

Role of homoeopathy in life-style disorder - sleep & dream disorder



1. Abstract

Nowadays, sleep disorder is commonly seen in any age of the person.

Sleep is a complex neurological state, with its primary function of providing rest and restoring the body's energy levels. So, public awareness about sleep disorders should be an essential part of any programme aimed at global management of sleep disorders.

Careful diagnosis of the sleep disorder prevents major illness.

In this article, people get sound sleep & rest to prevent the disease.

2. Key words

- Insomnia
- Sleep apnea
- Restless leg syndrome
- Jet lag syndrome
- Parasomnia
- Sleep bruxism
- Circadian rhythm sleep disorder

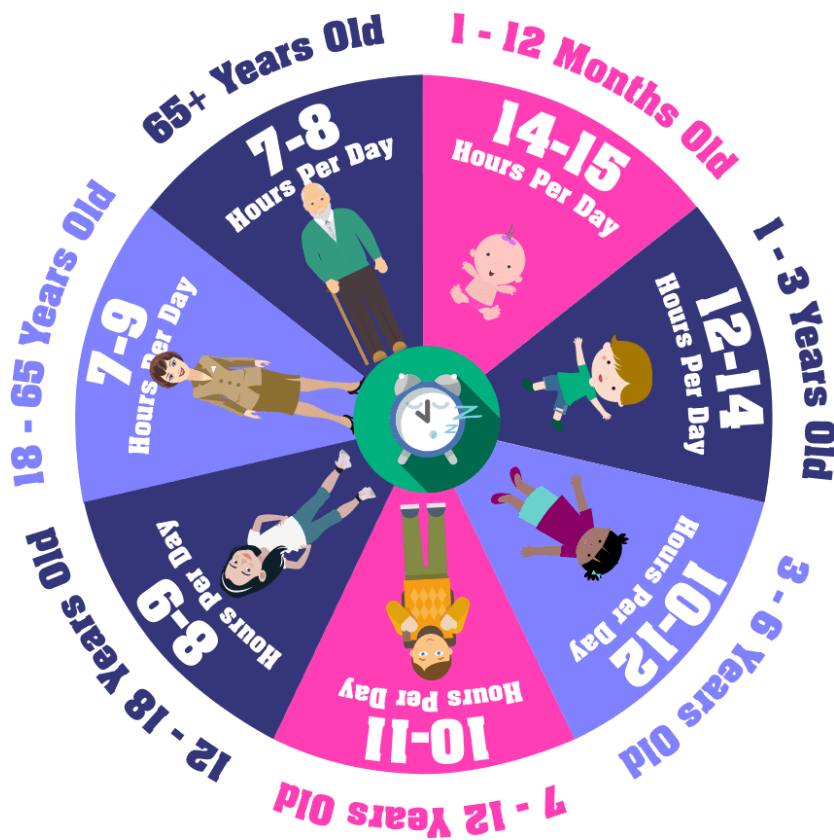
3. Introduction

Sleep disorder affects the nervous system.

Dream is one of the most common causes of sleep disorder.

Sleep is an elemental phenomenon of life & an indispensable phase of human existence.

Sleep represents one of basic 24 hour circadian rhythms.



In homeopathy, as we believe in treating a case holistically, we must enquire about the causation and presentation from various points of views. Referring to basic homeopathic philosophy, we must see the presenting complaints and signs, causations, past history, family history, mental state, any specific illness etc. After we are done with a thorough examination of the individual and case, we draw a totality in which we must give importance to the uncommon and peculiar symptoms.

A homeopath may play a dual role in such situations. Along with our medication, we are the great counselors. As we know the in-depth analysis of a case we can manage a patient well. In case we need to take help of an allied practitioner we must not hesitate to do so.

