

Insomnia and Traditional Therapies to Help Patients Sleep Well

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Abstract: Today, insomnia becomes one of the most common diseases in even young people. Sleeping pills are considered a solution to stop insomnia right away but are not a long-term solution. Insomnia is a disease that most people have ever suffered from but do not know how to handle. To get good sleep and never encounter this situation, you must know and apply some more effective ways. The paper aims to analyze the causes of insomnia symptoms, thereby finding appropriate therapies to bring a good sleep, a healthy body based on magazines, books and data. The survey of 40 people who live in Vietnam was carried out during the period of March 2019. The article introduced some quite effective ways to focus on traditional methods, herbal forms instead of over-reliance on drugs.

Keywords: Herbs, Health, Medicine, Insomnia, Traditional Therapy.

INTRODUCTION

Insomnia is a condition of sleep disturbance, difficulty in falling asleep, not maintaining enough sleep or waking up too early, affecting the quality of life, especially on the subjects of working age [1]. Insomnia causes the body to not have time to compensate for the energy lost in the previous working day. On average, an adult sleeps 4-8 hours a day, but assessing bedtime is not only about hours, but also depends on the quality of sleep, which is comfortable and enough to serve a next working day.

Around the world, about 20% of the population suffers from insomnia. Each person needs about 8 hours of good sleep every night to balance his physiological and psychological health. If a person sleeps 8 hours a night, but wakes up the next day, you still feel tired and lethargic, that means that your sleep is not good enough. On the contrary, even sleeping only 5 hours but the body is cheerful and happy to start a new working day, your sleep is satisfactory. Scientists studied the reason for insomnia and found an effective method to eliminate it [7].

CONTENT

The Concept of Sleep and Its Importance's

Insomnia or sleeping difficulties are diseases that make it difficult for many people to live. Difficulty sleeping in many forms, difficult to fall asleep, restless sleep, wake up early to not sleep again, nightmares or wake up several times during sleep, each time longer than 30 minutes [3].

Sleep is a periodic natural activity, then movement and feeling are temporarily suspended. This is expressed by the immobility of most muscles and reducing reactions to external stimuli. Sleep is very important to help the body rest and restore energy. In fact, average sleep time of a normal person is about 7-8 hours per night (ranging from 4-11 hours). Good sleep means that meeting some of the following basic requirements such as enough hours, deep sleep, good feeling when waking up, etc. [1]

Some Reason Why We Suffer from Insomnia

Zhou et al. (2017) mentioned some factors for insomnia including age, medication effects, pregnancy, poor mental health, etc. [3] The first cause is considered as stress. Scientists is sure that the way a patient responds to a situation is very important. It is best to eliminate stress, and have positive thoughts. When a person experiences constant stress, insomnia can become chronic.

Second is energy drinks. The consumption of energy drinks has developed over the past few years. The positive and negative effects of energy drinks on the human body have been evaluated by research. It

indicated that people who enjoy energy drinks had more strength and endurance, but they became more anxious and insomnia. Negative consequences related to caffeine in drinks, stimulate the central nervous system.

Weak immune system is considered a one reason of insomnia. The common misconception is that when we get sick, we sleep more. However, some research shows that insomnia is partly due to illness. A weak immune system can lead to sleep disorders. Then, eating indigestion food before sleeping is also a reason why some people feel uncomfortable and cannot sleep well [8].

Some Popular Ways to Cure Insomnia

Sleeping pills work right away, but they also have some consequences [1]. Steady sleep helps the brain to rest, recover quickly, stay alert and increase labor productivity and quality of life, especially for babies, sleep helps children develop intelligence better. People with sleep deprivation may have memory loss, headache, irritability, rapid heartbeat, low blood pressure, diabetes or heart failure. When having insomnia, many people often choose the solution to use sleeping pills. The mechanism of sleeping pills is to inhibit the activity of the nervous system, put the body into a sleepy state, can only use temporary symptoms. However, when abusing, it will directly affect the brain and cause brain disorders by the nature of the drug. That means that the drug just brings us to a “forced” sleep. Since then, neurological and mental problems appear more and more, the body easily falls into a state of emotional turmoil accompanied by anxiety, prolonged stress, and even depression. feel.

