



# A SYSTEMIC REVIEW ON QUALITY OF SLEEP (NIDRA) -AN AYURVEDIC APPROACH

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## ABSTRACT

The most crucial aspect of our physiology is sleep. Nidra is regarded by Ayurveda as one of the three sustaining subpillars of life, together with traya and upastambha. The quality of one's sleep influences many crucial areas of life, including happiness, unhappiness, nutrition, emaciation, strength, and sterility, as well as knowledge and ignorance, as well as life and death. In particular, the quality of sleep and food affect obesity and emaciation. For the preservation of good health, one has to get enough sleep at the right time of day. In the nidra panchak of many illnesses, several types of inappropriate nidra can be seriously taken into consideration. An unhealthy sleep pattern may indicate a serious disease. As a result, the value of a good night's sleep should be taken into account for a person to have entirely disease-free health.

**KEYWORDS** – Sleep, Nidra, Quality of Sleep, etc.

## INTRODUCTION

Sleep is a wide word that influences many body processes that it controls. It has been a major worry in the contemporary age. The quality of a healthy sleep, which in turn impacts a person's health, has been impacted in some direct or indirect ways by growing technology, night shift job requirements, excessive social networking use, stress, etc. Nidra is a vital aspect of life that has an impact on both a person's physical and mental health. In Ayurveda, sleep is described in great detail as both a crucial component of traya-upstambha and in the context of several diseases.<sup>1</sup>

Nidra is discussed by Acharya Charak in chapter of Ashtauninditiya Purusha in sutrasthana, and aswapna (lack of sleep) is also mentioned in 80 nanatmajavatavikara. It is explained by Acharya Sushruta in the chapter garbha vyakaran shariram of Sharir Sthana, which clarifies its function in bodily feeding and growth. Nidra and Nidravikara are discussed in viruddhaanna-vigyaniya adhyaya of Ashtanga sangraha. When describing traya-upstambha in Annaraksha Adhyaya, Ashtanga Hridaya gives a description of it.<sup>2</sup>

The unintentional lack of mind or awareness is what is known as sleep. A condition of consciousness known as dreamless sleep lacks any feeling of being. All mental and emotional activity cease to exist when a person is asleep.<sup>3</sup>

A condition of body and mind known as sleep is one in which the neurological system is dormant, the eyelids are closed, the postural muscles are relaxed, and awareness is essentially suspended for many hours each night.<sup>4</sup>

### **WHAT IS SLEEP**

People fall asleep when their sensory and motor systems, including their minds, are worn out and no longer recognize their surroundings. The basic seat of awareness in the body, according to acharya Sushrut, is the heart. When the heart is engulfed by the deceptive influence of tama, a man falls asleep. Tama is the cause of sleep, while sattva is the characteristic that causes waking. Swabhava (nature) is the primary underlying factor of sleep. According to acharya Vagbhat, illnesses' effects, physical and mental exhaustion, an increase in kapha, external circumstances, and the dominance of tamoguna all contribute to sleep.<sup>5</sup>

### **SIGNIFICANCE OF SLEEP**

According to Ayurveda, our physiology's most crucial component is sleep. It is one of the three upstambha sustaining subpillars (the other two being aahara and brahmacharya) stated in ayurveda. Nidra's significance is demonstrated by the fact that it is one of the three Upastambhas. Depending on how well or poorly you sleep, you might experience happiness, unhappiness, sustenance, emaciation, strength, weakness, virility, sterility, knowledge, ignorance, life, and death. If properly appreciated, sleep has the same positive effects on people's happiness and lifespan as actual knowledge does on yogis' siddhi. Proper sleep is equally as important for body upkeep as a healthy diet. The right or wrong amount of sleep and nutrition can specifically condition corpulence and emaciation.<sup>6</sup>

### **HETU IN DAY SLEEP**

If someone disregards the advice to sleep during the day, they run the risk of developing halimaka, a serious form of jaundice, as well as other conditions like oedema, anorexia, nausea, rhinitis, hemicrania, urticaria, eruption, abscess, pruritus, drowsiness, coughing, throat diseases, impairment of memory and intelligence, and obstruction of the circulating blood.<sup>7</sup>

- Staimitya (feeling as though the body is covered in wet leather)
- Anorexia
- Indigestion,
- Suppression Of the Power of Digestion
- Anemia
- Itchiness
- Scabies
- Burning Sensation
- Vomiting,
- Malaise
- Impaired Cardiac Function
- Stiffness
- Drowsiness
- Continuous Sleep
- Appearance Of Nodules
- Weakness
- Red Urine
- Eyes
- Coating Over the Palate

## DISCUSSION

The most crucial component of existence is sleep. It encompasses aspects of life that are physical, mental, and spiritual. As was already established, little sleep can cause emaciation, while too much sleep can cause obesity. An individual's physical appearance is impacted by poor sleep. Insufficient sleep can lead to a number of mental health problems, and vice versa, psychological trauma can also impair sleep. When compared to the average non-spiritual person, a person who is spiritually healthy may complete his sleep requirements in the shortest amount of time. Texts have referred to this as yognidra.<sup>8</sup>

Acharya Charak mentions aspects like proper sleep at the right time, the absence of strange nightmares, waking up with delight, etc. while characterizing the balance of dhatus. The etiological, pathogenic, and therapeutic aspects of sleep need to be highlighted. Sleep has a significant role in maintaining a healthy and happy life; it is not only a daily regular procedure. Our samhitas provide highly detailed instructions on how and when to sleep properly based on a person's constitution, the season, and other factors.<sup>9</sup>

## CONCLUSION

It is not advised to sleep during the day or stay up late. Knowing that both of these actions are harmful, the sensible should limit their sleep. Health, humor, strength, a healthy complexion, virility, attractiveness, a frame that is neither too fat nor too thin, money, and a long life are all rewards for following this guideline of conduct. William C. Dement, the founder of contemporary sleep medicine, is quoted. "Ignorance is the worst sleep condition of all,

according to the extensive study I've conducted on the subject over the last four decades. Nearly no one, even doctors, is aware of the significant advancements in sleep medicine and sleep physiology.

### CONFLICT OF INTEREST -NIL

### SOURCE OF SUPPORT -NONE

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