

Indriyajayo Nandnanam (इन्द्रियजयो नन्दनानां) w.s.r to **Insomnia (Due to excess screen time)**

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ABSTRACT

Ahara, Nidra and Bramhacharya are the three pillars of human life. Anidra of any reason make the person weak along with many metabolic issues. Along with this there will be the imbalance of Tarpaka Kapha and action of nervous system. Anidra can induce stress factors within and do the emotional as well as neurological imbalance. Less of concentration leads to inability in executing performance and fatigue throughout the day. Online classes, work from home, online training etc made the screen time more. The biggest impact of increase screen time is Anidra. One complain can create many health related issues like body ache, headache, indigestion, mental instability and reduction in memory etc. This article includes the importance of Nidra, what is Anidra (Insomnia), its impact on health and on different bio-molecular parameters etc. A survey report has also discussed to support the conceptual understanding of Anidra (Insomnia) and to propagate the knowledge this to general public about the real sense of happiness is in good Sleep.

Key Words *Anidra, Insomnia, Screen Time, Survey.*

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INTRODUCTION

The inability to fall asleep at night for required amount of time because of many reason like heavy work load, sustainable disease, Dhatukshyaya or stress factor present is called Anidra (Insomnia). Nidra Vega Dharana led to the provocation of Prana Vayu and further to Tarpaka Kapha and Sadhaka Pitta. Many neurological as well as nervous system related problems are also very evident with the suffering

of Anidra (Insomnia). The person do not feel active, insufficient for complete performance, feel sleepy even in active condition, some time digestion related issues, unable to focus in their work, feel lazy & tired and some time depended on caffeine/alcohol or other beverages¹⁻⁴.

The online education, work from home or for different online business; the average screen time is increasing day by day. This is just not impacting the vision power but many other systems in our body are also affected. Treatments

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of those problems are well available still the prevention could help us to more extent. Hence for awareness and prevention purpose a survey work has done and obtained data has been analyzed to protect Public Health from the impact of Screen time. Because of excess online class and meeting or work from home, we are more expose to the screen. This increase screen time load on nervous system, lack in blood supply to brain, sustain memory in brain restrict in time sleep and lethargy, irritation, lack of performance are become common in such people⁵⁻⁷. This work presented here to interpret the importance of Nidra in lifestyle disorder and proper Nidra helps to maintain joy, enthusiasm to work.

What is Insomnia?

Insomnia is a type of sleep disorder. Individuals with insomnia find it difficult to fall asleep, stay asleep, or boot People who suffer from insomnia frequently do not feel refreshed when they awoken from a nap^{8,9}. This can result in fatigue and other side effects. According to the American Psychiatric Association, insomnia is the most frequent of all sleep disorders. According to the APA, almost one-third of all individuals experience insomnia symptoms. Between 6 and 10% of all adults have symptoms severe enough to be classified with an insomnia condition. Insomnia is defined by the American Psychological Association as a sleep disorder in which patients have difficulty falling or staying asleep.

Symptoms and Risks:

People who experience insomnia usually report at least one of these symptoms: waking too early in the morning refreshing sleep trouble falling or staying asleep fatigue mood changes irritability. You may also have difficulty concentrating on tasks during the day. Insomnia can occur at any age and is more likely to affect women than men. People with certain risk factors are more likely to have insomnia¹⁰. These risk factors include: high levels of stress, lower income emotional disorders, such as depression or distress related to a life event traveling to different time zones sedentary lifestyle changes in work hours or working night shifts; having certain medical conditions, such as obesity and cardiovascular disease, can also lead to insomnia. Menopause can lead to insomnia as well.

Insomnia Due To Excess Screen Time:

Although the causality between screen time and insomnia is unclear, three plausible explanations have been proposed delayed sleep onset. This is a sleep delay behavior in which children and adolescents postpone the onset of sleep in order to prolong screen entertainment. This time-displacement impact truncates total hours spent sleeping; especially on weekdays when staying awake later cannot be countered by later awakening. Psychological stimulation Screen time that is more engaged and psychologically stimulating has a negative impact on sleep more than less exciting and passive forms of screen time¹¹⁻¹³. It is very likely, however, that this effect is not linear: stimulating screen time raises physiological arousal, which interrupts sleep.

