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DOI: <https://doi.org/10.5281/zenodo.22250122>**How to cite this Article:** ¹Dr. Samriddhi, ²Dr. Rishabh Jain, ³Dr. Pragya Sharma (2026). Ayurvedic Understanding Of Nidranash As A Lifestyle Disorder. World Journal of Pharmaceutical and Medical Research, 12(9), 194–196.
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Article Received on 10/08/2026

Article Revised on 31/08/2026

Article Published on 01/09/2026

ABSTRACT

Nidra is one of the most important physiological functions of life and is considered an essential pillar of health in *Ayurveda*. Along with *Ahara* and *Brahmacharya*, it forms the basis of healthy living and helps in maintaining physical strength, mental stability, nourishment, happiness, immunity, and longevity. Ayurvedic classics explain that *Nidra* occurs when *Mana* and *Indriya* become fatigued and withdraw from their respective objects. Different *Acharyas* have described *Nidra* through concepts such as dominance of *Tamas*, involvement of *Kapha*, relaxation of *Manovaha Srotas*, and detachment of the mind from sensory activities. Proper sleep is described as *Sukhakara*, *Pushtikara*, *Balyakara*, *Vrishya*, *Jnanakara*, and *Jeevanakara*, showing its role in maintaining both physical and mental health. Disturbance of sleep, known as *Nidranash*, is caused by factors such as *Ati Chinta*, *Ati Krodha*, *Ati Bhaya*, *Ati Vyayama*, *Ati Upavasa*, *Rukshanna Sevana*, uncomfortable sleeping habits, *Vata Vriddhi*, *Pitta Vriddhi*, *Dhatukshaya*, and mental stress. In the present era, irregular lifestyle, excessive screen exposure, late-night work, improper food habits, stress, and lack of routine make *Nidranash* an important lifestyle disorder. Its symptoms include *Jrumbha*, *Angamarda*, *Tandra*, *Shiroroga*, *Shirogaurava*, *Akshigaurava*, *Ghani*, *Bhrama*, and *Apakti*. Ayurvedic management focuses on *Nidana Parivarjana*, proper *Ahara*, suitable *Vihara*, mental relaxation, and therapies like *Abhyanga*, *Shirodhara*, *Shirobasti*, *Padabhyanga*, and *Nasya*. Thus, *Ayurveda* provides a holistic approach for understanding and managing *Nidranash* by correcting diet, lifestyle, mental stress, and *Dosha* imbalance.

KEYWORDS: *Nidra*, *Nidranash*, *Trayopastambha*, *Manovaha Srotas*, Lifestyle disorder, *Ayurveda*.**INTRODUCTION**

Nidra is a fundamental physiological process naturally experienced by all living beings, usually during night. It provides rest and rejuvenation to the body and mind after the fatigue of daily activities. In *Ayurveda*, *Nidra* is considered one of the three important pillars of life, known as *Upastambha*, along with *Ahara* and *Brahmacharya*.^[1]

Nidranasa means loss or disturbance of natural sleep, which is considered an important condition in *Ayurveda* because proper *Nidra* is one of the three supportive pillars of life along with *Ahara* and *Brahmacharya*. It commonly occurs due to aggravation of *Vata Dosha* and *Pitta Dosha*, excessive mental stress, worry, fear, grief, overthinking, improper diet, excessive fasting, night awakening, excessive work, and weakness of the body. In *Nidranasa*, the person may feel difficulty in falling

asleep, frequent awakening at night, light sleep, tiredness after waking, heaviness of head, body ache, irritability, lack of concentration, dryness, and mental restlessness. From the Ayurvedic view, management mainly focuses on calming *Vata*, relaxing the mind, improving nourishment of the body, and restoring normal sleep through proper routine, light and digestible food, oil massage, warm milk, mental relaxation, and suitable *Medhya* and *Vatahara* measures.^[2]

MATERIAL AND METHODS

The present study is a conceptual review based on Ayurvedic and modern literature related to *Nidra*, *Nidranash*, and lifestyle disorders. Classical Ayurvedic texts such as *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, and their available commentaries were reviewed to understand the basic concept, causes, pathogenesis, and management principles of *Nidranash*.

Modern textbooks, research articles, journals, and authentic online sources were also studied to correlate *Nidranash* with insomnia and lifestyle-related sleep disturbance.

