



A SYSTEMIC REVIEW ON NIDRA (SLEEP) AND ITS CLINICAL SIGNIFICANCE

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ABSTRACT

Along with Ahara and Brahmacharya, Nidra is one of the three key life events that the Ancient Ayurvedic scriptures identify; it is very significant for humans. The practice of nidra is crucial to daily life. Major illnesses that have an influence on both physical and mental health can be prevented with regular Nidra use. Lack of Nidra (primary insomnia) causes a number of clinical illnesses known as Anidra. Secondary or tertiary insomnia is a persistent condition that eventually results from it. The entire study of Nidra and its categorization in ancient science are provided through Samhitas. In this essay, "Nidra and its Physiological Impact on Human Body," is critically examined."

KEYWORDS- Nidra, Sleep Physiology, Ahara – Vihar etc.

INTRODUCTION

According to Ayurveda, sleep is a basic survival instinct that all living things require. The Sushruta Samhita, written between 100 B.C. and 900 A.D., the Charaka Samhita, written between 300 A.D. and 500 A.D., and the Vagbhatta, written around 700 A.D., all feature descriptions of sleep and its problems. The determination of each person's dosha based on their psychosomatic personality qualities is one of the unique features of Ayurveda. Sleep is one of several key functions that the doshas regulate.¹

Maintaining balance between these three constitutional types is essential for optimal health, according to tradition (Charaka Samhita Sutrasthana, Chapter 20, Verse 9). An imbalance between the doshas, which affects a number of physical functions, including sleep, might be the cause of sleep issues. According to a specific study, people over 60 who had senile dementia according to Ayurveda and Western medicine tended to sleep more during the

day and stay up longer at night when the vata dosha predominated. This description is supposed to apply to people of all ages whose vata dosha is predominate, according to Charaka Samhita Sutrasthana, Chapter 20, Verse 12. These persons are considered to commonly have insomnia and have poor sleep quality. The typical quantity of sleep that pitta dosha people obtain is regularly interrupted by dreams. It has also been observed that individuals with a predominance of the kapha dosha vary in that they find it simpler to fall asleep and more difficult to stay awake. Chapter 20, Verse 18 of the Charaka Samhita Sutrasthana states that this dosha is associated with heaviness, moisture, and lubrication².

The bottom line is that those with a relaxed attitude are more likely to have no problem falling asleep or staying asleep. These persons may be said to have a kapha dosha dominance since lethargy and tranquility are associated with the kapha dosha, which is related to daytime sleepiness (Charaka Samhita Vimanasthanam, Chapter 8, Verse 96).³

There has been no attempt to employ cutting-edge research methods to evaluate the quality and quantity of sleep in relation to the doshas or constitutional type, despite claims of disparities in the quality and quantity of sleep related with the Ayurvedic doshas. The current investigation was done to see if the Ayurvedic doshas might predict the quantity and quality of sleep.⁴

METHODOLOGY

Information addressing the physiology of Nidra and sleep has been compiled from a wide range of periodicals, Ayurvedic text books, trustworthy websites (Pub Med, etc.), respectable publications, original literatures, manuscripts, Sanskrit dictionaries, and other sources.

CLASSIFICATION OF NIDRA ACCORDING TO DIFFERENT ACHARYAS

	Charak	Sushrut	Vagbhat
1	Tamobhava	Vaishnvi	Tamobhava
2	Sleshma samdbhava	Vaikariki	Aamayakledaprabhavaja
3	Manasharira shrama	Tamsi	Chittakledaprabhavaja
4	Agantuki		Agantuki
5	Vyadhayanuvartini		Kaphaprabhavaja
6	Ratriswabhavaprabhava		Dekledaprabhavaja
7			Kalavabhavaja

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IMPORTANCE OF NIDRA REGARDING HEALTH

Sleep is a vital aspect of living. Sleeping is said to occupy around one-third of a person's life. Sleep is a fundamental need for all people. It is essential for great health, a good standard of living, and successful daytime

performance. Lack of sleep can have a number of harmful physical effects, such as fatigue, hypertension, and sleepiness. It may cause mental acuity, intellectual capacity, and mental health problems as well as cognitive deficiencies such a drop in performance, attention, and motivation. Lack of sleep makes it challenging to think properly, control emotions, handle stress, and have a robust immune system. The need to sleep is one of those inborn desires that cannot be repressed. **[Cha. Sa. Sutra Sthana 7.3]**

Sleeping is influenced by the thoughts. All perceptions and connections to the outer world are blocked during sleep. The mind is disconnected from all sensory and motor systems when sleeping. **[Patanjali Yoga Sutra 1/20]**

