

Management of Chronic Insomnia with Personalized Ayurveda Treatments: A Case Report

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Chronic insomnia is an abiding and debilitating sleep condition that can greatly impact an individual's quality of life. Conventional therapies, such as prescribed medications, often have limitations when it comes to prolonged effectiveness and possible adverse effects. This study explores the efficacy of personalized Ayurveda treatments in a 48-year-old male with a 9-year history of sleep disturbances. The patient reported difficulty falling asleep, frequent nocturnal awakenings, non-restorative sleep, and significant daytime impairments, including fatigue, lethargy, and concentration difficulties. A comprehensive Ayurvedic assessment was made, including the patient's sleep patterns, dietary habits, lifestyle, stress levels, and Ayurvedic constitution. Based on these, a four-week treatment plan was made. Internal medication consists primarily of *Ashwagandha* (*Withania Somnifera*), alongside Ayurveda oil treatments such as *Shiro Abhyanga*, *Nasya Karma*, and *Shirodhara*. The Pittsburgh Sleep Quality Index (PSQI) was employed to evaluate sleep quality, while the Epworth Sleepiness Scale (ESS) was utilized to assess daytime alertness. Subjective reports indicated improvement in sleep quality, including easier sleep onset, fewer awakenings, and increased restfulness upon waking. The patient also noted reductions in daytime fatigue and lethargy, improved concentration, and positive mood. This case highlights the potential of personalized Ayurveda interventions for chronic insomnia, emphasizing a holistic approach tailored to the individual's unique presentation. The absence of quantitative data underscores the limitations of anecdotal evidence and emphasizes the need for rigorous research with robust study designs, larger sample sizes, standardized outcome measures, and long-term follow-up to validate these findings and establish the efficacy of Ayurveda management of chronic insomnia.

Keywords: *Chronic Insomnia, Personalized Ayurveda Treatments, Ashwagandha, Shirodhara, Nasya Karma*