



**TITLE : ROLE OF HOMOEOPATHIC MANAGEMENT IN INSOMNIA : REVIEW
ARTICLE**

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Abstract: Insomnia, a prevalent sleep disorder affecting millions worldwide, poses significant challenges to both physical and mental well-being. This abstract explores the evolving landscape of homeopathic medicine in addressing insomnia, emphasizing its holistic approach and individualized treatment strategies. Additionally, this review discusses clinical studies assessing the efficacy of homeopathic interventions, shedding light on their potential to alleviate insomnia symptoms without adverse side effects. The interplay between constitutional prescribing and sleep hygiene is examined, highlighting the synergistic role of lifestyle modifications in augmenting homeopathic treatments. As the demand for alternative therapeutic options grows, understanding the nuanced contributions of homeopathic medicine to insomnia management becomes paramount for both practitioners and individuals seeking comprehensive and personalized care.

KEY WORDS: INSOMNIA, HOMOEOPATHIC MEDICINE



INTRODUCTION:

Insomnia is a sleep disorder in which difficulty to falling or staying asleep. It causes to wake up too early and not be able to get back sleep. Insomnia can decrease not only the energy level but also the health, ability of performance & quality of life.(1)

The duration of sleep is varies from person to person, but an average 7-8 hrs sleep needs for adult. It may be short term known as Acute Insomnia- which is last for some days to weeks result from mild stress or traumatic events. Chronic Insomnia- which is long term insomnia, and last for month or more.(2) Insomnia can be associated with some medical or medication condition.

Common causes of insomnia:

- Stress
- Iregular sleep schedule
- Poor sleeping habits
- Night-mare
- Fear
- Coffee, alcohol and tea stimulants
- Mental disorder like anxiety and depression
- Physical illnesses
- Specific sleep disorders

A combination of these factors can cause and exacerbate insomnia in many people.(3)

Sign and symptoms of insomnia:

- Fatigue
- Loss of mood,
- Loss of concentration,
- Bodyache
- Irritability
- Depression
- Indolent(6)

HOMOEOPATHY APPROACH IN INSOMNIA:

Psychosomatic disorders are those disorders whose causation lies in psychological or emotional factors. To understand the psychosomatic disorders in a patient one has to understand patient as a whole. A deep case taking should require



understanding the psychosomatic disorder in a patient. It is possible with homoeopathy to deal with insomnia.(8)

HOMOEOPATHIC THERAPEUTIC MANAGEMENT:

(1) ARGENTUM METALICUM:

Cannot fall asleep easily, sleep is restless, as soon as she sinks in to a slumber an electric shock through the whole body or single limbs, interrupts sleep, seminal emission during dream.(6)

(2) CIMICIFUGA:

For drunkard, intense prostration, restlessness whole night, imagines strange objects in room and under bed; can not sleep, because she feels numb all over, Insomnia in nervous, hysterical women from irritation of ovaries and uterus; insomnia in puerperal mania, with destructive rage; during melancholia.(6)

(3) COFFEA CRUDA:

Wakeful, on a constant move. Sleeps till 3 am, after which only dozing wakes with a start, sleep disturbed by dreams. Sleepless, on account mental activity, flow of ideas, with nervous excitability. Disturbed by itching of anus.(7)

(4) CROTALUS HORRIDUS:

Insomnia, as soon as he does off he dreams of dead person; sleeplessness from nervous and mental distress, connected with bodily suffering, but out of all proportion to the suffering; chronic insomnia.(6)

(5) ESCHSCHOLZIA CALIFORNIA :

Eschscholzia californica (California poppy) is a plant which is found in California and is used for its medicinal values. It is a non-narcotic anti-spasmodic, sedative and analgesic soporific remedy used to promote relaxation and found useful for trouble sleeping (insomnia) it is commonly known for its therapeutic effects in relieving toothache and acts as tranquilizer. In animal experiments, it has been found to act more powerfully than morphine.(4) California poppy contains chemicals that might cause relaxation and sleepiness. People use California poppy for anxiety, insomnia, aches, and many other purposes.(5)

(6) Opium :

Great drowsiness falls into a heavy stupid sleep. Profound coma. Loss of breath on falling a sleep. Coma vigil. Picking at bedclothes. Very sleepy, but cannot go to sleep. Distant



noise, cocks crowing, etc, keep him awake. Child dreams of cats, dogs, black forms. Bed feels so hot cannot lie on it. Pleasant, fantastic, amorous, shaking chill, than heat, with sleep and sweat, thirst only during heat.(7)

(7) PASSIFLORA INCARNATA:

Restless and wakeful , resulting from exhaustion especially in the feeble, infants and the aged. Insomnia of infants and the aged, and the mentally worried , and overworked, with tendency to convulsions, nocturnal cough.(7)

(8) PISCIDIA :

A sleep the most profound I ever experienced arrested me so suddenly that I remained motionless the whole night with the uncorked vial in one hand, and the glass out of which I had taken the dose in the other, until the sun was high above the horizon, a space of twelve hours, when I first returned to consciousness, free from every pain or ache, and without any of the unpleasant sensation which invariably succeed an overdose of opium.(7)

(9) VALERIANA:

Insomnia from hysteria; wakeful and restless, can only fall asleep towards morning and then is troubled with vivid dreams; nightly itching; muscular spasms; can not sleep before midnight.(6)

CONCLUSIONS:

Homoeopathic treatment is done on the basis of individualization taking in consideration the mental generals and physical generals and the particulars of the case and according to the Homoeopathic principles. I made on effort to include homoeopathic treatment for insomnia in my review article, moreover using this approach I will do experimental research.



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