

**AYURVEDA VIEW ON NIDRA AND ITS HEALTH IMPORTANCE; PATHOLOGICAL CORRELATION AND TREATMENT OF ANIDRA****Dr. Vikas Jain\***

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**ABSTRACT**

Ayurveda mentioned Nidra as one of the vital pillar of life amongst the tripod of life. Nidra means asleep that is very important for maintaining normal physiological activities of body. The good physical and mental state merely depends upon Nidra thus one can acquire normal health status by following conducts of life which induces good sleep. The Nidra causes physical as well as mental relaxation thus offers health benefits and prevent pathological initiation of diseases associated with stress and anxiety. The improper sleep or lack of Nidra due to the Doshik imbalances may creates condition of Nidranasha. The Nidranasha (Anidra) is considered as responsible for many diseases including digestive ailments, depression, fatigue and mental illness, etc. Ayurveda described several ways for curing condition of Anidra including conduction of disciplinary daily and dietary regimen. This article summarizes importance of Nidra and pathological consequences of Anidra and its management.

**KEYWORDS:** Ayurveda, Nidra, Anidra, Nidranasha, Sleep.**INTRODUCTION**

Ayurveda the classical science of life and health management described several ways for curing and preventing disease. The holistic approach of Ayurveda establishes synchronization amongst physical body, senses, psyche and soul. Ayurveda explained that *Nidra* (asleep) is very important for the maintenance of health and prevention of disease. As per Ayurveda the *Kapha* and *Tamas* are responsible for *Nidra*, thus balancing state of *Kapha* and *Tamas* offers good sleep hence thereby normal health condition. Factors such as mental status, dietary habits, external stimuli and familiar conditions, etc. affects sleep pattern. The disturbed sleeping pattern leads pathological consequences of *Anidra*, therefore one should take proper sleep to avoid any health issues related to the improper sleep.

*Ahara*, *Nidra* and *Brahmacharya* are *Trayopasthamba* of life, *Nidra* play important role towards the health status of individual. There are different types of *Avastha* of *Nidra* i.e.; *Jagrutavastha*, *Swapnavastha*, *Sushiptavastha* and *Trutiyaavastha*. *Nidra* is one of the *Adharaniya vega* as per *Charaka*. The synonyms of *Nidra* are *Shayaanam*, *Swapa*, *Sushipti* and *Swapna*. *Nidra* is responsible for *Sukhakar*, *Pushtikar*, *Balyakar*, *Vrishya*, *Dnyanakar* and *Jeevankar*, etc.

***Nidra Utpatti***

The tiered state of mind, when sense organs not received perception and mortar organs get exhausted then mind

and body acquired relaxing state and sleep occurs. There are some sleep inducing centers in brain, stimulation of such centers induces sleep. However damage of these centre causes sleeplessness or insomnia.

**Benefits of *Nidra***

- ❖ The proper sleep gives nourishment to the body
- ❖ Maintain physical and mental relaxation
- ❖ Person who acquire good sleep having spiritual belief and synchronizes with nature
- ❖ *Nidra* keeps away from diseases especially mental illness
- ❖ *Nidra* helps to attain longevity, youthfulness, luster and complexion.
- ❖ *Nidra* provides memory and intelligence.
- ❖ The development and proper functioning of physique and sense organs depends upon proper state of sleep.
- ❖ *Nidra* provides immunity and resist symptoms of early aging.

**Types of *Nidra***

As per *Acharya Charaka Nidra* can be classified in following manner depending upon causes

1. *Tamobhava*; caused by *Tama*
2. *Shleshmasamudbhava*; caused by vitiated *Kapha*
3. *Manah-sharirshramasaambhava*; caused by mental exertion
4. *Agantuki*; indicative of bad prognosis
5. *Vyadhyanuvartini*: caused by other disease

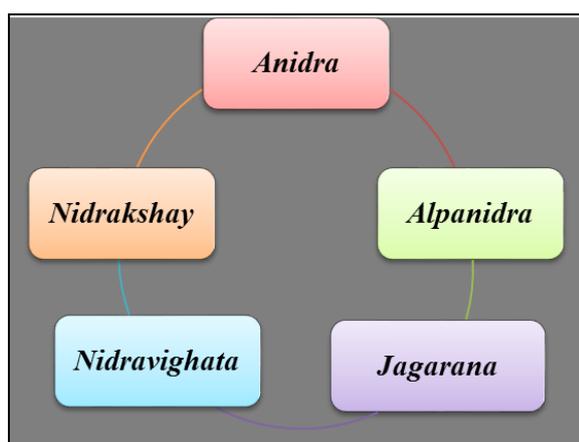
6. *Ratri-swabhavaprabhava*; caused by natural process in the night

**Acharya Dalhana** classified *Nidra* into three types as follows

1. *Tamsik Nidra*, this occurs when *Shleshma* dominated by *Tamoguna*.
2. *Swabhaviki Nidra*, occurs naturally as per rhythmic cycle.
3. *Vaikariki Nidra*, it arises due to the disturbance in body.

