

## Nidra- Ayurvedic Concept to re-understand

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### ABSTRACT:

The lifestyle changes in the recent times have led to a large amount of disorders like Hypertension, Diabetes, obesity etc. Lack of proper sleep plays an important role in all of them. Ahara, Nidra and Brahmacharya are main three milestones which sustain the life. Nidra is very important factor for day to day life so any disturbance is affecting physical and mental health. When mind gets exhausted or become inactive and the sensory and motor organs become inactive then individual gets sleep. Getting enough sleep is essential to maintain optimal health and well being. When it comes to our health sleep is as vital as regular exercise and eating balanced diet.

Unfortunately there is lot that can interfere with natural sleep patterns. People are now sleeping less than they did in the past and quality of sleep has decreased as well. Lack of sleep or excess amount of sleep affects our digestive system, nervous system and endocrine system.

**KEYWORDS:** Nidra , Classification of nidra, Ratroujagarana, Diwaswap

### I. INTRODUCTION:

Ayurveda is the science emphasize on physical as well as mental fitness with prevention and preservation of health in comprehensive manner. Curing a diseased person and redefining his healthy status is the primary goal of the physician. However aim of ayurveda is to cure the disease and prevent the person from getting disease by maintaining the balanced condition of tridosha, saptadhatu, trimala and agni in body.

In ayurvedic classics to maintain the balanced condition of tridoshadi factors our Acharyas mentioned dincharya, ritucharya, sadvritta, pathyapathya etc concepts. One should follow these to avoid diseases and to be healthy but due to changes in today's lifestyle it is difficult to live disease free life. However one can follow some of these regimens and attain healthy status. Sleep is

one of important phenomenon in our life as a part of normal physiology to provide rest and relaxation to the body, mind and senses which gets tired and exhausted because of daily schedule.

### BENEFITS OF NIDRA:

Good sleep gives benefits like nourishment to body, improved quality of complexion, increases strength, enthusiasm, once digestive capacity which ultimately causes dhatusamyata.<sup>1</sup>

Charakacharya describes that happiness, misery, nourishment, malnourishment, strength, weakness, virility, sterility, knowledge, life and death all these factors depend on pattern, amount and quality of sleep.<sup>2</sup>

### Mechanism of sleep:

When mind gets tired, when motor organs and sense organs get exhausted they no more can perceive their objects and remains nothing to feed mind for the sake of conveying to soul, in this status already tired mind does not perceive anything and state of sleep occurs.<sup>3</sup>

### TYPES OF NIDRA:

a. Acc.to Acharya Charaka<sup>4</sup>:

1. Tamobhava
2. Shleshmasamudbhava
3. Manasharishrama sambhava
4. Agantuki
5. Vyadhyanuvaritini
6. Ratriswabhavaprabhava

b. Acc.to Acharya Sushruta<sup>5</sup>:

1. Vaishnavi
2. Vaikariki
3. Tamasi
- c. Acc. to Acharya Vagbhata (Vridha)<sup>6</sup> :
  1. Tamobhava
  2. Aamayaja
  3. Chittakhetotbhava
  4. Agantubhava

5. Kaphodbhava
6. Dehakhedotbhava
7. Kaalswabhavaja

#### AYOGYA NIDRASEVAN:

Here word ayogya stands for akali nidra i.e. not sleeping at proper time and pramanata alpa or adhik nidra means not sleeping for adequate time (excess or less). Ratraujagaran (late night sleeping) and diwaswap(day time sleeping) are two ayog of nidra which mainly contribute in vyadhiutpatti as hetu.

##### 1. Ratraujagaran:

If a person awake at night time then it increases rukshata in body which further causes vataavridhhi which vitiate the agni and leads to inappropriate digestion of food and disturb balanced state of doshadhi elements<sup>7,8</sup>.

