

## Review Study of *Nidra* as Per Ayurveda

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### ABSTRACT

According to Ayurveda *Nidra* (Sleep) is depends on *Kapha* and *Tamas*, thus balancing condition of *Kapha* and *Tamas* are responsible for good *Nidra*. *Ahara* (food), *Nidra* and *Brahmacharya* (Celibacy) are the supporting vital pillar of health, It also called *Trayopasthamb* of life. It comes under unsuppressable urge (*Adharniya vega*). If it is suppressed then it can cause headache, body pain, heaviness of eyes etc.<sup>1</sup> Happiness, Pleasure, nourishment, energy strength, weakness all these factors are depend upon good sleep and long life. The physical and mental status merely depends upon *Nidra*. Proper *Nidra* helps in the balance of sensory organs, weight and physiological activity of body. Improper balance of *Sharir Dosha Vata*, *Pitta* and *Kapha* and *Manas Dosha Satva*, *Raja* and *Tama* causes many effect on the *Nidra*. *Aahar Vihar* are also responsible for good *Nidra*.

**KEYWORDS:** *Ayurveda*, *Dosha*, *Nidra*, *Trayopasthamb*, *Adharniya vega*

### INTRODUCTION

Ayurveda is the ancient science of life. Acharya described many ways for cure and prevent the diseases and sustain the life.<sup>2</sup> According to Ayurveda *Nidra* (Sleep) is depends on *Kapha* and *Tamas*, thus balancing condition of *Kapha* and *Tamas* are responsible for good *Nidra* hence thereby normal that is physical and mental health condition.<sup>3</sup> *Nidra* is non-suppressible urge<sup>4</sup>. *Hrdaya* (Heart) is the seat of *Cetana* (Consciousness) in living being, when this is invaded by *Tama* then person get sleep hence *Tamoguna* is the *Hetu* (Cause) for *Nidra* and *Satva Guna* is the *Hetu* for wakeing<sup>5</sup> *Nidra* during day is prohibited in all *Rtu* (Season) except summer.<sup>6</sup> Synonyms of *Nidra* are *Shyaanam*, *Swapa Sushipti* and *Swapna*. *Sukhakar*, *Balyakar*, *Vrishya*, *Dnyanakar* and *Jeevankar* are all things depends upon *Nidra*.<sup>7</sup> *Ahara* (food), *Nidra* and *Brahmacharya* (Celibacy) are the supporting vital pillar of health, It also called *Trayopasthamb* of life.<sup>8</sup> *Nidra* is also important as *Aahar*<sup>9</sup> it comes under unsuppressable urge (*Adharniya vega*). If it is suppressed then it can cause headache, body pain, heaviness of eyes etc.<sup>10</sup> Happiness, Pleasure, nourishment, energy strength, weakness all these factors are depend upon good

sleep and long life.<sup>11</sup> Sleep in a function of all living things. Shakespeer with the insight of genius, exactly sums up the most modern knowledge of the subject. When he calls 'chief nourisher at life's feast.' Sleep indeed is a positive thing, a recreative process, a winding up of the vital clock, a recharging of life's battery.<sup>12</sup>

*Nidra* plays important role in life in each and every individual. there are different types of *Nidra* according to *Aacharya* (Saga) –

#### Importance of *Nidra*

- \*Proper *Nidra* maintain physical and mental health
- \*It gives nourishment to body
- \**Nidra* plays main role in longevity, youthfulness luster and complexion
- \*It provides good memory and intelligence.
- \**Nidra* keeps away from *Roga* (Diseases) especially *Manas Vyadhi* (Mental Disease)
- \* *Nidra* provides immunity and resistance power<sup>13</sup>

#### Types of *Nidra*

Maharshi Aatreya told 6 types of *Nidra*

1. Tamobhava
2. Shlesmasamudva

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3. Manaha sharirshramasambhava
4. Aaguntaki
5. Vyadhyanuvaritini
6. Ratriswabhabprabhava<sup>14</sup>

Vrudhvyagbhatacharya classified Nidra into 7 types

1. Kalswabhawaj
2. Vyadh
3. Chitta dukhakar (Mental Stress)
4. Deh dukhakar (Physical Pain)
5. kapha
6. Aagantu
7. Tamoguna<sup>15</sup>

Aacharya Sushruta classified Nidra

1. Vaishnavi
2. Papma
3. Anawabodhini Nidra
4. Animitta Nidra<sup>16</sup>

### Indication of Day sleeping

Those suffering from injury, wasting muscles, old age. Children, women, polydipsia, diarrhea, colic, dyspnea, hiccup, indigestion etc. and also habitual of day sleeping, all these persons can take sleep during day time; these type of sleep increase the *Bal* (Strength), *Dhatu Poshan* and *Aayu* (Life) to the persons<sup>17</sup>

### Contraindication of Day Sleeping

The person having predominance of *Kapha*, obesity, *Dusi Visa* (Poison) etc. This type of *Nidra* increase drowsiness, cough, throat disorders *Pidika* (Boil), *Nausea* fever, itching, bodyache also increase intensity of poison refers to *Dusi Visa*<sup>18</sup>

### Effect of night vigil and day sleeping

Night vigil produces roughness, *Ruksha Guna*, while day sleeping increase the *Kapha Dosha*<sup>19</sup>

### Nidranasha

Causes of *Nidranash* or *Anidra*

- \* Aggrevation *Vata Dosha*
- \* loss of tissues and injury to the body
- \* *Rooksh Aahar Sevan*
- \* *Vyayama Upavasa* (Fasting)
- \* *Chinta* (Worry) *Krodh* (Anger) *Bhaya* (Fear)

### Treatment

- \* *Abhyang* (Massage), *Shiroabhyang*, *Samvahana*, *Akshitarpan*,
- \* *Shiro-Lepa*, *Shiro-Basti*, *Shiro-Dhara* and *Murdha Taila*.
- \* *Shali* (Rice), *Godhuma* (Wheat), *Pishthanna* (Grained Food), *Madhur Rasa* (Sweet), *Sigdha* (Fat),
- \* *Kshir* (Milk) *mansarasa* (, *Bileshaya*, *Vishkiranam Masaahara*, *Draksha* (Grapes), *Sita* (Sugar) and its products

- \* *Manonukul Gandha* (Delightful Smell), *Vishaya* (Subject), *Shabda* (Words), *Vihar* (Regimen)
- \* follow regular bed time, suitable bed, avoid smoking, drinking, late night awakening<sup>20</sup>

### Suppression of Nidra

Suppression of *Nidra* causes *Jumbha* (Yawning), *Angmarda* (Body Pain), *Tandra*, *Shirorog* like *Shirogurav*, heaviness of eyes; for these condition proper sleep and gentle pressing /rubbing of body are recommended<sup>21</sup>

### Atinidra

Causes of *Atinidra*

- \* Administration of emesis
- \* Mild purificatory therapies
- \* Fasting
- \* *Raktamokshana* (Bloodletting)
- \* *Manovyakulata* (Mental Stress)

### Treatment

- \* Take *Satvik* food avoid *Tamas* and *Rajsik* food
- \* Treat the side effect of diseases
- \* Take effective *Vihar* for *Nidra*

The physical and mental status merely depends upon *Nidra*<sup>22</sup>

### CONCLUSION

Proper *Nidra* helps in the balance of sensory organs, weight and physiological activity of body. Improper balance of *Sharir Dosha Vata*, *Pitta* and *Kapha* and *Manas Dosha Satva*, *Raja* and *Tama* causes many effect on the *Nidra*. *Aahar Vihar* are also responsible for good *Nidra*.

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