

THE STUDY OF NIDRA W.S.R. TO NIDRANASHA AND ITS MANAGEMENT BY PADABHYANGA

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Article Received on
09 March 2021,

Revised on 30 March 2021,
Accepted on 19 April 2021

DOI: 10.20959/wjpr20215-19932

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ABSTRACT

Ayurveda is essentially the science of life. In Ayurveda Trayaupasthamba are given which include Aahara, Nidra and Brahmacharya. These are the three sub-pillars, which support the main pillar that is the sharira (body) itself. According to Ayurveda Nidra play an important role in every person's life. It becomes as main causative factor for sharirik Rogas and also in Manas Rogas. Vitiated Vata and Pitta dosha are responsible for the Nidranasha. When these three sub-pillars are observed or maintained properly then only the main pillar sharir will be endowed with Bala, Varna and Upachaya. Nidra plays an important role in development,

sustenance, reproduction and termination of life. Improper Nidra is the cause of many diseases. Nidra is most important factor for both the swasth(healthy) and aatur(diseased) persons. It was observed that the proper sleep is the only means of survival. The correlation of Nidra with life can be very well studied by many scholars from the actual experience in there practice life. Those who have proper Nidra live a long life and those not doing so get diseased soon.

KEYWORDS: Nidra, Trayaupasthamba, Nidranasha etc.

INTRODUCTION

Nidra plays an important role in development, sustenance, reproduction and termination of life. Various pathological conditions are arising as a result of improper Nidra. Many physicians stated that for most chronic conditions and non-emergency situation people should avoid drugs and try natural approach. Many researches have made their valuable

contribution in finding; cure and prevention of diseases and also treatment of diseases primarily due to improper nidra. Ayurveda also provide details about Nidra. Now a day many people struggle for good sleep. Because of Stressful, very busy and fast way of living created a hazardous health problem like DM, HTN etc. The Nidranasha is one among them. Nidranasha is referred as Insomnia in modern science. They try to inducing sleep artificially by consuming drugs like sedatives, narcotics etc. This drug becomes habitual for that person and long term use of these drugs causes injury to his health. So the world is in search of a proper therapeutic measure, which is effective in the management and cure of the burning problem with least or no side effects. In Ayurveda a detailed description about Nidranasha and its Chikitsa has been mentioned. The Padabhyanga is one of the procedures or chikitsa mentioned as effective treatment for Nidranasha. Hence the present study was undertaken to find the importance of Nidra and to assess the effect of Padabhyanga in the management of Nidranasha.

AIMS AND OBJECTIVES

1. To study in detail about Nidra and Nidranasha.
2. To assess the effect of Padabhyanga in the management of Nidranasha.

REVIEW ON NIDRA

The Ayurveda have given importance to the sleep by considering it one among Trayaupasthamba and discussed its role in maintenance of life.

निद्रायत्तं सुखं दुःखं पुष्टिः; कार्श्यं बलाबलम्
वृषता क्लीबता ज्ञानमज्ञानं जीवितं न च ॥¹ च.सु. २१/३६

The happiness, nourishment, strength, virility, knowledge and life depend on the proper or adequate sleep. Charaka has called the sleep as Bhuta Dhatri which occurs by nature of night that nourishes all the living beings²

SYNONYMS

Shayanam, Svapah, Svapnam, Sambashah (Amarakosh).

DEFINITION OF NIDRA

यदा तु मनसि क्लान्ते कर्मात्मानः क्लमन्विताः।

विषयेभ्यो निवर्तन्ते तदा स्वपिति मानवः॥³ च.सु. २१/३७

Sleep occurs when manas and indriyas get tired by doing their work. Sleep is nothing but the manas temporarily loses the contact with Jnanendriya and karmendriya which is termed as Nidra.^[4]

FACTORS CAUSING NIDRA

1. Tamo guna

According to acharya Sushruta Utpatti of Nidra is occurs in Hridaya. When Hridaya is covered by Tama guga, then the person goes to sleep.^[5]

2. Kapha dosha

Sushruta mentions that when the Saujna vaha srotas are filled with kapha and indriyas are deprived from their respective objects of senses, then the person goes to sleep.

3. Shrama

Charaka states that when the mind including Jnanendriya and karmendriya are get tired by doing their work at that time they dissociate themselves from their objects and then the individual sleeps.^[6]

IMPORTANCE OF NIDRA

1. Getting proper sleep brings happiness nourishment, strength, virility, knowledge and maintains the life.
2. As knowledge brings about siddhi in a yogi similarly a proper intake of sleep brings about happiness and longevity in human beings.
3. Adequate sleep during night times makes the balance of the Dhatu and provides good complexion good strength and good digestive power.
4. Persons having proper intake of sleep at proper time will not suffer from disease.