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Violent or thrilling video games are linked to elevated heart rate and blood pressure, both of which are linked to delayed sleep onset. Participants in one controlled laboratory trial who played video games immediately before attempting to sleep reported less subjective drowsiness, longer sleep latency, and less rapid eye movement (REM) sleep than those who did not play such games.

Light-emitting screens:

Any type of light decreases the body's natural generation of melatonin. Nonetheless, multiple studies have demonstrated that the specific light (short-wavelength blue light) emitted by the screens of digital gadgets is particularly disruptive¹⁴⁻¹⁶. One study investigated blue and green light exposure and discovered that blue light reduces melatonin secretion for twice as long as green light. Another study investigated melatonin secretion between participants who wore blue-light-blocking goggles while exposed to bright light and those who did not wear goggles while exposed to dim light. Both groups produced comparable amounts of melatonin, lending credence to the blue light-melatonin hypothesis.

OBSERVATION

The observation collected from Google form based upon questionnaires related to Anidra (due to increase Screen Time) from 506 people with following inclusion and exclusion criteria are

presented here in Bar and Pie chart Format. The lists of inclusion and exclusion criteria are like-

Inclusion criteria:

1. Student or people who complain of Anidra.
2. Who are busy in online more than 5 Hrs.
3. Age group of 17-25 years

Exclusion criteria:

1. Below to 17 and more to 25 age people are excluded to minimize the error.
2. Person having any systemic problem like Diabetes, psychological issues etc.

The data of responses obtained from the study are shown here with figure and Percentage.

Figure 1

The study shows that 48% of people don't have sufficient amount of sleep.

The question and response obtained was like-

1. Do you get a sufficient amount of sleep regularly?

Responses-

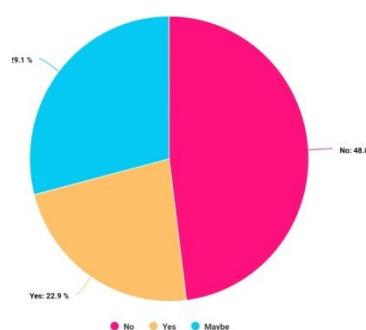


Figure-2

The study shows that highest number of people those avail 4-5 hours of sleep in the entire span of day. The question and response obtained was like-

2. How many hours do you sleep in an entire day?

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Responses-

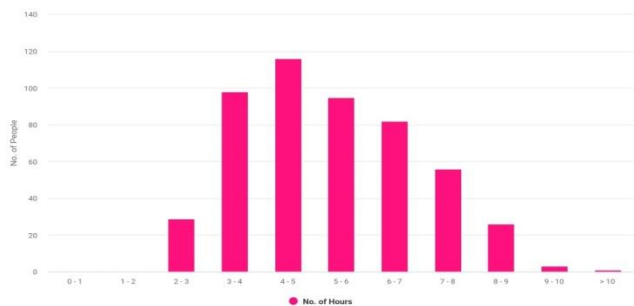


Figure-3

The figure shows that highest numbers of people feel sleepy and drowsy and prefer to sleep anytime; even not feel enthusiastic to work. The question and response obtained was like- 3. How many hours do you sleep in the daytime?

Responses-

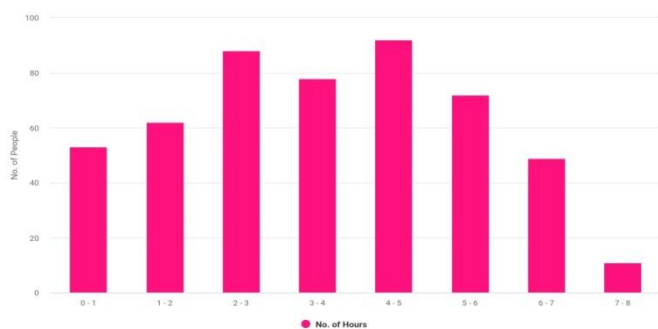


Figure-4

The figure shows that highest numbers of people that are 44.3% feel sleepy even after a good night's sleep. The question and response obtained was like- 4. Do you feel sleepy even after a good night's sleep?

