



UNANI PERSPECTIVE OF SEHAR (INSOMNIA): A REVIEW

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ABSTRACT

Insomnia is defined as difficulty in falling asleep and staying asleep. It is also defined by ICD-10 as difficulty in getting off to sleep and difficulty in the maintenance of sleep and unsatisfactory sleep quality. It is highly prevalent sleep disorder with direct and indirect economic and professional consequences, affects daytime functioning, behavior, and quality of life. People with insomnia have trouble falling asleep or staying asleep. According to Unani system of medicine, a condition which corresponds with Insomnia is found in the classical Unani texts with the name “*Sehar*”. Further it is mentioned that *Sehar* is excessive wakefulness due to the temperament *Haraarat* and *Yaboosat* which refines the *Rooh e Nafsani* and its movement outwards. Normal sleep is thought to be because of *Rutoobat vo Buroodat* in the body and if there is derailment of balance, it implies the predominance of *Yaboosat vo Haraarat* widespread in the brain, which is said to be the major cause for *Sehar*. *Unani* system of medicine has endowed with enormous single and compound drugs and regimes for the management of *Sehar* and a wide range of treatment options are used internally as well as externally. In this review the concept of the *Sehar* (Insomnia) is reviewed in classical Unani texts which includes the Definitions, *Asbab*, Risk factors, *Alamath*, *Taskhees*, *Awarizath* and *Ilaj* of the *Sehar* (Insomnia). Though *Unani* medicine is an ancient system of Medicine, it has addressed *Sehar* (Insomnia) in more detail with the reference to Aetio-pathogenesis, Clinical features, Prognosis, Management and Prevention which has been discussed in Unani are far rational, easy, safe and effective.

Key words: Sehar, Insomnia, Hararat, Yaboosat, Unani

INTRODUCTION

According to the Unani system of medicine, the human body is considered to be composed of the following seven natural principles or components of the body known as *Al-umur-al-tabai'yah* (Principles of human physiology). *Al-umur-al-tabai'yah* is a term derived from the word *tabi'at* (physis-nature). *Tabi'at* which is also known as *Al-tabi'at-al-mudabbir-lil-badan* is considered the supreme planner of our body. These are the factors responsible for the existence of the human body and maintenance of health. These are as follows, *Arkan* (Elements), *Mizaj* (Temperament), *Akhlat* (Humours), *A'za'* (organs or members), *Arwah* (Pneuma or vital spirit), *Quwa* (faculties or powers), *Afal* (functions).¹

In addition to the above seven *Umur Tabai'yah*, the following *Asbab Sittah Zaruriyah* (Six Essential causes) are also considered which influence the human body with respect to preservation of health or causation of disease such as *Hawa-al-muheet* (atmospheric air), *Makool wa mashroob* (foods and drinks), *Harakat wa sukoon al badaniya* (physical movement and repose), *Harakat wa sukun al nafsaniya* (Psychic movement and repose), *Nawm wa yaqzah* (sleep and wakefulness) and *Istifragh wa ihtibas* (Evacuation and retention). Any imbalance in any of the above factors is likely to cause disease. Normal sleep is thought to be because of *Ratoobat wa Baroodat* i.e. wetness and cold in our brain and if there is derailment of balance in sleep and wakefulness, it implies the predominance of *Yaboosat wa Haraarat* i.e. dryness and hotness widespread in the brain.^{1,2}

A condition which corresponds with Insomnia is found in the *Unani* Medical texts of ancient authors with the name "*Sehar*" and it is one of the important factors (*Yaqzah*) mentioned in six essential factors (*Asbab Sittah Zaruriyah*) of life. In *Unani* medical books it is said that *Sehar* is excessive wakefulness due to the temperament *Haraarat* and *Yaboosat* which refines the *Rooh e Nafsani* and its movement outwards.^{3,4}

This study also has intended to compile the possible causes, risk factors, pathogenesis, complications and treatment options for *Sehar* in the *Unani* system of medicine. This study also has tried to validate the *Unani* concept regarding insomnia. When this concept is found to be true, a safe, cost-effective successful management of Insomnia could be attained through *Unani* system of medicine.