Happiness, hydration, strength, virility, knowledge, and vigor all depend on regular sleep. On the other side, irregular sleeping patterns may lead to unhappiness, hunger, weakness, impotence, illiteracy, and even death. Excessive or irregular sleep may deprive one of life's blessings. When correctly watched, sleep may be enjoyable. **[Cha. Sa. Sutra Sthana 21/36–38]**

People who get adequate sleep are virulent, healthy, and have positive moods. They also have vitality and healthy skin. They have total wealth, a longer lifespan, and are neither too slim nor overly overweight. **[Su.Sa. Sharira Sthana 4/39, 40]**

SLEEPING PATTERN AND SUITABLE TIMING FOR NIDRA

Take 100 steps before going to bed after supper. Then, before falling asleep in any posture, one should lie down on the bed in a recumbent position while taking 8 breaths, then transition to a left lateral position while taking 32 breaths. However, since the Nabhi (umbilicus), which is in charge of digestion, is situated on the left side of the body above the Agni (digestive fire), it is typically suggested to sleep on the left side of the body. A poem by Acharya Vagbhata indicates that one should rise 48 minutes before daybreak in the Brahmamuhurta after thoroughly digesting any food ingested at night, even though the period of sleep is not particularly addressed in the Ayurvedic teachings.⁵

CONTRA- INDICATION FOR DAY SLEEP

Sleeping throughout the day is not recommended during all seasons save the summer since it vitiates Pitta and Kapha. If you have excessive body fat, are addicted to eating unctuous (flattering, greasy, groveling, creepy) items, have a Slaishmika constitution, suffer from vitiated Kapha-related conditions, or have Dushi visha (made poisoning), never sleep during the day. One should be ready for the following if they choose to ignore the advice regarding daytime sleep: Halimaka (serious type of jaundice), headache, timidity, heaviness of the body, malaise, loss of digestive power, Hridayoplepa (a sensation of phlegm adhering to the heart), oedema, anorexia, nausea, rhinitis, hemicrania, urticarial, eruption, abscess, fever, blockage of the body's blood vessels, weakened sensory and motor organs, and an increase in the deadly effects of synthetic toxins are all symptoms of poisoning. So that it may satisfy him, one should think about the advantages and disadvantages of sleep-in various seasons and situations.⁶

REGULATION OF SLEEP

The thalamus is kept active throughout wakefulness by the interaction of two large networks of nerve cells in the midbrain and upper section of the pons, which generate acetylcholine as its neurotransmitter (NT). The cerebral cortex subsequently becomes active as a result, producing an EEG pattern that symbolizes waking awake. During Random Eye Movement (REM) sleep, the cholinergic nerve cells, thalamus, and cortex appear to be awake, while the brain is actually experiencing sleep. The distinction is made by three collections of nerve cells on the top of the brain stem: The brain stem cell populations that regulate arousal are governed by two groups of nerve cells in the hypothalamus. A group of nerve cells in the ventrolateral preoptic nucleus emit inhibitory NT and GABA. The circadian rhythm control center in the brain, the supra-chiasmatic nucleus, significantly affects the sleep cycle. The clock genes in the nerve cells of the hypothalamus undergo a biochemical cycle that lasts almost precisely 24 hours, controlling hormones, sleep, and other bodily functions.⁷

DISCUSSION

Mental health and sleep are intimately intertwined. Sleep is crucial to psychiatric disorder and is frequently taken into account when determining a diagnosis for some conditions. People today don't get enough sleep due to busy schedules and overload. As a result, working hours have replaced sleeping hours. Tension was another element that reduced the amount of time spent sleeping. A person who is normally healthy will get unwell if they don't get enough sleep. It's not a big deal at first. But over time, it results in a number of illnesses and health issues.⁸ Nidra (sleep) is predominant (Mansik dosha) because of Tama and Kapha (Sharirik dosha). A person sleeps when their sense organs and thoughts are exhausted, according to Acharya Charka. Sleep is necessary for the brain, claims Pelayo. The chemical energy that our brains require to function creates waste products (known as metabolites) that must be eliminated because our brains are electrically driven. That's what happens while you're asleep, says Pelayo. The brain removes these waste materials and replenishes the adenosine triphosphate, or ATP, that it uses continuously throughout the day.⁹

CONCLUSION

When one sleeps well, everything is in order. For preserving a healthy lifestyle and combating lifestyle issues, optimal nidra is essential. It follows that someone who receives the appropriate amount of sleep for their age, physical condition, and other considerations may perform with enthusiasm and positive energy. can ultimately lead to a happier, healthier life. Sleep is the primary ingredient in life's feast. Because there are more Tamoguna, it occurs. When we sleep, anabolism is active and catabolism is generally inert, preventing both cellular and physical organ damage. Sleep is therefore essential for existence. Our Acharya's past writings on Nidra, its maintenance, and Anidra, its causes, diagnosis, and treatment.

CONFLICT OF INTEREST – NIL

SOURCE OF SUPPORT –NONE

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