Responses-

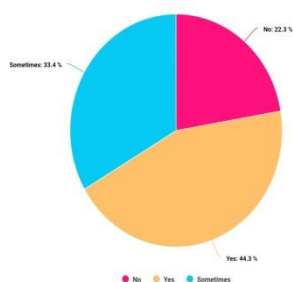


Figure-5

A good amount of population that is 60.9% not feels fresh when they wake up at morning. The question and response obtained was like- 5. How do you feel when you wake up?

Responses-

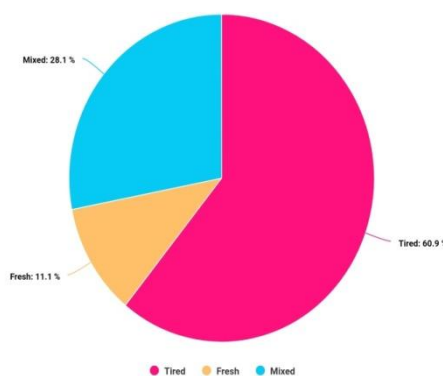


Figure-6

53.1% of people don't have quality sleep; because of screen light, sound echoes etc. The question and response obtained was like- 6. What is the quality of sleep?

Responses-

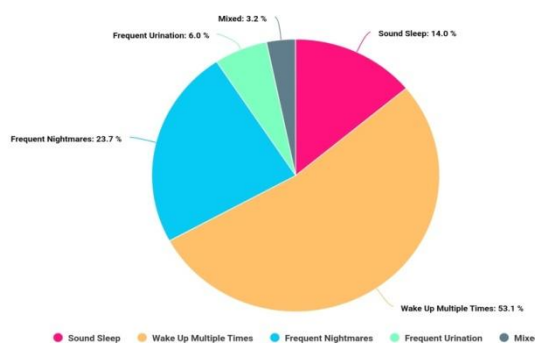


Figure-7

44.7% of people complain of less working ability and performance due to disturbed sleep. The question and response obtained was like- 7. Does your work schedule hamper your sleep?

Responses-

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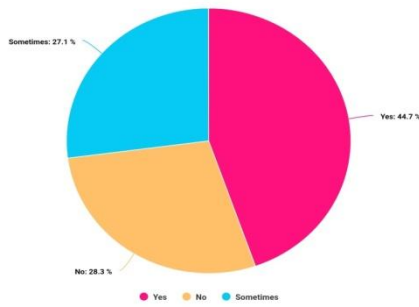


Figure-8

52.5% of people share their screen time as 9 hrs; which is matter of concern of all ill health. The question and response obtained was like- 8. How many hours do you spend in front of the screen?

Responses-

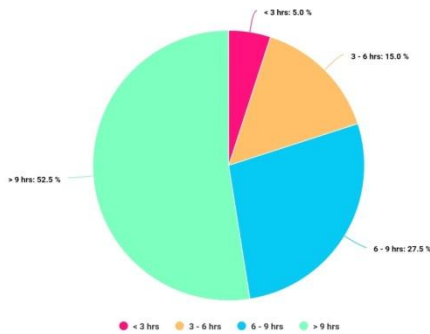


Figure-9

Headache (35.3%), eyestrain (29.4%) are the different health problems observed in the data ;suffered due to increase screen time. The question and response obtained was like- 9. Do you face any problems if you look at a screen for a long period?

