



## INSOMNIA (SAHAR) IN UNANI SYSTEM OF MEDICINE PERSPECTIVE; A REVIEW

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### ABSTRACT

Sleep is a natural reversible phenomenon of many living things that is marked by the loss of consciousness of one's surrounding accompanied by typical body posture. In Unani Medicine insomnia is termed as *Sahar* and its one of the important factor (*Yaqza*) mentioned in six essential factors (*Asbāb Sitta Darūriyya*) of life, which works throughout the life in every individual. Increment in quantity and quality of awakening and it is caused by *rutubate boroqi* which is primary cause for example occur in aged person but this condition also occur in young person caused by stress, pain, illumination, indigestion which create *imte'lae me'da* (stomach heaviness), use of flatulent diet which produce *laze'h* in brain which create pain and nightmare. Between 10 and 30 of adults have insomnia at any given point in time and up to half of people have insomnia in a given year. About 6% of people have insomnia that is not due to another problem and lasts for more than a month. People over the age of 65 are affected more often than younger people. Females are more often affected than males. Insomnia is 40% more common in women than in men. It is Transient, Acute and Chronic type depend upon frequency and time period. Unani physicians have been successfully treating Insomnia (*Sahar*) through *Dietotherapy*, *Regimental therapy* and *pharmacotherapy* since ancient times. This review paper aims to define insomnia it's causes, sign and symptoms and management.

**KEYWORDS:** *Asbāb Sitta Darūriyya*, *Sahar*, *Dietotherapy*.

### INTRODUCTION

Sleep is a natural reversible phenomenon of many living things that is marked by the loss of consciousness of one's surrounding accompanied by typical body posture.<sup>[1]</sup> Whereas Insomnia means a condition of being unable to sleep over period of time.<sup>[2]</sup>

In Unani Medicine insomnia is termed as *Sahar* and its one of the important factor (*Yaqza*) mentioned in six essential factors (*Asbāb Sitta Darūriyya*) of life, which works throughout the life in every individual. These essentials factors are; Hawā' al-muhit (environmental air) (b) *Ma'kul-o-Mashrūb* (food and drinks), (c) *Harkat-o-Sukūn badnī* (bodily movement and repose), (d) *Harkat-o-Sukūn nafsānī* (psychic movement and repose), (e) *Nawm-o-Yaqza* (sleep and wakefulness) and (f) *Istifrāgh wa Ihtibās* (evacuation and retention).<sup>[3]</sup> Insomnia is described as *Sehar* in Unani system of Medicine, which can be defined as sleeplessness or awakening which occurs mainly as a result of imbalance in the temperament of brain due to excess of *Hararat* and *Yaboosat*.<sup>[4]</sup>

According to Sheikh Ibne Sina *Yaqza* (*Sahar*) is state of awakefulness which occur in every animal of higher mental ability which occur due to movement of *roo'he nafsani'ya'h* towards the *hissi and hirki a'aza* (organ of

sensation and organ of motor functions) and make them able to function. He further added that meaning of *sahar* is that increment in quantity and quality of awakening and it is caused by *rutubate boroqi* which is primary cause for example occur in aged person but this condition also occur in young person caused by stress, pain, illumination, indigestion which create *imte'lae me'da* (stomach heaviness), use of flatulent diet which produce *laze'h* in brain which create pain and nightmare.<sup>[5][6]</sup>

### Epidemiology<sup>[7]</sup>

Between 10 and 30 of adults have insomnia at any given point in time and up to half of people have insomnia in a given year. About 6% of people have insomnia that is not due to another problem and lasts for more than a month. People over the age of 65 are affected more often than younger people. Females are more often affected than males. Insomnia is 40% more common in women than in men.

### Classification of Insomnia and Clinical features<sup>[5,6,7,8,9]</sup>

Insomnia can be classified on the basis of duration of the problem. It is classified as transient, acute, or chronic.

1. Transient insomnia lasts for less than a week. It can be caused by another disorder, by changes in the

sleep environment, by the timing of sleep, severe depression, or by stress.

2. Acute insomnia is the inability to consistently 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 problems occur despite sufficient chance and conditions for sleep and result in problems with daytime function. It is also called stress insomnia.
3. Chronic insomnia lasts for longer 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 than others to have chronic insomnia.

This is a condition of inadequate quantity and quality of sleep. It may be symptoms of a depressive illness, anxiety disorders, or some psychiatric condition. It is more commonly arise at time of life stress.

When the cause of *Sahar* is *yabusat* (dryness) then dryness in oral, nasal cavity, eyes, scalp will be found but when it is due to combination of both viz. *yabusat* (dryness) and *hararat* (hotness) then along with dryness there will be sensation of heat and excessive thirst and anxiatic manifestation will occur.

