

## An Observational Study-To Assess The Effectiveness Of Samyak Nidra In Treatment Of Sthoulya.

Author: Dr.Radhika Dattaraj Hadap  
Final year M.D.Kriya Sharir

*Shri. Saptashrunji Ayurved Medical College & Hospital Nashik.*

Submitted: 01-01-2024

Accepted: 12-01-2024

### ABSTRACT-

Acharya Charaka has designated Ahara (food), Nidra (sleep) and Brahmacharya (abstinence) as the main three pillars of life termed as 'TrayaUpastambhas.'

These, when taken in adequate amount at the right time, provide stability to the body and improve Bala (strength), Varna (complexion) and Upchaya (metabolism) in the body.

Among these, Nidra plays a major role in one's life. Adequate sleep leads to Arogya (health), Bala-ShukraVridhi (increase in physical and reproductive strength) and Dhatu-samyata and Healthy life which is the ultimate goal of Ayurveda. On the other hand, Altered sleep leads to Bala Hani (loss of strength), Rughnavastha (diseased state) or even Death. So it can be said that Abnormal or Inadequate Nidra can manifest in the form of Dhatuvikara, making a person atura (diseased). For better economic gains, people are neglecting their daily needs of having proper ahara, Nidra and other required vihara at proper time. Due to these reasons, people are becoming more prone towards diseased state.

Sthoulya is One of the Greatest Outcomes of NidraViparyaya. It is nothing but one more Dhatuvikara, In which there is an abnormal & excessive accumulation of Medo-dhatu.

Sthoulya is burning issue for today's era. A person in whom excessive accumulation of meda (fat/adipose tissue) and mansa (muscle tissue) leading to flabbiness of hips, abdomen and breast been categorized as 'Atisthoulya'.

Obesity is the closest entity used for Sthoulya and Atisthoulya person is included under Ashta Ninditapurusha. Ashtaninditapurusha are prone to many diseases. In Ayurvedic classic, the tripod of life depends on Ahar (diet), Nidra (Sleep) and Bramhacharya (abstinence). For a person to live healthy life the equilibrium of these three are required. As time passes people forget the basic

principles of Ayurveda which is the main reason of illness.

Alleviation of vata, pitta and kapha along with depletion of medodhatu by increasing medodhatvagni is the main aim of treatment of medorog. In Ayurveda some herbal drugs, classical preparations, panchakarma procedures and Adravayachikitsa are mentioned in the management of Sthoulya. But By adopting the simple life style and healthy food habits (pathya-apathya) & taking anyone can enjoy the life optimally without having lifestyle diseases.

Adequate amount of sound and deep sleep ensures happiness, nourishment, power, virility and acuity of knowledge. Similarly, lack of sleep is responsible for misery, wasting of body tissues, weakness, lack of libido and lack of concentration.

Normal night sleep is nourishing, replenishing the lost potential of the body senses & mind. Adequate sleep taken at the proper time is responsible for vigour, knowledge, tolerance, valour, good digestive power, happiness, good physique etc. Untimely and inadequate sleep makes one unhappy, timid, ignorant, weak, impotent, emaciated etc.

This study is all about to show Effectiveness of Proper & adequate sleep in the management of Sthoulya.

And As expected Final Conclusion showed that taking SamyakNidra (I.e. Proper & adequate sleep) is really proved effective In D management of Sthoulya upto some extent.

**KEYWORDS** –Sthoulya, Nidra, Sleep, Obesity, MedaDhatu, Swapna, Survey Study, TrayaUpastambha, Tripod, Anidra, Atinidra.

## I. INTRODUCTION –

In Ayurveda Ahar, Nidra, Brahmacharya are support system of life. By these pillars (TrayaUpastambha) body gets strength, good complexion, proper growth.

Amongst them ‘Sleep’ is one of the essential for healthy life. Nidra provides nutrition to living body and maintain the health like lord Vishnu who nourishes and protect the world. Nidra is one of the important pillars (Upstambha) among them. It comes under Adharniya Vega (Unsurpassable urge). If it is suppressed then it causes headache, body pain, heaviness of eye etc.

Getting enough sleep at right time supports well-being and good quality of life. Proper Nidra protects growth and development of body. It helps to get proper learning capacity (Gyan).

According to Ayurveda, NidraViparyaya (improper sleep), Prajagarana (whole nightawaking), Divaswapna (Day sleep) these are some important causes of Vatavyadhi.

In Ayurvedic classics, Vatavyadhi gets prime importance and covers almost 50% of diseases. Some lifestyle disorders like hypertension, Madhumeha (diabetes mellitus), Sthoulya (obesity) etc. occurs due to improper sleep.

Amongst them ‘Sthoulya’ is burning issue for today’s era. A person in whom excessive accumulation of meda (fat/adiposetissue) and mansa (muscle tissue) leading to flabbiness of hips, abdomen and breast been categorized as ‘Atisthoulya’.