Responses-

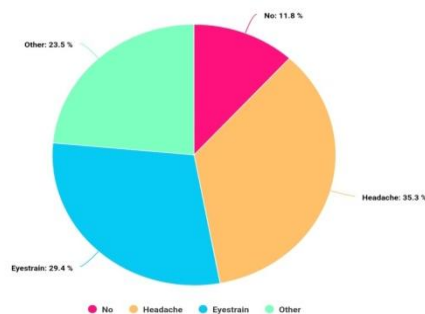


Figure-10

A significant numbers of patient had trend of scrolling Smartphone unconsciously without judicious need and application. The question and response obtained was like- 10. If you are unable to fall asleep, do you feel the compulsion to scroll through your Smartphone?

Responses-

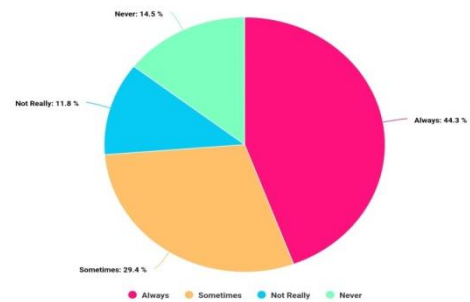
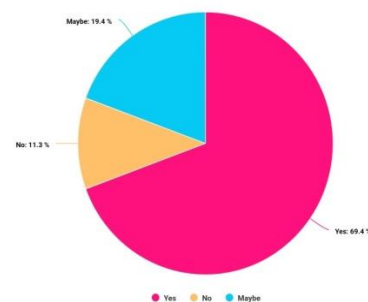


Figure-11

69.4% of people told Yes and 19.4% of people said May be about their willing to withdraw unnecessary activities for long term benefit. The question and response obtained was like- 11. Is it possible to reduce screen time by cutting on less important or unnecessary activities for long term benefits?

Responses-



DISCUSSION

Lock down made everybody compulsory to face online connectivity. This definitely led to increase the screen time comparing to previous days. But if we will customize our lifestyle, follow the protocol of Dinacharya like Abhyanga, Moorda Taila (oil application on head)¹⁷⁻¹⁹; that

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can protect our health from many emerging new diseases.

Gatrasya Udwartana (rubbing body with powders) taking Ksheera (milk), Go Ghrita (Cow Ghee), Madhura, Snigdha Bhojana (sweet and unctuous foods), Mamsa Rasa (meat soup), Draksha (grapes), Sita (candy sugar), Ikshu (sugarcane) and its various preparations, pleasant soft Shaya (mattress) can help good sleep or counteract the health issues of Anidra (Insomnia) get originated by increase amount of screen time. Avoid day sleep, not watching excited pictures, maintaining regular time to sleep, doing meditation and regular offering prayer for cool mind etc can bring good sleep. The excess stimulations to nervous system through light intensity need to avoid too¹⁷⁻¹⁹.

CONCLUSION

The association between screen time and insomnia: Consistent data from community-based samples confirm that CYP screen time and insomnia are increasing concurrently. This has resulted in a substantial body of study that examines the relationship between the two (a bigger data future can be helpful to propagate the concept for Public health protection), with the following findings:

1. Screen use in the final hour before attempting to sleep is associated with shorter overall sleep duration and extended sleep onset latency.

2. The prevalence of night-waking due to interruptions on screen devices (social media messaging, notifications, text messages, etc.) is common and associated with daytime exhaustion. Sleep in day time (if necessary) but in empty stomach could be encouraged.

3. The likelihood of insomnia is increased if multiple screens are present in the bedroom; which each person need to avoid.

4. Excess screen time causes headache and eye strain with red and teary eyes in many people; those people could be trained with many eye muscle exercise.

Reverse causality cannot be ruled out cross-sectional study thus it is our prime responsibilities to increase awareness among public to actualize the issues. It is commonly considered that screen time causes insomnia, it is also plausible that persons who suffer from sleep disorders are more prone to indulge in screen time before bed. To get free from all these and to remain in joy and charming always our consciousness towards the fact is important; which need awareness, propagation and popularization of fact.

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