



A STUDY ON ASSOCIATED FACTORS OF *BEKHWABI* (INSOMNIA) AMONG THE ELDERLY PATIENTS

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ABSTRACT

The objective of this study is to investigate the associated factors of insomnia. The study was conducted in the Hospital of National Institute of Unani Medicine. It was a cross sectional study of 1 year duration. A total number of 600 patients were found to be suffering from insomnia in which 421 were males and 179 were females. Patients were diagnosed on the basis of pretested and semi-structured schedule. Both modifiable and non-modifiable associated factors were recorded. In the present study out of 600 patients, 493 were found to be having insomnia. Prevalence of insomnia was found maximum in age group of ≥ 60 years, and in those who were not doing any physical activities or working nothing is seemed to be potential cause of insomnia; there was also association of insomnia with the advancement in age, sedentary lifestyle and chronic diseases etc..

Key words: *Bekhwabi*, Associated factors, Prevalence, Insomnia Unani Medicine

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