

Concept and Management of Sahr (Insomnia) in the System of Unani Medicine

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Unani system of medicine is very rich system in view of concepts and literature. The term Sahr used for insomnia in Arabic and Unani texts. According to Unani system of medicine, health is ascribed to the equilibrium of four Akhlat (humors), i.e. Dam, Balgum, Safra and Sauda, (blood, sputum, yellow bile and black bile) and Asbab-e-sittahzarooriya (six essential factors). These are air, food and drinks, bodily movements and repose (Harkat-wa-sakoonbadni), mental activity and repose (Harkat-wa-sukoonnafsani), sleep and wakefulness (Naumwayaqza) and retention and excretion (Ahtibaswaistefiragh). Any imbalance in any of the above-mentioned factors is likely to cause disease. Normal sleep is thought to be because of Ratoobatwabaroodat (wetness and cold) in our body and if there is imbalance or any kind of disturbance in between sleep and wakefulness, it insinuates the predominance of Yaboosatwahararat (dryness and hotness) in the brain. Insomniacs complain of difficulty falling asleep, difficulty staying asleep, poor quality sleep, or inadequate sleep. In addition, the sleep disturbance causes clinically significant distress or impairment in social, occupational, educational, academic, behavioral or other important areas of functioning. The objective of the study was to compile the treatment methods of Unani System of Medicine and disseminate the Unani concept of Sahr. This review is mainly based on Unani classical books, Google scholar and scientific studies in research journals. Results and discussion In Unani medicine the patients who is suffering from insomnia and depression is successfully treating with Nutool (irrigation) and Dalak (massage) therapies with some specific oils, like Roghan-e-Khaskhash, Roghan-e-Kaahu, Roghanlaboob-e-sa'ba. Some compound medicine i.e. Dawaul Shifa, Asrofin, Khamira e khashkhash and Mufarre e barid are veryuseful in insomnia.

Key Words : Sahr, Insomnia, Unani management