

Effects of Alternative Treatments and Holistic Health Approach for the Management of Insomnia

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Received 19-07-2022	Abstract: Background: Insomnia is a common sleep disorder that can make it hard to fall asleep, hard to stay asleep, or cause you to wake up too early and not be able to get back to sleep. You may still feel tired when you wake up. Insomnia can sap not only your energy level and mood but also your health, work performance and quality of life. About 40% of Americans get less than seven hours of sleep a night. Doctor recommendations have changed a bit over the years. Most of us think of eight as the ideal healthy number of hours to sleep every night. That is still true, although the range has widened to seven-nine depending on age. For this present research work, researcher applied holistic techniques to relax for more restful sleep. Techniques like Darpan-sadhana, Yoganidra and Bhramri-pranayama can also provide you with the relaxation you need so you can get more easily get to sleep. Herbal medicines are also added with these techniques which greatly help conditions that are rooted in the mind. Holistic health is an approach to life that considers multidimensional aspects of wellness. It encourages individuals to recognize the whole person: physical, mental, emotional, social, intellectual, and spiritual. Aims: The aim of this study to see the effects of alternative treatments and holistic health approach for the managements of insomnia. Methodology: With the help of Quota sampling technique researcher collected 80 male & female in the age group of (25-50) years. Among them 40 (20 males and 20 females) are acute insomnia patients and 40 (20 males and 20 females) are chronic insomnia patients. Patients were collected from various psychology clinics and mental hospitals of Haridwar and Greater Noida. In the present study single group pre-post design used. Research Tools: Researcher used Brahmavarchas Insomnia Scale for the present study. Statistical Technique: Researcher used t-Test for statistical analysis of the research work. Results: It indicated that the psycho herbal yogic package has significant effect on both acute and chronic insomnia patients.	Keywords: Insomnia, Holistic health approach, Yoga, Pranayama, Herbal medicines
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INTRODUCTION

Insomnia has been recognized as one of the foremost social challenges, mankind is facing today. Also, the growing public concern about this problem has increased greatly by

Researchers. This problem is global. According to survey about 60 million Americans each year suffer from Insomnia, which can lead to serious sleep deficits and problems. Insomnia tends to increase with age and affects about 40% of woman and 30% of men.

The term insomnia literally denotes a complete lack of sleep. It is, however, used to indicate a relative inability to sleep that consists of difficulty in falling asleep, difficulty in remaining asleep, early final awakening, or combinations of these complaints. This disease has assumed alarming proportions in the present times, especially among the upper classes in the urban set-up.

The modern world is so busy that there is not enough time left for anyone to sleep properly. Missing a couple of hours of sleep every night for a week is probably enough for sleep deprivation. Whether it's rushing to get the house works done once the kids have gone to bed, attending a social

function or working late, we are sleeping less than we should. About 40 percent of people report trouble sleeping, when they are severely pressed for time. For some, the problem lies not in finding the time to sleep but in their inability to fall asleep and stay that way. It is estimated that ten of millions of adult suffer from insomnia, and an even greater number from sleep disturbances.

When insomnia makes it hard to function during the day, most health care provider prescribes sleeping pills for a limited time. Medications for patients with mood and anxiety disorders include an assortment of antidepressants, anxiolytics, and mood stabilizers. The selective serotonin reuptake inhibitor (SSRI) antidepressants and venlafaxine (a combination SSRI and norepinephrine reuptake inhibitor) often are effective for these patients, although they rarely improve insomnia symptoms rapidly. Furthermore, some patients will develop insomnia as a side effect from these medications.

The use of short acting sleeping pills may improve sleep and next day alertness but with all drugs there are some side effects. Short acting medications are now available can avoid may of the earlier problems but with many continuing bad effects like feeling all the time drowsy and groggy

in the following day. Some medications may be less effective after several weeks of nightly use and yet their long time safety effectiveness has not been established, side effects of sleeping pills can be a major problem too. Thus the use of over the counter sleeping medicines is not actually recommended for the treatment of insomnia, low dose sleep medication can be helpful for short term insomnia but it is rarely helpful for long term, sleep problems.

