

ROLE OF NIDRA IN HEALTHY LIFE**Dr. Ganesh Kathane*¹ and Dr. Rajkumar Bobade²**¹PG Scholar, Department of Swasthavritta, College of Ayurved and Research Centre, Akurdi.²Faculty, Head of Department, Department of Swasthavritta, College of Ayurved and Research Centre, Akurdi.Article Received on
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Swasthavritta, College of
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Centre, Akurdi.**ABSTRACT**

Ayurveda approaches life in a particular way to prevent disease and promote a healthy life by following certain methods and therapies in day to day activities (dinacharya/ratricharya) which could be considered as a part of a health promotion among the fast moving people of this 21st century. Nidra has been given enough importance in ayurveda, it being labeled as the trayopastambha. Proper sleep is essential for a healthy life. In this article nidra and its importance is highlighted from the samhitas to give an overview about the essentiality of sleep in day to day life.

KEYWORDS: Nidra, trayopastambha, healthy life.**INTRODUCTION**

Sleep is a biologic process that is essential for life and optimal health. Sleep plays a critical role in brain function and systemic physiology, including metabolism, appetite regulation, and the functioning of immune, hormonal, and cardiovascular systems. Normal healthy sleep is characterized by sufficient duration, good quality, appropriate timing and regularity, and the absence of sleep disturbances and disorders. According to charaka happiness and sorrow, growth and wasting, strength and weakness, virility and impotence, knowledge and ignorance as well as the life and it's cessation depend on sleep. These are the benefits of proper and sound sleep occurring in the healthy individuals. The sleep has some evil effects also. If it is excessive untimely it has got adverse effects on the body which have been described by Charka who warns that the sleep indulgence in either out of time or in excess or not at all, swallows up the life and happiness like another night of destruction.

Definition of nidra^[1]

When the mind and indriya's get exhausted, they withdraw themselves from their objects and the individual sleeps. Sleep is nothing but location of mind in a place unconnected with sensory and motor organs.

Types of sleep

Charak^[2]	Sushrut^[3]	Vagbhat (As.s.su8/49)
Tamobhava	Vaishnavi	Tamobhava
Shleshma samudbhava	Tamsi	Shleshma samudhbhava
Manasharirram sambhava	vaikariki	Mana sramsambhava
Agantuki		Sharir sramsambhava
Vyadhyanuvartini		Asgantuka
Ratrisvabhava prabhava		Vyadhyanuvartini
		Ratrisvabhava prabhava

- 1) Tamobhava nidra- when the channels responsible for consciousness get influenced by tamas, then tamosambhava sleep is produced, it is difficult to arouse a person from sleep, usually it occurs during time of pralaya. The person may sleep day and night.
- 2) Shleshma smudbhava – This type of sleep is produced due to aggravation of kapha.
- 3) Manah sramsambhhava- This sleep is produced due to mental exhaustion.
- 4) Sharira srama sambhava- this sleep produced due to physical exhaustion.
- 5) Agantuka/rista bhuta- Produced due to tamas with the bed signs without any disease is agantuki sleep.
- 6) Vyadhyanuvartin - Sleep produced due to kapha disorder is vyadhyanuvartini.
- 7) Ratrisvabhava prabhava - It is natural sleep which occurs during night. In the person with predominant satva guna, sleep is produced at midnight. Aggravation of vata depletion of kapha dosha, mental and physical lead to improper sleep.

Physiology of sleep: When tamas guna increases the person sleep. When satva guna increases person awakens. Naturally the tamas and satva guna qualities alternately are held responsible for sleep and awakening. Heart which is like the lotus in the downward direction, blooms in wakeful state and closes while asleep.

It is like maya of Vishnu, it naturally comes to all beings. It is also known as papini as it destroys all means, through which good action can be done at that time.^[4] The sleep caused by nature of night is excellent sleep. It keeps everyone lively, nourishes them like mother, so called as bhutdhatri.^[5]

Relation of sleep with health^[6]

Happiness, misery, nourishment, emaciation, strength, weakness, sterility, virility, knowledge, ignorance, life and death, all are dependent on proper or improper sleep. Untimely and excessive sleep take away both happiness and longevity like kala ratri i.e. fierceful night. At the same time if properly enjoyed, they bring about happiness longevity to human being as real knowledge ie satya budhi brings about siddhi to yogi.

Proper way to sleep^[7]

Over a comfortable bed in home and at proper time at which sleep is accustomed, one should go to sleep. Awakening at the night increase dryness in the body.^[8] Day sleep increase unctuousness in the body and sleeping in sitting posture during day time does not increase weight induces obesity where as less sleep produce emaciation.

Diwaswap

Doshaprakopa by diwaswap

Sushrut^[9]	Charaka^[10]
Tridosha prakopa	Kapha pitta

Indications^[11]	Contraindications^[12]
<ul style="list-style-type: none"> • Singers • Students • Sexually active individuals • Daily wage workers • Ajeerna patients • Urakshata patients • Children, aged, emaciated • Shwas & Hikka patients • Ratrijagran 	<ul style="list-style-type: none"> • Obese • Kapha prakruti • Kaphaj roga • Daily indulged in excess intake of oil and ghee

In Grishma rutu one is allowed to take diwaswap. diwaswap is contraindicated in other rutus.^[13] Dushivisha and kantha roga patients are not advised to sleep even in the night.^[14]

Unhealthy sleep^[15]

The sleep produced due to tamas is the root for bad deeds and produced due to disease. Other than that day sleep leads and produced due to disease like obesity and disease due to over nourishment.

Disease produced due to improper sleep^[16]

Improper sleep will lead to different disease like Halimaka (type of jaundice) headache, heaviness of the body, fever, giddiness, mental disturbances, obstruction of channels, diminution of Agni, edema, tastelessness nausea, rhinitis, half side headache, itching, body ache, urticaria, ulcers, cough, drowsiness, disease of throat and features of poisoning.^[17]

According to Yog shastra, five type of chitta vritti are described. Sleep is a special vritti, and asampragyata Samadhi and ekagritta are different. And also described tandra, murcha and nidra. Nidra reation with trigunas are described.

Treatment of Anidra and Atinidra

Excessive sleep should be treated by emesis, purification procedure, langhana, blood letting and mental stimulants.^[18]

Insomnia should be treated through abhyanga, utsadana, snana, gramya and anupa rasa sevan, shali anna with dadhi or ksheera, pleasant mind and talks.^[19]

Summary

Nidra is an essential regimen for an individual. As we see that today less importance is given for proper sleep and sleep being a trayopasthambha hampering it would produce various diseases which are evident today in the fast growing world. Hence nidra should be given utter importance and is necessary for a healthy life.

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