According to WHO over weight and obesity is defined as abnormal or excessive fat accumulation that presents health risk. And it is Included among the top ten selected risk to health. Sedentary life-style and increases intake of oily and fatty foods result in disorder. In Ayurvedic texts, various Acharyas have mentioned so many etiological factors of Medoroga. The Bijadosha (heredity component) besides Aharatmaka, Viharatmaka and Manasa factors in cause of Medorog.

Obesity is the closest entity used for Sthoulya and Atisthula person is included under Ashta Ninditapurusha. Ashtaninditapurusha are prone to many diseases. In Ayurvedic classic, the tripod of life depends on Ahar (diet), Nidra (Sleep) and Brahmacharya (abstinence). For a person to live healthy life the equilibrium of these three are required. As time passes people forget the basic principles of Ayurveda which is the main reason of illness. kapha along with depletion of medodhatu by

increasing medodhatvagni is the main aim of treatment of medorog.

As Acharya Charaka has designated ahara (food), nidra (sleep) and brahmacharya (abstinence) as the main three pillars of life termed as trayaupastambhas. These, when taken in adequate amount at the right time provide stability to the body and improve bala (strength), varna (complexion) and upchaya (metabolism) in the body.

Among these, Nidra plays a major role in one’s life. Adequate sleep leads to arogya (health), balashukravridhi (increase in physical and reproductive strength) and dhatusamyata and healthy life which is the ultimate goal of Ayurveda. On the other hand, altered sleep leads to balahani (loss of strength), rugnavastha (diseased state) or even death. Nowadays, For better economic gains, people are neglecting their daily needs of having proper ahara, nidra and other required vihara at proper time. Due to these reasons, people are becoming more prone towards diseases like ‘Sthoulya’.

In such cases Alleviation of vata, pitta and kapha along with depletion of medodhatu by increasing medo-dhatvagni is the main aim of treatment of medoroga. In Ayurveda some herbal drugs, classical preparations, panchakarma procedures and adrvyachikitsa are mentioned in the management of Sthoulya. But By adopting the simple life style and healthy food habits (pathya-apathya) along with SamyakNidra (Proper & adequate sleep) anyone can enjoy the life optimally without having lifestyle diseases.

So, This study is all about to show this Effectiveness of Sleep in the Management of Sthoulya.

## PRIMARY RESEARCH QUESTION –

Can Taking SamyakNidra proves Effective in the treatment of Sthoulya ?

## HYPOTHESIS –

### Null Hypothesis (H<sub>0</sub>) –

Taking SamyakNidra, Did not Proved to be much Effective in the Treatment of Sthoulya.

### Alternative Hypothesis (H<sub>1</sub>) –

Taking SamyakNidra, Had Proven Very much Effective in the Treatment of Sthoulya

## MATERIALS –

1.) Subjects Who are among ‘Atisthul’ category (i.e. Obesity patients), as per BMI & who will Be willingly Ready to Loose their Weight

through our proposed Research framework & Ready to perform well in this Study By Taking Proper, appropriate & Adequate sleep as Mentioned in the Ayurveda Classical texts, are Main Important Material we will use in this Study.

- 2.) Measuring tape
- 3.) Weighing machine
- 4.) Proper case taking format
- 5.) Daily SamyakNidra follow up charts

#### **METHODS –**

##### **Plan of study :**

##### **Conceptual study :**

Detailed Literature study on Nidra and Sthaulaya.

##### **Survey study :**

Detailed case taking of obesity patients & Assessment of Nidra and Sthaulya on through Pre-decided assessment criteria of BMI.

1. Urban area of Nashik were selected on the basis of stratified random sampling method.
2. Finding obese patients survey was carried out by volunteers fulfilling the inclusion exclusion criteria and sampling was done in Clinics near me. And Subjects were Selected.
3. They had given Detailed knowledge about our study & Right Nidra Pattern they have to Follow for upcoming 6 months. Regular check with this patients is kept through monthly follow up. & strictly Instructed to do whatever told by us, to observe & note exact effects, through Repeated Assessment of Sthoulya after 6 months.

## **II. DISCUSSION ON SAMYAK NIDRA –**

Ayurveda has classified sleep according to the effect it brings about. Normal night sleep is nourishing, replenishing the lost potential of the body senses & mind.

Peaceful and normal Sleep (Nidra):

Make the dinner time pleasant and also ensure that the bed and are clean, comfortable and suitable for good sleep. Keep your mental state calm and avoid negative thoughts. It is advisable to keep the head in purva (east) or dakshin (south) direction. Before sleeping one should offer prayers as this will induce good sleep. The yogic philosophers of India also gave explanation regarding sleep and also explained the Samadhi state which resembles the sleep but entirely opposite to that.

