

International Research Journal of Ayurveda & Yoga

Vol. 6 (1),103-106, Jan,2023

ISSN: 2581-785X;<https://irjay.com/>DOI: [10.47223/IRJAY.2023.6118](https://doi.org/10.47223/IRJAY.2023.6118)

A Critical Review on *Nidra* as a Cardinal Requisite for Optimal Health and Well Being

Raksha Sharma ¹, Meera K. Bhojani ²

1. PG Scholar in Kriya Sharir Dept., All India Institute of Ayurveda New Delhi

2. Associate Professor in Kriya Sharir Dept., All India Institute of Ayurveda New Delhi

Article Info

Article history:

Received on: 12-12-2022

Accepted on: 23-01-2023

Available online: 31-01-2023

Corresponding author-

Raksha Sharma, PG Scholar in Kriya Sharir Dept., All India Institute of Ayurveda Delhi

Email:

ankurkumartanwar1@gmail.com

ABSTRACT:

Ayurveda as a holistic science lays great emphasis on lifestyle modification under *Ahar* (Diet), *Vihar* (Daily regimen) and *Aoushadh* (triad for prevention and treatment of all diseases). Among *vihara nidra* is considered as a very influencing factor in *Ayurveda* classics. *Nindra* is considered as one of the sub pillar of *Trayopasthambh* which includes *Ahaar*, *Bhramcharya*, and *Nidra*. *Ahaar* nourishes our body, *Brahmcharya* nourishes mind but *Nidra* nourishes both body and mind. Sleep maintains the functions of entire body through homeostasis; contemporary science states that NREM (non rapid eye movement) sleep may be state of brain repair i.e. of increased cerebral protein synthesis or of reprogramming the brain so that the information achieved in a wakeful functioning is most efficiently assimilated. *Ayurveda* substantiates the similar opinion by designating it as '*Bhut-Dhatri*' which nourishes the all living beings.

Key words - Sleep, Physiological, *Tamoguna*, *Ayurveda*. *Classics*

INTRODUCTION

Ayurveda emphasize on the prevention of disease rather than cure, for this our *acharyas* has given the concept of *ritucharya* (regimen for weather and season) and *dincharya* (daily routine regimen) by following which one can be both physically and mentally sound. In today's life where everyone is suffering from stress and anxiety, now it's a peak time to evaluate the causes so as to eradicate this mental illness from the society, Lack of sleep is one of the causes of stress and anxiety. Because of its importance our *Acharyas* has given the thoroughly description of the sleep in the name of *Nindra*. They considered *Nindra* as one of the sub pillars of *Trayopasthambh*¹. Contemporary science also acknowledges the importance of sleep. Several researches have been done to understand the physiology of

sleep, Correlation of sleep disorders with heart and mental diseases. In this article we will review the different types of *nindra* (sleep) as per the classical texts and correlate these in modern context, so as to explore this natural phenomenon (i.e, sleep) for the sake of mankind.

AIMS AND OBJECTIVE

1. To understand the physiology of *nindra* (sleep).
2. To understand the factors and their mode of action to induce sleep.

MATERIAL AND METHODS

Review of literature regarding *nindra* is collected and interpreted from *Ayurveda* classics (spl. *Bhrihatrayi*) .



From workshops on sleep and google search .

DISCUSSION AND REVIEW

Synonyms of *Nidra* in *Ayurveda* classical text

In Amarkosh –

1. *Shaynam* – Resting
2. *Swaap*-Dreaming
3. *Swapan* –Sleep
4. *Samvesh* –Approaching near to sleep

From the above, it may be inferred that those are the stages of sleep.

In Ratnavali

1. *Supti* – Deep sleep
2. *Swapan*- Sleep

Table 1 Shows Classification of *nidra* in *Ayurveda* classics

Table 2 Shows Impact of *Doshas* on *Nidra*

Acharya charak in sutrasthan 21 has mentioned 6 types of *nidra* ².

Agantuki Nidra which is caused due to accident , or injury ***Ratriswabhaav prabha nidra***. It can be correlated with the circadian rhythm which is also regulated by our body clock or in *Ayurveda* context we can understand it as *vaikrat vaat*, *pitta* and *kapha*, according to day night as mentioned in *Dincharya* and *ritucharya* as well.