While some people have been using pills to treat the symptoms of insomnia, some have turned to natural sleep supports like herbs and even aromatherapy.

Flower essences that can work via the acupuncture meridians of the body are really effective. These essences are good and effective since they can solve the causes of restless sleep much better. Since then, chronic sufferers can notice a remarkable difference in their sleep quality within some nights. If you are a person who generally sleeps rather well, you'll sleep like a log, from using flower essences right before going to bed. If you're among those who have a difficult time sleeping, using flower essences often during the day will lead to the good results. The essence simply relaxes your muscles and make you feel happy, relaxing. Then you can fall into a deep sleep easily [1].

Recently, folk remedies are also recommended since it can treat insomnia rather well. We understand that insomnia often occurs in the elderly and people who have neurasthenia. This kind of symptom leads to lack of oxygen to the brain, causing depression. However, today, due to work pressure, stress also leads to psychological disorder and causes many young people fall into insomnia [4].

When there are signs of insomnia, we should first adjust the lifestyle and combine using herbs from nature to find natural sleep. There are hundreds of herbs and over 6000 “medicinal substances” listed by Chinese scientists [2]. The medicine that has the effect of treating insomnia without causing many common side effects includes embryo nelumbinis, passiflora foetida, mimosa pudica, etc. However, when used folk herbs, we must also know how to use them to be effective [7].

Some remedies for insomnia from simple folk remedies can be applied.

- Embryo nelumbinis: Take 2-3g embryo nelumbinis to make tea to drink during the day. Not only does treat insomnia, it also helps reduce anxiety, palpitations, nocturnal emission, tachycardia, high blood pressure, etc. (Fig 1).



Fig. 1: The image of embryo nelumbinis

- Lotus seed: Combining vigna unguiculata (30g) with lotus seeds: Black beans, lotus seeds (15g), erythrina orientalis leaves (15g), morus alba leaves (20g). Patients can drink 01 time a day after cooking to get the liquid. This remedy has the effect of treating insomnia with symptoms of sadness, tinnitus, back pain, drowsiness that makes patients do not want to work, feel irritable or dizzy [1] [6].

- Passiflora foetida is another great herb that patients should try to treat insomnia. Just take up its prickly leaves and branches to make tea. It can help calm, reduce anxiety, avoid stress and patients can find it easy to sleep well. However, this plant has a very strange name so many people do not know it, so we should make sure to buy and use the right thing (Fig 2).



Fig. 2: The image of passiflora foetida

- Mimosa pudica grows wild everywhere. This plant has sedative, calming, analgesic, anti-cough, antipyretic, anti-inflammatory and diuretic effects. Every day, use 20 grams of pure mimosa pudica leaves after cooking to get about 100ml of drink every night or before going to bed can cure nervous depression, insomnia.

The Differences of Eastern Therapy and Western Therapy

It is hard to say which therapy is better. However, there are certain differences that keep the two methods. Unlike Western medicine, which insists on insomnia, it is mainly concerned with treating symptoms, while treating insomnia according to Eastern medicine is concerned with the cause of the disease. In Eastern medicine, insomnia is called frustration of sleep. The cause is that kidneys or some organs are damaged. Depending on the patient, the age, gender and the cause of the disease, the physician will adjust the amount of medication in different ways [8].

METHODOLOGY, RESULTS AND IDISCUSSION

Methodology

Descriptive statistics from data sources and data collected during the study including books, newspapers, scientific journals were gathered, analyzed and compared according to the criteria defined in the research. 40 pieces of questionnaire paper were supported by the respondents who are university students and employees. The survey was put in order to collect information through which the actual status includes symptoms of insomnia, patients' reactions to the disease as well as their suggested solutions.

The results of this survey was then used in the study to evaluate the importance of using herbs and some good way to treat insomnia. For questionnaire specimens, I used a random sampling method so that all participants were equally likely to participate in the sample. At the same time, to ensure the reliability of the sample, I also conducted some interview questions in different locations and at different times.

RESULTS AND DISCUSSION

Survey results show that adults sleep for 7-8 hours per night, especially some usually sleep less than 6 hours per night. The first agent is watching TV or using phones to play games. 40 people from 22 to 35 years old who participated in a study completed the online survey and said that they love watching interesting programs on television at night (Fig 3).

