



# TANTIA UNIVERSITY JOURNAL OF HOMOEOPATHY AND MEDICAL SCIENCE

[www.tjhms.com](http://www.tjhms.com)

## REVIEW ARTICLE

### HOMOEOPATHIC APPROACH TO TREAT INSOMNIA

**Sarla Singh**

Ph D. Scholar, Tantia University, Sri Ganganagar, Rajasthan

#### Abstract

**Received- 18/11/2022**

**Revised- 23/12/2022**

**Accepted- 28/12/2022**

**Key Word-** Insomnia;  
Homoeopathic medicines,  
sleep, constitutional  
medicine, rubrics,  
therapeutics- synthesis  
repertory

**Corresponding Author:-**  
Sarla Singh, Ph D.  
Scholar, Tantia  
University, Sri  
Ganganagar, Rajasthan

Homoeopathy treats the problem internally, by understanding the cause of different symptoms instead of suppressing them. Often, insomnia is the result of an underlying problem, and homoeopathy work cohesively to treat the psychological and physical symptoms that may be causing the disorder. Homoeopathy treats the patient, not the disease.” It is a holistic science, (similia similibus curentur). Sleeplessness or insomnia is a common problem in the modern world. Sleeping disorder or insomnia is a disorder in which one may face difficulty in falling asleep or difficulty in staying asleep (poor sleep) which may affect a person’s ability to perform routine functions smoothly.

#### INTRODUCTION

Insomnia is a common sleep disorder in which a person experiences difficulty falling asleep, difficulty staying asleep or wakes up too early, Insomnia can lead to long periods of wakefulness and difficulty initiating sleep.it can also cause

a person to wake up early, and not be able to fall back asleep or maintain sleep. Tossing, turning in bed and restlessness are common signs of insomnia. Homoeopathy for insomnia works by treating the underlying physical and psychological condition that may be

causing the disorder. Every person tends to experience sleeplessness occasionally, and usually, it gets resolved on its own with a good night's sleep. Diagnosis of insomnia is made when a person faces difficulty sleeping for three nights in span of a week for a minimum of three months, and it is causing significant distress in everyday life.

**Some common causes of insomnia in adults include:** Depression, Anxiety, Excitement, Pain, Shift work or overwork, Noise, New Baby, Old age, Eating late, Alcohol, Coffee, Tea, or other stimulants, Uncomfortable bed or bed too small, Cold, Insufficient exercise.

**In children causes include:** Hunger, Pain –teething, ear ache, colic, Fear or anxiety, nightmares, Excitement, Noise

There is no easy answer to insomnia: finding and treating the cause is the most effective solution. In some cases there will be several causes.

Sleeping tablets will often help, but they are not always effective, they can be addictive and they may have side-effects. Also they do nothing to solve the underlying problem.

If the underlying problem is addressed then sometime this alone will restore normal healthy sleep patterns.

#### **Types of Insomnia:**

➤ **Acute Insomnia:** It is the inability to sleep well for a period of less than

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.

#### **Causes of Sleeplessness:**

Short term insomnia or transient insomnia may be caused due to some ongoing stress, a traumatic event in life, or changes in sleeping habits.

#### **Chronic sleeplessness may cause due to multiple causes:**

**Psychological Illness:** Patients suffering from depression, mood disorders, anxiety disorders, euphoria, schizophrenia, or other psychological disorder may have sleeplessness as one of the symptoms or may present as sleeplessness.

**Chronic Stress:** Prolonged stress at work, family, or social life in the form of worry, anxiety, frustration etc. may cause sleeplessness.

**Inappropriate Sleeping Environment:** factors like the quite high or low temperature in the room, poor ventilation, too hard or too soft bed, too much noise at the sleeping place, change in the sleeping place, the presence of mosquito in the room etc. may lead to sleep disturbance and further cause's chronic sleeplessness.

**Faulty Lifestyle:** Sedentary lifestyle, taking a nap during the day time, odd sleeping hours, staying awake until late at night for work, watching TV, using mobile

etc. can make you experience sleeplessness

Too much intake of coffee, nicotine (smoking or tobacco chewing) or alcohol disturbs the sleep cycle and leads to sleeplessness. Alcohol withdrawal may also lead to insomnia.

**Physical illness condition:** Condition like GERD (heartburn) heart disease, diabetes, restless leg syndrome, chronic pain, chronic cough, itching (skin disease) and sleep apnoea can cause sleeplessness

**Medication Medicine:** Medicine for blood pressure, heart disease, thyroid, hormone supplements, and bronchodilators, medicine for depression, corticosteroids, anti-convulsion medicines, and hormonal supplements may cause insomnia.

