

A REVIEW ARTICLE ON IMPORTANCE OF NIDRA W.S.R. TO NIDRANASHA AND ITS MANAGEMENT IN AYURVEDA

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ABSTRACT

According to Ayurveda Aahara, Nidra and Brahmacharya are three main pillars of life. Amongst these Nidra is very important and necessary for healthy life style. Ayurveda helps in keeping balance of all physiological activities of body and mind. Sleep is important because it affects our physical as well as mental health. Sleep is nothing but the location of the mind in a place unconnected with the sensory or motor organs. When the Mana gets exhausted or Indriyan become inactive then individual gets sleep. Sleep is another form of Tamas and apparent due to the predominancy of Tamas generally in nights. The lack of Nidra due to Dosh imbalance may cause condition of Nidranasha. Nidranasha is responsible for many diseases like depression, mental illness, digestive ailments etc. Ayurveda has described several ways for curing the condition-Nidranasha. This article summarizes the utility of Nidra in healthy life style and description of Nidranasha and its management.

KEYWORDS: Ayurveda, Nidra, Nidranasha, Sleep.

INTRODUCTION

Ayurveda emphasizes on the importance of maintenance of health of healthy person and curing the disease of ill. The Swasthya depends upon the Trayopasthmbhas i.e; Ahara, Swapna (Nidra) and Brahmacharya.^[1] They all have their own importance. The Nidra is the one which provide complete relaxation to the body and mind and there it restores the potentials of the individual. Nidra is one of the 13 Adharaneeya Vegas.^[2] According to Acharya Charaka, the mind is not associated with any type of Indriyas and they detach themselves from their objects, then a person falls a sleep.^[3] Factors such as dietary habits, mental status and familiar conditions etc. affects sleep pattern. The disturbed sleeping pattern leads the condition of Nidranasha.

AIMS AND OBJECTIVES

The objectives of the study are as follows:

1. To study the concept of Nidra and its importance in healthy life style.
2. To review on Nidranasha and its management available in Ayurvedic text.

MATERIALS AND METHODS

This article content is compiled from Ayurvedic Text/Teeka such as Charak Samhita, Sushruta Samhita,

Ashtanga Hridaya, Ashtanga Sangraha, and various articles, web, authentic books.

About Nidra

Sleep is a state of rest-an unconscious rest. Nidra is regarded as an important function of living beings in Ayurvedic literature. Acharya Charaka referred to sleep as Bhutadhatri, which occurs naturally at night and nourishes all living beings.^[4] It was classified as a Swabhavika Roga by Acharya Sushruta.^[5] According to Acharya Sushruta named Nidra of "Vaishnavimaya" the illusive energy of God; and naturally has its persuade over all living creatures.^[6]

Definition of Nidra

- According to Acharya Charaka explains Nidra is a special state of mind in which the mind is not associated with any type of Indriyas. This detachment from the Bahya Vishaya is result from the tiredness of the body as well as mind.^[7]
- According to Acharya Sushruta Hrudya is the seat of Chetana and when it is dominated by covered by Tamas the person gets sleep.^[8]
- According to Ashtanga Sangraha the Strotasa become accumulated with Shleshma and the Mana is devoid of sense organs because of fatigueness, so

individual gets sleep.^[9]

SYNONYMS OF NIDRA

- In *Amarkosha*, four synonyms have been mentioned

- 1) *Shayanam*
- 2) *Svapah*
- 3) *Svapnah*
- 4) *Samvesh*

- According to *Vachaspathyam*

- 1) *Sayana*
- 2) *Swapne*
- 3) *Tatwapratibodhe*
- 4) *Swanyavastha*

- *Bhutadhatri* is used as a synonym by *Acharya Charaka*.

- *Vaishnavi Maya* is used as a synonym by *Acharya Sushruta*.

Physiology of Nidra

Sleep occurs when the mind gets exhausted. In the event of the exhaustion of the mind, the individuals also get exhausted because action of individuals is dependent on that of the mind; so when mind dissociates itself from its objects, individuals also dissociate themselves from their objects. The sensory and motor organs are not active because of the inaction of individuals. In other words the mind exhausted after indulging in sensory and motor perceptions. So further mind cannot able to work or receive the knowledge. There will be *Vishaya Nivrutti* (detachment from the worldly objects) so that person will attain the sleep at this stage.

Types of Nidra

Acharya Charaka classified *Nidra* in following manner according to causes^[10]

1. *Tamobhava* – Caused by *Tama*.
2. *Sleshmasamudbhava* – Caused by highly aggravated *kapha*.
3. *Manah-Sharir Shrama Sambhava* – Caused by physical and mental exhaustion.
4. *Agantuki* – Indicative of bad prognosis leading imminent death.
5. *Vyadhi-Anuvartini* – Caused as a complication of other disease like *Sannipataja Jwara* etc.
6. *Ratri-Swabhava Prabhava* – Caused by the very nature of the night.

Acharya Dalhana has classified *Nidra* in to three types on the basis of *Sushruta Samhita* like^[11]

- 1) *Tamasi* – When *Sangyavaha Srotas* become filled with *Shlesma* dominated by *Tamoguna*, *Tamasi Nidra* is produced.
- 2) *Swabhaviki* – This type of *Nidra* occurs naturally and daily in all living beings.
- 3) *Vaikariki* – If there is any disturbance in *Mana* and body, *Nidra* does not occur. But if *Nidra* is occurred, it is *Vaikariki Nidra*.