METHODOLOGY

Arabic and Urdu classical texts were searched for collecting data regarding *Sehar*. They were thoroughly searched electronically for data collection. *Qanoon fil Tibb*, *Kitabul Havi fil Tib* and *Bayaz e Kabeer* were the main classical books which were used to collect the data. The electronic books, Internet Pages and Journal articles were searched to access the data available.

RESULTS

Historical background:

Various scholars have described the definition, causes, clinical features and complications of Insomnia (*Sehar*) in their books. Ibn Sina states that the excessive awakening is known as *Sehar*. Hakeem Azam Khan defines its meaning and says that the causes of insomnia are mainly due to simple hotness and dryness

(*Haraarat wa Yaboosat*) in brain, and little's due to morbid phlegm, yellow and black bile. Jurjani says that sleeplessness and excessive awakening is called *Sehar*. Allama Kabeeruddin states that, Insomnia leads to dissolution of power which weakens the brain and also causes poor digestion.⁵

Definition of of *Sehar* (Insomnia)

According to Unani System of Medicine, *Sehar* is defined as lack of sleep or lacking to fall asleep at night or at some part of night. It is also defined as an extreme wakefulness deviated from the natural limits.⁶

Asbab (Aetio-pathology) of *Sehar* (Insomnia)

The aetio-pathology of *Sehar* is clearly given in the *Unani* classical books of ancient authors.

- ❖ It is mentioned that the temperamental causes for *Sehar* are *Haraarat* and *Yaboosat* in the *Jawahar* of the *Dimagh*.^{3,7,8,9}
- ❖ *Haraarat* is the very underline cause and the earliest cause of *Sehar* as it induces *Yaboosat*.⁷
- ❖ *Tahallul* of the *Jawahar* of the *Dimagh* also causes *Sehar*. In the other hand, though the elderly having some moisture they will suffer from *Sehar* due to *Ruthoobath e Boraqiyaah*.^{7,10}
- ❖ Apart from the *Mizaj* of the individuals, it is mentioned that several types of diseases also play a major role in producing *Sehar*. Thus diseases like,
 - *Awram Haarraah* of the *Dimagh*¹¹
 - *Awram e Saudaviyath*¹²
 - *Sarthan* in the sites of brain³
 - *Zaathul Janb*^{13,14}
- ❖ Most of the hot type of headache causes *Sehar*. Also, when *Awram* turns into *Khurrajiyat* (abscess) it causes *Sehar*.^{15,16}
- ❖ Further, *Hummiyath* produces *Sehar* due to ascending of *Buhaar Yaabis* and *Laazi* (irritant) towards brain. *Hummiyat e Haadda Muhriqa* (a burning type of acute fever) also causes *Sehar*. *Humma e Ghib*, and *Humma e Muhriqaa* will become severe at night and produce *Sehar*.^{3,17,18}
- ❖ In addition, *Bohran* of most of the diseases produces severe *Sehar*.^{19,20}
- ❖ Diseases like *Safravi Duar*, *Saudavi Duar*, *Melancholia*, *Thasannuj*, *Safravi* type of *Khawaniq* (Hypoxia) and ear disorders will show the *Alamath* of *Sehar* and alternative *Sehar* will be as an *Alamath* in the individuals with *Soo ul Qinnya*.²¹
- ❖ Sometime *Sehar* can occur due to *Vajaa* or *Fikr* or *Booraqiyaath e Ruthubath* (Salty nature of *Ruthubath*) which is arrested in the brain.³
- ❖ There is a *Sehar* which occurs due to light and lighted places, *Soo e Hazm*, *Kasarath e Imtila* and *Munaffikhat* that disturb the *Akhlaath* and *Ahlaam* (dreams). This will cause fear and arousal from sleep.³
- ❖ In the *Unani* books, it is also mentioned that the pain occurs in the *Masaayikh* (elderly) due to *Booraqiyaath* of *Akhlaath* will produce *Sehar* and also *Mus'hir Dawa* (*Dawa* which produces *Sehar*), over *Isthifraagh*, madness and intestinal worms leads to *Sehar*.
- ❖ *Al Falghamooni* (infection) of *Masana* causes severe burning fever with *Sehar Shadheedh*.^{3,23,24,25}

