frightened, muttering and crying, palpitations; on awaking, weak and faint, > by eating. it produced secondary insomnia.

Apium grav.—Sleeplessness, but the loss of sleep causes no fatigue.

Arnica.—Kept awake till 2 or 3 A. M. (Calc.) by heat, restlessness and constant desire to change position, > by lying across bed, head hanging down; excruciating pains in brain and eyes, **Arsenicum.**—Blood degeneration, malnutrition, with nervous exhaustion, anguish, driving out of bed, changes to sofa or chair and then back to bed, cannot rest in any place, which fatigues him; dyspeptic insomnia; excessive prostration with the restlessness; < after midnight.

Baryta carb.—Sleepy and cannot sleep, hungry and cannot eat; awakes Often at night, feels too hot, soles feel bruised; inward restlessness, moaning and groaning in sleep.

Belladonna.—Sleeplessness, especially plethoric children, from nervous excitement, from local congestion, from irritation in various parts ; flushed face, headache; anguish and restlessness; **Bryonia.**—Sleeplessness on account of uneasiness in the blood and anxiety; thoughts crowd one upon another; night very restless, on account of frequent shivering sensation over one arm and foot, followed by sweat;

Calcarea carb.—Cannot sleep, lies awake night after night; visions on closing eyes, restlessness, sleeplessness from over activity of mind, the same ideas always disturb him; fidgets in arms and legs; insomnia during dentition.

Capsicum.—Sleepless from emotions, from homesickness, from cough; screaming in sleep, which is full of dreams; restless.

Cocculus.—The slightest loss of sleep tells on him, even causing convulsions; as soon as she drops into a sleep, feeling as if a cobweb were let down over her whole person, causing numbness; insomnia from night watching, hysteric nervousness, mental activity and overexertion of memory.

Coffea.—Sleeplessness from overexcitement of mind and body, from joy or agreeable surprise, from long watching, from excessive use of coffee; all the senses are more acute; persistent insomnia of children, without cause.

Cypripedium.—Children awake at night from sleep unnaturally bright and playful, and evince no desire to go to sleep again (coff) insomnia from nervous exhaustion.

Ferrum.—Insomnia from excessive use of tea; anxious tossing in bed after midnight; can lie only on back at night; remitting pains; < at night, driving one out of bed, > by motion; child cannot sleep on account of itching from worms;

Gelsemium.—Insomnia from nervous irritation arising from bad or exciting news; from fright, from the anticipation of an unusual ordeal, from ovarian disease, from asthenic fevers, from chronic spinal troubles; during pregnancy or after labor, mental overwork or debauch.

Hyoscyamus.—Sleep too full of dreams from cerebral excitement or feverishness, arising from jealousy, unhappy love, fright or during progress of febrile diseases or convulsions ; insomnia of children when they twitch in sleep, cry out and tremble, and awaken frightened.

Hypericum.—Insomnia from intense and continuous exertion after injuries to nerves.

Ignatia.—Sleeplessness from grief, fright, from suppressed mental suffering; in children after punishment, during dentition, they waken from sleep with piercing cries and tremble all over ; from hysteria.

Lachesis—insomnia from cerebral irritation, with mental excitement, caused by blood-poisoning; during climaxis; persistent sleeplessness; sleepless in the evening, with talkativeness; awakes at night and cannot go to sleep again; patient < from sleep, he sleeps into an aggravation.

Lycopodium.—Sleepy during day; wakeful at night, mind too active; sleep restless, at ease in no position ; child sleeps with half-open eyes and throws its head from side to side, wakes often ; quite awake at 4 A. M., awakes terrified, kicks and scolds, feels unrefreshed; hungry when awaking at night; sleepless first part of night from flatulence and functional palpitations.

Magnesia phos.—Insomnia from nervousness, emotions and brain-fag.

Mercurius.—Sleeplessness during bilious or irritative fevers and from hepatic affections; from ebullition of blood and anxiety, with beating at the pit of stomach, sometimes accompanied by profuse sweats or with extreme nervous symptoms; cannot lie on right side.

Natrum mur.—Tormenting sleeplessness after gnawing boisterous grief; constantly chilly sensations, wants to be wrapped up, cold feet; on falling asleep, twitching in limbs and electric shocks through whole body; sleep often interrupted by thirst and urging to urinate.

Nitric acid.—Suffering from loss of sleep night after night; effects of long-continued strain on mind, requiring mental and bodily attention; consequences of grief for loss of dear one,

Nux vomica.—Sleeplessness caused by excessive study late at night and no exercise in daytime, hence dyspeptic insomnia, awakes tired and refreshed after a short morning sleep with headache. Insomnia from a recent drunk or a surfeit of a late and rich supper, causing flatulence and constipation, functional palpitations ; gastric and abdominal ailments ; loud breathing during sleep.

Opium.—Insomnia from sudden shock caused by bad news, with dullness and dazed depression (Acon., agonizing restlessness) ; in old persons or children ; in drunkards ; stupid sleeplessness, with frightful visions before midnight; sleepy, but cannot go to sleep ; insomnia with acuteness of hearing; slight or distant noises keep her awake.

Passiflora incar.—Sleeplessness from nervous exhaustion, as from severe acute diseases, from mental overworks with headache.

Pulsatilla.—Sleepless after late supper, or eating too much; from ideas crowding on mind forepart Of night&; sleeps late in morning; wide awake in the evening, does not want to go to bed ; first sleep restless, sound sleep when it is time to get up; wakes languid and unrefreshed; insomnia of neurasthenic young women suffering from menstrual irregularities.

Silicea.—Utter mental and physical inanition with abject despair and loss of all hope; total sleeplessness from ebullitions; sleepy, but cannot sleep; fidgety, starts at least noise; sense of great debility; wants to lie down.

Staphisagria.—Sleeplessness from sexual neurasthenia, from spermatorrhæa; restless sleep ; anxious dreams with emissions.

Sticta pulme—Sleeplessness from nervousness, from cough, after surgical operations.

sulphur.—Patient is aroused from sleep, and then wide awake and not ready to sleep again ; cat-naps, arouses often and every time wide awake; Sleeplessness from long-continued nursing ; sudden jerking of legs as soon as he drops asleep; slightest noise at night awakens him.

Zincum sulph.—Fitful insomnia, coming and going without apparent cause;with shifting pains; drowsiness, with frequent gaping, and yet cannot sleep, head feels so light; during sleep cries out, awakens with fear; limbs and body jerk; intolerable itching of the skin at night without eruption; sensation as if bugs were crawling from feet to knees, preventing sleep.

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. These medicines are prescribed as therapeutics, as well as on the constitutional basis. Homeopathic medicines cure the insomnia and provide the normal sleep. From above this work we can understand and conclude the efficacy of homeopathic medicines in insomnia cause by life style disorder or other causations very effectively.

REFERENCE:

- LILIENTHAL, Homeopathic Therapeutics, B.Jain Publisher, New Delhi,India, Reprint edition 1993
- Edited by DR FREDERIK SCHROYENS, Synthesis, B.Jain Publisher, New Delhi,India, Edition 8.1, 2002
- ROBIN MURPHY, Lotus Materia Medica, B.Jain Publisher, New Delhi,India, 2nd revised edition,2004
- Dennis,J.larry,Dan, Joseph, and Stephen, Harrison's manual of medicine, Published by, Mc Grow Hil Education , 19th edition.
- <https://www.nhp.gov.in/disease/neurological/insomnia> 31-07-2020