4. HEADINGS

- **Definition :**

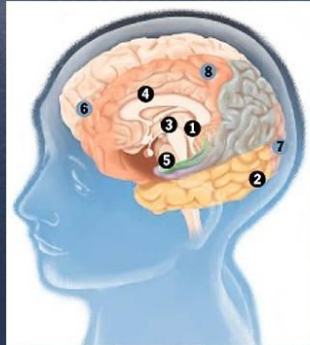
Changes in sleeping patterns or habits that can negatively affect the health.

Sleep disorder is a common life-style disorder nowadays.

Dream is common cause of sleep disorder.

Why Do We Dream?

- Activation-Synthesis Theory
- Dreams are by-products of random neural activity/firing
- Cortex tries to make sense ...but reasoning (frontal lobe) shut off



The diagram shows a sagittal cross-section of a human brain. Eight numbered regions are highlighted: 1 (hypothalamus), 2 (brainstem), 3 (limbic system), 4 (amygdala), 5 (hippocampus), 6 (cerebellum), 7 (occipital lobe), and 8 (frontal lobe). The frontal lobe (8) is shaded in a darker color, indicating it is 'shut off' during dreaming.

- **States & stages of sleep :**

- It comprises 2 distinct physiological states namely REM and Non-REM sleep.

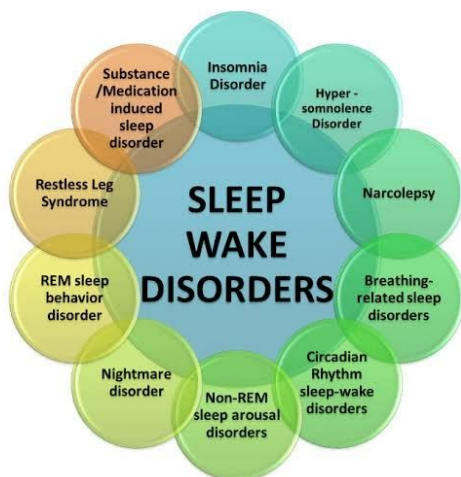
- REM (Rapid eye movement sleep/ dreaming/ desynchronised/ S-sleep).
- Non-REM sleep (orthodox/ synchronised/ S-sleep).

- **Causes :**

- Allergies & respi problem
- Frequent urination
- Chronic pain
- Stress & anxiety
- Dreams

- **Disorder :**

- Associated with mental disorder :
 - Schizophrenia
 - Anxiety
 - Affective illness
 - Depression
 - Chronic alcohol
- Associated with neurological disorder
 - Cerebral degenerative disorder
 - Parkinsonian
 - Insomnia
 - Sleep related epilepsy
 - Sleep related headache
- Associated with other medical disorder
 - Sleeping sickness
 - Chronic pain
 - Over use of drugs (theophylline, adrenergic agonists, glucocorticoid can disrupt sleep)



- **Commonest sleep problem**

No sleep problem is common but every sleep problem is commonest. Lack of sleep, disturbed sleep, sleep apnea, sleep deprivation, and restless legs syndrome are some of the common presentations.

1. Dyssomnia
2. Parasomnia
3. Dementia
4. Alcoholism
5. Schizophrenia

- **Symptoms :**



- **Homoeopathic management :**

In general remedy.....

- Arsenic album
- Belladonna
- Coffea cruda
- Colocynthis
- Graphitis
- Lachesis
- Nux vomica
- Thuja



5. Conclusion

Homoeopathy is based on individualization. It is treating the patient not only treats the disease.

Now a days, life-style changes is commonly seen in The patient because life is very fast & stressful. Modern life is very injurious to health. Several contributing factor, such as.....

Anxiety, work related stress, depression, loss of purpose, strong emotion, noise & light pollution, late eating (rich & fatty food).

So, the sleep is disturbing & injurious to the health. In this situation natural remedies to the helpful you get to sound sleep without dream more easily, or to help getting back to sleep after waking too early.

In homoeopathy the physician consult the patient & find an individual remedy for the patient. (Also know as constitutional remedy.)

So, the most important role of homoeopathy in life-style disorder.

6. Reference

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