Further the causes of *Sehar* also can be classified as per *Ikhtiyari Asbab* (Optional/Voluntary causes) *Aarzi Asbab* (Accidental causes) and *Asbab e Marz* (causes for illness).²⁶

1. *Ikhtiyari Asbab* (Optional/ Voluntary causes): which are voluntarily and under our control.²⁷

- Busy schedule of work in routine life.
- Low intake of diet (which dry the brain and resulting *Sehar* (insomnia)
- Excessive intake of diet (which produce heaviness in the stomach and produce *Sehar* (insomnia).
- Excessive use of hot and dry food materials leads to formation of hot and dry humors, which is responsible for causation of insomnia.

2. *Aarzi Asbab* (Accidental/ Temporary causes): which are temporary in origin and when removed or decreased sleep is restored.²⁷

- Deep thinking about something
- Fear
- Happiness
- Stress
- Depression
- Sadness
- Emotions

3. *Marzi Asbab* (Disease causes): which are causes because of diseases. There are several disease factors are responsible for sahar (insomnia) as follows²⁷:

- *Sue Mizaj Yabis Sada* (abnormal simple dry temperament) of brain.
- *Sue Mizaj Haar Yabis Sada* (abnormal simple hot dry temperament) of brain.
- *Sauda Ghair Tabaee* (Abnormal black bile) along with *Sue Mizaj Barid Yabis Madi* of brain.
- *Safra Ghair Tabaee* (Abnormal yellow bile) along with *Sue Mizaj Haar Yabis Madi* of brain.
- *Balghame Shor* (Morbid phlegm) or *Rutoobat* of brain.
- Fever, pain, indigestion.
- Others: severe coughing, mania, hysteria, constipation, flatulence, liver disease, jaundice, gout, prolonged labour.

Risk factors of *Sehar* (Insomnia)

- In *Unani* texts, it is said that when an individual attains the *Sin e Sabaa* (Adolescence) from *sin e Tufoolat* (Childhood) there will be evidence of *Sehar*.²⁸
- Drinking too much of tea and coffee causes dryness and leads to *Sehar*.²⁶
- People who are suffering from lack of *Akhlath* are more susceptible to be affected by environmental changes and those environmental changes will cause *Sehar* in them.²⁹
- Also the people who live in open stony areas will have the vulnerability for *Sehar*.³⁰

Alamath (sign and symptoms) of Sehar (Insomnia)

If Sehar caused by simple Yaboosath without any involvement of Madda:

- *Khiffathul Havaas* (Lightness of the senses)
- *Khiffathul Ra'as* (Light headed)
- Dryness in the Eye, Tongue and Nostrils
- No feeling of hot / cold in the scalp.

These *Alamath* may appear as single or combined.³

If Sehar which is produced by hot and dryness:

Ilthihib, Hurqat, Athsh and *Ihthiraq* in the root of the Eye with the *Alamath* of *Yaboosath*.

If Sehar caused by Booraqiyath of the Akhlath

- Dampness in the nostrils, rheum in the eyes, and mild heaviness in the head and also, there will be sudden wake up from sleep. (Hopping from sleep).³
- ❖ The colour of seminal fluid will be changed into *Safra* and *Hamra* by *Sehar*.³¹
- ❖ *Sehar* also changes the colour of the urine.^{32,33}
- ❖ It is also said that the pulse of the people with *Sehar* will be *Sagheer*.

