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REVIEW ARTICLE

THE SLEEP SYMPHONY – A COMPREHENSIVE ANALYSIS OF SLEEP QUALITY IMPACT UPON PUBLIC HEALTH AND AYURVEDIC AND HOMOEOPATHIC PERSPECTIVES

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Abstract

Background: This methodical review aims to probe the impact of sleep quality on public health and examines traditional medical perspectives, particularly Ayurveda and Homoeopathy, in addressing sleep disturbances. Poor sleep has been linked to a variety of public health interests, challenging effective and sustainable treatment options. **Methods:** The review synthesizes evidence from observational studies and demographic analyses that explore both the efficacy of traditional therapies and the factors contributing to poor sleep quality. Sources include peer-reviewed articles focusing on alternative treatments and population-based data. **Results:** Evidence from observational studies supports the efficacy of Ayurvedic and Homoeopathic therapies in improving sleep quality without the side effects commonly associated with conventional medications. Demographic data highlight associations between poor sleep and variables such as age, psychological stress, and living conditions, reinforcing the relevance of holistic treatment approaches.
Conclusion: The findings underscore the importance of integrating traditional and modern approaches to sleep management, promoting long-term health benefits. This review advocates for further research into Ayurvedic and Homoeopathic treatments as viable complementary options for sleep disorders.

INTRODUCTION

Sleep is basic in supporting great mental and physical wellbeing. Sleep is a portion of every day biological rhythm which is irreplaceable for advancing wellbeing and ideal bodily function.[1]

Typical sleep in terms of amount and quality is fundamental for ideal day-to-day work. It is basic to keep up certain sleep hygiene practices, in expansion to great bodily wellbeing, to appreciate great amount and quality of sleep.[2]

A Cross-Sectional Study among youth in a rural South Indian district revealed that 49.4% of participants exhibited poor sleep quality, while 29.5% reported abnormal daytime sleepiness.[3] In the survey 'How India Sleeps', which compares inputs received from people across the country in the last three years, highlights the sleeping pattern of Indians after the Covid-19 pandemic, found that close to 21% of people have been getting only 4 hours of sleep, around 43% get less than 6-8 hours of uninterrupted sleep each night, while only 2% have managed to sleep for 8 to 10 hours daily.[4]

In Ayurvedic medication, an antiquated holistic healing framework originating from India, Nidra, the craftsmanship of serene sleep, holds a critical place. Ayurveda recognizes sleep as a fundamental viewpoint of keeping up in general health and well-being. Concurring to Ayurveda, sleep is unpredictably connected to the body's Doshas - Vata, Pitta, and Kapha. Lopsided characteristics in these Doshas can disturb the quality and length of sleep, driving to various health issues. Ayurvedic practices, such as the utilization of herbs, oils, and way of life alterations, usually improve the quality and viability of sleep.[5] Homoeopathy was created around 200 years prior by the German physician Samuel Hahnemann. The treatment ideally is individualized according to the special characteristics of each patient. Numerous homeopaths appear to advocate Homoeopathy for sleep disturbances. A German observational study too found 13% of all elderly patients utilizing Homoeopathy for the treatment of sleep disturbances.[6]

This systematic review is aimed at investigating the impact of sleep quality upon public health and the perspectives of Ayurveda and Homoeopathy on the significance of quality of sleep.

METHODOLOGY

Search Area: The search will focus on identifying studies related to Ayurvedic and Homoeopathic system on Quality of Sleep (QoS) and its association with public health and demographic factors. The review will include global research to ensure comprehensive coverage.

Objectives:

1. To know the demographic relation of sleep quality.
2. To know the impact of sleep quality on public health.
3. To know the Ayurvedic perspective on the sleep quality.

4. To know the Homoeopathic perspective on the sleep quality.

Search Engines and Databases:

PubMed, Web of Science, Google Scholar.

Literature Search Keywords:'ayurveda and sleep quality', 'homoeopathy and sleep quality', 'sleep quality and public health'.