Hypnotics (sedative, mirror tranquilizer and anti-anxiety drugs) are among the most commonly used medicines for insomnia. Many hypnotics can lose their effectiveness once a person has become accustomed to them. Hypnotics may produce withdrawal symptoms and make the insomnia return side effects of medication include dizziness, blurred vision and dry mouth. They shouldn't be used by people with angina, heart-disease, arthritis, prostrate problems or urinary problems.

Hypnotics, such as diazepam (a benzodiazepine), zolpidem (an imidazopyridine) and triazolam are often taken to relieve insomnia. Temazepam has been shown clinically to have hemodynamic side effects, the systolic and diastolic blood pressure and heart rates are affected. An unusual case of hallucination is occurred by the administration of triazolam. The sedative hypnotic agents have adverse effects such as memory impairment, falls, excessive sleepiness and accidents occur more often at higher doses. Prolonged use of Flurazepam and Guazepam can lead to day time sleepiness, cognitive impairment, in coordination and worsening of depression.

The management of insomnia depends upon its etiology. If the patient has a medical, neurological or any sleep disorder, treatment should be directed at the disorder. In case of psychiatric disorders, treatment should involve medications, psychotherapy and if possible refer to a psychiatrist, psychologist or therapist. If insomnia is related to medication or drug abuse, the offending medications or drug must be withdrawn. The treatment of psycho-physiologic insomnia begins with the education about the sleep problems and appropriate sleep hygiene.

The patient should make an all-out effort to eliminate as many stress factors as possible. The steps in this direction should include regular practice of any relaxation method or meditation technique; cultivating the art of doing things slowly, particularly activities like eating, walking

and talking; limiting the working day to nine or ten hours and the working week to five and a half days; cultivating a creative hobby and spending some time daily on this; and avoiding meeting unrealistic targets.

Today the scientists across the globe unanimously agree that majority of the diseases of mankind are psychosomatic in nature. Psychological problems are evaded as a result of right perspective in life, then our life energy can be utilized properly and this then becomes the fitting measure of getting rid of psychological tensions and anxieties. But sadly in spite of knowing drawbacks, men constantly run behind only wealth not health. That result in psychosomatic diseases like high blood pressure, diabetes and various skin disorders etc. Yoga has exhibited some beneficial effects in curing psycho-physiological diseases. Yoga is a total science of strengthening and improving the physical, mental and spiritual state of being. It produces peace and positive feeling in the mind of the aspirant. It rejuvenates and energizes the body development and healing is brought from within. Yoga is only a way to remove every type of problem that is physical, mental, emotional & spiritual.

The popularity of herbal medicine for treating depression, anxiety, and sleep disorders is also at an all-time peak. For example, valerian is widely used for insomnia but it has not been shown beyond a reasonable doubt to be effective for this sleep disorder. Conventional therapy for insomnia includes behavioral and pharmacological approaches but long-term use of hypnotics can lead to drug tolerance, habituation, and withdrawal symptoms. Hence, herbal and other natural sleep aids are becoming popular and are promoted as safe. Patients perceive dietary supplements as a safer and more natural alternative. Besides valerian, agents used in sleep disorders include jatamansi, nakuli, catnip, chamomile, gotu kola, hops, l-tryptophan, lavender, passionflower, and skullcap.

In the present study, researcher has developed a Psycho-herbal-Yogic package as an alternative treatment and holistic health approach to see its effect on insomnia.

REVIEW OF LITERATURE

Morin *et al.* (2003) conducted a study on the role of stress, arousal and coping skills in primary insomnia and found that insomnia treatments

should incorporate clinical methods designed to teach effective stress appraisal and coping skills.

Morin *et al.* (1999) examined on a research topic Nonpharmacologic treatment of chronic insomnia and the findings indicated that non-pharmacological therapies produce reliable and durable changes in several sleep parameters of chronic insomnia sufferers. The data indicate that between 70% and 80% of patients treated with non-pharmacological interventions benefit from treatment.

Langade *et al.* (2019) conducted a study on efficacy and safety of Ashwagandha (*Withaniasomnifera*) root extract in insomnia and anxiety: a double-blind, randomized, placebo-controlled study and conclude that ashwagandha root extract is a natural compound with sleep-inducing potential, well tolerated and improves sleep quality and sleep onset latency in patients with insomnia at a dose of 300 mg extract twice daily. It could be of potential use to improve sleep parameters in patients with insomnia and anxiety, but need further large-scale studies.

