

# “To study the role of Nidra for maintenance of health-A Literature Review”

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## Abstract:

Aahar, Nidra and Brahmacharya are three important pillars described by Charakacharya under ‘Trayopstambha’. which plays very important role in maintaining prevention and promotion of health. Due to hectic modern life style natural pattern of sleep is getting disturbed. So problems like irritability, depression are getting worst, so disease like Nidranash (Insomnia) is developed.

Hence to stay away from such problems, Nidra is most important. According to recent advances sleep as a time of rest and recovery from the stress of everyday life, research is revealing that sleep is a dynamic activity, during which many processes vital to health and well-being takes place.

**Keywords:** Nidra, Sleep.

## Introduction:

Nidra is the mental operation having the absence of cognition for its grasp. The commentator Vyas made it clear that Nidra is a state of unconsciousness, but the consciousness remains about his own unconsciousness. Acharya Charaka and the commentator Chakrapani and Gangadhar explained that when the mind as well as soul gets exhausted or becomes inactive and the sensory and motor organs become inactive then the individual gets sleep (Nidra) New evidence shows that sleep is essential to help in maintain mood, memory, and cognitive performance. It also plays a vital role in the normal function of the endocrine and immune systems. In fact, studies show a growing link between sleep duration and a variety of serious health problems, including obesity, diabetes, hypertension, and depression.

So this topic to study the role of Nidra for maintenance of health.

## Aim:

To study the role of Nidra for maintenance of health.

## MATERIAL AND METHODS

### Literature Review:

#### Nidra Definition:

Nidra is a condition in which the Atma doesn't have desired for anything and also doesn't dream anything and this condition is called Sushuptavastha or Nidra. Nidra is the mental operation having the absence of cognition for its grasp.

#### In Charak samhita:

Acharya Charaka and the commentator Chakrapani and Gangadhar explained that when the mind as well as soul gets exhausted or becomes inactive and the sensory and motor organs become inactive then the individual gets sleep (Nidra).

#### In Sushruta Samhita:

According to Sushrutacharya the Hridaya is the site of chetana dhatu in human beings. Whenever the heart is enveloped in the elusive effect of tama guna of mind, so it causes Nidra. The fundamental law of nature is the outcome of tama guna is Nidra and awakening process is due to satva guna. When there is increase in tama guna it causes the affection of indriya and the soul which never sleeps also goes in sleeping state.

Tama Guna shows its effect on the external and internal organs of the body. Internal organs refer to mind and external organs refer to the Indriya and which holds the key to both i.e. happiness and sorrow.

#### In Aashatang Sangrah -

According to Vagbhatacharya, mentioned the conditions of the Dosha in the body during Nidra. At the time of Nidra, Kapha dosha increases, pitta dosha remains in equilibrium stage while Vata

Dosha keeps on decreasing. Other than this pattern of Nidra is followed by the Dosha then it may lead to various symptoms and diseases like agnimandya, shirashool, Tandra, Upalepa, Hridroga, Gatra-gauravta (heaviness in body) etc.

## IMPORTANCE OF NIDRA:

Ahara, Nidra and Brahmacharya are the three factors which play an Important role in the maintenance of a living organism. In the Ayurvedic literature, these factors i.e. Ahara, Nidra and Brahmacharya have been compared with the three legs of sub- support and have been termed as the three Upastambhas. Acharya Charaka has described the merits and demerits of nidra.

Nidra maintains happiness and unhappiness, nourishment and emaciation, strength and debility, virility and impotence, knowledge and ignorance, life and death. Thus the normal Nidra at proper time and for proper period maintains health.

If proper Nidra has taken at night by an individual, then he or she may remain happy, fresh and active throughout the day. Proper Nidra helps in binding the body and general physique. But on the other hand, if Nidra



is taken at improper time and in fewer amounts or when taken at abnormal timings, it directly affects the body and mind.