Shleshmsamudhbhava -occurs due to increase in *Kapha Dosh*a in a body after taking food,

Vyaadhi Anuvartinin—sleep induces due to diseases for e.g. Obesity, depression, cough and fever.

Manahsharirsambhava – when body and mind is fatigued then sleep occurs due to cerebral ischemia. (According to Howell)

Tamobhava –A sleep occurring due to the predominance of the *Tamsik guna* in the body .

Table 3 Duration of sleep according to Age In *Ayurveda* classics it is stated that *Kapha* is responsible for sleep and *pitta* for *alpa nidra* and *vata dosha* for loss of sleep. In new born and growing children as *kapha dosha* is predominant so their sleeping hours are more and in aged people as *vata dosha* is predominant so in old aged people sleeping hours are less and mostly they complain insomnia.

Table 4 *Nidra* as an *Adharniya Vega*

Discussing the Physiological effect of sleep, *Acharya charak* explains that in the night *Hridaya*(heart) gets contracted and *srotas* (channel of circulation) as well as the *kosth* (Gastrointestinal tract) are contracted and the body elements get softened.³*Acharya Sushrut* has mentioned

Hridaya (Heart) as a site of *chetna* when it is invaded by *Tamoguna* Sleep occurs.⁴ Modern science believes that sleep disorder leads to many ailments like Cardiac Disease and neurological diseases like Parkinson's diseases which are caused by the prolonged sleep deprivation . Chronic sleep deprivation causes *vata dosha vikrati* and *vaikrat vaat dosha* . As *Prana vata* controls functions of mind, *budhi*, *indriya* , and *Hridaya* . (*Vag Su 12/4*). *Manobodhan* is one of the function of *Udaana vata* described in *Astang Sangraha* and *Smriti* is the special function of *Udaana vata* . Thus sensation of *Nidra vega* are perceived by *Hridaya* and mind with the help of *Prana* , *Udana* and *Vyana vata* .

Due to sleep deprivation free radicals are released in a body which causes oxidation inside body which further affect multiple body organs. ⁵

Factors influencing sleep

In *Sushrut sharir sthaan* chapter 4, *acharya sushrut* has described some practices to induce the good sleep. In today era the cocept of sleep hygiene is there to enhance the sleep efficiency in insomnic patients. Now days due to excessive use of LED light and blue light of mobiles phones there is depletion of *Tamah* so decrease in sleeping hours or insomnia is very common. In sleep Hygiene use of dim-light is advised to enhanced the secretion of melatonin (hormone) which is responsible for good sleep . *Acharya Sushrut* has also mentioned the use of dim light to induce sleep.⁶

Acharya sushrut has recommended the use of oil massages (i.e. *abhyang* and *paadabhyang*) to prevent vascular ageing. This vascular ageing has direct relationship with the sleep efficiency. *Sushrut* has recommended the use oil massage, Oil application over head, for good sleep. In Recent studies it is found that oil massages prevent vascular ageing. The vascular ageing has direct relationship with the sleep efficiencies. *Sushrut* has also recommended the use of pleasant music to induce sleep. Sleep occurs due to *kapha Dosh*a so *sushrut* has recommended the use of buff allow milk which is rich in tryptophan and high in calories and it is good to induce sleep⁷. For psychological good effect the bed-sheet must be neat and clean, soft mattress should be used to nourish *chakshurendriye*, Use of good fragrance to nourish *ghrannendriye* use of pleasant and melodious music for *shravendriya*. Reading good books, letters at the time of sleeping to nourish psychologically. Maintain consistent sleep and wake up time to maintain the circadian rhythm of body.

CONCLUSION

In this review study of *Nidra* as a *vega* and its physiology is analyzed to manifest its clinical significance. Prevention of root cause of stress, anxiety, and other ailments should be the initial approach to control the disease at primary stage and to restrain the occurrence of many ailments caused due to Insomnia (an inability to fall asleep), Dipsomania (Any disturbance / Difficulty related to sleep including initiating or maintain of sleep) and Parasomnia (Undesirable events occur during entry into sleep or within sleep) . Thus by understanding the physiology of *Nidra*, we can overcome from several physical and cognitive ailments by following the various measures mentioned in *Ayurveda* in the context of *ritucharya* and *dinchaya* to enjoy the healthy and longevity life.