Concept of *Nidra*

Nidra means sleep, which is a natural and essential function of the body and mind. In *Ayurveda*, *Nidra* is included under *Trayopastambha* along with *Ahara* and *Brahmacharya*. It helps in maintaining health, strength, nourishment, immunity, and mental stability.^[3] According to *Ayurveda*, *Nidra* occurs when *Mana* and *Indriya* become tired and withdraw from their objects. At this stage, the body and mind enter a resting state, which helps in recovery from daily physical and mental fatigue.

Nidranash

Nidranash means loss, reduction, or disturbance of normal sleep. It may include difficulty in falling asleep, frequent awakening during sleep, disturbed sleep, early morning awakening, or feeling tired even after sleep. In modern understanding, it can be correlated with insomnia or lifestyle-related sleep disturbance. In simple terms, *Nidranash* is a condition where a person does not get adequate, deep, and refreshing sleep due to disturbance in body, mind, diet, lifestyle, or daily routine. *Nidranash* may occur due to many dietary, lifestyle, psychological, and environmental factors. In present time, it is commonly seen as a lifestyle disorder because most of the causes are related to improper daily habits.^[4]

Dietary Causes

- Irregular meal timing.
- Excessive intake of dry, light, spicy, and fried food.
- Excessive tea, coffee, tobacco, or stimulant intake.
- Heavy dinner late at night.
- Fasting or inadequate food intake.
- Indigestion due to improper *Ahara*.
- Excessive intake of *Ruksha*, *Laghu*, and *Tikshna Ahara*.

Lifestyle Causes

- Late-night sleeping habit.
- Excessive mobile and laptop use at night.
- Night duty or shift work.
- Lack of physical activity.
- Excessive travelling.
- Suppression of natural urges.
- Irregular *Dincharya*.
- Lack of rest after excessive physical or mental work.

Psychological Causes

- Stress and anxiety.
- Excessive thinking.
- Fear, anger, grief, and worry.
- Mental overwork.
- Emotional disturbance.
- Excessive involvement in social media or screen

activities.

Role of *Dosha* in *Nidranash*

Nidranash is mainly related to vitiation of *Vata Dosha* and *Pitta Dosha*, along with reduction of *Kapha Dosha*. *Vata Dosha* has qualities like *Ruksha*, *Laghu*, *Chala*, *Sukshma*, and *Sheeta*. When *Vata* becomes aggravated, it increases restlessness, overthinking, anxiety, dryness, body pain, and mental instability. Due to this, the person finds difficulty in falling asleep and may wake up frequently during night. So, *Vata Prakopa* is considered one of the main causes of *Nidranash*. *Pitta Dosha* has qualities like *Ushna*, *Tikshna*, and *Sara*. Excessive *Pitta* causes irritability, anger, burning sensation, excessive thoughts, and disturbed sleep. People with aggravated *Pitta* may sleep late, wake up in the middle of the night, or feel heat and restlessness during sleep. *Kapha Dosha* supports heaviness, stability, calmness, and relaxation. Natural sleep is supported by balanced *Kapha*. When *Kapha* decreases due to excessive stress, fasting, dryness, or overactivity, sleep becomes disturbed. Hence, reduction of *Kapha* may also contribute to *Nidranash*.^[5]

Samprapti^[14] (Pathogenesis) of *Nidranash*

- Improper *Ahara* and *Vihara* disturb *Agni*.
- Disturbed *Agni* leads to formation of *Ama* and body discomfort.
- Irregular lifestyle aggravates *Vata Dosha* and *Pitta Dosha*.
- Excessive stress disturbs *Manas* and increases *Rajas*.
- Decrease of *Kapha* reduces calmness and stability.
- Disturbance of *Manovaha Srotas* affects mental relaxation.
- As a result, natural sleep is reduced or disturbed.

