



A Review artical on Nidra

¹Dr.Nandini.Umare,² Dr.I.B.Kotturshetti,³ Dr.J.I.Hiremath, ⁴Dr.B.V.Policepatil,
⁵Dr.Poornima

¹PG Scholar, ²Professor and HOD, ³Professor, ⁴Associate Proffessor, ⁵Assistant Professor

¹Panchakarma

Rajeev Gandhi Ayurvedic Medical College, Hospital and Research center Ron, India

Abstract

Ayurveda mentioned about three milestones of life. Ahara, Nidra and Brahmacharya. Nidra is essential to maintain balance in the body as well as mind. Lack of Nidra leads to various pathological conditions. There are many treatment methods for the same. Proper sleep method leads to sound sleep and health, while improper method leads to many diseases. Sleeping during day time has its own pros and cons. Duration of sleep has also its significance. In this article the detailed explanation of Nidra including Divaswapna, its indications and contraindications are being discussed.

Introduction

Nidra as one of the most essential factors responsible for a healthy and fulfilling life. 1/3rd of the lives of human being is spent in sleeping. Many vital physiological changes occur during sleep. It also supports the formation of long term memory and generally increasing previous learns and experience recalls. "Early to bed and early to arise makes a man healthy, Wealthy and wise. This proverb has a great significance. Nidra also explained under one among Adharaneeyavega i.e. non suppressible urges. If suppressed it leads to headache, body ache, heaviness of eye etc. In current scenario due to unhealthy life style, food habits, stress, use of artificial lights and improper practice of sleep will increase the risk of chronic health problems.

According to **Acharya Charaka** the definition of Nidra is,

When the mind, sensory and motor organs get exhausted or becomes inactive, it leads to sleep.

According to **Acharya Sushruta**:

Sleep occurs when the Hridaya(the seat of Chetana) is covered by Tamas.

According to **Acharya Vaghbata**:

When Manovahasrotas get accumulated with shelshma and mind gets devoid of sense objects, organs because of fatigue, then the person falls asleep.

Physiology of Sleep

When Manas gets exhausted, Indriyas withdraw their senses person falls asleep.

In Modern view, "sleep is of the brain, by the brain and for the brain". Due to cerebral ischemia. Cerebral cortex is the seat of higher functions. Most of the sensory and motor centres are in pre and post central

gyrus, association area etc. which have the correlation with mental activities described in Ayurveda. So due to the reduction in cerebral blood supply Manas becomes Klanta that causes sleep (Nidra). Further during sleep, Indriyas (Jnanendriya and Karmendriya) become inactive by the detachment from their sense organs or from their work.

Types of Nidra

Acharya Charaka has classified Nidra in the following types:

- 1) Tamobhava- caused by predominance of Tamaoguna predominance.
- 2) Shleshmasamudbhava- caused by vitiated kapha dosha.
- 3) Manah-sharirshramasaambhava- caused by mental and physical exertion.
- 4) Agantuki-indicative of bad prognosis leading immediate death
- 5) Vyadhyanuvartini- caused as a complication of other disease like Sannipataja jwara etc.
- 6) Ratri-swabhavaprabhava-caused naturally at night time.

In **Sushruta samhita**, Dalhana has classified Nidra into three types-

- 1) Tamasinidra- when sangyavahastrotas filled with shleshma dominated by tamoguna, Tamsi Nidra is produced.
- 2) Swabhaviki- this type of Nidra occurs naturally and daily in all living beings.
- 3) Vaikariki- If there is any disturbance in mana and body, Nidra does not occur. But if it does it is vaikariki Nidra.

Acharya Vagbhata has classified into seven types in the following manner.

- 1) Kalaswabhawaj-Normally produced at the night time.
- 2) Amayaja- produced due to effect of diseases
- 3) By fatigue of mana- when manas gets exhausted
- 4) By fatigue of sharira- when body is exhausted
- 5) Shleshma prabhavaj- produced due to predominance of kapha dosha
- 6) Agantuka- produced by external factors e.g. Abhighata etc.
- 7) Tamobhava- produced by predominance of Kapha dosha

Duration of sleep

According to Daksha samhita: 2 Yama i.e., 8 hours.

- Vata prakriti person should sleep for 8 hours
- Pitta prakriti person should sleep for 7 hours
- Kapha prakriti person should sleep for 6 hours.

According to Vagbhata in Ashtanga Sangraha Sutra Stana mentioned that, because of difference in prakriti, ahara, vyavasaya, vya and satmya in every individual, specific duration of sleep is not indicated.

Method of Sleep

Acharya Vagbhata in Ashtanga Sangraha gave a detailed description about Method of Sleep.

After sunset, following dinner which is healthy and easy to digest, keeping the mind calm and peaceful, remembering Shlokas one should go to bed. Sleep in a place which is clean, away from crowd, spacious and which possess pillow and clean bed spread facing towards east or south.