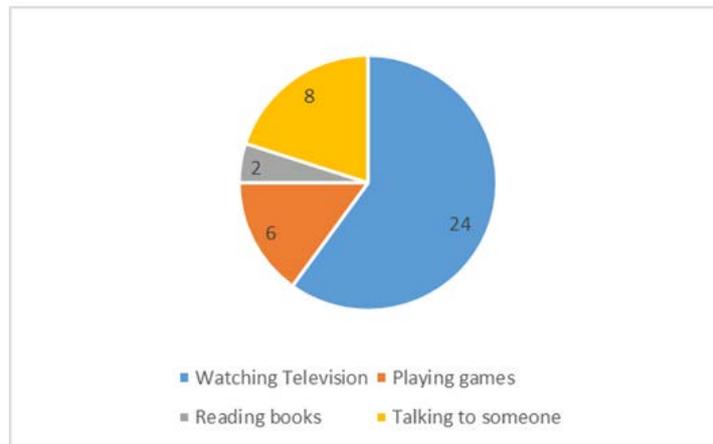


Fig. 3: Some things patients usually do before sleep

The figure above shows that most of patients usually watch something on T.V (60%) before sleeping and that may make them suffer from insomnia. most patients expressed dissatisfaction with the modern method. While some play games (15%), some talk to someone (20%) by using chat tools or cellphone after a working day.

And to clarify what they often do when they feel tired because of insomnia, a rather important issue was mentioned. It is interesting that only three patients (7,5%) chose to use sleeping pills, but many look for traditional methods (Fig 4).



Fig. 4: The ways patients choose to treat insomnia

And to better define why the patients chose embryo nelumbinis for treating insomnia, the fourth question was designed regarding to what kind of herbs the patients usually use to treat their insomnia. Many respondents (80%) think that it is much easy to buy embryo nelumbinis instead of momosa pudica or other kinds of herbs (Fig 5).

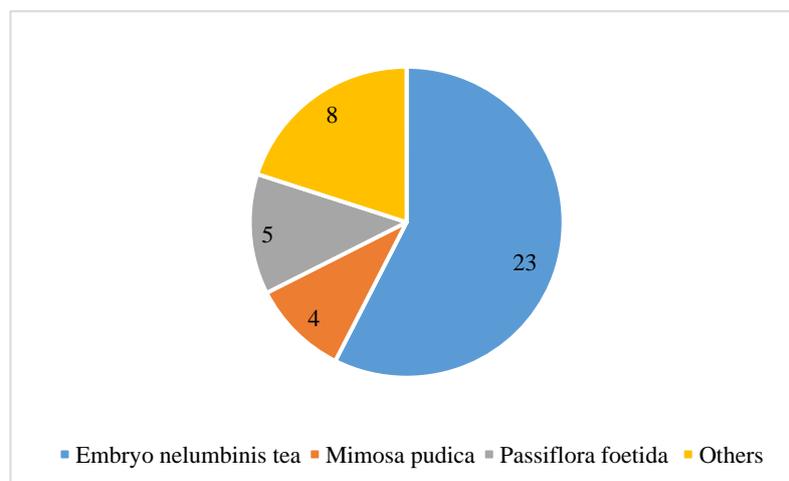


Fig. 5: The kind of herbs patients choose to treat insomnia

The first interview question was also made to clarify why they chose embryo nelumbinis for treatment. It is not difficult for us to understand that this kind of plant is sold in many places in Vietnam. It is often processed in the form of tea used for drinking and is a rather well-known product. In fact, lotus is grown all year round in hot and humid temperate country like Vietnam, especially in Mekong Delta. According to Sheikh (2014), lotus "has been used as a food for about 7000 years in Asia" [6].

Although embryo nelumbinis has a bitter taste, it is really good for health. People who have a bad temperature can sleep but they will suffer from fatigue, memory loss, irregular heartbeat in the long run. No evidence of cardiotoxicity was found, but due to high alkaloid content, embryo nelumbinis had a strong pharmacological effect on the heart, so pay attention to the dose and should not be used for a long time [6].

