



Study the importance of *nidra* for maintenance of health.

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ABSTRACT - *Ayurveda* helps in keeping balance, harmony and equilibrium in all physiological activities of body and mind. Sleep is important because it affects our mental, physical and emotional well being. *Ahar*, *nidra*, and *bhramcharya* are essential for promoting healthy life. *Nidra* as one of the most dimensions of health associate with happiness and good health. The aim of this conceptual article is to compile and reevaluate the various principles related to different aspect of *nidra* (sleep).

Keywords- *Nidra*, lifestyle, *Divaswap*, *Ratrijagaran*.

INTRODUCTION - The three pillars which support the body are *Ahar*, *Nidra* and *Bhramhacharya*. If they are observed properly with *Yukti*, they support the body and make it *Sthira*. It becomes well endowed with *Bala*, *Varna* and *Upachay* till the completion of lifespan. *Ayurveda* has given a lot of importance to *Nidra* in our daily life for the maintenance of health. Next to *Ahar* the *Nidra* is the second most important for life. *Sushrut* coated that sleep is enjoyment of pleasure by body and sense organs. As *Nidra* being chief nourisher at the body, it plays an important role in promotion of health and prevention of diseases. In *Ayurveda*, the *Nidra* has

been said to be *Ratriswabhaba Prabhava*. According to *Charak* it is called as *Bhutadhatri* and it nourishes all the living beings. When body and mind feels fatigue, then they become unable to respond to subjects of all senses and this provokes *Nidra*. An ancient time, people were following ideal lifestyle. Therefore people were not much get affected by various types of diseases. In modern era of civilization due to growing, use of technologies and increasing competition, changing lifestyle especially sleeping pattern has become a leading cause for manifestation of many diseases.

AIM - To elaborate the importance of *Nidra* in maintaining the good health by literature review.

OBJECTIVE- To study the importance of *Nidra* in maintaining the good health

MATERIAL - literature review from *samhita*, literature review from modern text, Journals and website.

METHODS- Conceptual study.

RESULT - After the detail review of literature, it can be said that, increasing sedentary lifestyle which includes disturbed sleep pattern due to growing use of technologies, leads to onset of many diseases. Therefore proper *Nidra* is important for the maintenance of health.

Types of Nidra-

According to Charak¹

- 1) Tamobhava
- 2) Shleshmasamudbhava
- 3) Manah sharir shrama sambhava
- 4) Agantuki
- 5) Vyadhyanuvartini
- 6) Ratrisvabhav prabhava.

According to Ashtang Sangraha²

- 1) Kal swabhavjanya
- 2) Amaykhedprabhava Nidra
- 3) Chittakhedajanya Nidra
- 4) Dehakhedajanya Nidra
- 5) Kaphajanya Nidra
- 6) Agantuki Nidra
- 7) Tamobhava Nidra

According to Sushrut Samhita³ -

- 1) Tamasi Nidra
- 2) Swabhavik Nidra
- 3) Vaikarik Nidra

Importance of Nidra- Happiness, misery, nourishment, strength, weakness, virility, sterility, knowledge, ignorance, life and death, all these occur depending on the proper or improper sleep. Proper sleep leads to increase in Agni and Dhatusamy⁴

Physiology of Nidra-

Ayurvedic View⁵

According to Acharya Charak sleep is nothing but a combined

Stage of mind and body.



When the mind withdraw its attention from its work



And the sense organs get tired due to heavy work load



Then this combined stage leads into the sleep

Modern View⁶-

Sleep is divided into 2 types

- 1) Eye movement (REM sleep)
- 2) Non rapid eye movement (NREM or Non REM sleep)

Each type has a distinct set of physiological and neurological features associated with it. REM sleep is associated with dreaming, desynchronized and faster brain waves, loss of muscle tone and suspension of homeostasis. REM and Non REM sleep are so different that physiologist classifies them as distinct behavioral states. In this view REM and Non REM and waking represents the 3 major modes of consciousness, neural activity and physiological regulations. According to the Habson and Mccarly activation- synthesis hypothesis proposed in 1975-1977, the alteration between REM and non REM can be explained in terms of cycling, reciprocally influential neurotransmitter system.