Acknowledgments- Nil

Conflicts Of Interest- Nil

Source of finance & support – Nil

ORCID

Raksha Sharma , <https://orcid.org/0000-0002-0368-0297>

REFERENCES

1. Kushavaha H.C, Charak Samhita With Commentary Of Chakrapanidatta, Sutrasthana 11/35 Varanasi; Chowkamba Prakashan ;Reprint 2005.Pp.117.
2. Kushavaha H.C, Charak Samhita With Commentary Of Chakrapanidatta, Sutrasthana 21/35 Varanasi; Chowkamba Prakashan ;Reprint 2005.Pp.314.
3. Kushavaha H.C, Charak Samhita With Commentary Of Chakrapanidatta, Sutrasthana 21/35 1st Ed , Varanasi; Chowkamba Prakashan ;Reprint 2005.Pp.314.
4. Sharma P.V Sushrut Samhita By Dalhana’s Commentary, Sharirasthan4/33 Varanasi; Chowkamba Sanskrit Sansthaan;2013 .Pp157
5. <https://www.ncbi.nlm.nih.gov/pmc> .
6. Sharma P.V, Samhita By Dalhana’s Commentary, Sharirasthan4/33 Varanasi;Chowkamba Sanskrit Sansthaan;2013.Pp157
7. Komado Y, The Effect Of Milk And Dairy Products On Sleep : A Systematic Review Int.J Environ Res Public Health2020 Dec,17(24);9440 .

How to cite this article: Sharma R, Bhojani M.K “A Critical Review On *Nidra* As A Cardinal Requisite For Optimal Health And Well Being IRJAY.[online]2023;6(1); 103-106.
Available from: <https://irjay.com>
DOI link- <https://doi.org/10.47223/IRJAY.2023.6118>

Table 1 Classification of *nidra* in *Ayurveda* classics

<i>Acharya charak</i>	<i>Acharya sushrut</i>	<i>Acharya Vridha vaagbhata</i>
1. <i>Tamobhava</i>	1. <i>Vaishanvi</i>	1. <i>Tamobhava</i>
2. <i>Shleshmudhbhava</i>	2. <i>vaikarika</i>	2. <i>Aamay khedaprabhavja</i>
3. <i>Manasharirsharir shrma sambhava</i>	3. <i>Tamsi</i>	3. <i>Chittakheda prabhvaja</i>
4. <i>Agantuki</i>		4. <i>Agantuki</i>
5. <i>Vyadhianuvartini</i>		5. <i>Kaphaprabhavaja</i>
6. <i>Ratriswabhaprabha</i> also known as <i>Bhut dhatri</i>		6. <i>Dehakhedaprabhavaja</i>
		7. <i>Kalavabhavaja</i>

Table 2 Impact of *Doshas* on *Nidra* -

<i>Manas Doshas on Nidra</i>	<i>Sharir Doshas on Nidra</i>
Sleep manifest naturally in person with predominance of <i>Tamoguna</i> , both during day and night .	Sleeplessness is the clinical features of aggravation of <i>vata dosha</i> .
With predominance of <i>Rajoguna</i> it occurs without any reason at any time .	While excessive sleeping is concerned with aggravation of <i>Kapha dosha</i> .
With predominance of <i>sattvaguna</i> it occurs at midnight.	<i>Alpnindrata</i> is related to <i>Pitta dosha</i> aggravation.

Table 3 Duration of sleep according to Age --

New born sleep	18-20 hrs
Growing children	12-24 hrs
Adults	7-9 hrs
Old age	7-9 hrs

Table 4 *Nidra* as an *Adharniya Vega*-

Name of <i>vega</i>	<i>Nidra</i>
Responsible <i>dosha</i>	<i>Tamoguna</i>
Associated subtype of <i>dosha</i>	<i>Kapha Doshas</i>
Associated <i>srotas</i>	<i>Pranvaha srotas</i>
Associated Anatomy	<i>Hridaya</i>
Impact / Functions of <i>vega</i> on body	Increase of <i>Tamoguna</i> , Decrease of <i>sattva guna</i> , <i>Manaklanti</i>