Traditional medicine as well as folk medication have very simple, non-poisonous and easy to treat traditional medicine items such as eating sweet potato soup, pumpkin soup, lotus seed tea or young mulberry leaves fried with eggs also help to reduce insomnia, heart palpitations, neurasthenia, anxiety, stress due to overwork and physical weakness [5].

And the second interview question was addressed to understand the patient's interest in health issues. Most responded that they would arrange suitable work, avoid stress. In addition, some will practice the habit of going to bed and waking up on time, not staying up too late or getting up too early. Some responded that they will take the time to exercise to help the body have more opportunities to exercise after a day in the office, just staring at the computer or busy working with paper document [3].

SOME RECOMMENDATIONS

To treat insomnia, we need to eliminate the subjective causes of insomnia. If we try to find out, we will know part of the cause of insomnia, such as drinking too much coffee at night or before going to bed, eating too much hot spicy food, eating too much at night, traveling to the place where the time zone changes are too big, work stress, etc. After finding out the cause, we may be able to adjust themselves to sleep without resorting to medication.

Besides, hygiene sleep is something rather important. We should create a relaxed mood to easily go to sleep, our bed should be placed in a cool place, clean blankets, etc. Before sleeping, we can enjoy a cup of tea. This tea may be made from some herbal medicines since they can also help sleep easier such as embryo nelumbinis, passiflora foetida, mimosa pudica, etc.

Next is psychological relaxation. We need to remember that health will not affect if you do not sleep properly 6 or 8 hours a day. When you go to bed, you only need to sleep and do nothing else (like reading a book, watching a movie, etc.), if you can't sleep after 10-15 minutes, you can get up and do something else. However, chronic insomnia patients are often afraid of the evening because they think that they may not be able to sleep, and often, the more anxious they are, the harder it will be to sleep, so think of sleep in a gentle way, then it will come peacefully. When going to bed, create a sense of comfort and avoid stress. If there are unresolved issues in the day, just wait completely until tomorrow to resolve, not just wait for sleep to think about how to solve the problem.

One of many therapies for preventing sleeplessness are to stay away from stimulants, not to eat too much, not to take any medicines before going to bed, so practice some gentle nursing movements like practicing breathing and relaxing before sleep. It is suggested that doing yoga for 12 weeks can help eliminate insomnia since it will help patients get rid of insomnia [8].

A number of oriental remedies should also be encouraged. Before sleeping for about 2 hours, you can use 2-4 fresh garlic cloves to crush them, wrap them in cloth, and put them on the soles of your feet. Because garlic can irritate the skin, not everyone can use it freely. Therefore, depending on your physical condition to decide how long to paste garlic, there are people who paste for 30 minutes but some people can paste it for longer hours.

Some people suffer from insomnia due to cold feet. In this case, they should soak their feet in warm water before bed. Soak your feet until the water is cool. Note that this approach is not suitable for people with diabetes, or sweating a lot when bathing.

People suffer from insomnia due to less exercise, more sitting, staying up late. This can make it hard to believe, but people who sit a lot, are inactive are also at high risk of insomnia. Therefore, if you are a less active person, be aware of foot massage before going to sleep. The best way is to exercise a little with appropriate exercises, sleep will come to you quickly without using any pills at all. The easiest way is to rub two feet together about 20 minutes before bedtime, all problems will be significantly improved [3].

Besides setting the alarm at the same time every morning, you must also go to bed at the same time every night. Keep it a habit, and don't forget that even a day of distraction can break the habit you're building.

CONCLUSION

How to get perfect sleep every night is a problem that many people care about since sleep is one of the most basic needs of people. If you don't get enough sleep every night, many bad health conditions will soon bother you. Do not sleep for a long time, you may even die. On the other side, good sleep nights have many health benefits including losing weight, improving memory, and helping us feel happier. Temporarily put aside stress, don't carry documents, phones and don't even let your brain think about work when you've entered the bedroom. Try to apply some folk remedies, exercise and care for yourself more. If you keep in mind that a lucid spirit is only in a good body, you can do it.

ETHICAL CLERANCE

I am ensuring the quality and integrity of our research. The ideas and opinions expressed in this paper are my effort. By writing this, i surely respect the confidentiality and anonymity of my research respondents since they participated in our study voluntarily.

CONFLICT OF INTEREST

No conflicts of interest noted.

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