

**THE ADVERSE EFFECT OF RATRI JAGARANA ON HUMAN HEALTH – REVIEW
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ABSTRACT

Ayurveda is the science of life and its main aim is to maintain healthy status of living being. Prevention and treatment of disease is the essence of Ayurveda. As per Ayurvedic science, Aahara, Nidra and Brahmacharya are three main pillars of body called as Upasthambhas. Among these, Nidra is the prime factor for happiness, growth, strength, virility, knowledge and our life depends on Nidra. The Nidra causes physical as well as mental relaxation thus offers health benefits and prevents pathological initiation of diseases associated with stress and anxiety. The mind including sensory & motor organs is exhausted & they dissociate themselves from their objects, sleep occurs. Because the good physical and mental state merely depends upon Nidra. On opposite to it, Untimely sleep, sleeping habits for late in morning or ratri jagarana (night vigilance) causes disturbance in health which is called Akalanidra as Kalratri. In this modern era, work profile of the IT professionals, watchman, hospital staff, students, parents etc make them not to follow the proper sleep times which disturbs the healthy state of mind and body and also disturbs the digestive process with the disturbance of Tridosha and hatu.

KEYWORDS: Upstambhas, Nidra, Akalanidra, Ratri jagarana.**INTRODUCTION**

“यदा तु मनसि क्लान्ते कर्मात्मनः क्लमान्विताः ।

विषयेभ्यो निवर्तन्ते तदा स्वपिति मानवः ॥” च.सू.२१/३५

When the mind including sensory & motor organs is exhausted & they dissociate themselves from their objects, sleep occurs.^[1] Sleep is a natural, essential

activity for restoration of fatigued tissues with its mechanism not fully elucidated. Ayurveda considers Nidra along with Aahara and Brahmacharya as fundamental pillars of life. The good physical and mental state merely depends upon Nidra.

“निद्रायत्तं सुखं दुःखं पुष्टिः काश्यं बलाबलम् ।
वृषता क्लीबता ज्ञानमज्ञानं जीवितं न च ॥” अ.सं.सू. ९/४१

Happiness, misery, nourishment, emaciation, strength, weakness, virility, sterility, knowledge, ignorance, life and death- all these are depends on the proper or improper sleep.^[2]

The Nidra causes physical as well as mental relaxation thus offers health benefits and prevents pathological initiation of diseases associated with stress and anxiety.

TYPES OF NIDRA

“तमोभवा श्लेष्मसमुद्भवा च मनःशरीरश्रमसंभवा च ।

आगन्तूकी व्याध्यनुवर्तिनि च रात्रिस्वभावप्रभवा च निद्रा ॥” च.सू. २१/५८

“तथाऽपि त्रिविधैव - तामसी, स्वाभाविकी, वैकारिकी चेति भेदेन ।” सु.शा.४/३३ (डल्हण टीका)

“कालस्वभावाऽऽमयचित्तदेहखेदैः कफागन्तुतमोभवा च । निद्रा बिर्भात प्रथमा शरीरं पापात्मिका व्याधिनिमित्तमन्या ॥ ६८ ॥ अ.सं.सू. ९/६८.

Acharya Charaka has classified Nidra into 7 types i.e.

- Tamobhava - Due to Tamas
- Shleshmasamudbhava - Due to Shleshma or Kapha Dosha
- Manahshramasambhava - Due to tiredness of mind
- Sharirashramasambhava - Due to tiredness of body
- Aagantuki - Due to external factors
- Vyaadhyanuvaritini - Due to diseases
- Raatrisvabhavaavaprabhava - Due to the nature of night.^[3]

Acharya Vagbhata has similarly classified Nidra into 7 types in Ashtanga Sangraha, i.e.,

- Kaalasvabhava - Naturally occurring Nidra
- Aamaya - Due to Diseases
- Chittakheda - Due to Tiredness of the mind
- Dehakheda - Due to Tiredness of the body

- Kaphaja - Due to Kapha Dosha
- Aagantuja - Due to External Factors
- Tamobhava - Due to predominance of Tamas.^[4]

Sushruta, though doesn't directly provide a classification of Nidra and divides Nidra Based on the Guna more present in the mind of an individual i.e.^[5]

- In Saatvika People - Nidra happens at midnight
- In Raajasika People - Nidra happens randomly without any cause for it
- In Taamasika People - Nidra happens both in day and night.

Sushruta also considers death as a type of Nidra which is named as Taamasi Nidra which happens when Shleshma along with Tamas enters into Samjnaavaha Srotas i.e., the channel which carries conscious.

