
Restful and Healthy Sleep via Ayurveda at the Parkschlösschen:

The new individual treatment for sleep disorders
(Nidranasha)

For the first time the Parkschlösschen Bad Wildstein now offers holistic individual Ayurveda treatments to reduce sleep disorders. Depending on the severity of a sleep disorder, a cure of 11 days or more is offered to discover the diverse and complex causes using deep holistic Ayurveda diagnosis and then to treat the sleep disorder by means of special therapy.

A Common Ailment Causing Much Suffering

Sleep disorders – like headaches – are among the most frequent psychosomatic complaints: 25% of adults suffer occasionally from sleep disorders (insomnia), while 7% are affected frequently or chronically.¹ Women especially (24% as compared to 13% of the men) complain of sleeplessness. Sleep disorders negatively impact the recovery function that sleep provides, resulting in impaired concentration, irritability, tiredness during the day, more problems at the place of work and reduced productivity.² The affected persons often feel helpless, misunderstood and abandoned.

¹ Simen S., Hajak G., Schlaf. (1995) Chronifizierung von Schlafbeschwerden. Nervenarzt 66: 686-695.

² Gesundheitsbericht des Bundes – Heft 27/ Schlafstörungen, Oktober 2005, S. 10

Recognizing the Various and Diverse Causes of Sleep Disorders

Ayurveda considers the basic cause of any sleep disorder to be a disturbance of the Vata Dosha (principle of the human constitution governing all movement in the body). This can be the result of wrong eating habits, excessive thinking and talking, a lack of exercise and/or poor sleep habits.

When combined with sleep disorders, lack of exercise (sports) as a counterbalance to stress, overload and emotional problems can lead additionally to a lack of energy, anxiety, worry, anger and uncertainty.

A pure Vata sleep disorder is often manifested by additional health disturbances, such as stiff joints and limbs, back pain or headaches, dryness, constipation, confusion, lack of energy and exhaustion.

Vata disturbances can also affect the healthy balance between other Doshas. Additional problems can then result, and other symptoms such as perspiration, thirst, irritability and/or high blood pressure can appear. Obesity, stiffness and/or constipation may also surface.

Ayurvedic Diagnosis as a Key to Success

In-depth holistic diagnosis can reveal complex and diverse causes, which can then be treated within the scope of a specially designed individual treatment plan.

Pulse diagnosis, supported by face and tongue diagnosis and combined with an intensive personal talk with the attending Ayurveda physician, provide an exact picture of the origins of the sleep disorder.

Treatment as Individual as the Sleep Disorder Itself

Harmonizing Ayurveda massages and special treatments with herbs and oils special to each Dosha mark the focal point of the treatment plan. These treatment therapies are selected according to the nature of the sleep disorder or Dosha imbalance and thus have either a Dosha- increasing or Dosha-reducing effect.

Vata-reducing nutrition within the scope of holistic treatment serves to give the Doshas a sustained balance.

Yoga, Pranayama and Meditation once or twice per day provide relaxation and are the best medicine for sleep disorders and for all other functional disturbances of the spirit.

Triggering causes are discussed in intensive consultations which focus on recommendations for changes in lifestyle during the cure and sustained supporting measures thereafter. Ayurveda sleep hygiene plays a central role in this context.

New at the Parkschlösschen: Individual Treatments for Sleep Disorders:

Depending on the severity of the sleep disorder, the complex triggering causes are identified and then treated by focused therapies in a cure of at least 11 days. The guest can then once again enjoy a peaceful and healthy sleep and face the demands of everyday life with a positive attitude.

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