



Taking A Look at Sleep and Insomnia from an Ayurvedic Perspective

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Abstract

When it comes to sleep and insomnia, the Ayurvedic perspective offers a profound understanding of the different types of sleep difficulties that people experience and presents holistic methods for treating them. Ayurveda's perspective on sleep, including its underlying principles, the factors that contribute to insomnia, and the Ayurvedic strategies that promote restful sleep and general well-being. Ayurveda's perspective on sleep is presented here. Due to the fact that sleep is a vital component of human health, even very modest adjustments to one's typical sleeping patterns can have substantial ramifications for one's general state of being. Ayurveda, which is a traditional medical profession that originated in India, examines the issues of sleep and insomnia from a perspective that is both intriguing and unique. It is explained that the perspective of Ayurveda, the principles that govern sleep, the factors that contribute to insomnia, and the Ayurvedic remedies that may be utilized to restore balance and promote tranquil sleep are all topics that are covered in this article.

Keywords- Ayurveda, Sleep, Insomnia, Doshas (Vata, Pitta, Kapha), Sleep disturbances

Introduction

In spite of the fact that sleep is an essential component of each and every one of our lives, there is still a great lot of mystery surrounding the subject of nighttime sleep. In addition to having an effect on our physical health, the amount of time we spend sleeping has a substantial influence on our mental and emotional well-being alike. However, in today's fast-paced environment, a rising number of people are battling with sleep interruptions, and insomnia has become a prevalent problem. Insomnia is experiencing a rise in prevalence. Ayurveda, which is an ancient medical profession that originated in India, offers a profound and all-encompassing perspective on sleep deprivation and insomnia when viewed in this light. Ayurveda began in India. A full toolkit of therapies that can be utilized to restore homeostasis and promote peaceful sleep is provided by the principles of Ayurveda. Not only do these principles shed light on the underlying causes of sleep disruptions, but they also provide a comprehensive arsenal of remedies. This article will discuss the Ayurvedic perspective on sleep, which will include an analysis of its fundamental principles, the factors that contribute to insomnia, and the Ayurvedic strategies that guide individuals down a road that leads to restorative and harmonious sleep patterns. Ageless insights into the art and science of undisturbed sleep are provided by the ancient wisdom of Ayurveda, which shines like a beacon when it comes to the subject. The ancient practice of Ayurveda shines as a guiding light,



providing these timeless truths, as the importance of sleep continues to gain prominence in the pursuit of overall well-being.

Ayurveda and Sleep

The ancient medical discipline of Ayurveda places a strong focus on the role that sleep plays within the greater context of a balanced living. Ayurvedic practitioners frequently refer to sleep as the elixir of life. The ancient Indian medical practice known as Ayurveda, which has its origins in India and extends back thousands of years, recognizes the inextricable connection that exists between getting sufficient amounts of sleep and preserving comprehensive health. According to the Ayurvedic perspective, sleep is more than just a physiological event; rather, it is an essential component of our existence that has a substantial impact on our physical well-being, mental clarity, emotional equilibrium, and spiritual development. Sleep is a component that is essential to our existence. the intricate relationship that exists between Ayurveda and sleep, shedding light on the Ayurvedic principles that govern sleep patterns and the enormous influence that the quality of sleep has on the equilibrium of the three doshas (Vata, Pitta, and Kapha) that are present within the framework of the human body. The conventional view of sleep as a time for rest and regeneration is enlarged in Ayurvedic thought. This expansion includes the acknowledgment of individual differences and imbalances as elements that lead to sleep difficulties. Sleep is a time for rest and rejuvenation. We will investigate the function of the doshas during sleep, the importance of maintaining proper sleep hygiene, the potential repercussions of sleep disorders, and the time-tested techniques that Ayurveda provides in order to facilitate peaceful and congruent sleeping patterns. This will be done in order to gain an understanding of Ayurveda. When we continue our inquiry, it will become abundantly clear that the holistic approach to sleep that is promoted by Ayurveda goes much beyond the concept of simple rest; rather, it tends to the very core of our vitality and well-being. This will become apparent as we move along.