Sharpe *et al.* (2021) conducted a study on qualitative impressions of a Yoga Nidra Practice for Insomnia: An Exploratory Mixed-Methods Design found that Yoga Nidra appeared tolerable within the sample, and descriptions suggest it may be useful for enhancing relaxation, facilitating sleep, easing anxiety, and reducing pain. Results from this study will inform the design of future studies of Yoga Nidra for insomnia and related conditions.

Suryawanshi (2015) suggested that about mirror therapy Pt. Shriram Sharma Acharya has said that "by seeing the reflection of ourself in the mirror we can go very deep in the stages of self-analysis and evolve from the deep of negativity to the peak of positivity in our life, a new pathway is formed which leads to the success" - Sadhana Se Siddhi pg.5.37 DarpanSadhana is one of the major techniques which is used in our culture from ancient time to develop the feeling of worthiness and to get the righteous path which can lead a person towards the self-satisfaction and happiness.

Rani, & Naidu (1998) conducted a study on thirty-nine subjects with chronic, primary insomnia lasting at least three weeks completed a study of an herbal preparation's efficacy and safety in the treatment of insomnia. Participants demonstrated significant improvement in sleep quality, duration of sleep, total sleep time, reduced sleep latency and

number of awakenings with the herbal therapy. Patients tolerated the treatment well and no major side effects were observed. Hangover and daytime sedation has often seen with hypnotic drugs, which were found absent during this treatment. The authors concluded that the herbal preparation, which has been tested, is a good alternative in the treatment of insomnia.

Nakamura *et al.* (2005) studied that in the use of hypnotics, sway derives from the suppression of the central nervous system relevant to awakening rather than from muscle relaxation. bothzolpidem and benzodiazepines exert their effect through modulation of the γ -aminobutyric acid (GABA)-receptor complex, zolpidem may be less likely than benzodiazepines to disturb the architecture of sleep and to cause cognitive and psychomotor side effects can lead to daytime sleepiness, cognitive impairment, in coordination, and worsening of depression.

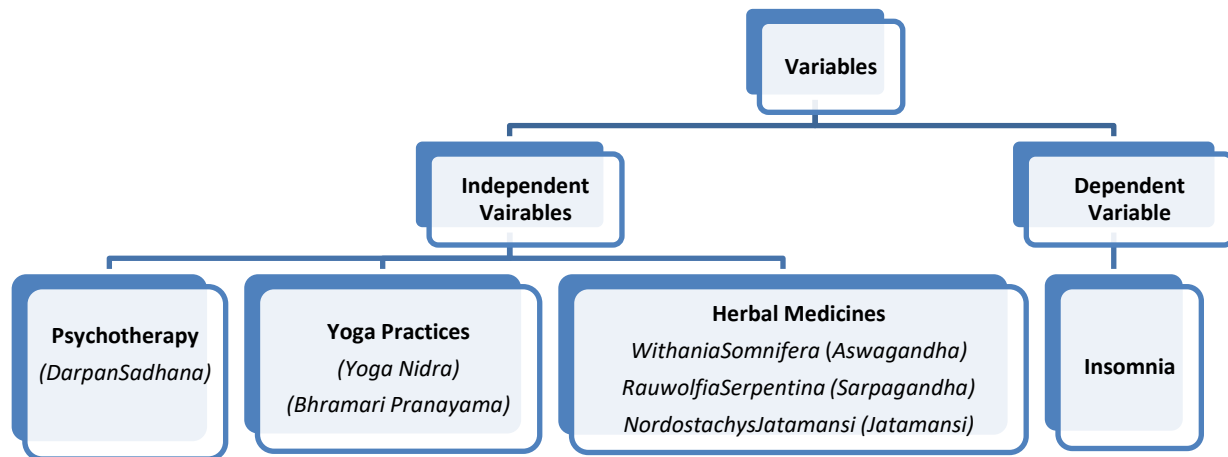
Paul *et al.* (2022) conducted a research on *Rauwolfiaserpentina*: A Potential Plant to Treat Insomnia Disorder; and found that *Rauwolfiaserpentina* is a popular herb for thousands of years, crossing geographical barriers. The consumption of its root and root-powder with tea, milk along a daily diet for needed individuals is a convenient way to deliver its various health benefits of the nutrient-rich profile, especially in improving sleep. The dietary, nutraceutical, therapeutic advantages of this herb would contribute significantly to finding a holistic approach for treating insomnia.

