

## CONCEPT OF MANOVAHASROTODUSHTI IN INSOMNIA

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**ABSTRACT**

When all *Indriyas* along with *Mana* break contacts with their *Vishayas* then *Nidra* (~sleep) occurs. If any change occurs in this physiological process, it causes *Anidra* (~Insomnia). Insomnia and lifestyle diseases are associated with a variety of underlying factors and also appear to be complication of each other. Considering above said present study has been planned to explore the contemporary relevance of *Manovaha Srotodushti* w.s.r. to insomnia. Busy lifestyle has fraught the mankind with stress, anxiety, annoyance, and egotism. In *Ayurveda* also, causes of *Anidra* are described as *Karya* (~over indulgence in work), *Kala* (~inappropriate time sleep), *Vikar* (~ailment) and *Prakriti*

(~Constitution). All these factors disturb *Mana*. Along with *Mana* they also vitiate *Manovaha Srotas*. Due to this, *Mana* shifts from its principal place (i.e. *Hridaya*) to its workplace (i.e. *Mastishka*) and causes *Anidra*. Contemporary lifestyle includes day/night shifts in workplace, improper food habits and altered sleep patterns; they leave psychological impact on human mind and result in manifestation of *Anidra*. Our study suggests that *Manovaha Srotodushti* acts as a key factor to cause *insomnia*, Attributed to the *Manovaha Sroto- Atipravritti*.

**KEYWORDS:** Lifestyle, *Anidra*, Insomnia, *Mana*, *Manovaha-srotas*.

**INTRODUCTION**

Insomnia is a perception of inadequate or abnoemal sleep. it includes difficulty in initiating sleep, frequent awakenings from sleep, short sleep time and non restorative sleep.<sup>[1]</sup> in ancient *Ayurvedic* literature we find a similar term called *Aswpna* i.e. *anidra* which is described as a disease under *Vata- Nanatmaja Vyadhi*.<sup>[2]</sup>

When all *Indriyas* along with *Mana* disengage from their *Vishayas* then the person goes to sleep.<sup>[3]</sup> the phenomena of sleep induction, perpetuation, and completion are governed by the body humors and the three mental attributes.<sup>[4]</sup> any vitiation of these factors in turn manifested as the deviation from the normal sleep pattern. If any change occurs in this physiological process, it causes *Anidra* or Insomnia. Lack of quality sleep is physically manifested as *Jrimbha*(yawning), (heaviness in head), *Alasya* (laziness), *Angmard* (malaise), *Apakti* (indigestion), *Tandra* (drowsiness), *Jadya* (altered sensorium).<sup>[5]</sup>

Insomnia and lifestyle diseases are associated with a variety of underlying factors and are also a complication of each other. Insomnia has become an important public health problem, can be caused by stressful life style, depressive illness, anxiety disorder, any psychiatric condition, any pathological condition or specific disorder.<sup>[13]</sup> The most common co morbidities associated with insomnia are psychiatric disorder. It is estimated that 40% of all insomnia patients have a coexisting psychiatric condition. Among these psychiatric disorder, depression is the most common, and insomnia is a diagnostic symptom for depressive and anxiety disorder.<sup>[14]</sup> *Manovaha Srotas* affect due to these psychiatric condition. Present study elucidates insomnia induced by stressful lifestyle.

## MATERIAL AND METHOD

It is a literary review to find out the connection between *Manovaha Srotodushti* with insomnia with the help of data collected from classical *Ayurvedic* text and published research articles.

## DISCUSSION

*Manovaha Srotas* are the channels of consciousness that flow through the mind.<sup>[6]</sup> These channels carry mental stimulus to different parts of the body.<sup>[6]</sup> Proper balance of mental attributes(i.e. *Satva*, *Raja* and *Tama*) and normally functioning *Kapha* account for maintaining the physiology of *Nidra*.<sup>[4]</sup> Seat of *Chetna* or *Mana* is *Hridaya*(heart), when *Hridaya* is sheltered with *Tama*, as a result of *Nidra*.<sup>[7]</sup>

Insomnia is a sleep disorder in which a person cannot come or where the duration of sleep is insufficient. It can also be a symptom of various systemic and psychological disorders. Busy lifestyle has burdened the man with stress, tension, anger, irritability and arrogance. In *Ayurveda* also causes of *Anidra* are described as *Karya*(over indulgence in work), *Kala* (inappropriate time sleep), *Vikar*(~ailment) and *Prakriti*(~Constitution).<sup>[8]</sup> Main *Dosha*

involved in case of *Anidra* is *Vata* and too some extends *Pitta* and *Kapha*.<sup>[9]</sup> Again, an important contributing factor for *Vata* vitiation is psychic distress.<sup>[10]</sup>

Contemporary lifestyle compels men to be wakeful at night, might be due to working in night-shifts, late night parties, late night studies, anxiety etc. *Ratrijagaran* is a definite cause of *Vata-Vridhhi* as well as *Kapha Kshaya*.<sup>[11]</sup> Inappropriate food habit like *Akalabhojan*, *Vishmasan*, *Samashan*, *Langhan*, and *Ati -Ruksha*, *Laghu Aahar* like chips, cold drink, excess intake of tea and coffee also disturb equilibrium state of *Doshas*. *Viharaj* causes like excess smoking habits, excess traveling also affect the balance of *Tridoshas*. When *Vata* is vitiated Due to these factors, it affects the normal functioning of Mind and senses. Mind becomes active and shifts from its principle place (*Hridaya*) to its workplace (*Mastishka*) and actively connects with sense organs.<sup>[10]</sup>

*Raja* deals with activity and movement.<sup>[12]</sup> Mind is afflicted by predominance of *Raja* and *Tama*. Any mutual imbalance of the three mental faculty especially vitiation of *Raja* disrupts the normal sleep pattern. vitiation of *Vata Doshas*, it increase *Raja Pradhan Vataas* as well as reduces *Tama* and *Kapha*, leads to impair blockage of *Manovahasrotas* as well as with *Srotodusti Atipravritti* thus *Mana* will not be separated from their sense organ, as a result of hampers normal sleep pattern, consequently insomnia.

## CONCLUSION

Our study suggest that Contemporary life style includes late night working hours, travelling, improper food habits as well as addictions like smoking, chewing tobacco and excessive consumption of tea, coffee and caffeine containing beverages. these etiological factors individually or two or more factors together leads to the vitiation of *Sharirika* and *Manasik Doshas* which further leads to disturbed *Mana* as well as *Monovaha Srotas Dusti Atipravritti*. Due to this, *Mana* is unable to disengage from *Indriyas* consequently leading to insomnia.

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