



MANAGEMENT OF INSOMNIA (SAHR) IN UNANI SYSTEM OF MEDICINE

Dr. Shabnam* and Dr. Sayyed Adnan Mohammad

Associate Professor at Markaz Unani Medical College and Hospital Kozikode Kerala.



*Corresponding Author: Dr. Shabnam

Associate Professor at Markaz Unani Medical College and Hospital Kozikode Kerala.

Article Received on 05/04/2024

Article Revised on 25/04/2024

Article Accepted on 15/05/2024

ABSTRACT

Background: The whole world is facing non communicable diseases like diabetes mellitus, hypertension, Psychological disorders, osteoarthritis, spondylosis, diabetic foot, muscular disorders etc, now days, insomnia (sahr) is a common problem throughout the world, Insomnia is a disease characterized by inadequate quantity or quality of sleep. Here mentioned and discussed importance of sleep and basic concepts of insomnia, its pathogenesis, sign-symptoms and injurious effects on our health from holistic point of view supported by modern perspective. Sleeplessness increases with age due to increase formation of melancholic humor in advance stages or result of the imbalance in the temperamental quality of the brain due to yaboosat wa hararat. Sleep strengthens vital force (Quwā Haywāniyya), pneuma (Rūh), and promotes proper digestion of food. Sleep provides Freshness of organs by abolishing tiredness and prepares the body for further work which is necessary for normal health and maintenance of the power of body.^[1] Sleep disturbance causes clinically significant distress or impairment in social, occupational, educational, academic, behavioral, or other important areas of functioning. We have described several important mods of regimental therapy like massage annotation, Hammam, arrigation, Taghreeq and exercise as well as popular Unani pharmaco therapy recorded in authentic and reliable Unani literatures to reduce or eradicate the symptoms and complications. **Objective:** To evaluate the importance of unani system of medicine about the crucial concept and management of *sahr*. **Method:** Literature related to the *sahr* was surveyed from various classical unani books, journals, periodicals, manuscript and online citation from the subject specific web sites. Collected material was analyzed and then systematized in comprehensive manner. **Result:** This study revealed that classification, pathogenesis and disease management regarding insomnia are well described in *tibb*. This study shows that the burden of insomnia is reduced by adopting different methods of IBT (*Ilaj Bil Tadbeer*) described by ancient Unani physicians. **Interpretation and conclusion:** Unani system of medicine or *Tibb* has much information regarding *sahr*. This study furnishes more comprehensive management in insomnia which is very cost effective better than conventional medicine.

KEYWORDS: Sahr, humor, Regimental therapy, Hararat, yaboosat.

INTRODUCTION

Insomnia is Latin word insomnis which is composed of 'in' mean "not" and 'somnus' means "sleep" which means 'no sleep'.^[2] In Cambridge dictionary sleep is defined as the resting state in which the body is not active and the mind is unconscious.^[3] And insomnia is defined as a state of unconsciousness from which a person can be aroused where the body rests, however the brain remains active, gets recharged, and still control many body functions. According to Unani system of medicine health is attributed by equilibrium of akhlat (humours), besides this there are asbab-e-sittah zarooriya (six essential factors) i.e. air, food and drinks, bodily movements and repose (harkat-wa-sakoon badni), mental activity and repose (harkat-wa-sakoon nafsani), sleep and wakefulness (naum wa yaqza) and retention and

excretion (ahtibas wa istifiragh). Any imbalance in any of the above factors is likely to cause disease.^[4]

Temperament (Mizāj) is one of the basics or fundamentals of Unani system of medicine. Every human being has been furnished a specific temperament through which an individual performs his functions properly. If it is disturbed, body becomes more susceptible to develop such diseases. The concept of Sahr (insomnia) is primarily noticeable as a result of the imbalance in the temperament of brain (due to hot and dry temperament) and secondarily due to some other medical disorders.

According to Ibn Sina, the excess of awakening is known as saher (insomnia)¹. Ismail Jurjani says that sleeplessness and excessive awakening are called saher.

Azam Khan defined it as Insomnia means excessive awakening, and the causes is due to simple heat and dryness in brain, and also due to safra (bile), Sauda (black bile) and balgham shor (morbid phlegm).

Etiopathogenesis

According to cause insomnia can be defined as: (a) Primary insomnia: (psycho-physiological, paradoxal, and idiopathic) which doesn't have any known cause. (b) Secondary insomnia: (medical, psychiatry illness) here the cause of insomnia is known. According to Unani system of medicine three types of possible causes which can be broadly classified as: (a) Ikhtiyari asbaab (voluntary causes) which are voluntarily and under our control; (b) Aarzi asbaab (temporary causes) which are temporary in origin and when removed or decreased sleep is restored e.g. stress; (c) Marzi asbaab (diseases) which are causes because of diseases e.g. mania.^[5] The following etiological factors are involved in the causation of insomnia; Psychiatric disorders such as depressive illness, any anxiety, and fear and substance misuse.^[6] Emotional disorders, stress, physiological discomfort like indigestion, pain excess amount of yellow and black bile in the body, formation of morbid phlegm, high body temperature and even environmental condition like noise, light, or extreme temperatures (hot or cold) that interfere with sleep stress etc. are probably the principle causes of insomnia.^[7] *Hararat wa yaboosat sada*, ghalbae safra wa sauda, rutoobat boriqi, pain, naffakh ashiya, khauf, fikr, sauode bukharate yabisa. sinne shaikhukhat. kasrate imtila, saudavi warm. badahazmi, balgham shor, fasade khoon, cardiac, mental and liver diseases, excessive study and johare dimagh ki yaboosat etc.^[5,8,9,10,11,12,13,14,15,16,17]