Srivastava *et al.* (2017) conducted a research to see the effect of Bhramari Pranayama on mental health among college students and considerable evidences shows that Bhramari Pranayama stimulates the reflex of Autonomic Nervous System in turns the level of noradrenalin, a compound that functions as a hormone and neuro-transmitter in the nervous system, actually increase with a deeper breathe and resonates while exhaling. This secreted noradrenalin in turn helps one to decrease the level of neuro-hormones responsible for various stresses, anxiety and aroused mental state in deeper form through bio-feedback mechanism.

Mhaiskar & Parwe (2019) conducted a clinical trial on subjects with anidra fit for shirodhara will be given Jatamansi Tail shirodhara (Group A) and Bramhi tail shirodhara (Group B) Pre & Post Biochemical parameters, Change in score on Insomnia Severity Index (ISI), Athens

Insomnia scale related with Anidra (Primary Insomnia) of both groups, the limiting sign and symptoms in anidra (primary insomnia) and balanced state of mind and sleep pattern is expected result will be withdrawn on the basis of observations.

Description of Variables



Hypothesis

Researcher formulated following null hypothesis:

H₀₁ There is no significant effect of Psycho-Herbal-Yogic package on acute male insomniacs.

H₀₂ There is no significant effect of Psycho-Herbal-Yogic package on acute female insomniacs.

H₀₃ There is no significant effect of Psycho-Herbal-Yogic package on chronic male insomniacs.

H₀₄ There is no significant effect of Psycho-Herbal-Yogic package on chronic female insomniacs.

H₀₅ There is no significant effect of Psycho-Herbal-Yogic package on acute insomniacs.

H₀₆ There is no significant effect of Psycho-Herbal-Yogic package on chronic insomniacs.

Sample Structure

Objectives

To see the effects of alternative treatments and holistic health approach for the managements of insomnia.

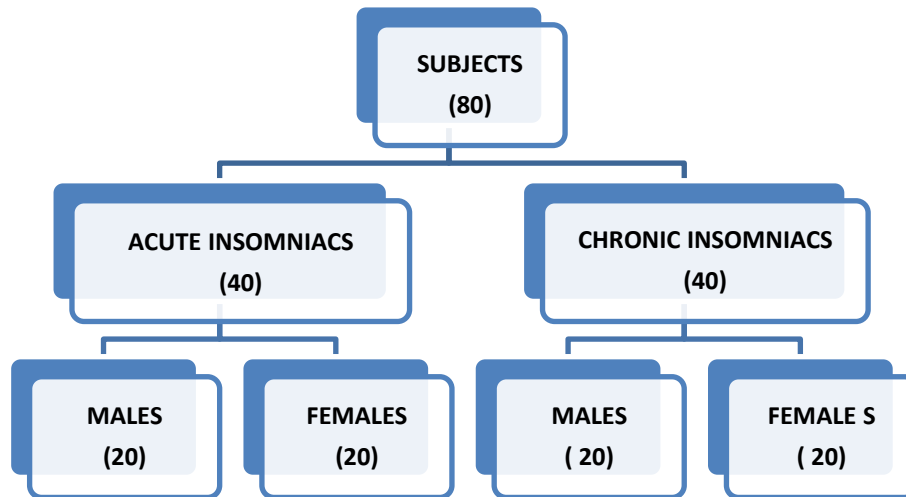
RESEARCH METHODOLOGY

Research Design

In this Study single group pre-post design is taken.

Sample and Sampling

The study is conducted on a sample of 80 male & female in the age group of (25-50) years. Among them 40 are acute insomnia patients and 40 are chronic insomnia patients. Patients were collected from various psychology clinics and mental hospitals of Haridwar and Greater Noida. The selection of sample is made on the basis of Quota sampling technique.



Descriptions of Tools

In the present study researcher has used Brahmavarchas Insomnia Scale developed by Dr. Mahasweta Chopdar and Professor O.P. Mishra.

Statistical Analysis

After collection of data the entire attention should be paid to the analysis and interpretation of data. After administrating the test and calculating every individual score, the t-test statistical technique was used to study the problem.