PHYSIOLOGY OF SLEEP

श्लेष्मावृत्तेषु स्त्रोतस्सु श्रमादुपरतेषु च ।
इन्द्रियेषु स्वकर्मभ्यो निद्रा विशती देहिजम् ॥” अ.सं.सू. ९/३९

When Dosha Kapha encircles Strotus, that time sense organs are overworked and perform their duty of perception no more. So sleep is induced in human body.^[6]

At the same time, heart is the main source of Chetana or activity. When Tama becomes prevalent, sleep is induced. Sleep may of any type but chief inductive factor is always Tama. With Sattva, one keeps always well informed about external and internal environment of living body. Hence sleep is induced whenever Tama is on higher side due to any reason.

The causes of Nidra

According to Sushruta Samhita, Nidra is caused mainly due to habit or nature, in the sense that it is the nature of living organisms to sleep. According to Charaka Samhita

and Ashtanga Sangraha, Nidra is induced due to tiredness of the person and due to the person needing rest due to continuous work in a day. Also, according to Ashtanga Sangraha, Nidra also happens due to the characteristic of night i.e., a time in which Tamas is more predominant.

Concept of Diwaswap

Daytime sleeping is considered a normal part of the daily routine for babies and young children. Also it is advisable to sleep in the day only in summer season as there is shorter night. Sleeping during the day time in all seasons is prescribed for those who are exhausted by singing, study, alcoholic drinks, carrying heavy weights, those who have comorbidities, those who are too old, too young, weak and emaciated, Ratri jagran and those who are accustomed to day sleep.

रात्रौ जागरणं रुक्षं स्निग्धं प्रस्वपनं दिवा ।” च.सू.२१/५०
“रात्रावपि जागरितवतां वातपित्तनिमित्तास्त एवोपद्रवा भवन्ति” सु.शा. ४/३८

Ratri jagran causes roughness in the body due to increase in Vata and Pitta Dosha and results in diminution of Agni.^[7]

Vitiated vata dosha causes giddiness, stiffness all over the body, restlessness, lack of concentration and decision making power, excessive yawning, headache etc. while vitiated pitta dosha mainly causes digestion related problems.

It may also increase the risk of serious accidents and injuries. In the long term, chronic sleep deprivation may lead to a host of health problems including obesity, diabetes, cardiovascular disease and early mortality.

Also, Nidra vegadharana i.e. suppression of urge of sleep had already been narrated in Brihatrayi.

Other associated symptoms are burning sensation and redness of eyes, headache, tiredness, constipation, acidity

etc.

DISCUSSION

Untimely sleep, sleeping habits for late in morning or night vigilance causes disturbance in health which is called Akala nidra as Kalratri. In this modern era, work profile of the IT professionals, watchman, hospital staff, students, children, parents etc. make them not to follow the proper sleep times which disturbs the healthy state of mind and body and also disturbs the digestive process with the disturbance of Tridosha and Dhatu.

In modern science, the most notable physiological alterations during sleep primarily take place in the brain. During sleep, the brain consumes notably less energy compared to wakefulness. Hormones of Hypothalamus like prolactin, melatonin is useful for induction of sleep.

To avoid the above symptoms, those who have remains awake during the night should also sleep in the day time

in order to alleviate vitiation of Vata caused by the vigil. As it has been stated by Ksharpani, "If one does not sleep properly in the night for a specified period, he should make it up by sleeping during the day time for half the period spent in the night vigil".

Sleep during the day time, is to be enjoyed before taking lunch. Because as stated by Harita, "One should not sleep after taking his food, since by doing so, even a healthy person may subject himself to miseries".

Also parents should guide the habits of children to go to bed early in the night.

Good sound sleep can be instantaneously induced by massage, uncton bath, intake of soup of domestic marshy and aquatic animals, Shali rice with curd, milk and butter in lunch, tarpana and shiroabhyanga, padabhyanga, medicines etc.

“रात्रिस्वभावप्रभवा मता या तां भूतधात्रीं प्रवदन्ति तज्ञः ।

तमोभवामाहुरघस्य मूलं, शेषाः पुनर्व्याधिषु निर्दिशन्ति॥” च.सू. २१/५९

The sleep caused by the nature of the night is the sleep par excellence, that is known as "Bhutadhatri" (that nurses all the living beings). The one caused by Tamas is the root cause of all sinful acts.^[8] One can sleep comfortably only at the time when he is accustomed to sleep. Hence, by avoiding the proper sleep time due to watching TV, playing games, shift duty or any other work including studying at night has been disturbed there normal body function and suffers from various problem which ultimately affect their mind as well as body.

CONCLUSION

It is clear from above observation that Ratri jagran without any reason or without following proper diet and instruction leads to unhealthy state. Being a necessity, observance of golden rules of nidra prescribed in Ayurveda will go a long way in making the society free from physical, mental and spiritual ailments.

Hence proper sleep timings should be maintained in a daily routine for promotion and presentation of healthy state.

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