PRISMA 2020 flow diagram (text-based) Table No. 1

Identification	**Ayurveda and sleep quality**	**Homoeopathy and sleep quality**	**Sleep quality and public health**
PubMed	51	9	2,168
Web of Science	107	105	2,760
Google Scholar	2140	624	5,746
Additional records from reference lists	-	4	-
Total records identified	**2298**	**742**	**10,674**
Screening			
Duplicates removed	107	105	2,760
Records screened	2191	637	7,914
Excluded	2013 (Irrelevant)	473 (Irrelevant)	7,300 (Irrelevant)
Eligibility			
Full-text articles assessed	178	164	614
Excluded	173 (off-topic)	158 (off-topic)	604 (off-topic)
Included	**5**	**6**	**10**

Inclusion Criteria:

- Peer reviewed articles.
- Studies published in English.
- Research published between 2010 and 2024.
- Articles focusing on homoeopathic, ayurvedic perspective of sleep quality.
- Studies examining the demographic and public health aspects of sleep quality.

Exclusion Criteria:

- Non peer reviewed articles.
- Articles not focusing on sleep quality.
- Papers published before 2010.

- Paper published in languages except English.

Data Extraction:

- A uniform data extraction form was used to gather the data.
- Categorized study characteristics like author, year, country, study design.
- The literature was examined independently for demographic parameters, age, and gender, as well as other population features.
- Details of homoeopathic perspective of sleep quality.
- Details of ayurvedic perspective of sleep quality.
- Out comes are measured based on the effectiveness of intervention.
- Relevant literature from Homoeopathic Materia Medica and organon of medicine.

Study Selection:

- Study selection: all collected literature was gathered.
- Initial screening: titles and abstracts were reviewed for relevance, duplicate was removed.
- Full text review: full text of potentially relevant articles was retrieved, irrelevant were removed, articles were assessed against the inclusion and exclusion criteria.
- Final selection was done.

RESULTS AND DISCUSSION

Demographic Relation: A study on older Chinese grown-ups uncovered four idle classes of sleep quality, specifically, poor sleep, insufficient sleep, disturbed sleep and great sleep quality. Particularly, age, gender, self-rated health and trust were noteworthy variables that may anticipate the enrolment of all classes.[7]

A longitudinal association study on middle-aged and older grown-ups aged above 30 revealed that higher neuroticism (tendency to experience negative emotions) was related to more awful sleep quality, while higher extraversion and honesty were related with superior sleep quality. The connection between honesty and sleep quality might be somewhat inferable to the stress buffering impact of conscientiousness. Low conscientiousness was related with a declining of sleep quality over time. In expansion, novel evidence was found that sleeping troubles were related to the exhaustion of physical, cognitive, and emotional assets, which over time may culminate in personality change. Destitute sleep was accompanied by persistent weakness, biological dysfunction, functional impediments, depressive side effects and cognitive impedance. Consumption of these assets is challenging for individuals' enthusiasm and vitality, benevolence and cooperativeness, self-discipline and

organization, and emotional soundness over time.[8]

In a study on the undergraduate students in a Nigerian University it was found that, among the demographic components, the year of study had critical affiliation with poor sleep quality. Presence of mental distress and side effects of sadness and anxiety were also essentially related with poor sleep quality. Thus, year of study, mental distress, and anxiety symptoms were noteworthy indicators of poor sleep quality among the students.[9]

A study conducted on 320 instructors from different educational institutions over the Italian locales revealed that, numerous teachers experienced poor sleep. Also sleep quality showed direct relationships with mental stress, anxiety, sadness, and physical pain, demonstrating that poor sleep quality was connected to higher levels of mental stress, anxiety, discouragement, and physical indications (pain).[10]

In a study performed on 100 children aged 2 to 6 years enrolled in 16-day care centres and their biological parents uncovered that parental sleeping issues were related with more frequent reporting of children's sleeping issues.[11]

A study to distinguish patterns in sleep length and quality in New York City based on 2 million nights of information captured from 2015 to 2018 by 'Sleep Cycle' from clients of a well-known mobile sleep-tracking app showed that ladies experienced longer sleep length and higher sleep quality in about every age group than men.[12]