INTERPRITATION OF RESULTS

The aim of the present study is "To study the effect of Psycho-Herbal-Yogic Package on Insomnia." In this study the sample consists of 80 subjects within the age group of 25 to 50 years. Subjects were divided in to two groups from which 40 are acute insomniacs and 40 are chronic insomniacs, they were selected through quota sampling method and the study took place by single group pre- post design.

The results of the hypotheses 1 and 2 are significant at 0.01 level of confidence. It indicates that the psycho- herbal - Yogic package has significant effect on acute male and acute female insomniacs.

Acute insomnia can last from one night to a few weeks. Those patients, who were complained of acute insomnia, were almost getting out of this problem after one month of regular treatment.

The Third and Fourth hypotheses are also significant at 0.01 level of confidence. They were in favour of chronic insomnia which shows that Psycho- herbal - Yogic Package has significant effect on chronic male insomnia patients and chronic female insomnia patients. Chronic

insomnia is a problem of sleeplessness in which a person has insomnia at least from one week to one month or longer. It can be caused by many other psycho somatic disorders.

Getting the treatment through psycho-herbal & Yogic package regularly for three months, patients showed great improvement in sleeplessness.

Lastly, the results of hypotheses 5th & 6th indicates that the psycho herbal yogic package has significant effect on both acute and chronic insomnia patients as are significant at 0.01 level of confidence.

The Psycho- herbal - yogic package is proved as a unique and valuable package not only for the treatment of sleep disorders but also to strengthen the physical, mental & spiritual level of a person. From the results it has shown that the problems of sleep disorders can be solved through a natural process without taking the hypnotic drugs (seductive, minor tranquilizer and anti-depressant drugs).

The psycho- herbal- yogic package includes a combination of psychotherapy, yoga therapy and herbal therapy. In the process of psychotherapy, the researcher had tried her best to retrieve and heal the mental state of all patients suffering from insomnia through Darpan Sadhana. During her study, the researcher has found that the problem of sleeplessness lies in the irregular lifestyle and negative thoughts. Before doing Darpan Sadhna almost all patients have some Psychological problems. Through the collection of Psychiatric History of all patients, a thorough psychological review has been done by the investigator. From which it was found that most of them were

disturbed mentally by so many things like work pressure, family problems, loss of near and dears etc. When they failed to make a proper adjustment according to the demands of the situation, a state of negative stress or distress was developed in their personality. In most of the patients, the mind was always remained in a state of arousal and tension.

First of all, the investigator educated all the patients about the sleep and elements of good sleep hygiene. She insisted them to do regular physical exercises, to avoid caffeine intake (e.g. tea, coffee, cold drinks) before sleeping hours. Advise them to avoid watching television while in bed and should sleep in a comfortable environment.

All patient were instructed to do darpan Sadhana regularly throughout the treatment session. Aim of this Sadhanais to develop self-healing powers. By seeing his own physical reflection on mirror, the practitioner tries to concentrate on his inner consciousness. Through a series of instruction given by the therapist the practitioner tries to gain his self- confidence and do self- realization to get access to his personal potential, intuition and knowledge of self.

Another benefit of practicing Darpan Sadhana is that it is a process of emotional catharsis, in which the patient has to say everything in front of his own self, reflected on the mirror by becoming his own therapist. So that the problem of hesitation occurred during the process of psycho- analysis can be easily avoided. After one month, group showed a general improvement in body image concerns, self-esteem, dieting and depression.

Besides, practicing Darpan Sadhana, patients were also taught to do Yoga Nidra and Bhramari Pranayam throughout the session, as yoga therapy was included in the Psycho- herbal Yogic package.

Yoga Nidra and Bhramari Pranayama are extremely helpful for insomnia patients. The research done by Dr. K. N. Udupa of Banaras University suggests that stress related disorders evolve gradually through four recognizable stages. Firstly, psychological changes such as anxiety, irritability and insomnia arise due to over stimulation of the sympathetic nervous system. In the second stage symptoms such as high blood pressure, deviated heart rate and increased intestinal motility surface. In the 3rd stage, a more profound physical or biochemical imbalance sets in, while the final fourth stage, irreversible symptoms

that often requires surgical or long term management appears.