##### 2. Diwaswap :

If a person is sleeping during day time especially after having food, snigdha guna in body increases which does kaphavridhhi. These episodes lead to further dushti of doshas<sup>7,8</sup>. There are conditions where diwaswap is totally contraindicated are bahumeda i.e. excess meda accumulation, bahukapha i.e. lot of kapha dosha accumulation and snehanitya means those who include snehapadarthas like ghee,oil etc. Here sneha padartha include all fatty and oily food products<sup>9</sup>.

Vagbhatacharya gives solution who wants to sleep at day time. He quotes aasinprachalayitam term means one can sleep in sitting position as it is aruksha and anabhishtandikar<sup>7</sup>. If person sleep in supine or flat position during day time specially after having food then kapha which produced in madhura awsthapaka spreads all over the body which does srotorodha and made suitable environment for vyadhiutpatti.

#### EFFECTS OF AKAALA NIDRASEVAN:

If a person does not follow proper timings of sleep then it disturb the prakrit awastha of dosha leads to avarodha to prakrit vata gati ultimately causes conditions like moha, jwara, staimitya, peenasa, shiroruja, shophya ,hrillas ,srotorodha and agnimandya<sup>10</sup>.

#### INDICATIONS FOR DIWASWAP<sup>11</sup>:

There are some conditions where one can sleep during day time too.

- Person who get tired after excess talking, traveling, who did drinking, performed sexual act, carries heavy objects

- One who gets tired due to anger, fright or grief
- Suffers with diseases like shwasa, hikka, atisara, ajeerna
- For aged people, children
- Thirsty, traumatized
- One who is in state of delirium and in pain .

In above mentioned conditions diwaswap can be practice as the increased kapha dosha in these individuals spread all over the body and provide bala which is required.

Sushrutacharya mentioned that one can took day time sleep for 1 muhurta i.e. for period of 48 minutes which does not cause vitiation of doshas.<sup>12</sup>

Along with these everybody can practice diwaswap in Grishma ritu as it is a vata sanchaya kala and during this season rukshata is more in the surroundings<sup>12,13</sup>.

#### HOW SLEEP WILL REGULATE?

Early to bed and early to arise makes a man healthy wealthy and wise. Acharya Vagbhata said that one should wake up at brahmhemuhurta<sup>14</sup>. Brahmhemuhurta is the time start 96 minutes before the sunrise and ends 48 minutes later. E.g. If sunrise is at 6 am, the brahmhemuhurta is begin at 4:24 am and ends at 5:12 am. If people wake up early in morning the will get adequate timing for their rest daily duties.

Now a day people either doing atiyog or ayog of nidra i.e. either take more amount of sleep or practice late night awakening and complaining about atinidra or anidra. To compensate these, various treatment modalities already mentioned in classics such as Upvasa,vamana,swedana,navana nasya, teekshna anjana in Atinidra<sup>15</sup>. For anidra or nidranasha Abhyanga, murdhni tila, udvartana, samvahana told. Ahara for nidranasha should be madhura,snigdha gunatmaka bhojan, shali, godhuma, pishtanna, ksheera, mamsarasa etc and while sleeping or sitting soft furniture to be use<sup>16</sup>.

## II. DISCUSSION:

The important observation made during the study that sleep play major role to maintain physical as well as mental health. In today's era people are not getting plenty hours of sleep because of busy schedule and over load of work. As a result sleep hours become work hours. Stress factor also contribute its share in reducing sleeping time. Initially this lack of sleep only shows symptoms physically but as this progress it affects the mental condition and leads to number of health nuisance along with disturbance in social life.

### III. CONCLUSION:

The main aim of this article is to review and re-understand the concept of nidra explained by acharyas. Nidra is key factor to play big role in our life as it is one of the sub-pillars of our body. So for maintaining proper health physically, mentally and socially the regimens like daily regimen, regimens as per ritu, sadvritta should be follow along with adequate amount of nidra to attain balanced state of nidra.

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