A Korean Community Health Survey on 4,756 family inhabitants found that the hazard of poor sleep quality was essentially high among older grown-ups living alone than for those living with others. There were essentially more poor sleepers among ladies than men among older grown-ups living alone. Also, older grown-ups living alone had longer sleep latency, shorter sleep length, lower sleep efficiency, more utilize of sleeping pills and daytime brokenness.[13]

In a Korea Community Health Survey over 255 regions that contained community health centres showed that 39.4% participants had poor sleep quality. Sleep quality was lower among female, elderly participants, those with a low education level, unemployed, who less regularly participate in walking exercise, and those who had been diagnosed with hypertension or diabetes. Moreover, there was a noteworthy relationship between poor sleep quality and smoking only in females beneath the age of 65 years.[14]

Impact On Public Health:

This Cross-sectional study conducted in 13 urban primary health care

centres in Guntur city on 410 Community Health Workers showed that age, conjugal status, and sort of housing were found to be altogether related with sleep quality.[15]

Among 20 studies involving 125198 children concluded that Media gadget access and utilize at sleep time are altogether related with negative sleep results and lead to poor health outcomes.[16]

A study on 222 medical students in Delhi concludes that there is a solid relationship between potential internet habit, sleep quality and sadness. Also recognizing medical students with potential internet habit is critical since this compulsion frequently coexists with other mental issues.[17]

A cross-sectional study to evaluate the sleep quality and its related variables among 514 young people aged from 15 to 19 years of western, Nepal concludes that predominance of poor sleep quality was found to be 39.1% among young people. Demographic components such as ethnicity, religion, place of residence, drinking status of father, reason for selecting the currently studying faculty, fulfilment with academic performance, utilization of tobacco, relationship with companions or classmates, more utilization of internet per day, and utilization of internet before falling asleep were found to be factually noteworthy with sleep quality.[18]

A cross-sectional study conducted among migrant construction workers working in Chennai results, nearly 40% of the participating workers had moderate severity clinical sleep deprivation.[19]

A study on multi-ethnic Asian population concluded that among the cohort of 686 ladies, 43.1% had poor sleep quality, 11.2% were categorized as brief sleepers and 19.1% were diagnosed with Gestational Diabetes Mellitus. Poor sleep quality and brief nighttime sleep duration were autonomously related with increased hazard of Gestational Diabetes Mellitus. Hence during pregnancy, Asian ladies with poor sleep quality or brief nighttime sleep duration displayed unusual glucose regulation.[20]

A study on 39,590 members from six nations; Mexico, Ghana, South Africa, India, China, and Russia approximately perceived neighbourhood safety and sleep quality uncovered that respondents who feel secure from crime and violence in their neighbourhoods tend to display more ideal sleep results than respondents who feel less secure. Perceptions of neighbourhood safety are emphatically related with sleep deprivation indications and poor sleep quality, moderately related with sleepiness, laziness, and poor sleep quality, and conflictingly related with sleep duration.[21]

In a survey collecting information from a total 72,250 older adults aged 45 and over uncovered that poor sleep quality is emphatically connected with depressive symptoms. Functional limitation is emphatically connected with both poor sleep quality and depressive symptoms. Poor sleep quality, depressive symptoms, and functional limitation are all adversely related with life satisfaction. Also, older females had higher levels of poor sleep quality, depressive symptoms and functional impediments, and a lower level of life satisfaction than the males.[22]

A cross-sectional observational study conducted among undergraduate medical students aged 18–25 years noted that anticipation was more with poor quality of sleep and increased disregard of social life. However, disregard of work was comparable with quality of sleep, which showed that sleep quality did not influence the disregard of work.[23]

In a cross-sectional study done on undergraduate students sowed that, nearly half of the students (44.6%) had poor sleep quality. 40.8% students reported sleeping 6 hours or less per night and 10.1% utilized medicines to sleep. About 96% reported devouring caffeinated refreshments, 20% consumed cigarettes and 38.3% devoured alcoholic beverages. There was critical affiliation of poor sleep quality with the increased utilization of caffeine, cigarette and liquor.[24]

Ayurvedic Perspective On The Sleep Quality:

