



Management Of Insomnia Through Homoeopathic Medicines In 16 To 60 Years Of Age

Dr. Shiv Ram Meena¹ (Corresponding Author)

M.D., Ph.D. Scholar Homoeopathy,
Associate Professor and HOD, Homoeopathic Surgery
Ananya College of Homoeopathy, KIRC, Kalol, Gandhinagar, Gujarat.

Dr. Vivek Rajput¹

BHMS, MD. Homoeopathy
Professor & HOD, Human Physiology & Biochemistry
Ananya College of Homoeopathy, KIRC, Kalol, Gandhinagar, Gujarat.

Dr. Maheshkumar A. Gite¹ (Corresponding Author)

M.D., Ph.D. Scholar Homoeopathy, MBA
Professor and HOD, Homoeopathic Repertory
Ananya College of Homoeopathy, KIRC, Kalol, Gandhinagar, Gujarat.

Dr. Rakesh Kumar Sharma¹, MD (HOM)

Professor and HOD, Community Medicine
Aarihant Homoeopathic Medical College, Gandhinagar, Gujarat.

Dr. Hari Sharnam Pandey¹ MD(HOM),

Professor and HOD, Homoeopathic Pharmacy
Ananya College of Homoeopathy, KIRC, Kalol, Gandhinagar, Gujarat.

Abstract

Sleep provides the rest; our body needs. Rest is the basis of activity. If you sleep well at night, you function well in the daytime. If you don't sleep well, you don't function up to par. Your reactions are slower, your mind feels heavy and dull, you tend to get upset more easily, you don't work as efficiently, and, in general, it's a lot harder to get through the day. Thus, sleep is vital for healthy brain activity during the day. A wholesome sleep ensures that your moods, emotions, reflexes, and cognitive ability are at their best when you are awake.

Insomnia is the most common type of sleep disorder in the family medicine population. It is defined as a persistent difficulty initiating or maintaining sleep, or a report of nonrestorative sleep, accompanied by related daytime impairment. The prevalence of insomnia disorder is approximately 10% to 20%, with approximately 50% having a chronic course. Insomnia is a significant public health problem because of its high prevalence and management challenges. The etiology and pathophysiology of insomnia involve genetic, environmental, behavioral, and physiological factors culminating in hyperarousal. There is increasing evidence of a strong

association between insomnia and various medical and psychiatric comorbidities. Diagnosis of insomnia and treatment planning rely on a thorough sleep history to address contributing and precipitating factors as well as maladaptive behaviors resulting in poor sleep. Using a sleep diary or sleep log is more accurate than patient recall to determine sleep patterns. A sleep study is not routinely indicated for evaluation of insomnia. The most common form of sleep disorder is insomnia-the inability to fall asleep and stay asleep throughout the night.

Key Words- Insomnia, Homoeopathy

Material & Methods- 30 cases of insomnia have been considered by using random sampling technique. Age group 21 to 40 years, of both sex and religion has been taken. All are given Homoeopathic medication with diet and regimen and accordingly the various outcomes parameters were assessed by different attributes and variables.

Type of study design: Prospective study.

Study setting: The study was conducted at Adarsh Hospital attached with Ananyaa College of Homoeopathy, KIRC Campus, Kalol, Gandhinagar, Gujarat

Selection of sample- simple randomized sampling method for data analysis.

Sample size: 30 patients randomly collected.

Duration of study: 1 year

Inclusion & Exclusion Criteria:

Inclusion criteria:

1. Patients between the age group of 16-60 yrs irrespective of their gender, caste, religion and socio-economic status.
2. Patients with secondary insomnia especially adjustment insomnia i.e. stresses induced insomnia or inadequate sleep hygiene i.e. lifestyle related insomnia such as mild anxiety, mild depression etc. from at least one month.

Exclusion criteria:

1. Patients of insomnia with any systemic or metabolic disorders.
2. Any moderate to severe psychic disorder.
3. Patients with alcohol or drug dependency.
4. Physiological conditions like pregnancy, lactation and puerperal stage.

Intervention: Follow-up after 15 days for period of 6 months

Outcome assessment criteria:

Parameters used: Assessment was based on general improvement of the patient at mental physical as well as local level. New sign & symptom developed after the medicine were also assessed the follow-up. Whenever, necessary help of investigation was taken for assessment after the medicine was given & treatment was considered under following 3 headings-

IMPROVED: Relief of Chief Complaint

PARTIALLY IMPROVED: Relief of chief complaint but under follow up.

NOT IMPROVED: No sign of improvement.

Data collection:

1. Interview.
2. Detail of treatment given.
3. Potency & repetition schedule.
4. Details of follow-up till the end of treatment.

Statistical techniques: Student paired “t” test was applied

Data analysis: The data was analyzed by applying standard statistical methods like charts, diagram & tables.

Ethical issues: Ethical clearance was obtained from parent institution.

Observations & Results: Total 30 patients were enrolled in the study. The mean age of all patients was 37.33 years. (Range 14-60 years) and there was female preponderance in the study (13 males and 17 females). The mean duration of insomnia is 4-6 years. The 2 (6.66%) patients had sudden onset of insomnia and in 28 (93.33%) patient the onset is gradual. All miasms showed their predominance in case study. After prescription of homeopathic remedies out of 30 cases, 22 cases showed improvement, 5 showed partial improvement, and 3 not improved. Overall success rate of treatment after homeopathic medications in insomnia is 73%.