Especially during non REM sleep, the brain uses significantly less energy during sleep than it does in working. In areas with reduced activity, the brain restores it's supply at adenosine triphosphate, the molecule used for short term storage and transport of energy. During slow wave sleep, human secretes bursts of growth hormone. All sleep even during sleep, is associated with secretion of prolactin.

Sleep increases an organism's sensory threshold. In other words, a sleeping creature perceives few stimuli, however it can generally still respond to loud noise and other silent sensory events. Key physiological indicators in sleep include EEC of brain waves, electrooculography (EOG) of eye movements, and electromyography (EMG) of skeletal muscle activity. Simultaneous collection of these measurements is called

polysomnography and can be performed in a specialized sleep laboratory.

Improper Nidra and their Effects-

Improper sleep includes-

- 1) *Akali Nidra*
- 2) *Divaswap*
- 3) *Ratrijagran*
- 4) *Atinidra*
- 5) *Nidranash/ Anidra*

1) *Akali Nidra*⁷- *Ayurveda* mentioned some rules for a good sleep, which can help to maintain the life active and healthy. *Acharya* told many basic theories about the *Nidra* along with the side effects of not getting proper sleep at proper time. In this quote, they mentioned the same theory, sleep indulged at improper time in excess or not at all. *Akali Nidra* causes *Jwara*, *Sharirshaijhyia*, *Pratishaya*, *Shirashula*, *Shohta*, *Rhulhas*, *Aagnimandya*, *Strotorodha*.

2) *Divaswap*⁸- Sleep during day time increases *Kapha* and *Pitta Dosha* which increases unctuousness in the body and causes diseases related to them.

3) *Ratrijagaran*⁹ ¹⁰ - Awake at night causes roughness in the body. If one remains awake at night then *Vata Dosha* gets vitiated which vitiates the *Agni* and leads to inappropriate digestion of food. Vitiating of *Vata* more harmful for digestion than *Pitta* and *Kapha*.

4) *Atinidra*¹¹ - Oversleep leads diseases due to increased *Kapha Dosha* such as DM, Obesity etc.

5) *Nidranasha / Anidra*¹² - Inadequate sleep leads to increase *Vata Dosha* wasting of tissue, emaciation, causes of insomnia.

Relationship between Nidra and Dosha, Dhātu, Malas.

In spite of *Kaph* dominant process, *Nidra* maintains the equilibrium

between three *Doshas*. In classics, it is mentioned that in *Kaphaj Vikaras Nidra* and *Tandra* are commonly seen, in *Vataja Vikaras Nidranasha* occurs and *Pittaja Vikaras Alpanidra* manifest. By means of proper sleep the *Dhatusamyā*, nourishment of the body, increases the strength and the stability of *Ayu* are achieved. By proper sleep the digestive power is properly maintained and the *Agni* functions remains in normal condition. Evacuation of the bowel and emptying of urinary bladder take place properly if a person sleeps well. Bad habits like *Ratrijagaran* and *Divaswap* have been stated to provoke all three *Doshas*.

Types of Bed and their Effects¹³ –

1. *Anukula Shaya* (comfortable Bed) – it is considered good for proper sleep, nourishment, pleasure, relieves tiredness, pacifies the vitiated *Vata*, and aphrodisiac.
2. *Bhumishaya* (on ground) – it can pacify the vitiated *Vata*, nourishes human body gives strength and aphrodisiac.
3. *Khatva* (Cot) – causes vitiation of *Vata*.
4. *Darupatta* (wooden planks) – it is unctuous and highly *Vata*.
5. *Andolika* (Hanging bed) – it relieves tiredness, leads to long life, plumpness, aphrodisiac, alleviates vitiated *Vata*, decreases sweating, pleasing to mind.
6. *Talpa* – it helps to decrease weight. It is good for health of skin.

CONCLUSION - It is observed that the person have sufficient sleep, can attain positive energy and a enthusiasm to perform work. And ultimately lead to a better and healthy life. Sleep is a chief nourisher at life's feast. It occurs due to increased *Tamoguna*. Active anabolism

and passive catabolism in Nidra helps to repair body damage at cellular level.

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