Some of the Contributing Factors to Insomnia

Within the framework of Ayurveda and sleep, the causes that contribute to insomnia include a wide range of imbalances and lifestyle choices that disrupt the natural sleep-wake cycle. Insomnia can be caused by a number of different circumstances. Stress is one of the most common causes of energy imbalances. A brief description of these possible causes that contributed to the problem is as follows:

- **Imbalanced Vata, Pitta, and Kapha:** According to Ayurveda, sleeplessness can be primarily attributed to imbalances in the three doshas known as Vata, Pitta, and Kapha. For instance, if your Vata dosha is aggravated, you may have feelings of restlessness and worry, which can make it difficult to fall asleep. A vitiated Pitta dosha can lead to increased mental activity and wakefulness throughout the night, whereas a vitiated Kapha dosha can lead to excessive daytime sleepiness and difficulties waking up in the morning. Both of these symptoms can be the result of an imbalance in the Pitta dosha.
- **Dietary Options:** The meals that we eat can have an effect on the quality of our sleep. Consuming foods that are rich in fat, spices, or grease in the hours leading up to bedtime



might cause indigestion and interrupt sleep. Additionally, consuming an excessive amount of caffeine or alcohol, particularly in the evening, has the potential to disrupt normal sleep patterns.

- Irregular daily routines, such as irregular meal times, variable work schedules, and insufficient physical exercise, can interrupt the body's internal clock (circadian rhythm), which can contribute to insomnia. Other factors that can contribute to insomnia include smoking, drinking, and overeating.
- Ayurveda acknowledges the significant influence that an individual's mental and emotional well-being has on the quality of sleep they experience. Sleep patterns can be thrown off by factors such as chronic stress, anxiety, sadness, and other emotional imbalances. "Techniques for stress management and mindfulness activities are frequently used in Ayurvedic treatments to address the aforementioned problems.
- Environmental Factors: The environment in which one sleeps is an important factor in determining the quality of one's sleep. A restful night's sleep might be difficult to achieve when there is an abundance of noise, bright lighting, an uncomfortable mattress, or an unpredictable sleeping environment.
- Overwork and Too Much Mental Activity: Ayurveda places a strong emphasis on the importance of maintaining a healthy balance between mental and physical activity. An excessive amount of physical activity, particularly in the hours leading up to night, might cause agitation and make it difficult to fall asleep. In a similar vein, the inability to wind down and relax might be hampered by excessive mental stimulation brought on by activities such as indulging in strenuous work or staring at electronic devices before going to bed.
- Diseases Medically Underlying Insomnia Insomnia can be caused or exacerbated by a variety of underlying medical conditions, including but not limited to chronic pain, respiratory illnesses, hormone imbalances, and gastrointestinal troubles. As part of their evaluation, a practitioner of Ayurvedic medicine may inquire about these underlying health conditions.
- Alterations in the Season and the Environment Ayurveda acknowledges the impact that seasonal and environmental shifts have on one's ability to get quality shut-eye. For instance, shifts in temperature, humidity, and the amount of daylight hours might have an effect on one's sleep patterns. Ayurveda offers advice on how to adjust to these variations in environmental conditions.
- Alterations to a person's typical pattern of sleep are frequently associated with the natural process of ageing. The ancient medical practise of Ayurveda takes into account the natural changes that occur with advancing age and offers advice on how to maintain healthy sleeping patterns.

Ayurvedic Approach to Sleep Hygiene

The Ayurvedic method of promoting sound sleep hygiene places an emphasis on the significance of developing wholesome daily rituals and practises that are conducive to the



occurrence of peaceful and revitalising sleep. This method takes into account both the distinctive constitution (Prakriti) of an individual as well as any imbalances (Vikriti) that may exist in the doshas (Vata, Pitta, and Kapha). The following is a list of important components that make up the Ayurvedic approach to good sleep hygiene:

- Ayurveda recommends maintaining a consistent sleep schedule by going to bed and waking up at the same times every day in order to synchronise with the circadian rhythms that are naturally occurring in the body. This assists in the establishment of a regular sleep pattern, which enables the body to prepare for slumber at the same time each night.
- Considerations Regarding the Diet: For optimal digestion, the evening meal (dinner) should be the least calorically dense of the day's three meals, and it should be eaten at least two to three hours before going to bed. In the evening, you should steer clear of foods that are dense, spicy, and stimulating. Ayurvedic treatments that can help promote relaxation include drinking herbal teas such as chamomile or warm milk with a touch of nutmeg in it.
- Abhyanga, also known as Oil Massage, involves doing a light, self-administered massage with warm, sedative oils, such as sesame or coconut oil, prior to going to bed in order to relax the body and quiet the mind. Particularly calming is the practise of massaging the scalp and the bottoms of the feet.
- Pranayama, also known as breath control, involves performing deep breathing exercises. Some of these techniques, such as Nadi Shodhana (breathing through alternate nostrils) and Bhramari (breathing like a buzzing bee), can help relax the nervous system and prepare the mind for sleep. These rituals are typically carried out in the hours just before going to bed.
- Develop a Calming Nighttime Routine by Doing the Following: Before you go to bed, engage in some activities that will help you wind down and relax, such as reading a book, taking a relaxing bath, or meditating. Close to bedtime, you should steer clear of stimulating activities such as viewing intensive television shows or working on screens.
- Make sure that you have a comfortable setting to sleep in so that you can get a good night's rest. This involves having a comfortable mattress and pillow, an acceptable room temperature, and an exposure to external disturbances like noise and light that is kept to a minimum.
- Asanas (Postures) in Yoga: Before going to bed, it may be useful to engage in some gentle yoga asanas, particularly those that help to develop relaxation and flexibility. Viparita Karani, often known as the legs-up-the-wall posture, and Supta Baddha Konasana are two examples (reclining bound angle pose).
- Herbal Remedies The practise of Ayurveda includes the use of a variety of herbal remedies, some of which can aid in sleep. Herbs like Ashwagandha, Brahmi, and Jatamansi are examples of these, and they are typically consumed in the form of dietary supplements or herbal teas.



- Meditation and mindful awareness both include: The practise of meditation and other forms of relaxation can help to calm the mind and reduce tension, making it easier to get to sleep and remain asleep.
- Ayurvedic Assessment It is recommended that those who experience persistent sleep difficulties seek out the assistance of a trained Ayurvedic practitioner in order to undergo a tailored evaluation. They are able to assess the doshic imbalances that are leading to the sleep disorders and provide individualised recommendations for bringing the doshas back into balance.

An Ayurvedic Approach to Promoting Healthy Sleep

When it comes to matters concerning health and wellness, the quantity and quality of sleep hold a position of prime relevance. During the time that we are asleep, our bodies are able to repair, renew, and recover the vital energy that is necessary for our survival. The traditional medical practise known as Ayurveda, which has its origins in India and dates back more than 5,000 years, recognizes the significance of sleep as one of the key components that contribute to a healthy lifestyle. On the other hand, according to the Ayurvedic perspective, sleep is not merely a state of rest but rather an active process that has a significant impact on our physical, mental, and emotional states. The foundation of the Ayurvedic way of keeping adequate sleep hygiene is a profound understanding of the fact that every single person is unique, possessing a certain constitution (Prakriti) and going thru a range of imbalances (Vikriti) in the doshas (Vata, Pitta, and Kapha). This understanding is an essential component of the Ayurvedic approach to maintaining proper sleep hygiene. As a consequence of this, Ayurveda offers an approach that is both individualized and holistic in order to facilitate a nite of sleep that is both restorative and joyful. not just the importance of establishing regular sleep patterns, but also the significance of making dietary decisions, practicing relaxation techniques, and engaging in mindful practices that are tailored to the imbalances and characteristics of an individual's body. A consistent pattern of sleep is absolutely necessary. Within the context of the Ayurvedic approach to the maintenance of good sleep hygiene, we will delve into the tried-and-true principles and processes that guide individuals toward a state of sleep that is both harmonious and nourishing. The practice of Ayurveda offers a comprehensive toolkit for individuals who are interested in improving the quality of their sleep as well as their overall health and well-being. This toolkit contains information on the function that doshas play in sleep patterns, as well as information on dietary problems, self-care routines, and the utilization of herbal therapies of various kinds. When we dive into the realm of Ayurvedic sleep hygiene, we come across a profound wisdom that extends beyond the confines of our conventional understanding of what sleep is. Wisdom is a way of thinking that recognizes the interconnectedness of our individual constitutions, as well as our physical and mental states, our surroundings, and the world that surrounds us. Thru Ayurveda, not only do we discover practices, but we also discover a philosophy that recognizes the sacredness of sleep. This philosophy helps us to embrace the transformative power of rest and to wake up to each new day feeling revitalized and renewed.