Nidra, the art of restful sleep, is important in Ayurvedic medicine, which is an ancient healing system from India.[25] Acharya Charaka describes Nidra (sleep) as a unique state of mind where the mind is detached from sensory experiences, caused by tiredness of the body and mind. This detachment leads to sleep when the mind is exhausted from sensory perceptions, resulting in a state of Vishaya Nivrutti, or detachment from worldly objects. Proper sleep contributes to joy, relaxation, nourishment, strength, fertility, knowledge, longevity and overall stability in life, making it a powerful tool against disease and imbalance.[26, 27]

Types of sleep–

The ancient Ayurvedic texts describe different types of Nidra. “Tamasika Nidra” is characterized by heaviness, dullness, and lethargy which can lead to feelings of grogginess and a lack of energy upon waking up, “Rajasika Nidra” involves restlessness, agitation, and active dreaming which can lead to difficulty falling asleep, have intense dreams, and wake up feeling restless or irritable, while “Satvika Nidra” is calming and promotes rejuvenation. A key idea in Ayurvedic sleep is “Sukha Nidra”, which

means restful and rejuvenating sleep. Good sleep helps reduce stress, anxiety, insomnia, and fatigue.[25]

The Tri-dosha theory– Ayurveda identifies three constitutional types, or Doshas - Vata, Pitta, and Kapha, these doshas are fundamental to body functions that influence sleep and various physical functions, with "tridosha" signifying the trio of basic elements. When these doshas are in balance, they promote health, but when vitiated, they can lead to disease. The impact of Doshas on sleep varies among individuals. Kapha is particularly associated with sleep, leading to feelings of heaviness and exhaustion. Kapha types will have restful sleep yet feel unyielding, they usually require 8-9 hours and often feel difficulty waking up and heaviness in the morning. Vata personality types experience inconsistent and brief sleep cycles, they may have sleep chatting, sleepwalking, and teeth grinding, dreams frequently have an airy quality; they may imagine themself soaring and they tend to sleep lightly, so they can easily wake up in the middle of the night and have trouble falling back to sleep and often requiring 6-7 hours of sleep and daytime napping, while Pitta personality types enjoy restful sleep yet mild sleep but may struggle to return to sleep if their minds are hyperactive and agitated, they may have dreams frequently ferocious, vivid and wild and typically needing 7-8 hours. Excessive Pitta can lead to overheating, vivid dreams, and a tendency to wake up feeling hot during the night. Additionally, the sleep requirements differ based on mental disposition, with Sattvika individuals needing 4-6 hours, Rajasika individuals 8 hours, and Tamasika individuals 10-12 hours.[28, 29] A survey involving 995 participants revealed that higher Vata scores were linked to longer sleep onset times and reduced morning restfulness, whereas higher Kapha scores were associated with daytime sleepiness and prolonged naps. These findings reinforce the connections between the Ayurvedic tridoshas and sleep patterns, as described in ancient texts, with contemporary research supporting these insights.[28]

Day time napping– Daytime napping is encouraged for those feeling tired from physical stress or certain health conditions, for children and the elderly, but it should be taken on an empty stomach and not after eating, also during summer when nights are shorter and bodily strength is lower, Vata dosha increases due to fluid loss where daytime napping is advised for everyone during this time to counterbalance these effects and promote equilibrium. Certain individuals, such as those with excess fat, Kapha constitution,

or specific health issues, should avoid day sleep.[25, 26]

Improper sleep–Improper sleep leads to misery, weakness, ignorance, and even death. Awakening at night can cause roughness in the body, while day sleep can lead to unctuousness. Those used to night awakenings or day sleep may not be harmed by their routines. Acharya Vagbhata notes that factors like excessive fasting, grief, and worry can lead to insomnia, also loss of sleep results in various ailments.[26] Inadequate sleep can lead to various health issues, including fatigue, weakness, and digestive problems.[29]