Diagnosis of Sehar (Insomnia)

In *Unani* medicine, to determine the humoral balance of the body, the most distinctive method of diagnosis is *Nabz* (Pulse). Other methods of diagnosis include examination of *Baul* (Urine).³⁴

With all the above *Alamath* the previous life style and the Age will be considered to diagnose the condition and other *Insomnia* will be diagnosed with the causes of the particular *Insomnia*.³

Awarizath e Sehar (Complications of Insomnia)

Sehar is capable to produce *Haraarat* and *Sehar Taweel* produces *Sawda* in the human body. Rest and sleep will allow the diet to be digested smoothly.^{35,36}

- *Haraarat* and *Sehar* will not allow the complete digestion. It is also known as a worst thing to produce *Thajfeef e Badan* and long term *Sehar* emaciates the *Jism* quickly.^{37,38,39,40}
- Excessive *Sehar* is capable to weaken the *Rooh*; it produces *Tahallul* in the body as well as it weakens the *Qalb* by *Tahleel*. Because of excessive *Tahallul*, *Sehar Shadeedh* prevents the food and drink from *Nuzj* and reduces the *Quwwat* of the body and also it dries up the body and damages the *Sehat*. Those who are susceptible for *Melancholia* undergoes the melancholic attack quickly when they undergo *Sehar*.^{41,42,43}
- It is mentioned that *Sehar* has severe side effects in the eye and voice, especially roughness of the voice can be caused by *Sehar*.⁴⁴

- Who else having long term severe *Sehar*, the cough will be produced in them and then they will die. One of the *Asbab e Muharrika* for libido and hunger is *Sehar* where *Sehar* increases the *Shahwa* (Appetite due to the dissolution of the body) in the body.^{45,46,47,48}
- Apart from the above complications, *Sehar* also shows a strong influence in producing complications in brain. It is said that *Sehar* is harmful to the brain and therefore *Sehar* will induce *Sara* and *Thashannuj* in the human body.^{49,50,51}
- It also quickly leads to *Sarsaam*.⁵²
- *Subaari* (a type of madness) and *suda* are caused by *Sehar Thaweel* and excessive *Sehar* causes *Nisyaan*.^{53,54}

Usool-e-Ilaj (Principle of Treatment)²⁷

Unani scholars has emphasized the *Usool-e-Ilaj* (principle of treatment) in the following:

- Removal of cause (predisposing and precipitating factors).
- Evacuation of abnormal black bile (*Tanqiya-e-Sauda-e-Ghair Tabae*).
- Evacuation of abnormal yellow bile (*Tanqiya-e-Safra-e-Ghair Tabae*).
- Evacuation of Morbid phlegm (*Tanqiya-e-Balgham-e-Shor*).
- Tarteeb Badan* (Genesis of *Ratoobat* or fluids in the body).
- Try to restore normal temperament (*Tadeel-e-Mizaj*).
- Correct the digestion (*Islahe Hazm*).
- Correction of dryness of brain through: *Ilaj Bil Dawa* (pharmacotherapy), *Ilaj Bil Ghiza* (diet therapy), *Ilaj Bit Tadabeer* (regimental therapy).

Ilaj of Sehar (Insomnia)

In Unani system of medicine, the treatment is based on Correction of temperament and dryness of brain by following three modalities: *Ilaj Bil Dawa* (pharmacotherapy) *Ilaj Bil Ghiza* (dieto- therapy), *Ilaj Bil Tadabeer* (regimental therapy).²⁷

Ibn Sina described that it is mainly due to *Yaboosat* and for management of this start with *Martoob Ghiza* (the diet which provide moisture in body). He further added if it will acute and due to *Yaboosat sada* (dryness without matter) or *Yaboosat e maddi* but in lesser amount and low quality then it will cure by above treatment. But if it is due to *Raddi Ghair Tabai Sauda* (bad melancholic morbid matter) and chronic it need to be *Istifragh* (evacuation).⁵⁵

Tharteebur Ra's is essential in the management of *Sehar*. Likewise *Sehar Shadheedh* should be treated with *Tabreed* and *Tartheeb su'oodath* (Nasal drop).⁵⁶

As the predominant cause for *Sehar* is *Yaboosath*, the treatment should be focused on to bring down the *Yaboosath*. Therefore it is essential to the affected individual to use *Ghiza Murattib* and *Hammam Mo'tadil*. Wetness is generated in the brain through the foods like Chicken, young pigeon and young goats. If the above management is not successful the individual is not in the *Mo'tadil Mizaj* and he is under the control of *Yaboosath* or under the control of bad *Akhlaath* (Abnormal humours arisen by the *Hammam*).^{3,26}

It is also essential to refrain from *Fikr*, coitus, tiredness and to take *Sukoon* (rest) and *Raahath* (leisure).