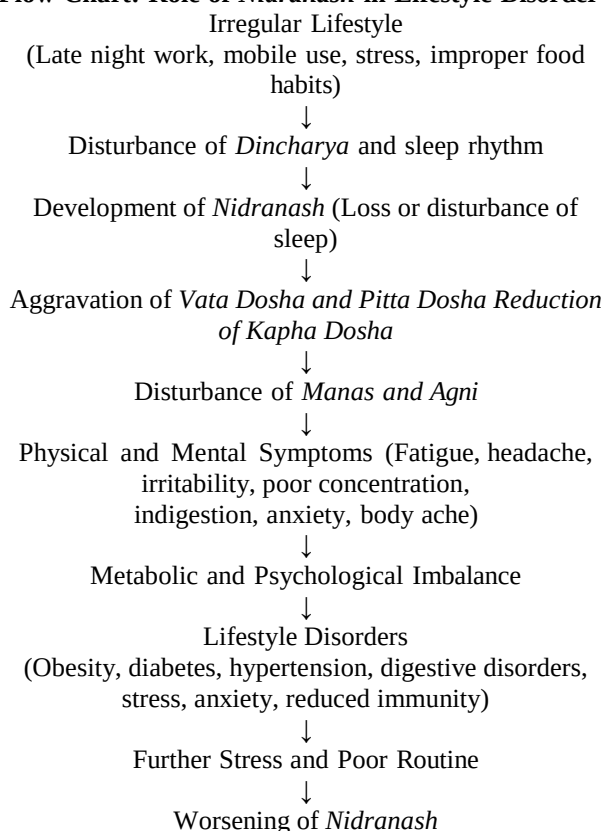
Clinical Features of *Nidranash*

- Difficulty in falling asleep.
- Frequent awakening at night.
- Light and disturbed sleep.
- Early morning awakening.
- Feeling tired after waking.
- Headache or heaviness of head.
- Body ache and weakness.
- Irritability and anger.
- Lack of concentration.
- Reduced memory and working capacity.
- Anxiety and restlessness.
- Dryness of body and eyes.
- Digestive disturbance.
- Daytime sleepiness or fatigue.

Ayurvedic Management Principle

Nidana Parivarjana

- Avoid late-night sleeping.
- Avoid excessive mobile use before sleep.
- Avoid heavy dinner late at night.
- Avoid tea, coffee, tobacco, and stimulants at night.
- Avoid excessive stress and overthinking.
- Avoid irregular daily routine.

Flow Chart: Role of Nidranash in Lifestyle Disorder**DISCUSSION**

Nidra is described in *Ayurveda* as one of the essential pillars of life under *Trayopastambha*, along with *Ahara* and *Brahmacharya*. Proper *Nidra* maintains happiness, nourishment, strength, immunity, mental stability, learning capacity, and longevity. Classical references explain that sleep occurs when *Mana* and *Indriya* become tired and withdraw from their respective objects. This shows that *Nidra* is not only a physical rest but also a mental and sensory relaxation process.^[6]

Nidranash occurs when there is disturbance in the quality or quantity of sleep. The study shows that *Nidranash* is mainly associated with aggravation of *Vata Dosha* and *Pitta Dosha*, along with reduction of *Kapha Dosha*. Causes such as *Ati Chinta*, *Ati Krodha*, *Ati Bhaya*, *Ati Vyayama*, *Ati Upavasa*, *Rukshanna Sevana*, mental stress, and uncomfortable sleeping habits disturb normal sleep. In present lifestyle, excessive mobile use, late-night work, irregular food habits, lack of physical activity, and disturbed routine are major contributing factors.^[7]

CONCLUSION

Nidra is one of the essential pillars of life in *Ayurveda* and plays an important role in maintaining physical strength, mental stability, nourishment, immunity, happiness, and longevity. Disturbance of sleep, known as *Nidranash*, mainly occurs due to irregular lifestyle, improper *Ahara*, disturbed *Vihara*, mental stress, excessive screen exposure, late-night work, and

imbalance of *Vata Dosha*, *Pitta Dosha*, and *Kapha Dosha*. It affects digestion, metabolism, emotional balance, concentration, daily working capacity, and overall quality of life. Therefore, *Nidranash* can be considered an important lifestyle disorder of the present era. *Ayurveda* provides a holistic approach for its prevention and management through *Nidana Parivarjana*, proper *Dincharya*, balanced *Ahara*, mental relaxation, sleep hygiene, and therapies like *Abhyanga*, *Padabhyanga*, *Shirodhara*, and *Nasya*. Thus, maintaining proper sleep is essential for a healthy and balanced life.

Conflict of interest -nil

Source of Support -none

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