



## Effect of Savasana in Anidra with special reference to Insomnia


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Chronic insomnia (Anidra) significantly impacts quality of life, leading to various health complications. Conventional treatments often come with side effects, prompting the exploration of complementary and alternative therapies. Savasana, a Yogic relaxation technique, is known for its calming effects and potential to improve sleep. Savasana has been shown to have significant emotional benefits. By reducing stress and anxiety, Savasana helps individuals develop a greater sense of emotional resilience. This can help address insomnia that is rooted in emotional distress, such as depression or anxiety. Savasana, therefore, not only helps with the physical aspect of sleep but also addresses the emotional triggers that contribute to insomnia. This study investigates the efficacy of Savasana in managing Anidra, particularly chronic insomnia.

**Keywords:** Anidra, Insomnia, Savasana, Sleep Quality, Stress Reduction, Yogic management of insomnia

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## Introduction

Insomnia, a prevalent sleep disorder affecting millions worldwide, is characterized by difficulty falling asleep, staying asleep, or both, despite adequate opportunity and circumstances for sleep.

This debilitating condition can manifest as acute insomnia, lasting for a few days or weeks, or chronic insomnia, persisting for three months or longer.

Insomnia is characterized by difficulty falling asleep, staying asleep, or waking up too early and not being able to get back to sleep. This can occur even if the person has the opportunity to sleep and is in a conducive environment for rest. Insomnia can have different patterns:

- **Acute Insomnia:** This type of insomnia is short-term, usually lasting for a few days or weeks. It is often caused by stressful life events, travel, or temporary disruptions in routine.
- **Chronic Insomnia:** This type lasts for at least three months or more. Chronic insomnia can be the result of ongoing stress, underlying medical conditions (e.g., anxiety, depression), or behavioural issues such as poor sleep hygiene.

According to WHO[1], health survey, about 35% of people in India have reported mild to extreme difficulty associated with sleeping. The Institute of medicine has estimated that 50-70 million Americans suffer from a chronic disorder sleep and wakefulness. More than one half of the adults in United States experience at least intermittent sleep disturb. *Ayurveda* is a holistic life science. In *Ayurveda* three factors play an important role in the maintenance of a living organism that i.e., *Aahara*, *Nidra* and *Bramhcharya*. This is termed as *Trayoupstambha*. [2]

Among them *Nidra* is an essential phenomenon for the maintenance and restoration of both body and mind.

## Aims and Objectives

1. To explore the importance of *Nidhra*
2. To study the causes of *Anidra* (Insomnia)
3. To study the approach of *Yoga* in management of *Anidhra*

## Insomnia Causes

It is not always clear what triggers insomnia, but it's often associated with :

- Stress and anxiety.
- Poor sleeping habits
- Lifestyle factors-such as jet lag, work load, drinking alcohol etc.
- Lack of exercise
- Chronic illness or certain-medication

## Symptoms

- Difficulty in falling or staying asleep and not feeling well-rested
- Depression
- Headache
- Irritability
- Waking up during the night
- Lack of concentration

## Yoga - a new way of life "Cure is possible"



## Yogic management of insomnia

### Savasana

This is also known as *Mritasana*[3] - The Dead Man's Pose.

Iyengar Yoga is for anyone and everyone it's the world's most widely practiced method of Yoga.[4]

### Effect of Savasana in Anidra[5]

- An individual suffering from difficulty in initiating or maintaining sleep can practice *Savasana* (Corpse Pose)
- It helps in calming the mind and body.
- It improves venous circulation
- Tones the whole nervous system and relieves fatigue
- *Savasana* can work wonders for those who are challenged with anxiety or having difficulty in sleep.

**How to perform Savasana[5]**

- In this *Asana*, the body is kept as motionless as a corpse and the mind is alert, yet calm.
- The word *Shava* means 'corpse' in Sanskrit. Each part of the body is positioned properly to achieve total relaxation.
- When you practice this *Asana*, your organ of perception the eyes, ears and tongue - withdraw from the outside world.
- The body and the mind become one and you experience inner silence.

**Steps to be followed in Savasana[6]**

- Sit in *Dandasana* press the backs of your knees to the floor, weight is equally distributed on both buttock bones, Breathe evenly.
- Ensure that your back is straight, bend your knees and bring your heels closer to the buttocks.
- Place your forearms and palms on the floor and lean back on your elbows.
- Lower your torso to the floor, vertebrae by vertebrae until the back of your head rests on the floor, turn your palms to face the ceiling, close your eyes then straighten your legs
- Relax the tops of your thighs, relax your legs, allowing them to drop gently to the sides.
- Keep your arms away from your body and 2 - 3 feet distance between your both the feet.
- Close the eyes and relax your full body. Stay in this pose for 5 -7 minutes.

BKS Iyengar Gururji Says in LIGHT ON YOGA, "After completing the practice of *Asanas* always lie down in *Savasana* for at least 10-15 min. as this will remove fatigue.

**Cautions**

If you are pregnant, have a respiratory ailment or experience anxiety, practice *Savasana* with your head and chest raised on a bolster.

**Conclusion**

*Savasana* appears to be a promising non-pharmacological intervention for chronic insomnia (*Anidra*). Its ability to induce deep relaxation and promote mental and physical calmness makes it a valuable tool for improving sleep quality.

Further well-designed clinical trials with larger sample sizes are warranted to validate these findings and establish standardized protocols for *Savasana* practice in chronic insomnia management.

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