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### The Significance of *nidra veg* in Ayurveda: Understanding its role in *Trayopasthambha*.

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#### Abstract:

In Ayurveda, the concept of *trayopasthambha* refers to three essential pillars of health: *ahara* (nutrition), *nidrā* (sleep), and *brahmacharya* (self-restraint). Among these, *nidra*—or sleep—holds a special place, particularly when we consider *nidra veg*, which is our natural impulse to sleep. This article explores the vital role of *nidra veg* in promoting overall health, highlighting how it contributes to rejuvenation, balance among the *doshas*, mental clarity, and emotional stability. By recognizing the importance of *nidra* within the framework of *trayopasthambha*, we can see how it helps in preventing disease, supporting digestion, and enhancing our overall sense of well-being. Acknowledging *nidra veg* as a fundamental aspect of Ayurvedic philosophy reminds us to honor our body's natural urges for optimal health and vitality.

**Keyword:** *Nidra veg*, *trayopasthambha*, *Ahara*, *nidra*, *Brahmacharya*.

#### Introduction:

In Ayurveda, *trayopasthambha* is a cornerstone concept that defines health and

well-being. It consists of three vital pillars: *ahara* (what we eat), *nidrā* (how we rest), and *brahmacharya* (self-discipline). Among these, *nidra* is particularly significant, especially when we think about *nidra veg*—our instinctual need for sleep. This article delves into why *nidra veg* is important for our health, highlighting its role within the framework of *trayopasthambha*.

#### Aims and Objects:

To explore the importance of *nidra veg* (the urge to sleep) and its role in health.

#### Materials and Methods:

The basic and conceptual materials were collected from the Ayurvedic classics *Brihatrayi* and *Laghutrayi* with their available commentaries, research papers and Journal.

#### Literature Review:

The three sub-supports, they are: food, sleep and continence. The body being sustained by the right use of these three sub-supports grows in strength, complexion and size, and endures for the full pre-ordained span of life, provided that no indulgence in unwholesome

things, such as pointed out in this treatise, is practised.<sup>[1]</sup>

### **Understanding *nidra veg*:**

*Nidra veg* refers to our natural urge to sleep, a crucial function that allows our bodies and minds to recharge. Ayurvedic texts emphasize the importance of sleep for maintaining health, supporting healing, and balancing our body's energies, known as *doshas*.

Happiness and sorrow, growth and wasting, strength and weakness, virility and impotence, knowledge and ignorance, as well as life and its cessation depend on sleep. Sleep, indulged in either out of time or over-much or not at all, swallows up life and happiness like unto another Night of Destruction. That very sleep, when indulged in rightly, makes a man's life happy and long even as the knowledge of truth, as it dawns, brings wondrous powers to the yogi.<sup>[2]</sup>

### **The Ayurvedic Perspective on *nidra*:**

1. **Rejuvenation and Healing:** According to the Charaka Samhita, sleep is a time for recovery and restoration. During *nidra*, our bodies engage in vital processes like tissue repair, hormone regulation, and mental rejuvenation. This holistic perspective is essential in Ayurveda.
2. **Balancing the *doshas*:** Getting enough sleep is key to keeping our three *doshas*—*vata*, *pitta*, and *kapha*—in harmony. The Sushruta Samhita notes that sleep disturbances can disrupt this balance, leading to various health issues. For instance, not getting enough sleep may worsen *vata*, which can cause anxiety and restlessness.

3. **Mental Clarity and Emotional Stability:** Quality sleep is vital for our mental health, giving our minds the rest they need. Good sleep enhances our memory, concentration, and emotional regulation, in line with Ayurvedic teachings that emphasize mental and emotional wellness.
4. **The Role of *sattva*:** Ayurveda also highlights the concept of *sattva*, which refers to mental clarity and purity. Sufficient sleep supports the development of *sattva*, helping us achieve greater emotional balance and mental clarity, as noted in the *Yoga Sutras* of Patanjali.

### **Importance of *nidra veg* in *trayopasthambha*:**

1. **Foundation of Health:** Within the framework of *trayopasthambha*, *nidra* is essential for sustaining our health. Just as food nourishes us, sleep replenishes our bodies. Ignoring our need for sleep can lead to chronic fatigue, weakened immunity, and a range of health issues.
2. **Preventing Disease:** Insufficient sleep can compromise our immune system, making us more vulnerable to illnesses. Ayurveda teaches that well-rested individuals are generally more resilient and better equipped to cope with stress and health challenges, as highlighted in the *Ashtanga Hridayam*.
3. **Enhancing Digestive Fire (*agni*):** Good sleep is also crucial for maintaining *agni*, or digestive fire. Ayurveda emphasizes that a strong digestive fire is essential for good health. Poor sleep can disrupt our digestion, leading to problems like indigestion and the accumulation of

toxins (*ama*), as explained in the Charaka Samhita.

4. Facilitating *sattva*: Sleep helps cultivate *sattva*, contributing to clarity, peace, and joy—elements vital for our emotional and spiritual well-being. This understanding aligns with Ayurvedic teachings that stress the connection between physical health and mental clarity.

#### Discussion:

*Nidra veg* is crucial for bodily restoration and immune function, highlighting the importance of sleep in self-care. It maintains balance among the three doshas—*vata*, *pitta*, and *kapha*—where disruptions can lead to health issues, underscoring the need for personalized Ayurvedic approaches. Quality sleep enhances mental clarity and emotional stability, positively impacting cognitive function and relationships. Additionally, adequate sleep strengthens the immune system and reduces the risk of illness, supporting preventive health practices. Sleep also plays a vital role in maintaining digestive fire (*agni*), as poor sleep can disrupt digestion, reflecting the interconnectedness of Ayurveda's health principles.

#### Conclusion:

In summary, *nidra veg* is a key element of Ayurveda's holistic approach to health, especially within the context of *trayopasthambha*. Recognizing and respecting our natural urge for sleep is essential for achieving balance in our physical, mental, and emotional lives. By prioritizing quality sleep, we can enhance our overall well-being, prevent illness, and support our journey toward a healthier and more balanced life. Embracing *nidra* not only enriches our health but also aligns with the core principles of Ayurveda, promoting a harmonious existence that resonates with the rhythms of life.

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