In Bhava prakash poorvakandh in dinacharyadi adhyana he States that post the dinner one should lie in supine position for first 8 breath next 16 breath one should lie on their right side followed by the next 32 breath lying towards left side.

Reasons for Anidra

Inadequate sleep leads to increased vata dosha, wasting of tissues, emaciation etc.

Causes

Dehydration following diarrhoea or vomiting, painful or traumatic diseases, aggravated vata and pitta doshas in the body, sudden change in state of health, administration of purgatives, emetics and strong snuffs, blood letting, Hard bed, bedbugs, mosquito bites, smoking in excess, excessive exercise, anger, fear, sorrow, excess of satva and decrease in tamas quality.

Effects

Heaviness of eyes and body, yawning, drowsiness, body ache, exhaustion, indigestion, giddiness, diseases caused by excess of vata. In order to overcome these symptoms, one should do Oil massage and application of sandalwood paste to head and face, putting oil drops in the ear, application of soothing ointment to the eyes, bathing with cold water for persons with pitta constitution and with hot water for persons with Vata and Kapha constitutions.

Effect of good sleep

Proper and adequate sleep maintains body tissues and doshas in a balanced state of health, both physically and mentally also brings happiness and longevity in human beings as the real knowledge brings about siddhi in a yogin.

Concept of Divaswapna (day sleep/nap)

It is mainly indicated in Grishma Ritu as nights are shorter and there is increase in Ruksha Guna and vata dosha is in chayaavastha. Divaswapna increases kapha and pitta dosha which are antagonistic to the seasonally accumulated vata dosha. Thus, it helps in maintaining the homogeneity of the doshic balance in one's body.

Duration

In the current era, because of work Schedule or any unavoidable circumstances one need to be in vigil or wake up over some period of night time, one should compensate half the amount of time during day of the lost hours of the sleep of previous night and conditionally that should be recommended in empty stomach. Other than Grishma Ritu Divaswapna can be done for about 1 Muhurta (48 minutes)(Sushruta)

Divaswapna during day is recommended for those who are exhausted by

- 1.Singing, Studying
2. Alcoholic drinks
- 3.Elimination therapy
- 4.Carrying heavy weight
- 5.Walking long distance
- 6.Those who are suffering from wasting, thirst, diarrhoea, colic pain, dyspnea, hiccups, insanity.
- 7.Those who are too old, too young, weak and emaciated, injured by fall and assault, journey by a vehicle, anger, Grief, fear and those which day sleep habits.

For healthy people sleeping during the day is contraindicated in all seasons because it vitiates kapha dosha. This is especially true if one is obese, addicted to unctuous food having kapha prakriti/ unresolved ama. These conditions will increase kapha dosha along with headache, coldness, muscle fatigue, loss of digestive power, edema, nausea, rhinitis, itching, drowsiness, coughing, disorders of throat, obstruction of circulatory channels, fever, impairment in memory and intelligence etc.

Discussion

Sleep is a physiological phase of unaware in between 2 phases of normal and routine awakening. It is a period where the body and mind rests and bodily functions are partially withdrawn and external stimuli is diminished, but easily regained. In present time, people are devoid of enough sleep hours because of busy life schedules and overload of work, as a result, work hours have engaged the time of sleep. Tension causes reducing the sleeping time. It is not a serious problem in the beginning. But in later stage it leads to number of health ailments. Sleep helps the body to get repaired itself and provide complete relaxation to the body and mind restoring the potential of the individual. The man of this techno-world is trying to overcome such harmonious features by elaborating his mental dimensions. But the biological clock which is mandatory for the well-being of human life's rhythm is not ready to recognize these upsetting created by him. If once this harmony is violated, of course health as well as his sleep will be hampered, because sleep exactly runs according to biological clock called as internal circadian clock which promotes sleep daily at night. Some sleep more and some less but both are normal. The normal range of deviation of sleeping hours in normal adult population is 4-10hours/day. It varies with the categories like New born (16-20hours/day), children (12-14hours/day) and old (about 5 hours/day).

Charaka states that obesity and emaciation, happiness and sorrow, strength and weakness, virility and impotence, knowledge and ignorance, life and death are all dependant on adequate or inadequate sleep. Sleep caused by the nature of the night is considered as best and the one caused by tamas is the root cause of all diseases. Charaka classified Nidra according to the cause.

Conclusion

Main aim of this article is to understand a glimpse about Nidra. In current situation many people are the victim of sleep disorders, because of lack of study and research work done on this topic there is no exact relief or cure for the same. The young generation is being addicted to smoking, alcohol and drug abuse as they are through a lot of stress. Due to this expectancy of human life span is being reduced. To achieve Samyak Nidra one should follow Dinacharya and Ritucharya which will enhance one's quality of living.

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