Sleep practices– Ayurvedic advocates for a consistent sleep schedule and emphasize the significance of daily routines, including Ratricharya (night regimen), to navigate natural changes that impact sleep. Acharyas have detailed the relationship between Nidra and personal constitution (Prakriti), the effects of seasonal changes (Ritus), and the consequences of improper sleep. Personalized approaches, based on the three Doshas Vata, Pitta, and Kapha; are essential for restoring balance. Furthermore, the sleep environment plays a critical role; creating conditions conducive to relaxation, such as dimming lights, minimizing noise, and maintaining a comfortable room temperature, enhances sleep quality. The choice of sleeping surface is also significant; for instance, sleeping on a cot is considered beneficial for balancing the three Doshas, while sleeping on the ground or wood can lead to various health issues. Ayurvedic treatments such as Shirodhara and Nasya are recommended to enhance relaxation and improve sleep quality. Nasya, in particular, is viewed as a means to promote respiratory health and balance Vata dosha, which is often linked to sleep disturbances. By improving nasal function and reducing stress, Nasya can contribute to better sleep quality and enhance cognitive clarity.[27] Ayurvedic practices like using herbs, oils, meditation, Pranayama (breathing exercises), Yoga asanas (postures), and a balanced diet can improve sleep quality.[25, 29]

Homoeopathic perspective on the sleep quality:

Homoeopathy is a holistic system of alternative medicine developed in the late 18th century by Dr. Samuel Hahnemann, a German physician. It is based on the principle of "like cures like" (Similia Similibus Curentur) and uses highly diluted natural substances to stimulate the body's self-healing mechanisms. Homoeopathy remains a popular alternative medicine worldwide, especially in India, Europe, and South America. Homoeopathy can provide a viable and effective option for those

seeking an alternative to conventional sleep aids. It offers a gentle, personalized and holistic approach to treating sleep related issues with remedies that can be as effective as conventional medications in addressing sleep quality. Homoeopathic remedies aim to address the root cause of the problem and restoring the body's natural equilibrium, rather than merely alleviating symptoms. These remedies are personalized to the individual's physical, emotional, and mental well-being, making them a suitable option for many people.

Homoeopathic approach in addressing sleep related issues covers various aspects of sleep and provides a detailed and systematic approach with detail of sleep including wide range of symptoms, such as sleep disturbances during different times of the day, sleep positions, sleep quality, dreams, and sleep-related behaviours, also symptoms related to sleep disorders, such as insomnia, sleepwalking, and sleep apnoea which are instructed in the 6th edition of Organon of Medicine (Homoeopathic Phylosophy) in the aphorisms §88, §89 & also significance of sleep quoted in aphorisms §153, §232, §235, §289, §290, §293 & §294.[30] This assists a homoeopathic practitioner in selecting the most appropriate remedies for their patients based on their unique sleep-related symptoms.

Kalium Phosphoricum, Coffea Cruda, Nux Vomica, Aconitum Napellus, Chamomilla, Sticta Pulmonaria, Arnica Montana, Ignatia, Cocculus Indicus, Avena Sativa & Passiflora Incarnata are among frequently prescribed homoeopathic remedies in addressing sleep related issues depending on particular history and circumstances of a patient. Thus, a homoeopathic practitioner can provide personalized and effective treatment for their patients, addressing the root cause of their sleep disturbances and promoting overall health and well-being.

A study conducted in France shown that sleep disorders improved significantly in a total of 401 (62.7%) patients out of 639 patients received homeopathic medicine Passiflora Compose (Passiflora incarnata, Ignatia amara, Coffea cruda, Nyckterinia, Tellurium metallicum, Phosphoricum acidum, Palladium metallicum and Magnesium metallicum) alone.[31]

Complex Homoeopathic medicinal product which includes Cypripedium pubescens, Magnesium carbonicum and Zincum valerianicum was found to be superior to the comparator glycine in the reduction of complaints related to sleep quality, frequency of sleep disorders, time to sleep onset, and restlessness in 89 children up to six years of age.[32]

