



MEDIATION ON INSOMNIA

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ABSTRACT

Today, for quick travel, the material world presents in the railway steamers, and so on. and that's why people are not able to concentrate on themselves because of being too engaged in their life, they are not taking care of themselves, the stress of day to day life has been increasing faster and faster that causes depression anxiety and some other psychological disorders which in turn leads to various diseases such as –Insomnia.

Insomnia is a prevalent and weaken condition that majorly affects sleep quality and daily other activities and slowly the entire system to be disturbed. So, Meditation has been suggested as a effective/Integrated therapy to medical treatment for Insomnia, that slow down racing thoughts ,let go og negativity and calm both mind and body.

Keywords- Psychological disorders and insomnia.

INTRODUCTION

Meditation is nothing just is paying attention to the present moment on purpose with kindness and curiosity in order to just maintain the feelings of stress, anxiety.

The practice of any meditation is just to bring our attention to the current moment. Today's growing race, our mind have not been under our control. So, to control over mind we have to focus on our physical body what the body is doing internally through meditation that regularly fights our day to day stress and anxiety and ease the disorder like Insomnia.

The link between meditation and better sleep is due to the relaxation response influenced by Meditation the people who mediate regularly and properly will has become more alert and aware Insomnia is characterized by disturbed sleep patterns ,it may be acute or chronic people with insomnia often have anxiety depression. Treatment for insomnia has evolved for many years but it is not their own side effects and also not for longer duration so a safer and non side effective treatment includes Mindfulness meditation which have been shown to be effective for improving insomnia. The regular practice of meditation would result in improvement of Insomnia symptoms.

The goal of meditation is just to faster awareness of how to work with mental and physical states associated with insomnia and by the activation of alpha, delta and theta waves and these brain waves are responsible for inducing quality sleep and deep relaxation.

METHDOLOGY

Meditation in vedic –Dhyan and its practice originated in the sramanic movement of ancient india, before the 6th century BCE and the practice has been influential within the diverse



traditions of Hinduism. Meditation a part of a self directed awareness and unifying yoga process by which the yoga process by which the yogi relieves self, one's relationship with other or ultimate reality.

CONCLUSION

Meditation is highly effective stress relief technique ever invented with many surprising benefits. It can be done anywhere, or at anytime, or even it not required silence, or special area. It only simply requires a complete presence of mind. Meditation can be useful in detaching from constant stream of thoughts judgments concerns, rumination, cluster of mind and getting to a place of inner peace. The world that we perceive and experience is reflected in by our own minds. If that mirror is covered with dust or dirt wrong values in form of vasana and samaskaras the reflection from it is distorted.

So, moving on this path, we get some benefits like good physical health, calm mind, balance body. Meditation has been described as a practice in awareness which produces definite changes in perception, attention and cognition. Some techniques by which our body aware itself.

1. walking meditation-when we walk with intention and deep attention bringing awareness to your steps and your surroundings returns you to the now
2. Mindful-movement-paying attention on our own body and its sensation as it moves
3. Breathing meditation-we have to pay attention on bringing out or in that calms us down.

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