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Exploring the kalium phosphoricum and *Passiflora incarnata* role in managing insomnia

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Abstract

Approximately 10% of the adult population suffers from an insomnia disorder and 20% experiences occasional of symptoms. Women, older adults, and people with socioeconomic hardship are more at risk to insomnia. It is chronic condition, with a 40% persistence rate over a 5-year period. Insomnia is a vital health issue which should be address at the individual level with appropriate clinical care and at the population level with large-scale sleep health interventions ^[1].

Keywords: Insomnia, *Passiflora incarnata*, kalium phosphoricum, sleep, homoeopathy

Introduction

Definition of Insomnia

The term insomnia is used in variety ways in the medical literature and popular press. Mostly, often insomnia is defined as the presence of an individual's report of difficulty with sleep ^[2]. Insomnia is inability to fall asleep or to remain Fall a sleep for an adequate length of a time ^[3].

Types of insomnia

1. Acute insomnia (Adjustment insomnia) - This typically develops after a change in sleeping environment
2. Chronic insomnia
3. Psychophysiologic insomnia,
4. Comorbid insomnia,
5. Parasomnias and hypersomnia ^[4].

Diagnostic criteria

1. Sleep deprivation or stay asleep or nonrestorative sleep.
2. Difficulty is present in spite of adequate opportunity and circumstance to sleep.
3. Sleep is associated with daytime impairment sleep or distress.
4. Sleep difficulty-at least 3 times per week and has been a problem for at least 1 month ^[5].

Causes

1. **Self limiting causes:** Stress, travel, shift work in hospital.
2. **Psychological causes:** Depression, anxiety, mania grief
3. **Typical organic causes:** Apnoea, alcoholism, nocturia, drugs, asthma ^[6].

Symptoms of insomnia

It include different sleep-related difficulties and daytime problems. Common sleep issues that warn the presence of insomnia, it includes:

- Difficulty in getting to sleep
- Nyctalopia
- Unrefreshed early morning sleep.
- Refuse to sleep at night in childrens and teenage.
- Cannot sleep without someone seen in childrens and teenagers

Insomnia causes daytime symptoms like fatigue during waking hours which results in impaired thoughts or memories.

Sleepiness which affects- daily activities and increases the risk of accidents. Insomnia has a negative influence on behavioral health and contributes to irritability, hyperactivity, or aggressiveness, especially in teenagers and children [7].

Risk factors for insomnia

- In Old age
- Low socioeconomic status
- Comorbidities like Hypertension, diabetes, chronic pain, sleep apnea and COPD
- Depression, anxiety and other psychiatric disorders
- Mental disorders [8].

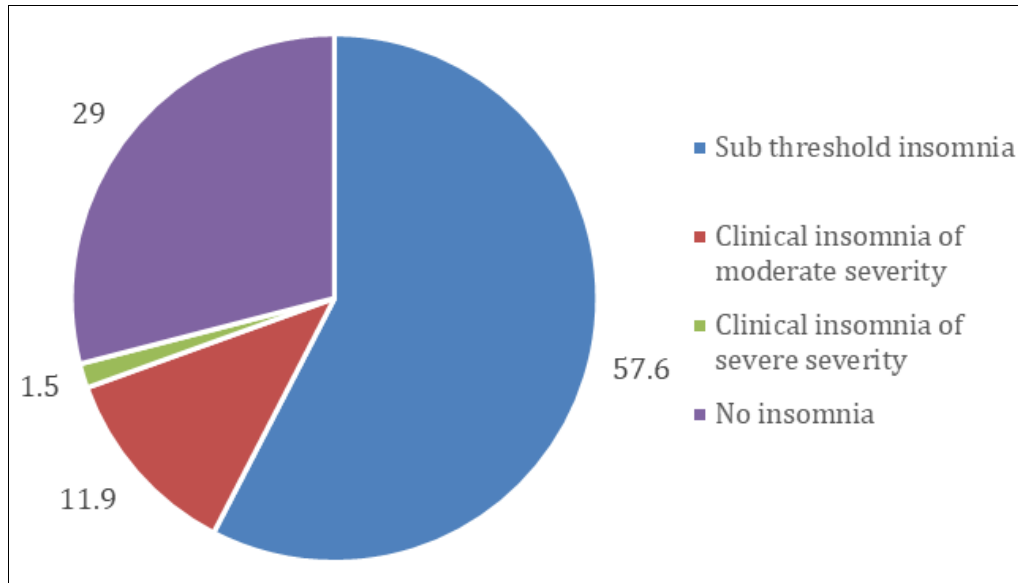


Fig 1: Severity Levels of Insomnia

Consequences of insomnia

Due to its chronicity, insomnia is associated with essential impairments in an individual's quality of life such as

1. Tangible activity
2. Physical health problems like hypertension, obesity, heart attack, and stroke
3. Myalgia
4. General health perceptions
5. Vitality-strong and active
6. Interaction with environment
7. Role in emotional
8. Mental health [9].

Lifestyle changes

- Do not go to bed until you feel sleepy.
- Avoid daytime naps.
- Avoid caffeine, nicotine, alcohol and late evening hard exercise.
- Establish regular bedtime routine [10].

Kali Phosphoricum

- “Kali phos-Sleeplessness during latter part of night. From over exertion of mind, anxious about business troubles, over tiredness and sleeplessness during later part of night [11].
- Sleepiness in early evenings, after eating, sleeplessness with drowsiness, walks in sleep, it's very difficulty to yawning [12]. Sleeplessness-after midnight, after over exertion of mind, vexation.
- Sleeplessness-from worry, business problems. erotic dreams, restlessness and you may feel hot when sleeping. Night terrors of childrens [13].

Passiflora incarnata

- Passiflora is considered to be a specific remedy for insomnia.
- It is the best remedy for sleeplessness among aged people that is accompanied by restlessness.
- Passiflora is also an effective remedy for insomnia of alcoholics.
- **Sleep:** Restless and wakeful, resulting from extreme tiredness. Especially in the feeble, infants and in old age. And mentally worried, overworked, tendency to convulsions. Nocturnal cough [14].
- **Sleeplessness:** *Passiflora incarnata*, adult 30 drops of tincture hourly, produce quiet, pleasant sleep. Which is different from the stupor of Morphin even in the worst form of sleeplessness as that associated with suicidal mania, the drug produces quiet slumber, pts awake clear mind.
- **Dose:** Large doses of mother tincture are required-thirty to sixty drops, repeated several times [15].

Conclusion

Kalium phosphoricum and *passiflora incarnata* helps in the individual management of insomnia. Kalium phosphoricum with its influence on nerve function and stress reduction appears to play a role in calming the mind. *Passiflora incarnata* contribute to relaxation and improved sleep quality. These natural remedies offer potential avenues for alleviating insomnia symptoms.

Conflict of Interest

Not available

Financial Support

Not available

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