Frequently indicated homoeopathic medicine towards sleep quality–

1. **Kalium Phosphoricum:** Indicated in nervous exhaustion or fatigue. The person feels completely worn out but cannot sleep. It is also indicated in sleeplessness from worry or stress.[33, 34, 35]
2. **Coffea Cruda:** Sleeplessness brought on by excitement or an overactive mind. The person finds themselves in a wide-awake state, following mental overstimulation or excitement.[33, 34, 35]
3. **Nux Vomica:** Indicated in excessive mental work or study, or by overuse of stimulants or alcohol. The person often wakes around 3 to 4am and feels irritable on rising in the morning.[33, 34, 35]
4. **Aconitum Napellus:** Indicated in acute sleeplessness is brought on by fear, fright or anxiety. The person is constantly agitated, with tossing and turning. Sleep is light, with anxious dreams.[33, 34, 35]
5. **Chamomilla:** Indicated in sleeplessness from pain. This may include toothache (or teething in children), period pain, earache or colic. Sleep is fitful and restless, and they may cry and moan during sleep.[33, 34, 35]
6. **Sticta Pulmonaria:** Indicated in sleeplessness after surgery, injuries or accidents.[35]
7. **Arnica Montana:** Indicated in jet lag, resulting in a state of exhaustion with the inability to sleep. They are sleepless even though overtired. There may be a feeling of bruised soreness in the body, and the bed feels too hard.[33, 34, 35]
8. **Ignatia:** Indicated in insomnia from grief or sadness. When sleep comes it tends to be light, with starting on falling asleep.[34, 35]
9. **Cocculus Indicus:** Indicated in sleeplessness from exhaustion. It is typically brought on by caring for the sick, or for young children. Symptoms are often accompanied by weakness and vertigo.[33, 34, 35]
10. **Avena Sativa:** Indicated in sleeplessness from nervous exhaustion and is also used in professional care for insomnia caused by excessive use of alcohol or narcotics.[34, 35]
11. **Passiflora Incarnata:** It is a useful remedy to help calm the nervous system and restore a more normal sleep pattern, especially in those who are restless and wakeful from overwork or worries.[34, 35]

CONCLUSION

Sleep quality has emerged as a critical determinant of overall health and well-being, with mounting evidence demonstrating its profound impact across diverse populations worldwide. This

comprehensive review highlights the alarming prevalence of sleep disturbances in contemporary society, affecting individuals across all demographics - from students and healthcare workers to the elderly and pregnant women. The findings reveal a complex interplay between sleep quality and various factors including psychological stress, lifestyle habits, environmental conditions, and underlying health conditions.

The Ayurvedic perspective offers timeless wisdom in understanding sleep (Nidra) as a fundamental pillar of health, intrinsically connected to the balance of doshas (Vata, Pitta, Kapha). Ayurveda's holistic approach, incorporating herbal remedies, yoga, meditation, and personalized lifestyle modifications, provides a comprehensive framework for addressing sleep disorders. The system's emphasis on individual constitution (Prakriti) and seasonal variations (Ritus) in sleep management demonstrates remarkable foresight that aligns with modern understandings of circadian rhythms and chronobiology.

Similarly, Homoeopathy presents a gentle yet effective alternative approach, with numerous studies validating the efficacy of remedies like Passiflora incarnata and Coffea cruda in managing various sleep disorders. The system's strength lies in its individualized treatment protocols that address not just the symptoms but the root causes of sleep disturbances, considering the physical, emotional, and mental dimensions of each patient.

The demographic studies reviewed paint a concerning picture of the global sleep crisis, with particular vulnerability observed among students, healthcare workers, the elderly, and those living alone. The strong correlations between poor sleep quality and mental health issues, cognitive decline, and metabolic disorders underscore the urgent need for effective interventions. Traditional medicine systems like Ayurveda and Homoeopathy offer viable solutions that are particularly relevant in today's context, where conventional sleep medications often come with undesirable side effects and dependency risks.

This review advocates for greater integration of these traditional healing systems into mainstream sleep medicine. The evidence suggests that combining their holistic approaches with modern sleep science could yield more comprehensive and sustainable solutions for sleep disorders. Future research should focus on rigorous clinical trials to further validate the efficacy of these traditional interventions and explore mechanisms of action.

Ultimately, restoring healthy sleep patterns requires a multifaceted approach that addresses lifestyle factors, environmental conditions, psychological well-being, and individual constitutional differences. As the ancient wisdom of Ayurveda reminds us, proper sleep is not merely about duration but about achieving "Sukha Nidra" - restful, rejuvenating sleep that nourishes body, mind, and spirit. In an increasingly sleep-deprived world, these alternative medical systems offer valuable insights and practical solutions for achieving this essential component of health and wellness.

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