Yoga Nidra is now being prescribed by doctors in many countries as a preventive and curative therapy in the earlier three stages of stress related diseases. In addition, Yoga Nidra is effective in the management of psychosomatic disorders that have progressed to an irreversible stage by providing effective symptomatic relief, treating depression and deep rooted anxiety and evolving the best possible outlook of the sufferer towards the diseases.

Yoga Nidra means 'psychic sleep' i.e. sleep with full awareness. In the practice of Yoga Nidra, the body sleeps but the mind remains awake listening to the instructions. It is a state of mind in between wakefulness and dream. Normally when we sleep we lose track of our self and cannot utilize this capacity of mind while Yoga Nidra enables the person to be conscious in this state and nurture the seed of great will power, inspire the higher self and enjoy the vitality of life.

Along with Yoga Nidra all the insomniac patients were also instructed to do Bhramari Pranayam throughout the treatment session. They were advised to practice it at the midnight when the atmosphere is completely calm and quiet. Due to all sounds and noise of creatures being silent one is asked to cover the ears with the hands and practice Puraka and Kumbhaka and the practitioner started hearing the subtle sounds after a continued practice that is called Bhramari.

The researcher has noticed that the subtle sound within all practitioners relieved cerebral tension, removes anger and anxiety. It increased blood circulation in the brain improving memory power. The mind became stable and nervous weakness was cured.

The problem of sleeplessness was cured by Bhramari Pranayama as the sound vibration during Bhramari possesses physiological and psychological effects. It exercises the minds energy and gives the mind pause and stability.

Along with psychotherapy and Yoga therapy herbal therapy is also found to be more beneficial for insomnia patients. For people who are taking potent prescription drugs with lots of side effects, herbs provide safer and gentler alternatives.

The investigator has studied some of those herbs which are useful in sleep disorders and applied to all insomnia patients.

Herbs used in the current study are (1) *Withania Somnifera* (2) *Rauwolfia Serpentina* and (3) *Nardostachysjatamansi*. A combination of these herbs was taken orally by all patients.

Some of the acute and chronic insomnia patients were taking prescribed medicine for other health problems along with sleeplessness. They were strictly instructed by the researcher not to take any prescribed medicine other than the herbal medicines for the treatment of insomnia, as all patients were taking sedative and antidepressant drugs regularly. They were complaining about those sleeping pills and said that it did not work for them, infact they were badly affected by those medicines and felt drowsy all the time. They couldn't concentrate on the work place and their memory was also getting worsen.

After a regular intake of only herbal medicines, patients were free from all the above difficulties and got a peaceful sleep. The combined form of herbal medicines prepared by the investigator under the supervision of an expert, has shown many significant effects.

With *aniasomnifera* or *Aswagandha* is an astringent, nervine, rejuvenative and seductive tonic. This herb builds bone marrow and semen, inhibits aging. It is one of the best herbs for the mind. It improves memory, counteracts the effects of stress and calms the mind.

It acts as a sedative; stressed patients with insomnia are benefited by this herb. *Ashwagandha* stimulates the immune system and strengthen it. It increases the body energy level. No significant side effects have been reported with *aswagandha*.

CONCLUSION

Nearly one third of our life is spent in sleep. Every day we voluntarily go to bed and transit into an easily reversible state of relative unresponsiveness and tranquility. This state occurs almost regularly and repetitively each day.

Ayurveda states that fatigue, the darkness and tranquility of night, the habit of sleep are the most common factors. Children require more sleep than older people. Those exposed to hard physical labour also require more sleep. Mental work can also exert the functioning of the brain and lead to more sleep. Eating a heavy meal can bring on sleep.

Illness, whether long term or short term, such as a fever, will cause a person to sleep more.

Sleeplessness may start from the beginning of bedtime or a person may wake many times a night. Some are disturbed by the slightest noise. Sleeplessness results in weakness of the system and may result in indigestion and wind in the stomach and for those who suffer prolonged periods of sleeplessness it may lead to more severe. Worry, anxiety, anger, emotional stress and strain cause sleeplessness illnesses such as heart disease and high blood pressure.

Insomnia is the subjective complaint that sleep is inadequate or abnormal. Generally includes are nocturnal symptoms of difficulties initiating sleep, frequent awakenings from sleep, a shorts sleep time and non-restorative sleep; and day time symptoms, resulting from the poor sleep and fatigue, sleepiness, depression, anxiety and other mood changes. These symptoms are similar to those complaints most frequently offered by elders about their sleep. Studies confirm that the elderly are the largest age group affected by insomnia complaints and disorders.