**Table 1: DSM IV Diagnostic criteria of primary insomnia.**<sup>[10]</sup>

- Difficulty in initiating or maintaining sleep or non-restorative sleep for at least 1 month.
- The sleep disturbance does not occur exclusively during the course of narcolepsy, breathing-related.
- The sleep disturbance (or associated daytime fatigue) causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.
- Sleep disorder, circadian rhythm sleep disorder, or a parasomnia.
- The disturbance does not occur exclusively during the course of another mental disorder (eg, major depressive disorder, generalized anxiety disorder, or delirium).
- The disturbance is not caused by the direct physiologic effects of a substance (ie, drug abuse, medication) or a general medical condition.

#### MANAGEMENT<sup>[5, 6, 11]</sup>

Sheikh described that it is mainly due to *yabusat* and for management of this start with *martoob ghiza* (the diet which provide moisture in body) like *Tarbuz* (*Citrullus lanatus*), *Kharbuz* (*Kukumis melo*), *Kheera* (*Cucumis sativus*), *Kaddu* (*Cucurbita maxima*), *Badam* (*Prunus amygdalus*), Citrus fruit juice etc and after that send patient for *Hammame ratab* (hot bath). He further added if it will acute and due to *yabusat sada* (dryness without matter) or *yabusat e maddi* but in lesser amount and low quality then it will cure by above treatment. But if it is due to *raddi ghair tabai sauda* (bad melancholic morbid matter) and chronic it need to be *istefra 'agh* (evacuation).

**Nuskha (Formulae)** for *Nuzj* and *isha 'l* for *sauda*: *halela siyah* (*Terminalia chebula*), *Aftimoon* (*Cuscuta reflexa*), *Turbud* (*Operculina turpethum*), *Sana makki* (*Cassia angustifolia*), *Bekhe kasni* (*Chicorium intybus*), *Shahme Hanzal* (*Citrullus colocynthis*), *Unnab* (*Ziziphus sativa*) crush all these and make *joshanda* (decoction) and give patient with *Sharbate Ward* (*Rosa*).

*Taghreeqe* (head drowning) with *Roghane Kahu* (oil of *Lactusa sativa*), *Roghane Kaddu* (oil of *cucurbitaceae maxima*) is beneficial. *Nutool* of milk or roghan like *Roghane kaddu* (oil of *cucurbitaceae maxima*), *Roghane Kahu* (oil of *Lactusa sativa*), *Roghane Neelofar* (oil of *Nymphia alba*) is beneficial and also massage with these roghan on soles. This will cause hypnotic effect.

Qurse mosallas with, *Arqe Ghulab* (rose water) and apply on forehead before sleeping *sheerae tukhme Kahu* (mucilage of seed of *Lactusa sativa*) with *Sharbate Banafsha* (syrup of *violodorata*) is beneficial or *Maus*

*shaer* (juice of *Hardeum vulgare*) with milk is beneficial at bed time.

*Kishneez* (*Coriandrum sativum*), *Tukhme Kahu* (seeds of *Lactusa sativa*), *Tukhme kaddu* (*cucurbita maxima*) everyone is 10 gram make powder and take with sugar or without sugar for orally.

*Qurse Mosallus* (a compound drug), *Roghane kaddu* (oil of *cucurbita maxima*), *Roghane kahu* (oil of *Lactusa sativa*), *Roghane Badam* (oil of *Prunus amygdalus*) is beneficial and should applied on scalp as well as soles. Beside this therapy sleep hygiene should be maintained like mentioned in table no2.

**Table No 2: Sleep hygiene.**

- Avoid heavy meals near bedtime; light snack can be taken if hungry.
- Avoid daytime napping.
- Maintain regular exercise schedule.
- Minimize caffeine intake and smoking near bedtime.
- Make bedroom comfortable, preferably slightly cool.
- Do not use alcohol, smoking while going to sleep.
- Go to bed only when sleepy.
- Minimize light, noise and excessive temperature.
- During sleep.
- Avoid evening stimulation: substituted radio or
- Relaxed reading for television. Avoid movies or emotional
- Maintain regular hours of bedtime and arising.

## CONCLUSION

In the present Review paper it is tried to illustrate that how much burden of insomniac people worldwide. It is observed that *Sahar* (Insomnia) is a highly prevalent disease which imposes severe burden both economically and socially on the society. The paper divulge also causes, clinical features and Diagnosis of *Sahar* (Insomnia) and in last but not least it is mentioned the classical Unani management of it. These management therapies are easily available, less expensive and easy to use so that a large number of population can be benefitted by this therapy.

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