TYPES OF NIDRA

According to Acharya charaka the types of nidra are

1. Tamobhava Nidra
2. Shleshma samudbhava Nidra
3. Mana shrama Sambhava Nidra
4. Shareera Shrama Sambhava Nidra
5. Agantuki Nidra
6. Vyadhanuvartini Nidra

7. Ratri swabhav prabhava Nidra.

According to Acharya Sushruta types of Nidra are

- 1) Tamasi
- 2) Svabhavika / Vaishnavi
- 3) Vaikarika

According to Acharya Vagbhata types of Nidra

- 1) Tamo bhava
- 2) Kapha bhava
- 3) Chittakhedaja
- 4) DehaKhedaja
- 5) Agantuki
- 6) Kala Svabhava
- 7) Amayaja

1. Tamobhava Nidra

Ge The sleep is occurs due to the effect of Tama guna. When Satva and Raja are diminished in excess and Hrudaya is covered by the vitiated Tamas, sleep occurs.

2. Sleshma Samudbhava Nidra

When the shleshma is increases in our body the sleep induces which is termed as Sleshma Samudbhava Nidra.

3. Manah Shrama Sambhava Nidra

The sleep is also said to be produced as the result of exertion. Due to excessive mental stress and strain the mind gets exhaust and unable to perform its activities; as a result the individual gets sleep.

4. Sharira Shrama Sambhava Nidra

The sleep also caused due to physical exertion, when a person do excess physical activities he feels too much tired, the body and mind desire to take rest.

5. Agantuki Nidra

Sometime Nidra occurs due to unexplainable reason. This sleep becomes the signal as Arishta.

6. Vyadhanuvartini Nidra

In the diseases like Sannipataja Jwara where in along with the severe weakness the patient coming under this condition just similar to coma, this sleep is termed as Vyadhyanuvartini Nidra.

7. Ratri Swabhava Prabhava Nidra

Nidra comes at a particular time in the night. There is no particular reason for this sleep and it is also termed as Bhutadhatri.

Divya Swapna

In the grishma season because of roughness due to Adana, aggravation of Vayu occurs hence day sleep recommended which is called as divya swapna. By day sleep in seasons other than grishma, Kapha and Pitta are vitiated. Hence day sleep is not recommended in those seasons.

Nidranasha

Loss of sleep is caused by aggravation of Vata and Pitta, exhaustion of the mind, loss of tissues and injury to body it gets cured by indulgence in opposites.

Causes for Loss of Sleep

Purgations of the body and the head, vomiting, inhalation of smoke, hunger, thirst, pain, happiness, grief, sexual intercourse, fear, anger, worry and such other emotions, uncomfortable bed, effect of diseases, increase of Vata and Pitta in the body. All these are the causes for loss of Sleep.

Effect of loss of sleep

Loss of sleep causes pains all over the body, feeling of heaviness of the head, yawning, laziness, tiredness, giddiness, indigestion and disorders by increased Vata. If one keeps awake at night due to any reason then he should compensate it by sleeping in the next morning for half of that time.

Table No 2: Nidranasha as a Lakshana in various diseases.

Sr no	Diseases	Charaka samhita	Sushruta samhita	Astang hridaya
1	Vataja jwara	Prajagarana	Nidranasha	Jagarana
2	Pittaja Jwara	-	Nidralpata	-
3	Vatapittaja Jwara	-	Svapna nasha	Anidrata
4	Tridoshaja Jwara	Nidranasha	Nidranasha	Nidranasha
5	Pitta vridhi	-	Alpa nidra	Alpanidra
6	Kamaja jwara	-	-	Nidranasha

INSOMNIA

Insomnia means loss of sleep, might be due to many reasons.

Types - Insomnia is of 2 types

- A) Primary – No disease cause for insomnia
- B) Secondary – Caused due to one of many medical conditions that leads to loss of sleep.

A) Primary Insomnia

About 15% of all the insomnia is primary origin they are rare in child hood and adolescence but become more prevalent as age advances. Females are more affected.

Symptoms of Primary Insomnia

- 1) Difficulty to initiate sleep.
- 2) Not related to any mental or physical disorders.
- 3) Person has excessive worry during the day make him unable to fall asleep.

B) Secondary Insomnia

Secondary to other disorders. Several psychological disorders are associated with insomnia. Also occur secondary to substance abuse like, alcohol, steroids and several others.

Padahyanga

निद्राकरोदेहसुखश्चक्षुष्यःश्र्मसुप्तिनुत्।

पाद्लडमूदुकारिवपधर्गः सदाहितः ॥ सु.चि २४/७०

By doing massage of feet with ghruta, coarseness, stiffness, roughness, fatigue and numbness of feet are alleviated in no time. Further increases (bala) strength and firmness in feet. There is no occurrence of sciatica, cracking of souls and constriction of veins and ligaments.

Massages softness the skin, balanced kapha and vata also promotes dhatus and complexion and strength. Massage of feet bring sleep (nidra),it is also a pleasing and beneficial for netras(eyes), removes fatigue, numbness and softness of the skin of feet. Padahyanga induces sleep. It removes physical strain and numbness. Also it is good for the skin of feet.

MATERIALS AND METHODS

Materials are collected from Classical texts books, Articles from internet, journals and other published works. Related source of the data from internet. The diagnosed patients of Nidranasha were selected by random sampling method from the OPD of the our hospital. Goghrita drug(sukhoshna) is advised for Padabhyanga for 10 min daily before going to sleep.

