

A STUDY TO EVALUATE THE EFFECT OF SLEEP WAKE SCHEDULING ON *NIDRAVIPARYAYA* WITH SPECIAL REFERENCE TO SHIFT WORK SLEEP DISORDER

Abstract:

Introduction:

Shift Work Sleep Disorder (ICD 10- G47.26, DSM IV-307.45) (SWSD) ; the symptoms of insomnia and excessive somnolence in association with some degree of social, occupational, or other impairment are collectively known as Shift Work Sleep Disorder is a result of urbanization disturbing natural circadian rhythm of sleep. It is known to cause significant changes in individuals' physical, occupational, cognitive, and social functioning, which also decreases their quality of life. Ayurvedic classics signify the prescribed sleep wake scheduling in ancient times that the person kept awake at night should sleep for half that period the next morning without taking any food. This study evolved to test this research hypothesis.

Materials and Methods:

30 cases of SWSD diagnosed as per DSM IV 307.45 were studied regarding changes in PSQI, WHO QoL, *Agnibala*, *dehabala* and *Satwabala* after advising Ayurveda prescribed sleep wake scheduling for 15 days as pre and post-test clinical study.

Ethical clearance was obtained (PIA/IECHR/2016/-17/KS/011) and this study is registered in Clinical Trial Registry of India (CTRI/2017/08/009217).

Results:

On Quality of Sleep as assessed by PSQI, improvement showed were in Subjective sleep quality (38.02%), Sleep latency (40.52%), Sleep duration (25%), Sleep efficiency (53.5%), Sleep disturbance (60%), Daytime dysfunction (57.14%) and Global Score (35.17%).

The life style modification showed improvements in Subjective feeling of quality of life (30.06%), health (10%), Physical domain (2.5%) and Psychological domain

(0.7%) which was statistically significant as assessed by WHO QoL. Statistically significant improvements were observed in *Agnibala*, *Dehabala* and *Satwabala*.

Discussion:

The Ayurveda prescribed sleep wake scheduling probably shows improvement in primary and secondary outcome measures by virtue of its ability to improve *Agni* and thereby overcoming the status of *Ajirna* in people with SWSD.

Conclusion: Prescribed Sleep Wake Scheduling as per Ayurvedic principles have beneficial effects on *Nidraviparyaya* with special reference to Shift Work Sleep Disorder is accepted and the null hypothesis stands rejected.

Keywords: Shift Work Sleep Disorder, *Nidraviparyaya*, Quality of life, Ayurveda