Also, continuous perspiration of head is done with *Sard* oils, and milk is poured on the head as a treatment method. *Nutoolath-e- Murattiba*, *Istinshaq* (snuffing) of oils, *Su'oot* (Errhine) of the oils and *Taqteer* (drops) in the ear especially with the oil of the *Niloofar* is done to cure *Sehar*.³

If the individual is suffering from *Sehar* which has involvement of *Yaboosath* and *Haraarath*, in that case more *Tadbeer* should be given. The rind of the bitter melon, pussley, *Luab e Isaphgol*, knot weed (*Fallopia japonica*) and houseleek (*Sempervivum*) are used. In those individuals *Munawwimaath* as soft or palatable music is used like gurgling river and rustling leaves.^{3,26}

Sehar caused by fever is treated with *Diafoodh* (*Sharbath e Thukm e Khashkhash*), washing the face with water, *Nutoolath* and by applying *Roghan e Khashkhash* on forehead and temporal area. *Sehar* caused by pain will be treated with *Musakkinath e Alam* and by treating the cause of *Alam*.³

Insomniac patients also could be treated with *Mukhaddiraath* and *Shamoom Munawwim*. People who are suffering from excessive *Sehar* will be advised to wash their faces with *Joshanda* of the *Safarjil* and to take *Post e Khashkhash* internally. *Qurs e Zafran* and *Kalkalaanj Akbar* are also said to be affective in *Sehar*.^{57,58,59,60,61}

a. *Ilaj Bil Dawa* (Pharmacotherapy):

A lot of single drugs as well as compound drugs (oral or topical) are being used for evacuation of abnormal Melancholic and bilious humor or *Tarteeb-e-Dimagh wa Badan* (Genesis of *Ratoobat* or fluids in the body) or *Ta'deel-e-Mizaj* (restore normal temperament) in case of *Sehar* (insomnia).

Oral/ Internal preparations

- *Aab e Anaar* and *Sharaab* of *Yabrooj* (leaves) are used to treat *Sehar*.^{62,63}
- *Maul Sagheer* with goat's milk is also said to be beneficial.
- Likewise *Khis* (*Laitues romaines*) acts as *Munawwim*, and it removes *Sehar* when taken as raw, freshly /cooked.^{64,65}
- It is described that the boiled lettuce is the only vegetable that can relieve the *Sehar* of senility and it is used alone in the young age and it is taken internally with Sandal in the old age.⁶⁶
- *Khashkhash* also benefits the Insomniac patient. It relieves the chronic severe headache with severe insomnia. *Sharab Khashkhash* and *Laoq Khashkhash* are mentioned as *Munawwimath*. White *Thukm e Khashkhash* is given internally and some *Mukhaddiraath* also could be used as *Bukhaarath* (Narcotics as fume).^{3,67,68,69}
- Among the single drugs used in the treatment of *Sehar*, *Khis* and *Khashkhash* are more beneficial for the Insomniac patients.
- Apart from the internal use of them the Rose water in which *Khashkhash* is cooked and the water in which Lettuce is cooked are used externally in the treatment of *Sehar*.³

- *Kishneez* (*Coriandrum sativum*), *Tukhm e Kahu* (seeds of *Lactusa sativa*), *Tukhm e Kaddu* (*Cucurbita maxima*) are taken each 10 gram & make powder and take with sugar or without sugar for orally.⁵⁵
- *Munzij-e-sauda* (concoctive for black bile) drugs like *Bisfaij Fistaqi* (polypody), *Baadrnjboya* (catwort), *Maweez Munaqqa* (seedless dried grapes) *Aftimoon* (dodder), *Anjeer Zard* (yellow fig) etc., followed by *Mushil-e-Sauda* (melanogogue) like *Ghariqoon Mugharbal* (processed larch agaric), *Barg-E-Sana Makki* (senna leaves), *Sibr* (aloe vera) etc.⁷⁰

