

Y.R. Agrawal Insomnia and Sleep

Leseprobe

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von [Y.R. Agrawal](#)

INSOMNIA AND SLEEP

*Comprising Therapeutic Hints
of
Snoring, Somnambulism, Yawning and Drowsiness*



Dr. Y.R. Agrawal

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Narayana Verlag GmbH

Blumenplatz 2

D-79400 Kandern

Tel. +49 7626 9749 700

Fax +49 7626 9749 709

Email info@narayana-verlag.de

<http://www.narayana-verlag.de>

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SLEEP

"Sleep is the perfect restorer of energy and poise"

Josephine L. Rathbone

Sleep is defined in Webster's New World Dictionary as a natural regularly recurring condition of rest for the body and mind, during which there is little or no conscious thought, sensation or movement.

Sleep is a function of vital importance. It is based upon the inner biological necessity to intercalate periods of pause into our psychophysical existence. Sleep is by no means a passive state; it is the result of an inner central action based upon the wish to sleep. It is an action in which certain efferent and afferent stimuli are blocked, the central, cerebral irritability is decreased; and consciousness, and with it the contact with the external world, is to a high degree dissolved.

During uninterrupted sleep, a young adult drifts through four progressively deeper stages of non-rapid eye-movement sleep (NREM sleep), associated with slow wave activity on the electroencephalogram (EEG or brain wave tracing). After about 90 minute the first episode of rapid eye movement sleep (REM sleep) is entered, when muscle relaxation takes place and dreaming occurs. These REM sleep episodes recur about five times during a sleep of 7-8 hours. Sleep and wakefulness are probably governed by two systems: an arousal system and sleep (or hyponagogic) system. For sleep to occur, the arousal system must subside and allow sleep to take over.

As you fall asleep, your breathing becomes more regular, and the breathing out is relatively prolonged in time. Your pulse is inclined to slow down, your heart beats with less force, while your blood pressure falls

who are to sleep for about 10 hours.

The abnormal desire to sleep may be a consequence of organic brain lesion which affects the sleep regulating centres, or it may have a purely spsychic origin. It is the latter type which arouses our interest.

People who have a strong desire to sleep and to indulge in dreams are in the main not sufficiently satisfied with their life and attempt to escape from the emptiness of their daily existence into the realms of drams.

In tense and depressive states, sleep, if at all available, represents a welcome haven to refuge and withdrawal from the talks of life for which the patient feels inadequate. Dreams produced in awakening from such "autotherapeutic" states of sleep are of great psychiatric value.

Insomniacs, may have overactive arousal system, heightened by tension or such other reasons. The amount of 'slow wave' is reduced so that periods of wakefulness increase to cause broken, fragmented and unsatisfying sleep. While some people awake refreshed after only 'four or five hours' sleep, some people will not be satisfied unless they have had their 'full eight hours' of unbroken sleep. Sleep time may not, thus, be equated with 'good sleep'. A reasonable working definition of insomnia could, therefore, be a 'complaint of difficulty in initiating and/or maintaining sleep which is satisfying.

Lack of sound sleep indicates ill health. Those who are engaged in mental work require same amount of sound sleep as required for those who are engaged in physical work. Weak, debilitated, sick persons and convalescents require more sleep and they need lying down on the bed for longer period than healthy ones. The best time to sleep is night time because it is quiet at that moment and all the external stimuli are absent, Nervous, sanguine or muscular constitutions may require from 6 to 8 hours of sleep i.e. from 9 or 10 O'clock in the evening till 4, 5, 6 O'clock in the morning.

* This state is known as hypersomnia.

led., Phos.)

There is no dearth of medicines for deep sleep in our Materia Medica and a suitable medicine will have to be selected according to the similarity of symptoms.

STUPOR

Stupor, coma or whatever a state of unconsciousness, resembling deep sleep may be called is **no sleep**. It is caused by a violent interference with the conditions necessary for a normal action of the brain. Such Causes are various remedial agents like *Opium, Chloral, Carbonic oxide, Alcohol* and others, which vitiate the blood; or different blood poisoning diseases, like typhus, scarlatina, uraemia and other; or haemorrhage within the brain (apoplexy), which compresses the organ so as to make it unfit for a successful operation of the mind. Sleep and stupor differ, therefore in this that the first is natural consequence of the predominating activity of the assimilating system, while the later is induced by a direct violence to the brain; there health, here disease is represented.

The approach of sleep is favored by everything which either depresses mental life (cuts off the supply of exciting elements, especially fatiguing mental toil, and also listless reverie, want of external excitement), or which gives increased impetus to the bodily act of assimilation, such as superabundance of food, hot drinks, great bodily exhaustion, loss of blood etc. Excessive cold does not produce sleep, but stupor, like excessive heat. In both cases the effect is congestion towards the brain, which renders this organ unfit for the successful exercise of mental action.

It is one of the most favorable signs when soon after the administration of a remedy, a natural sleep ensues. On no account should such sleep be interrupted. Whereas, in case of stupor, drowsiness etc. medicine must be repeated just because of this state, and it may be one of the leading symptoms for the selection of the remedy.

Bapt.:- Comatose with delirium. Typhoid, falls asleep

General

Chills when sleep :
Psorinum

Perspiration during sleep :
Psorinum.

Shooting in sleep - Morg - G.

Twitching in sleep
Carcinosin

Nightly fear cries in sleep -
Bacille of Morgan
Gaertner

Stool: Con.; **Arn.**; **Bell.**; Natr.
s.; **Pod.**; **Psor.**; Sul.; Lach.

Urination: Arg, met.; Hyos.;
Arn.; **Bell.**; **Caust.**; Amm.
c; Ferr.; Sep.; Graph.; **Sep.**;
Nat.s.; Kreos.; **Sil.**

Itching

Itching : Agar., Osm., Psor.

Here & there awakened by:
Ante.

Nettlerash : Chloral.

In scabies sicca : Merc iod
fiav.

On scrotum, better from
scratching : Crot t.

Mouth

Chewing motion : Calc.

Chewing motion in children
: Ign.

Child chews and swallows :
Calc.

Drooling: China bol.

Dry : Nux m.

Dryness in diphtheria :
Lach.

Tough, foul mucus in
evening: Angust.

Open : Elaps., Rhus.

Open, with toothache :
Chim umb.

Half open (asthma millari):
Samb.

Escape of saliva : Diose.

Escape of saliva, at day
break:
Bar c.

Escape of saliva in
intermittent: Ipec.

Escape of saliva wetting
pillow: Lac c.

Escape of bloody saliva:
Rhus t.

Stringy mucus comes out :
Med.

Protrudes : Variol.

Biting tongue : Alum., Med.
Theri.

Biting tongue, in hysteric
spasms: Cicuta.

Biting tongue in typhoid :
Phos ac.

Nose

Bleeding; Merc, Nitr ac.

Bleeding preceded by
headache and
red cheek : Nux v.

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