It is the only yabūsat which is responsible for deranging the brain temperament as a result disequilibrium of naum (sleep) will occur, leading finally to *Sahr*. Excessive use of hot and dry food materials leads to formation of hot and dry humors, which is responsible for causation of insomnia.^[7]

The basic mechanism beside these is the dryness and hotness of the organs (mainly brain) by dissolving Akhlāt (humors), Harārat gharīziyya (innate heat) and Rūh (pneuma). Which leads to dilution of power (quw'a).^[18]

Symptom

Persistent non restorative sleep, Sleepiness during the day, Irritability, Problems with concentration or memory. Insomniacs also complaints foul smelling from mouth, increase appetite, indigestion, dull colour of skin.^[19]

Complication

Around 40% of individuals with insomnia have a psychiatric condition associated with it. A study reported about 69% of cases of insomnia is followed by depression^[20], According to Baba-e-tib Buqrat (Hippocrates), *saher* produces *ikhtelat* (disorientation)

and *tashannuj* (spasm).^[14] Inadequate sleep is responsible for *akhlata safrawi / merari* (bilious abnormal humours) and fatigue increases *hiddate safra* and produces pure black bile.

Severe sleeplessness stops Nuz'j of food and drinks, enfeebles due to excessive *tahullul*, and produce dryness in the body and excessive sleep makes body flabby and produces heaviness in head.

Usoole Ilaj Wa Ilaj

The management of *saher* is prescribed by Unani physicians.

Izala Sabab (Removal of cause) first of all we have to remove predisposing, precipitating, perpetuating factors of the disease such as avoiding of

- Alcohol consumption, tea, coffee, smoking etc especially in the evening.^[12]
- Salty and astringent food items those are *mollide safra, sauda* and *balgham*.^[10,11]
- Heavy and strenuous work.^[10]
- Excessive study.^[12]
- Excessive *harkate badni wa nafsani*.

Correction of dryness of brain: following regimes are used for correction of dryness of the brain

- Ilaj bil ghiza (Dietotherapy)
- Ilaj bit Tadbeer (Regimenal Therapy)
- Ilaj bid dawa (Pharmacotherapy).

Ilaj bil Ghiza

According to unani physician *barid* or *murrattib ghiza* is beneficial for the management of *saher* (insomnia).

Ilaj bit Tadbeer (Regimenal Therapy)

Natūl (irrigation): it is beneficial for *saher* for moistening the brain. Ancient physicians used this regimen in the treatment of insomnia.^[22]

Tadheen (annointment): Applying oil over the parts of the body is termed as *tadheen*. *Tagheen* (anoint) of *Roghan kaddu, Roghan Khashkhash, Roghan laboob sabaa, Roghan kahu* over the scalp recommended for removing *saher*.^[9,11]

Hamman: *Murrattib Hamman* is very effective for removal of dryness of brain *Moatadil Hamman* is useful in *saher*, particularly after digestion. Razi recommends sweet and lukewarm water for insomniacs.^[11,14,15]

Dalk (Massage): it is a type of *riyazat* which resolve and liquefies vitiated matter, produce slight heat and strengthen ligament and muscle. It is a systematic manipulation of body tissue with the hands or tools. In Unani system of medicine medicated massage is indicated for the promotion of health as well as therapeutic purposes mainly in Psychosomatic and Neurological disorders such as insomnia.

Taghreeq: Moistening of organ with liquid drugs is known as *taghreeq*. Moistening a cloth by soaking in *sheere dukhtar* (milk of woman having female baby) and keeping over scalp.^[13]

Riyādat (Exercise): Physical exercise has great importance for maintenance of good health and for treating certain diseases. It relieves from insomnia, depression and anxiety. It should be light not vigorous.^[11]

(c) 'Ilāj bi'l dawā' (Pharmacotherapy)

Single drug (mufradat)

Munzīj-e-sauda (concoctive for black bile) drugs like bisfajī fistaqī (polypody), baadrnjboya (catswort), maweez munaqqa (seedless dried grapes) aftimoon (dodder), injeer zard (yellow fig) etc., followed by

- Mushil-e-sauda (melanogogue) like ghariqoon mugharbal (processed larch agaric), barg-e-sana makki (senna leaves), sibr (aloe vera) etc. along with.
- Mufarreh (exhilarants) & muqawwi dimagh (brain tonic) eg. Mufarreh shaikhur-raees, Mufarreh azam, Hareera maghz badam wala, dawaul misk motadil.

