

**AYURVEDIC VIEW OF RATRIJAGARAN AS A CONTRIBUTING FACTOR TO
LIFESTYLE DISORDERS****Dr. Ashutosh Singh*¹, Dr Anjali Rai²**¹Md (Ay) Scholar, Department of Swasthvritta and Yoga, Uttaranchal Ayurvedic College Rajpur Road, Dehradun, Uttarakhand.²MD(AY) Scholar, Department of Samhita Evum Siddhant, Rajkiya Ayurveda College Varanasi.***Corresponding Author: Dr. Ashutosh Singh**Md (Ay) Scholar, Department of Swasthvritta and Yoga, Uttaranchal Ayurvedic College Rajpur Road, Dehradun, Uttarakhand. DOI: <https://doi.org/10.5281/zenodo.20962857>**How to cite this Article:** Dr. Ashutosh Singh*¹, Dr Anjali Rai² (2026). Ayurvedic View of Ratrijagaran As A Contributing Factor To Lifestyle Disorders. World Journal of Pharmaceutical and Medical Research, 12(7), 100-104.
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ABSTRACT

Ayurveda emphasizes the importance of maintaining a balanced daily regimen (Dinacharya) for the preservation of health and prevention of diseases. Ratrijagaran (night vigil or staying awake at night) is considered a significant causative factor for the disturbance of bodily equilibrium. In the present era, irregular sleep patterns due to work stress, digital device usage, and altered lifestyle habits have made ratrijagaran a common practice. This habit disturbs the balance of Doshas, particularly aggravating Vata and Pitta, and ultimately contributes to the development of various lifestyle disorders. This study is based on a conceptual review of classical Ayurvedic texts such as Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya, along with relevant modern literature related to sleep disturbances and lifestyle diseases. The information was systematically analyzed to understand the role of ratrijagaran in disease causation. Classical texts describe that regular ratrijagaran leads to Vata prakopa, dryness, fatigue, impaired digestion, and mental stress. These changes disturb the normal physiological functions and can contribute to disorders such as obesity, diabetes, hypertension, anxiety, and insomnia. Continuous disturbance of circadian rhythm weakens Agni and affects proper nourishment of Dhatus, thereby predisposing individuals to lifestyle disorders. Ratrijagaran acts as an important etiological factor in the manifestation of lifestyle disorders by disturbing doshic balance and metabolic functions. Ayurveda recommends proper sleep (Nidra) as one of the Trayopastambha (three pillars of life). Adherence to proper sleep patterns and daily routine can play a crucial role in preventing lifestyle disorders and maintaining overall health.

KEYWORDS: Ratri Jagaran, Ayurveda, lifestyle disorders, Dosha imbalance, Agni, Ojas, Silent Killer.**INTRODUCTION**

Ayurveda, the ancient Indian system of medicine, emphasizes harmony between natural rhythms, bodily functions, and lifestyle practices to maintain health and prevent disease. Sleep (Nidra) is considered one of the three pillars of life (Trayopastambha), alongside food (Ahara) and balanced living (Brahmacharya). Proper sleep supports digestion (Agni), nourishes tissues (Dhatus), and replenishes Ojas, the vital essence responsible for immunity and vitality. In contrast, disruption of natural sleep patterns, particularly through Ratrijagaran—the habit of staying awake at night—can compromise physical, mental, and emotional health.

Ratrijagaran has become increasingly prevalent in modern society due to work demands, social engagements, stress, and excessive use of electronic devices. From an Ayurvedic perspective, this practice is considered a form of Prajnaparadha (intellectual error), as it violates the body's inherent wisdom and natural circadian rhythm. Nighttime wakefulness disturbs the equilibrium of the three Doshas: Vata, Pitta, and Kapha. Vata imbalance manifests as anxiety, mental fatigue, and nervous system disturbances; Pitta aggravation impairs digestion, detoxification, and tissue repair; while Kapha disruption slows metabolism, promotes lethargy, and contributes to weight gain.

Moreover, Ratrijagaran often coincides with irregular eating habits (Vishamashan), excessive caffeine intake, and late-night heavy meals, further exacerbating metabolic and hormonal disturbances. These combined effects increase susceptibility to lifestyle-related disorders such as obesity, diabetes, hypertension, insomnia, and mood disorders.

This paper aims to explore the Ayurvedic understanding of Ratrijagaran, its impact on Dosha balance and overall health, and preventive strategies to align sleep and lifestyle habits with natural physiological rhythms.

