

IMPORTANCE OF NIDRA FOR LONGEVITY

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ABSTRACT

Ayurveda is the pioneer system of medicine, It is science of life and its main aim is to prevention of disease and treatment of disease. In Ayurvedic science, Nidra is one of most key factor responsible for a healthy life. It is a part of triupstambha (Aahar, Nidra, Brahmcharya), Three basic supporting factors on which the health of a person depends.^[1] Nidra is very important for daily life. It is essential for functioning of human being. If nidra is no taken properly can cause various health problems. Which will affects physical, mental health and sexual life. The main factors of affects nidra is abnormal life styles, Dincharya, Ritucharya. This article on ancient wisdom of ayurveda for importance of Nidra and longevity. Physiological and pathological significance of nidra.

KEYWORDS: Ayurveda, nidra, triupstambha, health, disease.

INTRODUCTION

Ayurveda is an ancient science. It is based on principle of maintaining a balance between the interrelated relationships within the body and environment. In Ayurveda one of the important factor for maintaining balance between body and mind is trayopstambha (Ahara, Nidra, Brahmacharya). Three supportive pillars of life. Out of which nidra is very important factor.

Nidra (Sleep) being as key part of our life, plays an important role in maintaining of health and prevention of disorders. Body is mainly supported by the acts performed in the previous which determined the present lifespan. But such acts are further supported by a systematic plan like intake of food, sleep and brahmacharya, So they are known as” Upstambha” Morphological derivation of nidra, The word nidra is feminine, Formed by the prefix (Ni+Dra+Rak+Ta).

This is a state of nature which causes enclose to the consciousness of a person Nidra is functionally important factor. It is an essential physiological phenomenon which occurs in the daily life. It is a part of normal physiology, It gives rest and relaxation to our body, mind and senses.

Disorders due to abnormal sleep is insomnia, para somnias, restless leg syndrome, headache etc.

According to charaka, work, age, disease habits and provoked vata are the reason of nidra nash or insomnia.

According to vagbhata, Nidra is tama and kafa pradhan.

According to charaka, 6 types of Nidra^[2]

1. Tamobhava
2. Shleshmasamudbhava
3. Manasharirsambha
4. Agantuki
5. Vyahianuvartini
6. Ratriwabhavprabhava

According to Susruta, 3 types of Nidra^[3]

1. Swabhaviki
2. Vaikariki
3. Tamasik

Acharya vagabhatta has classified in 7 types of nidra as following manner.^[4]

Age and sleep needed in hours

New born (0-2 months) - 10-12 hours

Infants (3-11 months)	- 14-15 hours
Toddlers (1-3 years)	- 12-14 hours
Preschoolers (3-5 years)	- 11-13 hours
School age (5-10 years)	- 10-11 hours
Teen (10-17 years)	- 8.5-9.25 hours
Adults	- 7-9 hours

AIMS

To maintain the concept of nidra in ayurvedic literature.

To understand the significance of nidra as a upstambha I. e. pillars of life.

OBJECTIVES

To understand physiology of sleep according to ayurveda and modern texts.

To understand the role of quality sleep in maintaining health.

METHOD AND MATERIAL

Material related to nidra, trayopstambha, disease and prevention. The main ayurvedic text used in this study are charaka samhita, susruta samhita, astanga samgrah, astanga hridaya, rog vigyan and current articles.

DISCUSSION

The important observation made during the study - Ayurveda included that sharira and satva both interact with one another in all round of life. Sleep is exactly connected with mental health. Sleep is appropriate significant to psychiatric disorders and periodically part of diagnostic criteria for specific diseases. In today`s generation peoples are not taking enough hours of sleep because of busy life styles and workload. Tension also granted its share in decreasing the sleeping time. If a normal person not taking enough sleep, he will become a patient.it is not a severe complication the start but later on side it convert to many health issues. Sleep occurs due to increased Tamaguna. During sleep anabolism is active and catabolism comparatively passive thus prevents body organs from injured and repairs damage at cellular level.

CONCLUSION

On the basis of above description, it can be achieved that appropriate sleep at proper time is very important for the improvement and progression of the body and mental health. It is

realized that the person have proper sleep according to the age, meteorological, somatic etc factor can obtain positive energy and a energy to perform work and lead to a better and healthy life. Sleep is very crucial for the well being of a person`s life. Sleep is a condition when both the mind and the body are at rest. nidra is a key factor to play a big role in our healthy life. thus sleep is important for survival. We can improve the sleep and promote health.^[5]

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