Name of the single drug (<i>Advia Mufradah</i>)	Botanical Name
<i>Banafsha</i>	<i>Viola odorata</i> Linn
<i>Kishneez</i>	<i>Coriandrum sativum</i> Linn
<i>Tukhme khashkhash</i>	<i>Papaver somniferum</i> Linn
<i>Neelofer</i>	<i>Nymphaea alba</i> Linn
<i>Kahu</i>	<i>Lactuca sativa</i> Linn
<i>Baboona</i>	<i>Matricaria chamomilla</i> Linn
<i>Kaddu</i>	<i>Lagenaria siceraria</i>
<i>Sandal Safaid</i>	<i>Santalum album</i> Linn
<i>Kafoor</i>	<i>Cinnamomum camphora</i>
<i>Zafraan</i>	<i>Crocus sativus</i>
<i>Balchhar</i>	<i>Nardostachys jatamansi</i>
<i>Afiyoon</i>	<i>Papaver somniferum</i>
<i>Datura</i>	<i>Datura stramonium</i>

Table 1. *Advia-e-Mufradah* (Single Drugs) used in *Sehar* (Insomnia)

Compound preparations are also mentioned in detail in the *Unani* classical text books regarding the treatment of *Sehar*.

- *Mufarreah* (exhilarants) & *Muqawwi Dimagh* (brain tonic) eg. *Mufarreah Shaikhur-Raees*, *Mufarreah Azam*, *Hareera Maghz Badam Wala*, *Dawaul Misk Motadil*.⁷⁰
- *Sharaka* has told that *Haleela Aswadh*, increase the intellectuality & memory and sensitize the senses and relieves *Sehar*.⁷¹
- *Nuskha* (Formulae) for *Nuzj* and *isha'l* for *sauda*: *Halela Siyah* (*Terminalia chebula*), *Aftimoon* (*Cuscuta reflexa*), *Turbud* (*Operculina turpethum*), *Sana makki* (*Cassia angustifolia*), *Bekhe kasni* (*Chicorium intybus*), *Shahme Hanzal* (*Citrullus colocynthis*), *Unnab* (*Ziziphus sativa*) crush all these and make *Joshanda* (decoction) and give patient with *Sharbat e Ward* (Rosa).⁵⁵
- *Sheera e Tukhme Kahu* (mucilage of seed of *Lactusa sativa*) with *Sharbat e Banafsha* (syrup of *viola odorata*) is beneficial.

The compound formulations for the treatment of insomnia (*Sehar*) are administered by oral are below²⁷:

Compound formulations	Dose
<i>Sharbat e khashkhash</i>	20ml with <i>Arq Baid Misk</i> 40 ml two times daily
<i>Khameera Khaskhas</i>	5gm with <i>Sheerah Tukhm Kahu</i> 10ml two times/day
<i>Sharbat e banafsha</i>	20ml two times/day
<i>Sharbat kahu</i>	10ml two times/day
<i>Khameera Banafsha</i>	10gm two times/day
<i>Itrifal Kishneezi</i>	10gm at bed time

Table 2. Compound drugs (*Advia-e-Murakkabah*) used in *Sehar* (Insomnia) orally

External/ Topical Application

Roghan (Oil)