Concept of Ratri Jagaran

In Ayurvedic philosophy, Ratri Jagaran denotes the habit of remaining awake during the night, which disturbs the natural sleep-wake cycle. The word is derived from “Ratri” meaning night and “Jagaran” meaning wakefulness, referring to staying awake during the period naturally meant for rest. In modern society, this pattern has become common due to professional responsibilities, social activities, and excessive use of electronic devices. Ayurveda regards Ratri Jagaran as a form of Prajnaparadha (intellectual error) because it disturbs the equilibrium of the three Doshas—Vata, Pitta, and Kapha—and weakens Ojas, the vital essence responsible for strength, immunity, and vitality.^[1]

Causes of Ratri Jagaran

Several factors related to lifestyle and environment may lead to Ratri Jagaran:

Technological Distractions: Frequent use of mobile phones, computers, and televisions keeps individuals awake for longer hours. The blue light emitted from screens interferes with melatonin secretion, thereby delaying the onset of sleep.^[2]

Professional and Social Responsibilities: Work pressure, shift duties, and late-night social gatherings often extend waking hours beyond the natural bedtime, disturbing the normal sleep pattern.^[3]

Psychological Stress: Anxiety, excessive thinking, and emotional stress can interfere with restful sleep and contribute to prolonged wakefulness.^[4]

Unhealthy Lifestyle Habits: High intake of stimulants such as caffeine, irregular eating patterns, and lack of a fixed sleep routine can also promote late-night wakefulness.^[5]

Ayurvedic Perspective on the Sleep Cycle

According to Ayurveda, the body operates according to a natural biological rhythm in which different time periods of the day and night are governed by specific Doshas.

Kapha Period (Purvahan)

The evening hours are dominated by Kapha Dosha, which produces qualities of heaviness, calmness, and relaxation. Ayurveda advises going to sleep during this

phase, as these Kapha qualities naturally help the body transition into deep and restorative sleep.^[6]

Pitta Dosha (Madhyahan)

The period between 10 pm and 2 am is dominated by Pitta Dosha, which represents the body’s transformative energy. During this time, important metabolic processes such as digestion, detoxification, and tissue repair take place. Ideally, these processes occur when the body is in a state of sleep, allowing proper rejuvenation and internal cleansing.^[7]

3. Vata Dosha (Aprahana)

The early morning hours are influenced by Vata Dosha, which is associated with movement, alertness, and mental activity. Awakening before sunrise is considered beneficial in Ayurveda, as it harmonizes with Vata qualities and promotes mental clarity, creativity, and overall vitality throughout the day.^[8]

Remaining awake during the Kapha and Pitta phases disturbs this natural biological rhythm, leading to physical, psychological, and emotional imbalances.

Types of Ratri Jagaran

Depending on the frequency and intensity of wakefulness at night, Ratri Jagaran can be categorized into different forms, each affecting the balance of Doshas and overall health differently.

1. Occasional Ratri Jagaran

This refers to staying awake late at night occasionally, such as once in a while for social gatherings or professional obligations. Although it may not produce immediate health problems, repeated occurrences over time may reduce Ojas, thereby weakening immunity and vitality.^[9]

2. Chronic Ratri Jagaran

When late-night wakefulness becomes a regular habit, it disrupts the natural sleep cycle and disturbs the balance of Doshas and Agni. Continuous practice of this habit may cause significant aggravation of Vata and Pitta, eventually leading to long-term health complications.^[10]

3. Insomnia-Related Ratri Jagaran

This type occurs when a person is unable to fall asleep despite the desire to sleep. Factors such as mental stress, anxiety, or physical discomfort are often responsible. Such persistent sleeplessness increases Vata Dosha, resulting in mental disturbances, fatigue, and lowered immunity.^[11]

Impact of Ratri Jagaran on Health

From an Ayurvedic perspective, maintaining harmony with natural daily rhythms is essential for good health. Ratri Jagaran disrupts this balance and can produce several physiological, psychological, and metabolic disturbances.

1. Imbalance of Vata and Pitta

Prolonged wakefulness during late-night hours aggravates Vata Dosha, leading to symptoms such as anxiety, restlessness, nervousness, and mental exhaustion.^[12]

At the same time, interference with the natural metabolic processes of Pitta disturbs detoxification mechanisms. This may result in acidity, inflammatory conditions, and digestive problems. The liver's peak detoxification activity during the Pitta phase is also affected, causing accumulation of metabolic toxins.^[13]

Impact of Ratri Jagaran on Health and Vitality

1. Depletion of Ojas and Immune Weakness

Adequate sleep is essential for restoring Ojas, the vital essence that supports immunity and overall vitality. Persistent Ratri Jagaran reduces Ojas, resulting in weakened immunity, increased vulnerability to infections, fatigue, and a general decline in energy levels.^[14]

2. Digestive Disturbances

Late-night wakefulness interferes with the natural digestive cycle, particularly when meals are consumed at night. Impaired digestion can lead to acidity, indigestion, and the accumulation of Ama (toxins), which block bodily channels (Srotas) and hinder proper nutrient absorption.^[15]

3. Effects on Mental and Emotional Health:

Staying awake during night hours aggravates Vata Dosha, compromising mental stability and clarity. This can manifest as increased stress, anxiety, irritability, and reduced cognitive function. Chronic sleep deprivation is also associated with mood disorders, memory difficulties, and depressive symptoms.^[16]

4. Metabolic and Hormonal Disruption

Disruption of circadian rhythms affects the release of key hormones like cortisol and melatonin, which regulate sleep, appetite, and stress responses. Elevated cortisol from irregular sleep patterns impacts glucose metabolism, promotes fat accumulation, and increases the risk of metabolic disorders such as obesity, diabetes, and hypertension.^[17]