When Nidra is not taken for 2-3 days or more, firstly the mind is affected the most along with, the power of the working organs thus leading to generalized debility. Nidra also affect the sexual power of an individual as it helps in strengthening the body and simultaneously helps in balancing the digestive power through which it helps in converting the aahar rasa into seven dhatus and last not the least the i.e. Shukra dhatu. If nidra not taken for long interval then, it may also affect the life of man thoroughly as it may cause death.

Charakacharya explains that, for the maintenance of body and its happy state, everyone has to be depending on Nidra as much as on diet. Charakacharya Briefly explained the Comparison of importance of Nidra with that of diet, as far as diet is concerned, it gives energy

for each and every activity of the body and helps in rejuvenating the body. Similarly, Nidra has also keen role for the body. Not only Nidra can cause happiness in life but also responsible for obesity as well as leanness. Nidra, after meals in the afternoon may leads to increase in the obesity and awakening at night causes leanness.

Ayurveda stated that, Nidra taken after meals in the afternoon increases the kapha dosha. Kapha is the main constituent to increases the meda dhatu of the body. But if an individual awakes at night, vata dosha of the body will be increased which have antagonistic action to that of the kapha. Hence it will cause the leanness in the body. According to Acharya Charaka, a good Nidra taken at night maintains the balance in the sapta Dhatu of body, increases the strength and power of the body. Kapha dosha helps to builds and rejuvenate the body. So Nidra causes a happy and healthy equilibrated life of a human.

## **TYPES OF NIDRA :**

### **According to Acharya Charaka:**

1. Tamobhava 2. Shleshmasamudbhava 3. Manah Sharir shramasambhava 4. Agantuki 5. Vyadhyanuvaritini 6. Ratriswabhavaprabhava.

### **According to Acharya Sushruta types of Nidra:**

1. Swabhaviki Nidra 2. Vaikariki Nidra– 3. Tamasi Nidra:

### **Effects of Nidra –**

The Nidra has a definite relation with various physiological functions like Dosha, Dhatu, Mala etc. and mental and spiritual activities.

According to Charakacharya, Nidra affects our daily functioning and our physical and spiritual health in many ways.

Happiness, misery, nourishment, emaciation, strength, weakness, virility, sterility, knowledge, ignorance (agyan), life and death these are dependent Upon Nidra. Like the night of destructions, untimely and excessive nidra and prolonged vigil take away both happiness and longevity. The same nidra, if properly enjoyed brings about happiness and longevity in human being as the real knowledge brings about Siddhi (Spiritual power) in

Yogin. The man should indulge in Nidra properly. So the person will be free from disease, will have pleasant mind, endowed with strength, color and virility, and with beautiful appearance lives for hundred years.

#### **Importance of nidra in prevention of disease in Ayurveda:**

During sleep sympathetic activity decreases; while parasympathetic activities sometimes increases therefore the blood pressure falls, pulse rate decreases, BMR falls by 10% to 20%, muscle tone decreases, skin vessels dilates and activity of gastro-intestinal tract sometime increases.

The disturbed sleep pattern is a part of changing lifestyle which leads to onset of many diseases like Hypertension, Diabetes mellitus, Obesity etc.

During normal daily physical and mental activities catabolism tends to be greater metabolism after hours of wakeful phase, a state of tiredness of body resulting in sleep therefore a man who works hard exert more physically and mentally would requires hours of sleep. If we do not take proper sleep at night then there will be indigestion. Disorders are causing due to improper sleep are Agnimandhya, Ajirna, Amlapitta, headache, constipation. It also affects on nervous system causing mental disorders like lack of concentration, insomnia, inability to concentrate, poor judgement, memory problem, mood disturbances, anxiety, depression. Acharya Sushruta in 24th chapter of chikitsa sthan said that "Wholesome and timely sleep brings about homeostasis in bodily tissue.

#### **Conclusion:**

Nidra plays important role in maintaining good health and helps to avoid life style disorders.

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