

CONCLUSION

It was found through this study that Nidra as an Adharneeya Vega can be very effectively Managed with Yogic therapies such as Bhramari Pranayam.

Bhramari Pranayama when used a treatment tool was found to be significant in a majority of the testing parameters which were assessed from Ayurvedic and Psychiatric scale parameters.

To further test effect of combined therapies, sleep hygiene was also administered a group of patients. It was concluded that combined therapy of Bhramari Pranayam and Sleep Hygiene gave remarkable results and proved statistically highly significant, thus improving quality of life of patients on a large scale.

Thus it can be concluded that Yogic therapies when combined with behavioral therapy like Sleep Hygiene plays a very major role in providing relief to patients suffering from Anidra especially as an Adharneeya Vega.

Such an approach of giving combined therapies can help improve quality of life for patients suffering from various illnesses and thus provide a big respite from mental illnesses and life stressors that disrupt the society at large in today's day and time.