Sample size- 10

INCLUSION CRITERIA

1. Patients with classical signs and symptoms of Nidranasha.
2. Patients of both the sex.
3. Between age group of 20 - 60 year.

EXCLUSION CRITERIA

1. Patients with known cases of any systemic disorders.
2. Patients who are on antipsychotic treatment.
3. Patients of age below 20 years and above 60 years.

Subjective Criteria: Parameters were the clinical grading on signs and symptoms.

1. Jrumbha
2. Angamardha
3. Tandra
4. Shirogaurava
5. Akshigaurava
6. Bhrama

SCORING ASSESSMENT OF SUBJECTIVE VARIABLES

No Symptoms	-	G1(Normal)
1-3 Symptoms	-	G2(Mild)
4-6 Symptoms	-	G3(Moderate)
7-8 Symptoms	-	G4 (Severe)

OBJECTIVE CRITERIA WITH GRADING

Sr No	Scoring Assessment	Normal Grade (G1)	Mild Grade (G2)	Moderate Grade (G3)	Severe Grade (G4)
1	Difficulty in initiating Sleep	No Difficulty	1/2 - 1 Hr Difficulty	1½ - 2 Hrs Difficulty	2 ½ - 3 Hrs Difficulty
2	Disturbance during Sleep	No Disturbance	1-2times Disturbance	3-4times Disturbance	5-6times Disturbance
3	Sleep time	Adequate Sleep (6-8 Hrs)	Inadequate Sleep (4-5 Hrs)	Inadequate Sleep (2-3 Hrs)	Gets 1-2 Hrs Sleep / No Sleep
4	After awakening	Fresh	Sleepy/ Fatigued	Poor concentration	Irritable

Gradings for the improvement of individual variable are as below

- **Detoriated-** increase in severity score against the initial score.
- **stable** - severity score remains as the initial score.
- **Encouraging** - one degree reduction in the severity score of the initial score
- **Good** - two degree reduction in the severity score of the initial score

DISCUSSION

Anidra can also be said as Nidranasha which is enumerated in vatananatmaja vikara. It is also a symptom in many diseases as a vata pitta dosha vriddhikara lakshana. Kapha dosha, hridayam, mana, tamas guna and samjnyavaha srotas are responsible for sleep induction. Goghrita has vata pittaghna property. The Goghrita has madhura rasa, sheet virya and madhura veepaka which causes vitiated vata and pitta to reduced. Goghrita has best pittaghna property in all snehan dravya which helps in reducing pitta and vata dosha. Also helps in keeping balance of three dosha. In Nidranasha patient and also healthy one it acts as Rasayana. When it use as Padabhyanga agent it causes sleep inducing effect. Padabhyanga is a reliable procedure to do in the fast life and Goghrita is easily available in the market hence this snehan dravya was selected for present study.

DISCUSSION ON OBSERVATIONS

- **Age :** Out of 10 patients studied in this series, maximum 30 % patients belonged to Age Group 41-50 Yr And 31-40 Age Group, and 20 % In the age group 51-60 yrs and 20-30yr. In the age group of 41-50yr and 31-40yr most of servicemen, in them worry and Stress may be prime factor which vitiate the Vata dosha to aggravate resulting in Nidranasha.

- **Sex** : In this study the maximum number of patients 80% were males, whereas 20% were females. Which suggest its prevalence in male, may be due to more stress at work place.
- **Occupation** : Maximum 40% who were in service, followed by 30% of patients were farmer and 10% of patients were House-wives, 10% were students and 10% of patients were labor. The people may have mental pressure and excessive strain due to their higher officers which may be the cause for stress and worry. Next prone people are Farmer since few years the unpredictable change in environment makes him worried.
- **Good** : For difficulty in initiating sleep 01 patients, for Laxanas due to withholding sleep 01 patients showed good response at the end of treatment.
- **Encouraging** : For difficulty in initiating sleep 04 patients, for disturbance during sleep 03 patients, for sleep time 04 patients, for after awakening 03 patients and for Laxanas due to withholding sleep 06 patients showed encouraging response at the end of treatment.
- **Stable** : For difficulty in initiating sleep 05 patients, for disturbance during sleep 07 patients, for sleep time 06 patients, for after awakening 07 patients and for Laxanas due to withholding sleep 03 patients showed stability after treatment.
- **Detoriated** : None of the patients showed detoriated response after treatment.

CONCLUSION

Nidra play an important role in maintenance of all the Dhatu and Happiness, Virility, Nutrition. Also it helps in providing long healthy life to the every individual. Ayurveda has a great potential and acts as a good alternative in insomnia. By giving calmness in the race of today's very fast life person becomes prone to Nidranasha. In the present study, Manasika Nidanas like Chinta, Udvega etc. as well as Vata Prakopa (sharirik dosha) and Raja Prakopa (mansik dosha) plays a prime role in manifestation of the disease Nidranasha. Padabhyanga alleviates vata dosha and increases kapha dosha, increased kapha dosha enhances the tama dosha which counteract the rajo guna thus helps in inducing sleep. When Goghrita used as snehan dravya in Padabhyanga is beneficial to induce sleep also beneficial for eyes.

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