Compound unani formulation

- *Sharbate banafsha, sharbate khashkhash and sharbat kahu*.^[11]
- According to Ibne Sina *Kuhal munawwim* is excellent for *saheer*.^[13]

Local application

- *Roghane kok, Roghane kaddu, and Roghane laboob sabaa* are effective in *saheer*.^[10,17]
- *Zemad khawab aawer or almunawwim and zemad munawwim* are very useful as paste on forehead.
- *Bacopa monniera* (brahmi) has been used as a mild sedative, for insomnia epilepsy and other neurological disorders.^[23]

Sahr Yabis

Roghan-e-Kaddu, Roghan-e-Qinnab, Roghan-e-Banafsha, Roghan-e-Badam, Roghan-e-Khashkhash, Roghan-e-Laboob Sab'a, Roghan-e-Kahu.^[24,25]

CONCLUSION

In this classical literature of unani medicine, management of different type of insomnia show a ray of hope for the mitigation of patient suffering from this chronic non communicable disease. The objective is fulfilled by adapting both pharmacological and non pharmacological method of treatment.

Where allopathic treatment is of less value and patients become habitual also. Regimenal therapy and unani formulation can be used for the restoration of normal health. Hence it is the dire need of present era to develop standard scientific parameters so that the usefulness of regimental therapy and Unani pharmaco therapy can be proved in a rational and logical ways.

REFERENCES

1. Razi ABM, Kitab-al-Mansoori CCRUM. Dept of AYUSH, Ministry of H & FW. Govt. of India, New Delhi, 1991; 152.
2. <https://www.merriam-webster.com/dictionary/sleep>. Cited on 22 may, 2018.
3. <https://dictionary.cambridge.org/dictionary/english/sleep>. Cited on 25 may, 2018.
4. Faiz *et al.* "Holistic Approach in Unani System of Medicine with respect to Physis, Humors and Six Essential factors, 2018; 5(3): 173-176. Cited at <http://www.jetir.org/view?paper=JETIR1803121> on 15 june, 2018.
5. Arzani MA. Tibe Akbar. Urdu translation by Hkm. Hussain M. Idhara Kitab Ul Shifa, New Delhi, India, 2002; 36-39.
6. Wilson S.J., *et al.* Journal of Psychopharmacology. 2010. Doi: 10.1177/0269881110379307 cited on 21 may 2018.
7. Ibne Rushd. Kitab-al-Kulliyat. CCRUM. New Delhi., 1987; 140: 346-348.
8. Ibn Sina, Al Qanoon Fit Tib. 1st ed. Beirut: Dar Al Kutub Al Ilmiyah, 2001; 2: 1994.
9. Ismail Jurjani, Zakheera Khawarzam Shahi. (Urdu translation by Khan HH).Vol- 3rd 6th. Lucknow: Matba Munshi Naval Kishor; YNM, 49, 50, 95, 96, 97.
10. Khan MA. Ramooze Azam (Persian). 2nd. Vol-1st New Delhi: CCRUM, 2006; 44-45.
11. Khan MA. Al Akseer (Urdu Translation by Kabeerudd in M). Vol. 1st. New Delhi: Aijaz publishing House, 2003; 35, 36, 37, 41, 117, 197, 198, 199, 200.
12. Khan Haziq A. Madina publishing Company, 1983; 27, 28, 29, 30.
13. jilani IG. Makhzanul Ilaj; 1st; New Delhi: Idara Kitabul Shifa, 2005; 34: 35.
14. Qamri AMH. Ghina Muna (Arabic translation by CCRU M). New Delhi: Ministry of Health and Family Welfare, 2008; 10: 11.
15. Ibn Sina, Al Qanoon fit Tib. Vol-1st, 3rd part one, 5th. (Urdu translation by Kantoori GH) New Delhi: Idara Kitabul Shifa, 2010; 188: 545, 546, 547, 1531.
16. Razi AMBZ. Kitabul Fakhir. (Arabic version). Vol 1st. New Delhi: CCR UM, 2005.
17. Multani HC. Tajul Hikmat. Lahore, Malik Book Depot, 23-24.
18. Kabiruddin M. Al-Akseer. Eijaz Publishing House Daryaganj, New Delhi, 2003; 1: 197-199.
19. Kabeeruddin M. Kullayat-e-Nafeesi. Idara Kitabul shifa, New Delhi, 1954; 278-487.
20. Johnson EO, Roth T, Breslau N. The association of insomnia with anxiety disorders and depression, exploration of the direction of risk. J Psychiatry Res., 2006; 40: 700-708.
21. Razi AMBZ Kitab AL- Havi Fit Tib (Aerobic) lebanan: Darul Kutub AL-Ilmia, 2000; 7: 369.
22. Ibn Sina. Kulliyat e Qanoon. (Urdu translation by Kabiruddin.). New Delhi: Eijaz Publication House, 2003; 1(2): 156.

23. <http://www.wmin.ac.uk/westministerresearch>, cited on july, 2018; 971-972.
24. Khan MA. Aksrere Azam New Delhi: Idara Kitabus-Shifa, 2011.
25. Arzani A. Tibb-e- Akbar Faisal Publications, Deoband, YNM.