EFFECT OF YOGA-NIDRA IN YOUNG INSOMNIA PATIENTS

Dr.Nitin S.Sanap* **Dr.Darasing G.Rathod****

Associate professor **Assistant professor**

Departments of *Swasthavritta **Departments of **Rachana sharir**

Dr.R.N.Lahoti ayurved college and research center Sultanpuur Tq.Lonar Dist.Buldhana (M.S.)

Abstract : Insomnia is a common mental disorder among young generation which has become a major health challenge worldwide. South East Asian countries have a highest burden of Insomnia. In India the prevalence of Insomnia is rising rapidly especially in the young population because of increasing mental stress and depression and reduced physical activity. An objective of this study is to evaluate the effect of *Yoga-Nidra* on young insomnia patients. This study was conducted on 45, middle aged young insomnia patients, who were on oral sleeping pills. These patients were divided in to two groups: (a) 25 patients on oral sleeping pills with *yoga-nidra*, and (b) 20 were on oral sleeping pills alone. *Yoga-nidra* procedure for 30 minutes only in morning daily for 90 days, observations were recorded on 30th day. Results of this study showed that most of the symptoms were subsided ($P<0.004$, significant), and fall of mean level was significant after 3-month of *Yoga- nidra*. Results of this study suggest that subjects on *Yoga-nidra* with drug regimen better control in their sleep and symptoms associated with insomnia, compared to those were on oral sleeping pills alone.

Key words : *yoga –nidra* ,Insomnia

Introduction

Insomnia represents a spectrum of mental disorder, which has become a major health challenge worldwide. The unprecedented economic development and rapid urbanization in Asian countries particularly India has led to shift in health problems of youth from communicable to non- communicable diseases.

According to the National Center for Sleep Disorders Research at the National Institutes of Health, about 30-40% of adults say they have some symptoms of insomnia within a given year, and about 10-15 percent of adults say they have chronic insomnia. People who have trouble sleeping every night without exception for months or years are fairly rare. More often,

People experience chronic-intermittent insomnia, which means difficulty sleeping for a few nights, followed by a few nights of adequate sleep before the problem returns. So here an attempt is made to treat the young insomnia patients with ancient *yoga nidra* therapy for 90 days and 45 volunteers with two groups 25 with medication and *yoga nidra* and another group with only medication. According to the ancient Indian scriptures, sages are known to sleep using *yoga nidra*. *Yoga Nidra* is derived from two Sanskrit words, 'Yoga' *('yuj' = yoke)* meaning union or one pointed awareness and 'nidra' means sleep. *Yoga nidra* is derived from *raja yoga* quoted in classical text .

Drugs available for the treatment of insomnia are not ideal and have many disadvantages, *Yoga-nidra* is the yogic tranquillizer, the natural method to establish harmony and well being throughout the entire system. It is a systemic method of inducing complete mental, physical and emotional relaxation. Consequently, relaxation therapy might serve to prevent the adverse effects of stress induced sympathetic nervous system activity control of patients . Therefore the present research work has been taken to study the comparative and cumulative effectiveness of *yoga-nidra* therapy and drug treatment in young insomnia subjects.

Material And Method:

This study was conducted among 45, middle aged young insomnia patients of age ranging from 35 to 40 patients who were on oral sleeping pills. Persons selected for this study were asked about the symptoms pertaining to the insomnia. Detailed information was collected on pre-designed Performa; complete general and systemic examination was carried out. Patients with history of alcohol and tobacco chewing, any complications or other systemic diseases were excluded from study. These 45 patients were randomly divided in to two groups, 20 for study group, those who took oral sleeping pills and regularly practicing *yoga-nidra* given to them for thirty minutes in morning only for 90 days and 25 were selected for control group, who took oral sleeping pills regular and not practicing *yoga-nidra*. The subjects were demonstrate *yoga-nidra* regularly, and it was according to classical text , it is a state of relaxation and awareness on the border between sleep and wakefulness, allowing contact with the subconscious unconscious mind .Practicing of *Yoga- nidra* was done in peaceful, lighted and well-ventilated yoga centre (yoga hall) at comfortable temperature between 7.0 to 8.0 am. Clothing was minimal and very loose. Vital parameters were examined every 30th day. The Student's *t*-test was used for statistical analysis, a P-value <0.05 was considered statistically significant.

Results and discussion :

This study prevalent in 35–40 years of age group (Table I). 71% subjects were male and 29% were females, the male female ratio was 2.4:1. 46% were govt. servant,

TABLE I I : Comparison in symptoms from 1st visit to 3-months after *Yoga-nidra* and their statistical status in insomnia patients.

27 %businessman, 27% housewife and 5% were belongs to labor class. In this study, 2%belongs to upper, 54% middle and pure Vegetarian and 37% on mixed diet. 90% were symptomatic at time of enrolment.

subsided (P<0.004, significant) (Table II),

The frequency and severity of symptoms had been Reduced, symptomatic improvements as reported by patients; 7 had good, 5-fair, 3- poor and 4-subjects were not responding to *Yoga-nidra*. This symptomatic improvement was reflected by the favorable comments

TABLE I : Age wise distribution of cases.

patients Age group Total	*Control group*		*Study group*		
	No .	*%*	*No.*	*%*	*No.*
35-36	6	19.0	2	10.0	08
37-38	10	47.6	11	55.0	21
39-40	9	33.3	7	35.0	16
Total	25		20		45

Most of patients were belongs to 37–38 years age group. given voluntarily by patients during the course of *yoga-nidra* .From this study we explored the effect of *yoga-nidra* (along with oral sleeping pills) in controlling the young insomnia patients because drugs are expensive, have a number of side effects and complications if they are used for long time. In contrast to it, *yoga-nidra* is inexpensive, easily performed at home and has no side effects. Chronic psychological stress is associated with undetected insomnia. In our study fall in symptoms begin after 1-month of *yoga-nidra*. Another five days progressive relaxation training (14) showed natural sleep improved for all subjects and value of lifestyle improved significantly only in treated patients (P=0.03). Improvements in clinical features were starts within 15 days of exercise and at the end of 3-months maximum

Symptoms were subsided (P>0.004), similar study at CENEX (15) showed, there was significant decrease in clinical features (P<0.03) different *yogasanas* showed that, *yogasanas*

Before Symptoms (n=19)		*After yoga-nidra ofter Yoga-nidra (n=19)*	
	No.	*%*	*No.*	*%*
Waking up ; during the night.	04	19.05	01	4.76
Waking up too early.	*08*	38.10	01	4.76
	09	42.86	01	4.76
sleepiness.	08	38.10	02	9.52
Anxious	01	4.76	01	4.76
Distress	06	28.57	02	9.52
Total	36		8	

During 3-month course of yoga-nidra, most of the

had significantly decreases symptoms of insomnia in patients who taking drugs and practicing *yogasana*.

Acknowledgment :

This study was conducted among 45, middle aged, young insomnia patients who were on oral sleeping agents, in department of *Swasthavritta*

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