- **Nidra and Kala –**

Manu, the great law maker has described the division of time, and then has remarked that the thirty muhurtha period (24 hrs) is divided by sun into day and night, he described that day for activities and the night for rest. Naturally, the night is described as a proper sleeping time. The person should not awake at night and should not sleep in day time because both cause doshaprakopa.

- **Shayya and Nidra –**

Sleeping on a cot is tridoshashamaka and is a promoter of good health. Sleeping on a bed on the ground neutralizes vata and kapha, sleeping on the ground results in obesity, increases virility, increases vata and dryness in the body and neutralizes rakta pitta. Sleeping on a plank of wood increases vata. Sleeping on a comfortable bed in general increases happiness, sexual desire and virility and helps in getting rid of excess of vata and exhaustion.

- **Sleeping Posture –**

After taking the dinner when a person goes to sleep first he should lie down in recumbent posture taking 8 times breath. He should change the posture to right lateral till taking 16 times breath and there after to left lateral till taking 32 times breath and then he can sleep at any posture according to his wish (Y.R. 192). But it is always advised to sleep in the left lateral position because agni lies in the left side of the body above the nabhi, which is responsible for the proper digestion (Y.R.193).

#### **INCLUSIVE CRITERIA –**

- Patients of 18-80 year of age group irrespective of sex, creed, caste, religion etc.
- BMI= Weight in kg / (Height in metres.) Patient having BMI >25 kg/m<sup>2</sup> will be included in the study. C. Raised waist Hip Ratio – waist measurement divided by hip measurement (W/H) in inches >0.8 in females and >1 in male.

#### **EXLCLUSIVE CRITERIA –**

- Patient below 18 year age and above 80 year.
- Family history of obesity.
- Patients having KaphajPrakriti
- Patient on sedative drugs or drug effects viz. Toxicity, throat disorders.
- Night shift work employment.
- Pregnant and lactating women.
- GrishmaRitu.

### STUDY DESIGN –

Finding Persons with Sthoulya  
By counting Their BMI  
(I.e.BMI  $\geq$ 25)



These Sthoulya patients  
Are Selected for the Study



Basic Details & records like Weight  
& BMI kept well recorded.



Repeated Measurements done after 6 months.

Observations noted

& Conclusion is drawn after Statistical Analysis.

### OBSERVATIONS –

Observations Showed us :-

Noticeable Weight loss & Reduction in BMI value.

### III. CONCLUSION –

Thus Our Study Concludes with the Conclusion that –

Taking SamyakNidra (I.e.Appropriate & Adequate amount of Sleep Taken at proper time for Right period of time) Proved to Be Very much Effective in the Treatment of Sthoulya.

### REFERENCES –

- [1]. Pt. Kashinath Pandey, Dr. Gorakhnath Chaturvedi. Charak Samhita, Vol. I, Sutrasthana, edition 2009, Chaukhambha Bharati Academy, Varanasi. Chapter 30/26, Page no. 5872.
- [2]. Pt. Kashinath Pandey, Dr. Gorakhnath Chaturvedi. Charak Samhita, Vol. I, Sutra sthana, edition 2009, Chaukhambha Bharati Academy, Varanasi. Chapter 8/94, Page no. 771
- [3]. Retrospective Clinical Survey: A Study to Show the Effect of Nidra Viparyaya on Dhatu Sarata. Dr. Manisha Sharma<sup>1</sup>, Dr. Bharti<sup>2</sup>, Dr. Subhash Sharma<sup>3</sup>, Dr. Raman Toor<sup>4</sup>
- [4]. A REVIEW ON SIGNIFICANCE OF NIDRA (SLEEP) TOWARDS MAINTAINING THE HUMAN HEALTH Dr. Nilam Deore<sup>1\*</sup> and Dr. Sudhirkumar Pani<sup>2</sup>
- [5]. Nidra- Ayurvedic Concept to re-understand Dr. Sukhada Satyabhas Gavande., Dr. Bishnupriya Mohanty. PG Scholar
- [6]. A CONCEPTUAL SURVEY-BASED STUDY TO ASSESS THE RELATIONSHIP BETWEEN STHAULYA AND NIDRA Amrit<sup>1</sup> and Poonam<sup>2\*</sup> Assistant Professor Department of Samhita Siddhant, BMU Rohtak.
- [7]. STHOULYA: AN AYURVEDA REVIEW STUDY. 1Dr. Mukund M. More and \*2Dr. Nilima Satish Begani. 1PHD. Ayurveda Seth Govindji Raoji Ayurved College, Solapur.
- [8]. AN OBSERVATIONAL STUDY OF ETIOPATHOLOGICAL FACTOR OF MEDO ROGAW.S.R TO OBESITY 1\*Dr. Pandey Akanksha, 2Dr. Avadhesh Kumar and 3Dr. Jaiswal Ramnihor Tapsi 1M.D. Dept. of Roga Nidan Govt. Ayurveda P.G. College and Hospital, Varanasi.