Table no 1. AGE GROUP IN CASE STUDY

Sr No.	Age group	No. Of patients	Percentage
1	In between 0 -20 age group	3	10.00%
2	In between 21 -40 age group	13	43.33%
3	In between 41 -60 age group	14	46.66%

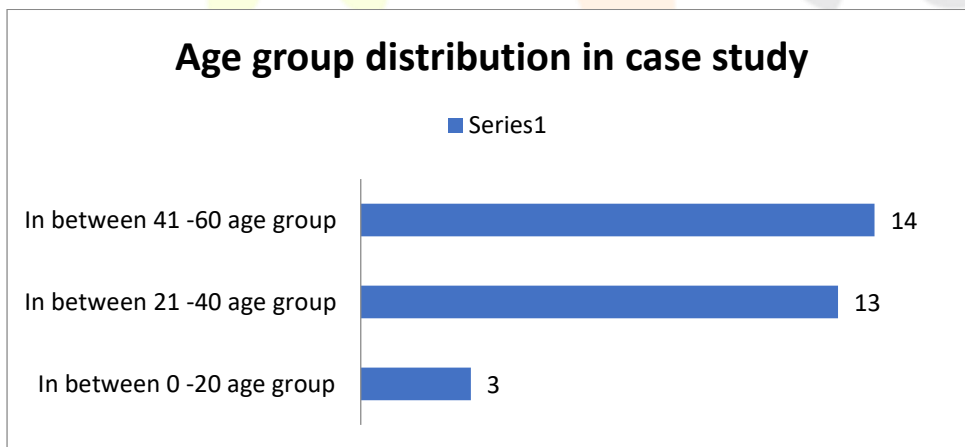


Table no 2. GENDER IN CASE STUDY

Sr. No.	Gender	No of patient	Percentage
1	Male	13	43.33%
2	Female	17	56.67%

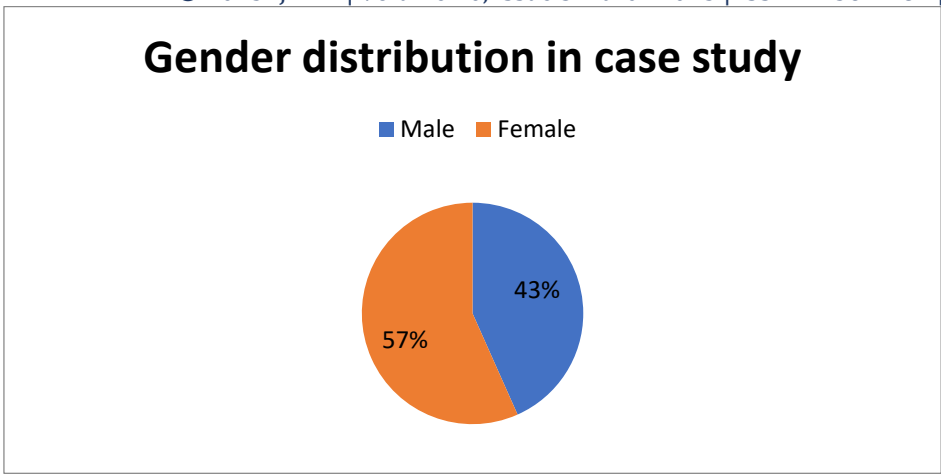
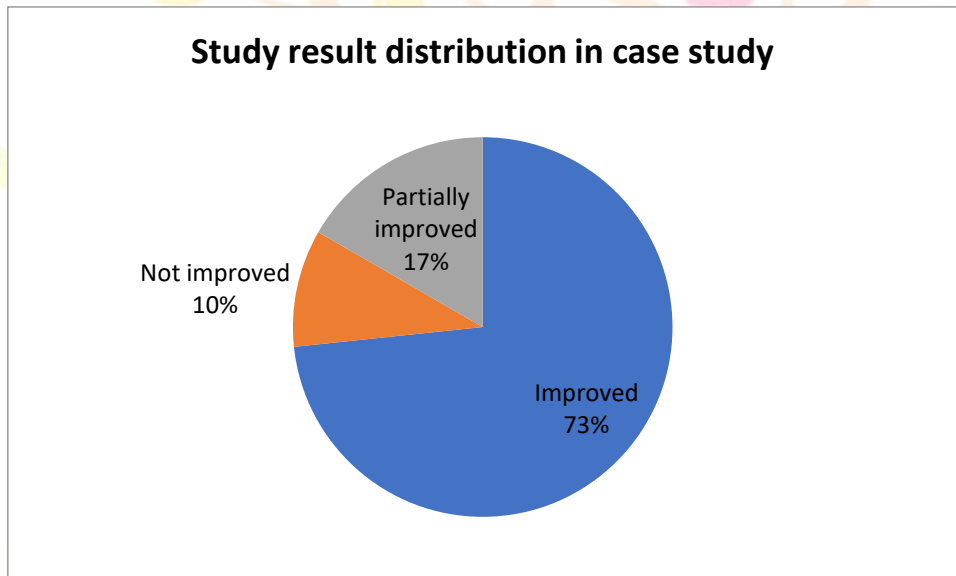


Table no 3. Case Study Result

Sr. No	Result of study	No of patient	Percentage
1	Improved	22	73%
2	Not improved	3	10%
3	Partially improved	5	17%



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Conclusion:

Various Homeopathic remedies are effective in cases of insomnia. Hence Homoeopathic medicine has wide scope and role in the management of insomnia.