5. Impaired Cellular Repair and Accelerated Aging

The night period, governed by Pitta Dosha, is critical for tissue repair and regeneration. Staying awake during this time impairs these rejuvenation processes, accelerating aging and increasing susceptibility to degenerative conditions.^[18]

Ayurvedic Recommendations to Mitigate Ratri Jagaran

Maintain a Consistent Sleep Routine

Following a fixed sleep schedule—sleeping by 10 pm and waking before sunrise—aligns the body with natural Dosha cycles. This practice enhances sleep quality,

restores energy, and supports overall physiological and mental balance.^[19]

Ayurvedic Guidelines for Promoting Restful Sleep

1. Follow Evening Wind-Down Practices

Engaging in calming pre-sleep rituals, such as gentle stretching, reading, or meditation, helps pacify Vata Dosha and prepares both mind and body for restful sleep.^[20]

2. Digital Detox Before Bedtime

Limiting exposure to screens at least an hour before sleeping reduces blue light interference, enhances melatonin production, and facilitates natural sleep onset.^[21]

3. Eat Light Evening Meals

Consuming a light, easily digestible dinner early in the evening supports digestion, prevents the formation of Ama, and reduces the burden on the digestive system. Stimulants, heavy, spicy, or fried foods should be avoided close to bedtime.^[22]

4. Adhere to Dinacharya (Daily Routine)

Maintaining a consistent daily schedule—including early rising, regular exercise, balanced meals, and timely sleep—creates stability in bodily rhythms and decreases the likelihood of Ratri Jagaran and its adverse effects.^[23]

Discussion: Modern Lifestyle Challenges and Ayurvedic Perspective

In today's fast-paced world, irregular eating habits (Vishamashan) and night-time wakefulness (Ratri Jagaran) are increasingly common, driven by social demands, occupational stress, and technological distractions. These behaviors often act as subtle disruptors of health, causing long-term imbalances that may culminate in chronic diseases. Ayurveda classifies both Vishamashan and Ratri Jagaran as Prajnaparadha (violations of wisdom), representing conscious neglect of the body's natural needs. Such practices disturb the equilibrium of Doshas, impair digestive fire (Agni), and deplete Ojas, compromising immunity and vitality.^[24]

Dosha Imbalance and Lifestyle Disorders

The three Doshas—Vata, Pitta, and Kapha—form the foundation of physiological and psychological health. Irregular eating and sleep habits disturb these Doshas differently, triggering a cascade of health issues.

Impact on Vata and Mental Health

Vata Dosha, which governs movement, circulation, and nervous system function, is particularly aggravated by irregular routines. Erratic eating patterns destabilize digestion, while late-night wakefulness impairs mental calmness and cognitive performance. Aggravated Vata manifests as anxiety, restlessness, and mental fatigue, aligning with modern research linking sleep deprivation to elevated stress hormones and emotional imbalances.^[25]

Pitta Imbalance and Digestive Complications

Pitta Dosha, which governs metabolism and transformational processes in the body, is particularly sensitive to late-night wakefulness. The peak Pitta period, occurring between 10 pm and 2 am, is critical for detoxification, waste elimination, and cellular repair. Staying awake during this phase interferes with these natural processes, potentially causing acidity, liver dysfunction, and inflammation. Furthermore, irregular eating habits (Vishamashan), especially consuming incompatible food combinations (Viruddhahara) or erratic meal timing, can further aggravate Pitta, leading to conditions such as acid reflux, gastritis, and other metabolic disturbances.^[26]

Kapha Disturbance and Slowed Metabolism

Kapha Dosha, which provides physical stability, structure, and strength, is also affected by irregular lifestyle patterns. Overeating, consuming heavy or oily foods, and late-night meals increase Kapha, resulting in lethargy, weight gain, and slower metabolic activity. When combined with Ratri Jagaran, these habits prevent the body from entering a restful and restorative state, weakening digestion and increasing the risk of obesity and insulin resistance over time. Modern research linking circadian rhythm disruptions to metabolic syndrome supports the Ayurvedic understanding of Kapha imbalance caused by irregular sleep and eating patterns.^[27]

CONCLUSION

From an Ayurvedic perspective, Ratrijagaran—the habit of staying awake at night—acts as a significant contributor to lifestyle disorders by disturbing the natural balance of Doshas, impairing Agni, and depleting Ojas. Chronic late-night wakefulness, often compounded by irregular eating (Vishamashan) and modern lifestyle pressures, leads to mental, metabolic, and immunological disturbances. Aggravation of Vata affects cognitive and emotional stability, Pitta disturbances impair digestion and detoxification, and Kapha imbalance promotes lethargy and metabolic slowdown. Adhering to proper sleep routines, balanced meals, and daily regimens (Dinacharya) can restore physiological harmony, enhance vitality, and prevent lifestyle-related disorders effectively.

Acharya Charaka outlines the systematic Framework for learning through Trividha Jñānopāya—

Namely

- (1) Adhyayana (study and learning),
- (2) Adhyāpana (teaching)
- (3) Sambhāṣā Vidhi (discussion or dialogue).

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