Lifestyle Adjustments for Restful Sleep

One's lifestyle choices are a significant factor in determining whether or not they are able to achieve the objective of having restful and rejuvenating sleep. Throughout the course of the day, our ability to wind down, relax, and surrender to the healing embrace of sleep is significantly impacted by the choices we make regarding our daily routines and habits. These choices have a huge affect on our ability to sleep. Within the context of Ayurveda, an ancient medical practise that places a considerable focus on the significance of sleep to one's entire health, adjustments to one's way of life are considered to be one of the most crucial factors of establishing harmonious sleeping patterns. This is because Ayurveda recognizes the relevance of sleep to one's overall health. the practice of using the principles of Ayurveda to make changes to one's lifestyle in order to bring it into alignment with those principles. Both the fact that every individual possesses their own unique constitution (Prakriti) and the fact that they are capable of experiencing imbalances (Vikriti) in the three doshas (Vata, Pitta, and Kapha) that govern their sleeping patterns are acknowledged by this concept. In light of this, Ayurveda provides a personalized method to making adjustments to one's lifestyle, aligning these adjustments with the constitution of an individual as well as the imbalances that contribute to disruptive sleep patterns. As a result, adopting this approach can assist individuals in achieving better sleep. There is a significant difference between the conventional concept of evening rituals and the Ayurvedic way of making adjustments to one's lifestyle in order to obtain undisturbed sleep. It integrates a holistic perspective of the daily cycles of life, taking into account the fact that the choices made throughout the course of the day have a considerable influence on the quality of sleep that is experienced in the evening. The practice of Ayurveda offers a thorough foundation for the formation of an atmosphere that is favorable to a comfortable and refreshing night's sleep. This framework takes into account not only the meals that we consume but also the activities that we engage in on a daily basis, the physical activity that we engage in, and the relaxation techniques that we employ. modify one's lifestyle in accordance with Ayurvedic principles in order to get a more comfortable state of sleep. In the course of this discussion, we will investigate the doshic influences that are exerted on daily routines, dietary choices, physical activity, and relaxation practices. Additionally, we will provide insights into how individuals can adjust their lifestyle in order to support healthy sleep patterns. By embracing the ancient wisdom of Ayurveda and using it as a guide, we can go on a journey that will allow us to enhance the quality of our sleep, wake up feeling refreshed, and cultivate our overall well-being.

Conclusion

The ancient knowledge of Ayurveda continues to shine as a light of insight and guidance in the sphere of health and well-being, offering major insights on sleep and insomnia. Ayurveda is comprised of a number of different principles. We have navigated the complicated web of Ayurvedic principles and have revealed the essential function that sleep plays within the overall structure of this very old medicinal profession. The Ayurvedic perspective, which is significantly more expansive than the conventional one, poses a challenge to the conventional



notion of sleep. It celebrates the fact that every individual is one of a kind while also acknowledging the fact that every person has a distinct constitution (Prakriti) and imbalances (Vikriti), both of which play a part in the establishment of sleep patterns and disturbances. This viewpoint maintains that sleep is not a separate occurrence but rather an integral part of an individual's overall health and well-being. Sleep is not an autonomous occurrence. The substantial impact that the three doshas—Vata, Pitta, and Kapha—have on an individual's capacity to go asleep and remain asleep, as well as the factors that can contribute to the development of insomnia among individuals. In order to facilitate restful sleep, we have talked about how important it is to keep a feeling of equilibrium in one's day-to-day activities, decisions about food, lifestyle practises, and the environment that one is surrounded by. Those persons who are interested in improving the quality of their sleep and waking up each day with vigor and clarity may discover that the focus that Ayurveda places on self-care, relaxation techniques, and herbal medications provides a full arsenal of options to choose from. When it comes to sleep and insomnia, the Ayurvedic philosophy is more of a guiding concept that places a focus on self-awareness and homeostasis than it is a strict set of laws. We are motivated to tune in to the rhythms of our bodies, to adapt our methods of life to meet the specific needs of our individual lives, and to cultivate harmony both inside and beyond ourselves as a result of this inspiration. It is true that the ancient wisdom of Ayurveda continues to serve as a living monument to the ever-present necessity of holistic well-being, and this is especially true in a society that is becoming more generally acknowledged of the significance of sleep. It inspires us to acknowledge the transforming power of rest and renewal, recognizing that in the world of sleep, we discover not only a sanctuary for the body, but also a sanctuary for the mind and a fountain of vitality for the spirit. Furthermore, it encourages us to embrace the transformative power of rest and rejuvenation. This realization is what encourages us to acknowledge the transforming impact of rest and renewal in our lives. If we want to incorporate Ayurvedic principles into our everyday lives, we should show reverence for the wisdom of our elders and go on a journey of self-reflection and self-care. Because of this, we are able to look forward to the embrace of each nite, safe in the knowledge that we are taking care of our health and that we will wake up each day feeling revitalized and rejuvenated, ready to take on the opportunities and challenges that life has to offer with clarity and vitality.

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