Jet lag and changing Swift work schedule may disturb the body clock leading to sleeplessness

**Hormonal Changes:** Menopause and pregnancy may cause sleeplessness in some females due to hormonal changes

### **Risk Factors**

Nearly everyone has an occasional sleepless night. But the risk of insomnia is greater if:

- Women- Hormonal shifts during the menstrual cycle and in menopause may play a role. During menopause, night sweats and hot flashes often disrupt

sleep. Insomnia is also common with pregnancy.

- Over the age of 60- because of changes in sleep patterns and health, insomnia increases with age.
- Mental health disorder or physical health conditions- many issues that impact your mental or physical health can disrupt sleep.
- Under a lot of stress- stressful times and events can cause temporary insomnia. And major or long lasting stress can lead to chronic insomnia.
- Irregular Schedule- for example, changing shifts at work or travelling can disrupt your sleep-wake cycle.

### **COMPLICATIONS**

Sleep is as important to health as a healthy diet and regular physical activity. Whatever reason for sleep loss, insomnia can affect a person both mentally and physically. People with insomnia report a lower quality of life compared with people who are sleeping well.

Complications of insomnia may include:

- Lower performance on the job or at school.
- Slowed reaction time while driving and a higher risk of accidents.
- Mental health disorder, such as depression, an anxiety disorder or substance abuse.
- Increased risk and severity of long-term diseases or conditions, such as

high blood pressure and heart disease.

### **HOMOEOPATHIC APPROACH:**

Individual suffering from insomnia or sleeplessness find amazing positive results by using homoeopathic treatment. It is free from any adverse effects. Homoeopathic medicine is not a sleeping pill, it helps to induce sleep naturally.

Homoeopathic treatment for sleeplessness treats the disease at the root level as the underlying cause of sleeplessness is taken into consideration while selecting the medicine.

As always with homoeopathy, the remedy must be chosen according to the symptoms of the individual. During the case taking ,we try to evaluate the presentation of the symptoms, history of the present complaints, the life style of the person, emotional make-up of the patient, current mental state , the stress which person is going through, the past medical history ,family history ,etc. in such way, the cause of sleeplessness (such as anxiety, stress, depression ,faulty lifestyle, hormonal imbalance , or any other condition etc. is identified during case taking and the treatment is aimed towards treating that cause to treat the disease at a deeper level.

### **Reportorial Approach:**

Sleeplessness:

- Anger, after: Acon., Coloc., Nux-v., Bry., Cham., Coff.
- Anxiety, from: Acon., Ars., Cocc., Bry., Caust., Cham., Kali-c., Lach.
- Excitement, from: Coff., Hyos., Nux-v., Arg-n., Aur-m.
- Fear, fright, from: Acon., Bry., Cham., Cimic., Cocc., Ign.
- Grief, from: Nat-m., Ign., Kali-br., Sulph.
- Mental exertion, after: Ars., Nux-v., Calc-carb.
- Old People: Acon., Bar-c., Phos., Ars.
- Restlessness, from: Acon., Apis., Ars., Merc-c., Alum., Bry.
- Thoughts, from: Ars., Calc., Coff., Hep., Nuz-v., Op.
- Wien, after abuse of: Nux-v., Coff.
- Coffee, abuse of, after: Coff., Cham., Nux-v.

### **Description of Some Homoeopathic Medicine:**

- **Coffea Cruda** - This remedy relieves sleeplessness with worries, overactive thoughts, and hypersensitivity to pain.
- **Nux Vomica** - This remedy relives irritability, sleeplessness at 3 a.m., and digestive troubles associated with overindulgence in food, tobacco, or alcohol.
- **Silicia** - This is useful remedy for nervous people with low stamina who get too tired, then have insomnia. The person often goes to sleep at first, but

awakens suddenly with a hot or surging feeling in head- and finds it hard to fall asleep again. People who need this remedy usually have anxious dreams.

