



**சித்தமருத்துவ மைய ஆராய்ச்சி நிலையம்**  
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## Thookaminmai –Insomnia

### Definition

Thookaminmai- Insomnia is caused due to elevated Vatham and Alosakam(Pitham) due to which Mind is in Kinesis .Insomnia is not a disease. It is body's way of saying that something is not right. It causes trouble in sleeping, may not be able to fall asleep, may wake up during the night, or may wake up early in the morning. It is a dreadful symptom in all diseases where anxiety prevails.

### Causes

- Stress
- Too much of caffeine.
- Depression.
- Changes in work shifts and pain.
- Ageing.
- Hyper tension and Anxiety Disorders.
- Neuro-Psychiatric diseases.

### Preventive measures

- Maintain a normal sleep Bioclock - Go to bed and wake up at the same time every day.
- Do the same thing every night before going to bed to help your body to get ready for sleep.
- Use bed room for sleeping. Don't eat, talk on phone or watch TV while you are in bed.

- Make sure your bed room is quiet and dark.
- Avoid trying to fall asleep.
- Exercise more often. But do not exercise within a few hours before going to bed.
- Do not start worrying about this when you go to bed.
- Try eating a light snack before going to bed. But do not eat too much before bed time.  
A glass of warmish and crackers may be very useful.
- Don't nap during the day. It is likely to make your insomnia worse.

### **Health promoting tips**

- A glass of warm milk increases sleep rhythm
- Pranayama and Meditation helps in Insomnia

### **Curative herbs**

- Amukkara - Withania somnifera
- Sadamanchil - Nardostachys jatamansi
- Vallarai - Centella asiatica
- Brahmi - Bacopa monerii
- Sankupuspam - Clitoria ternatea
- Kasakasa - Papaver somniferum