- *Roghan e Kaddu* (oil of *Cucurbeta maxima*), *Roghan e Kahu* (oil of *Lactusa sativa*), *Roghan e Badam* (oil of *Prunus amygdalus*) is beneficial and should applied on scalp as well as soles.⁵⁵
- *Roghan-e-Laboob Sab'a*
- *Roghan-e-Qinnab*
- *Roghan-e-Banafsha*.
- *Taghreeqe* (head drowning) with *Roghane Kahu* (oil of *Lactusa sativa*), *Roghane Kaddu* (oil of *cucurbitacea maxima*) is beneficial.
- *Saleeka*, *Afiyoon* and *Zafran* are taken in equal amount, powdered and oil is prepared by adding them to *Roghan e Gul*. This oil is applied over the nose as a treatment for *Sehar*.³
- *Khis*, *Khashkhash*, *Gul e Banj/Barg e Banj /Asl e Banj/ Thukm e Banj*, *Gul e Hina*, *Aas* and *Baaqilla* each of that one part are taken and each half part of *Sibr* and *Zafran* are taken. It is well cooked in water and the water is taken and made oil. This oil is applied on head to cure *Sehar*.
- *Roghan e Nilofer* could be applied in the ventrum of the sole.^{3,72}
- *Sehar* could be treated with the oil of the Kara (pumpkin) and *Roghan e Banafsha*.⁷²
- Similarly Oil of *Zafran* is also used, as it produces excessive sleep.
- *Roghan e Banj* is also applied for *Sehar*.

Zimad (Paste)

- *Zimad of Luab e Isapgol*
If the *Sehar* is too much, it will be applied on the forehead.⁷⁴
- *Thukm e Banj, Tukhm e lifaah, post e khashkhash, post e khis, Tukhm e shookidhaan, Thukm e rijla* are ground together with water or with *Luab e Isapgol* and it is used as *Zimad* on temporal region.⁷⁴
- *Zimad* made of *Iklil al Malik (Melilotus officinalis)*, and *Baboona* and *Mabeekh Taj* is used. It is used when the *Sehar* is produced by the ascendance of any *Khilth Ghaleez*.³
- Applying paste of *Ushna* (stone flower), leaves of hemp and goat milk over soles.⁷⁰
- *Sandal Safaid* with *Aab e Kishneez sabz* or *Aab e Koknar (Papaver somniferum)* also helps inducing sleep
- *Zamad Munawwim*.²⁷

Ingredients	Quantity
<i>Tukhm-e-Neelofer (Nymphaea alba)</i>	3gm
<i>Tukhm-e-Kahu (Lactuca sativa)</i>	3gm
<i>Tukhm-e-Khurfa (Portulaca oleracea)</i>	3gm
<i>Sandal safaid (Santalum album)</i>	3gm
<i>Kafoor (Cinnamomum camphora)</i>	1gm
<i>Afiyoon (Papaver somniferum)</i>	100mg
<i>Zafran (Crocus sativus)</i>	200mg
All the above single drugs to be triturated and mixed in <i>Arq-e-Gulab</i> with water extract of green coriander. After that make paste for local application of on forehead.	

Table 3. *Nuskha* of *Zimad Munawwim*.

Tila (Liniments)

- *Tila* made of *Post e Khashkhash* and *Asl* (Root) of the *Yabrooj* is powdered and mixed with oil and used as liniment. (It is also used internally in the size of *Mashoor Dhal*).³
- For *Tabreed e Dimagh, Qurs e Musallas* with *Aab e Kishneez Sabz* or *Qurs e Anzaroot* used as *Tila* on forehead.⁷⁰

Others

- *Qurs e Musallas* with, *Arq e Gulab* (rose water) and apply on forehead before sleeping.
- *Post e Khashkhash & Shaeer* is soaked in water and boiled, and then that water is strained and poured on head as a treatment of *Sehar*.⁷⁵

Ilaj Bil Ghiza (Dietotherapy)

- Take soft and easily digestible food like fresh milk, *Sagudana*, *Hareera*, oat of barley, pomegranate, grape & apple etc.
- Use cold and moist diet for *Tarteeb Mizaj* (change temperament) like fresh milk, lamb meat along with *Barg e Kahu*, bottle gourd and *Sheerah Tukhme Khashkhash Shireen*.
- Take diet 4-5 hours before sleep.
- Avoid the intake of such food items that lead to the increased production of *Ghair Tabai Safravi wa Saudavi Mada* (morbid yellow and black bile) that are the actual culprits for the commencement of this condition.
- Avoid the diets that produce *Balgham Shor* (morbid phlegm).
- Avoid from hot drink, indigestible and flatus producing diet.