#### **Nidranasha (Anidra)**

*Nidranasha* can be defined as loss of sleep or insomnia, the other synonyms of *Nidranasha* is depicted in **Figure 1**.



**Figure 1: Synonyms of Nidranasha.**

The major causative factors of *Nidranasha* are as follows

- ❖ **Aharaja Nidana of Nidranasha:** *Rookshanna sevana*
- ❖ **Viharaja Nidana of Nidranasha:** *Vyayama, Upavasa and Asukhashayya*
- ❖ **Manasika Nidana of Nidranasha:** *Chinta, Krodha and Bhaya*

#### **Chikitsa of Nidranasha**

Ayurveda described *Bahya Upachara*, *Manasika Upachara*, *Ahara Upachara* and *Anya Upachara* as major therapeutic approaches for the management of *Anidra*. These can be explained as follows

#### **Bahya Upachara**

This includes *Abhyanga*, *Samvahana*, *Akshi-tarpana*, *Shiro- Lepa*, *Karna-Purana*, *Shiro-Basti*, *Shiro- Dhara* and *Moordhni Taila*.

#### **Manasika Upachara**

This includes *Manonukula vishaya grahana*, *Manonukula gandha granaha* and *Manonukula Shabda granaha*, etc.

#### **Ahara Upachara**

This includes *Gramya mamsa rasa*, *Jaleeya mamsa rasa*, *Mahisha ksheera* and *Anupa mamsa rasa Sevana*.

#### **Anya Upachara**

Maintaining regular bed time, avoidance of smoking & drinking habits, avoidance of unethical conduct, avoiding *Divaswapna* and avoidance of late night awakening, etc. can help to reduce consequences of insomnia.

#### **Health consequences of Anidra (Nidranasha)**

- ✓ *Jrumba*
- ✓ *Angamarda*
- ✓ *Tandra*
- ✓ *Shiroroga*
- ✓ *Netraroga*, etc.

#### **Sleep related health problems as per modern science**

- Insomnia
- Depression
- Mental and physical fatigue
- Watery eyes or other problems related to the eye, etc.
- Aggression and agitating behavior
- Loss of memory and intellect

#### **Tridosha Effects of Nidra**

Good quality sleep produces *Hrdya* and *Vrshya* effects, removes tiredness of body, and gives *Pushiti* and *Dhrti*, these effects of sleeping can be attributed to its *Tridoshasamana* effect. Sleeping produces *Kapha vaatahara* effect. The *Brmhana* and *Vrshyata* effect of good sleep reduces *Pitta* and *Rakta doshas*.

*Vatala* sleeping offers *Sheeta* effects and gives *Smraananda*, this type of sleep reduces *Trshna*, *Daaha* and *Pitta*. Excess sleep may cause *Vaata kaphakopa* and sometimes it is responsible for lethargy. Sleeping mainly induces *Pitta Kapha Samana* and *Kaamavardhana* effects.

#### **CONCLUSION**

*Nidra* offers appropriate weight, better complexion, enthusiasm, alertness of sensory organs. *Nidra* along with *Ahara* and *Brahmacharya* gives vital physiological effects and helps body and mind to remain healthy. Ayurveda described *Nidra* as vital pillar of life that is very important for governing normal physiological activities. The physical and mental status merely depends upon *Nidra*; it also induces physical as well as mental relaxation. *Nidra* also improves immunity thus resist pathological initiation of common diseases. *Nidra* reduces stress and anxiety thus prevents mental illness. The improper sleep or condition of insomnia termed as *Nidranasha*. The *Nidranasha (Anidra)* causes diseases like; digestive impairment, depression, mental illness and fatigue, etc. Conduction of disciplinary daily and dietary regimen along with purification measures and natural medicines helps to relieves symptoms of *Anidra*.

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