Youth with insomnia reported more behavioral problems than did those without complaints of insomnia. After adjustment for age and sex, sleep duration of less than seven hours a day were significantly associated with most behavioral problems in those without complaints of insomnia. But with only a few behavioral problems found in youth reporting insomnia. Result suggest that sleep duration in adolescents with insomnia is short, but not as short as reported in previous chemical studies insomnia and short sleep duration are associated with a mild range of behavioral and emotional problem in youth.

Insomnia is very common with nearly 15-30% of general population complaining of a period of insomnia per year requiring treatment. It is required for the diagnosis that the sleep disturbances occurs at least 3 times a week for at least 1 month and that it causes either marked distress or interferes with social occupational functioning. Insomnia should be differentiated from short-sleeper who needs less than six hours of sleep per night and has no symptoms or dysfunctions.

In the current research, the investigator tired her best to identify behaviors of the patients that may worsen insomnia. She tried to reduce

them by diagnosing and treating underlying psychological problems through a natural process.

Patients were asked to keep a sleep diary for a week or two, keeping track of their sleep patterns and how they felt during the day. The history is the most important part of evaluating insomnia. It includes a complete sleep history, medical history, social history and careful medical review. Sleep history consists of determining the time of insomnia, the patient's sleep habits (commonly referred to as sleep hygiene) and symptoms of sleep disorders associated with insomnia is important.

Patients were asked about the sleep quality whether they have any difficulty falling asleep, frequent awakening on early morning awakening, problems in sleep onset and whether they felt sleepy when getting into bed. They had to determine whether the sleeping schedule is consistent and if the schedule has changed recently.

Patients with insomnia have poor sleep hygiene. So all of them were asked about activities prior to bed time, whether they need or watched T.V. in bed and whether the T.V. or night is kept on during the night. Also they were asked about what they do if unable to fall asleep and whether they fall asleep after waking up in the middle of the night. They were even asked about daytime naps and whether they exercise and about the time of exercise.

Patients were asked about the symptoms of other sleep disorders such as Sleep Apnea (e.g. snoring, gasping) and Restless Leg Syndrome (i.e. restless felling in legs on lying down, which improves with movement, rhythmic kicking during the night).

Patients had experienced bad daytime effects if they didn't truly sleep at night, common complaints were fatigue, tiredness and lack of energy, irritability, reduced work performance and difficulty in concentrating.

A thorough inquiry about social history has been done by asking about new situational stress such as a new job or bereavement. For chronic insomnia, attempts related to the onset of insomnia to past stress or medical illness. Also, histories of patients were obtained for the use of tobacco, caffeinated products, alcohol and illegal drugs. All patients with insomnia were educated well about good sleep hygiene.

Most of the patients, who experienced daytime sleepiness and impaired performance as a result of transient insomnia, were in a regular habit of taking sleeping pills. But sadly, with all drugs, there are some side effects. Short acting medications avoided many of the earlier problems of those patients but showed many continuing bad effects like feeling drowsy all the time in the following day. According to them, medications were less effective after several weeks of nightly use.

In fact, major side effects like high blood pressure, memory impairment, gastric problems and acidity has been arising in them. Getting the treatment through psycho-herbal & Yogic package regularly for three months, patients showed great improvement in sleeplessness.

The psycho-herbal - Yogic Package is proved to be very effective for insomnia patients. Patient's demonstrated significant improvement in sleep quality, duration of sleep total sleep time reduced sleep latency and number of awakenings with the therapies. Patients tolerated the treatment well and no side effects were observed during and after the treatment session. Hangover and daytime sedation has often seen with hypnotic drugs which were found absent during this treatment. More over the psycho-herbal- yogic package has given a number of benefits by strengthening and improving the mental and physical level of all practitioners. The investigator concluded that the preparation of Psycho- Herbal- Yogic package has been tested as a very good alternative not only for the treatment of insomnia but also for so many other psycho-somatic diseases like hyper tension, hyper acidity (peptic ulcer), depression, migraine, low appetite, gastric problem, heart burn etc.

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