***Ilaj Bit Tadbeer* (Regimenal therapy)**

a. *Nutool* (Irrigation):

Decoction, infusion, oil or solution (either hot or cold) is poured from a particular height over the affected part of the body to cure a disease is called as *Nutool*.

- *Nutoolat e Murattiba* prepared with *Banafsha* (*Viola odorata*), *Neelofer* (*Nymphae lotus*), *Gul e Surkh* (rose), *Tukhm e Kahu* (lettuce), *Kishneez Sabz* (coriander), *Aab e Shibbat Sabz* (anethum sowa) and *Tukhm e Khashkhash* (poppy seeds) are very effective for Insomniacs.⁷⁰
- *Joshanda* (decoction) of *Banafsha* (*Viola odorata* Linn), *Kishneez sabz* (*Coriandrum sativum* Linn), *Poste khashkhash* (*Papaver somniferum* Linn), *Neelofer* (*Nymphaea alba* Linn), *Barg e Kahu* (*Lactuca sativa* Linn), for moistening the brain.
- *Nutool* of milk or *Roghan* like *Roghan e Kaddu* (oil of *Cucurbeta maxima*), *Roghan e Kahu* (oil of *Lactusa Sativa*), *Roghan e Neelofer* (oil of *Nymphia Alba*) is beneficial and also massage with these *Roghan* on soles. This will cause hypnotic effect.
- If there is headache and *Sehar*, *Nutool* & *Su'oot* of *Roghan e Neelofer* is beneficial and milk also could be used as *Nutool* in the treatment of *Sehar Shadheed*.⁷⁶

b. *Su'oot* (Nasal drop)

- It is said that the best sleep producer is *Su'oot* of the *Roghan e Niloofar*.
- Oils of Rose, Pumpkin, Almonds, Lily flower & Sweet violet flower as single or in combination used for inducing sleep.⁷⁰

c. *Nafookh* (Insuffalation) / *Lakhlahha* (inhalation)

- *Fil fil*, *Jundubeidustar*, *Sadab*, *Sibr*, *Rai* and *Kalonji* each equal amount and equal amount of *Kundoor* is used as *Nafookh*.⁷⁷

Aromatic based preparation of drugs used as *Lakhlakha*.

- *Lakhlakha* of *Aab e Barg Kaahu Sabz*, *Sheera Tukhm e Khashkhash* and *Roghane Neelofer* is beneficial in *Sehar/ Bekhwabi* (Insomnia)⁷⁰

d. Nashooq (Sniffing):

- Oils of *Shibbat* are used for this purpose.⁷⁰

e. Qutoor/Taqteer (Instillation):

- Instillation of *Roghane Neelofer* into ear is also effective.⁷⁰

f. Dalak (Massage):

- Massage of soles, legs and head helps inducing sleep. Oils used for this purpose are *Qinnab* (cannabis), *Kaddu*, *Banafsha*, *Baadam*, *Neelofer*, *Kahu* and *Roghan e Khashkhash*.⁷⁰

g. Riyazat (Exercise):

- Light exercise before sleep is also considered beneficial for inducing sleep.⁷⁰

h. Hammam (Turkish bath):

- *Hammam* with sweet and luke warm water is been mentioned by *Zakaria Razi* in insomnia.⁷⁰
- It is also may be beneficial if performed after digestion of food.

CONCLUSION

Sehar (insomnia) is a problem which is increasing day by day because of life style bad habits and causes physical and mental health issues. Though *Unani* medicine is an ancient system of Medicine, it has addressed *Sehar* (Insomnia) in more detail with the reference to aetio-pathogenesis, clinical features, prognosis, management and prevention. Dryness and hotness of organs (mainly brain) leads to dissolution of normal humors of body and formation of abnormal humors like morbid phlegm, bilious and melancholic humor. Correction of dryness of brain can be done with help of diet, various regimens and various single and compound drugs as well as local application may be very effective in management of *Sehar* (insomnia). In observing the treatment options, the *Unani* medicine contains a wide range of treatment options internally as well as externally are far rational, easy, safe and effective.

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