- **Sulphur** - This remedy may be useful if insomnia comes from itching or an increasing feeling of heat in bed, especially in the feet. The person is irritable and anxious, and often feels a need to throw the cover off, lying awake between 2-5 am is typical. Insomnia that develops because of a lack of exercise may be helped with Sulphur.
- **Staphysagaria** -This helps relieve physical symptoms, sleeplessness and irritability caused by grief, suppressed anger or vexation.
- **Aconitum Nepllus** - This remedy can be helpful if a person panics with insomnia. Fear and agitation come on suddenly when the person is drifting off to sleep, or may even wake a sleeping person up.
- **Arnica**- This remedy relieves pain and restless sleep from muscle overexertion.
- **Arsenic Album** -People who need this remedy are often anxious and compulsive about small details, and have trouble sleeping if they feel that everything is not in place. They are often deeply weary and exhausted, yet

feel restless physically and mentally. Sleep, when it arrives, can be anxious and disturbed, with dreams full of fear and insecurity.

- **Calcarea phos**- This remedy is often helpful to children with growing pains, and also to adults who have aching in the joints and bones, or neck and shoulder tension that make it hard to fall asleep. The person lies awake for many hours, feeling upset and irritable then has trouble waking in the morning, feeling deeply tired and weak.
- **Cocculus** -This remedy is often helpful to those who feel “too tired to sleep” after long term sleep loss from getting up with an infant , taking care of someone who is ill, a disruptive work schedule, travel and jet lag, or chronic worry .The person may feel weak and dizzy , with trouble thinking, and may be sleepy, irritable, or tearful.
- **Ignatia**- If insomnia is caused by emotional upset (grief or loss, a disappointment in love, a shock, or even an argument) this remedy may be helpful. The person is sensitive and nervous, and may often sigh and yawn in day time, but finding hard to relax at night. As the person tries to fall asleep, the arms and legs may twitch or itch. If sleep arrives, it usually light, with

jerking of the leg and arms, or long and troubling nightmares.

- **Kali Phos** - This remedy relieves physical and instinctual fatigue due to overexertion, with sleeplessness and headaches.
- **Lycopodium** - People who need this remedy often have no memory of dreams and often doubt that they have slept at all. Insomnia may set in primarily because of worry. Lack of confidence can make them doubt their own abilities, although they are usually very capable. Insomnia caused by digestive trouble, especially gas, can also indicate a need for this remedy. The person feels drowsy after meals, but has trouble sleeping at bedtime. Ravenous hunger in the night that wakes a person up is another indication for Lycopodium.
- **Zincum Metallicum** - People who needs this remedy often have insomnia from mental activity. They can get wound up from overwork or be naturally inclined toward nervousness and just have trouble relaxing. Their legs and arms often feel extremely restless, and lying still in bed may be impossible. Even during the daytime, a person who needs this remedy may feel a constant need to move the muscles.
- **Stromonium** - These patients experience night terrors. They suffer from agitated sleep and vivid dreams. They can be very frightened. A child clings to the parents .they have fright full visions during sleep. They lie on the back with open, staring eye s. they have a tremendous fear of dark or fear of violence.
- **Phosphorus-** Used for sleeplessness in old people. The patient goes to sleep late and awoken feeling weak. Has short naps with frequent waking. Has vivid dreams of fire or of haemorrhage. Has lascivious dreams, has anxious, distressing dreams that are frightful and horrible or vivid and un easy dreams; for example of animals that bite, of robber, of unfinished business of the day, bloodshed, death, quarrels, creeping things etc. Patient is afraid of the dark and wants company

## CONCLUSION

Homoeopathy improves the ability of the mind and body to handle stress effectively. Homoeopathic treatment treats the underlying cause of sleeplessness. Homoeopathy improve the quality of sleep, over a period, homoeopathic treatment calms and relaxes the mind.

Homoeopathic medicines do not cause dependency and they are not – habit forming.

Homoeopathic simillimum not only remove the symptom but also cure and establish the normal sleep physiology successfully.

#### REFERENCES

1. Harrison's text book of internal medicine
2. Davidson's principles and practice of medicine 23rd edition
3. Shroyens F. Repertorium Homoeopathicum Syntheticm. 9.1

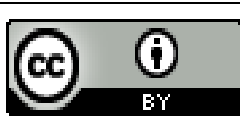
edition. New Delhi: B Jain publishers; 2011

4. Zandvoot RV The complete repertory.
5. Boericke's new manual of Homoeopathic Materia Medica with Repertory. 3rd revised edition New Delhi, Jain publisher; 2016

**How to Cite this Article-** Singh S., Homoeopathic Approach To Treat Insomnia. *TUJ. Homo & Medi. Sci.* 2022;5(4):54-60.

**Conflict of Interest:** None

**Source of Support:** Nil



This work is licensed under a Creative Commons Attribution 4.0 International License