Acharya Vagbhata has classified *Nidra* in to 7 types^[12]

1. *Kaalasvabhava* – Naturally occurring *Nidra*.
2. *Aamaya* – Due to diseases.
3. *Chittakhedda* – Due to Tiredness of the mind.
4. *Dehakhedda* – Due to Tiredness of the body.
5. *Kaphaja* – Due to *Kapha Dosha*.
6. *Aagantuja* – Due to external factor.
7. *Tamobhava* – Due to predominance of *Tamas*.

Importance of Nidra

Proper sleep provide *Sukha* (happiness), *Pushti* (nourishment), *Bala* (strength), *Vrushata* (virility), *Jnana* (knowledge), *Jivana* (life).^[13]

Person who desire long life should be indulge in *Kala Nidra* (sleep in proper time).^[14]

Ari Prasanga (sleeping all the time), *Na Cha Nidra* (keeping awake) both these are like *Kala Ratri (Yama)*. The proper sleep will provides long life span just similar to *Yogi* who gets the *Satya Budhi* (perceiving the knowledge).^[15]

According to the *Sushruta Samhita*, getting a good night's sleep at the right time and for the right amount of time tends to enhance body growth, strength, complexion, the body and mind are refreshed.^[16] A good night's sleep has a positive impact on every physiological system in the body.

Concept of Nidranasha

Nidranasha can be defined as loss of sleep or insomnia. *Acharya Charaka* classified *Aswapna* as one of the “80” varieties of *Vataja Nanatmaja Vikara*.^[17] *Ayurveda* does not explain *Nidranasha* as a distinct disease.

Synonyms of Nidranasha

According to different *Acharyas*, the following are synonyms for *Nidranasha*:

- 1) *Anidra*
- 2) *Alpanidra*
- 3) *Asvapna*
- 4) *Jagarana*
- 5) *Nidranasha*
- 6) *Nidrabhransha*

Nidanas of Nidranasha

There is no specific reference regarding the *Nidanas* of *Nidranasha*. The *Chikitsa* procedure of *Atinidra* in *Charaka Samhita*, *Ashtanga Hridaya* and *Ashtanga Sangraha* and in this context, they pointed that if any *Atiyoga* occurs to these *Chikitsa* procedures, it may lead to *Nidranasha*. The *Atiyoga* of various *Chikitsa* procedures could be considered as *Nidanas* of *Nidranasha*:

By considering the view of *Acharya Charaka*^[18] – *Atiyoga* of *Vamana*, *Atiyoga* of *Nasya*, *Atiyoga* of *Raktamokshana*, *Atiyoga* of *Virechana*, *Atikrodha*, *Ativyayama*, *Atiupavasa*, *Atichinta* etc.

According to *Ashtanga Sangraha* some *Nidanas* of *Nidranasha* are *Lobha*, *Harsha*, *Vyatha*, *Atimaithuna*, *Atikshudha*, *Rukshanna Sevana* and *Anjana*.^[19]

Further *Sushruta* mentioned some extra *Nidana* which cause *Nidranasha* are *Vayu*, *Pitta*, *Mansik Sanatap*, *Shaareerik Ksheenata*, *Aaghaat*.^[20]

Chikitsa of Nidranasha

The methods of treatment described for *Nidranasha* in *Ayurvedic Samhitas* are generally the same. Management of *Nidranasha* categorized as follows, according to different *Ayurvedic* classics:

Bahya Upachara: *Abhyanga*, *Utsadana*, *Shiro-lepa*, *Shiro-basti*, *Shiro-dhara*, *Karna-purana*, *Akshi-tarpana*.
Manasika Upachara: *Acharya Charaka* mentioned *Manonukula Vishaya Grahana*, *Manonukula Gandha Grahana*, *Manonukula Shabda Grahana*.

Ahara Upachara: According to *Acharya Charaka*, *Gramya mamsa rasa*, *Anoopa mamsa rasa*, *Jaleeya mamsa rasa*, *Mahisha Ksheera*.

According to *Acharya Sushruta*: *Gehu*, *Pishta Anna*, *Bileshya Mamsa rasa*, *Ekshu rasa*, *Snigdha Padarth*.

Any Upachara

- Avoid smoking, tea, coffee, alcohol before going to bed.
- Maintain a consistent routine for sleep.
- 5-10 min. of meditation before going to sleep.
- Stay away from day sleep.

DISCUSSION

A wide range of everyday functions, including emotional, social, physical spheres, is hampered by insomnia. Now a days, people are not getting enough sleep due to their hectic schedules and work pressure. A lack of sleep affects mental and physical state and leads to variety of health problems as well as disturbances in social life. *Nidra* is an essential pillar of life that is vital to maintaining regular physiological functions. The physical and mental status merely depends on *Nidra*, it promotes mental as well as physical relaxation. Proper sleep nourishes the body, decreases stress and anxiety, hence preventing mental illness. Lack of sleep (*Nidranasha*) cause digestive problems, depression, fatigue etc. *Anidra* and *Nidranasha* is one of the *Nanatmaja Vikara* of *Vata Dosha*. It is also included as one of the symptoms in *Vata* and *Pitta Dosha Vriddhi Lakshanas* and certain diseases. The implementation of a regular daily and dietary regimen and natural medicines, helps in the relief of *Nidranasha* symptoms.

CONCLUSION

The main aim of this article is to overview and lighting up the importance of *Nidra* in our health, already given in different *Samhitas*. The overview of *Nidranasha* and management of *Nidranasha* given in *Ayurvedic* text. In today's era *Nidra* and *Nidranasha* are very important factor to be studied because many of people suffers and complaints about it and did not get relief the reason is lack

of detailed studies and treatment. As in our *Samhitas* had already told the causes and treatment, so an attempt is done here to lighten the study on *Nidra* and *Nidranasha*.

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