



AYURVEDA PERSPECTIVE OF NIDRA & ANIDRA; ROLE TOWARDS SWASTHAVRITTA

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ABSTRACT

Ayurveda is a science of healthy life help to balances physical, mental and spiritual components of health. Ayurveda not only applied scientific approaches for the maintenance of good health but it also correlates holistic and spiritual constitutions with health of human being. Ayurveda described *Swasthavritta* as an important aspect of life; *Ahara*, *Nidra* and *Brahmacarya* are three vital pillar of healthy well being. *Nidra* is a state which allows physical and mental relaxation of body. Ayurveda considered *Nidra* as an important aspect of *Swasthavritta* which play significant role towards the good physical and mental status. There are various factors such as; environmental; stress and diversified habits may disturb physiology of *Nidra*, this disturbance need to correct for achieving goal of *Swasthavritta*, present article elaborates various aspects of sleep (*Nidra*) and diversified effects of *Anidra*.

KEYWORDS: *Swasthavritta*, *Ayurveda*, *Nidra*, *Anidra*.

INTRODUCTION

Ayurveda considered *Swasthasya swastha rachanam* and *Aturasya vikara prashanam* as basic goals for achieving good health, continuation to this Ayurveda mentioned concept of *Triupastambha*; *Ahara*, *Nidra* and *Bramhacharya*. The *Ahara*, *Nidra* and *Bramhacharya* contribute towards strength, growth and healthy well being. The *Nidra* considered one of the significant aspects for maintaining balanced mental and physical status and improper sleep means *Anidra* may cause various abnormal physiological conditions.^[1-5]

AIM AND OBJECTIVES

- To study role of *Nidra* for maintaining good health as per Ayurveda.
- To study rules of getting proper sleep.
- To study the relation between *Anidra* and diseased conditions.

MATERIAL AND METHOD

1. Selection of factors which are associated with *Nidra* & *Anidra*.
2. Establishment of relationship between *Nidra* and health status.
3. Correlation between *Anidra* & disease pathogenesis.

The *Nidra* & *Anidra* associated with following physical, mental and emotional manifestations:

- Happiness and sorrow

- Growth and wasting
- Strength and weakness
- Virility and impotence.

Ayurveda described *Nidra* as a significant aspect towards the pathogenesis of various diseases. Ayurveda mentioned *Nidra* as *Brihana* factors responsible for promoting health and *Dhatu* nourishment. *Nidra* also boost strength and immunity of the body it provide; *Sthirita*, *Snigdhatta* and *Guruta* towards physical health while it offer *Kshama*, *Dhrit* and *Alobha* towards mental health, *Nidra* also promotes *Shukra Dhatu*.^[2-4]

NIDRA

- *Nidra* means sleep; state of absence of cognition
- It is a state of unconsciousness
- Inactivation of sensory and motor organs
- Sleep occurs when *Chetana* is covered by *Tamas*
- *Nidra* occurs when *Manovaha Srotas* accumulated with *Shleshma* then mind devoid sense organs due to fatigue.

Rules of *Nidra*

- ✓ The night time is natural time for sleep; sleeping at this time offers all benefits of *Nidra*.
- ✓ Comfortable sleeping positions (extended body posture but relaxed).
- ✓ *Ahara* should be consumed 2-3 hrs. before a sleep.
- ✓ Before sleeping *Dhyana* for a while should be done.

- ✓ Before sleeping oil massage may be helpful.
- ✓ Be calm and relax while sleeping.
- ✓ Use of electronic gadgets before sleeping should be avoided.
- ✓ Heavy, oily and spicy food need to be avoid before sleeping this may cause sleeping disturbances.

Types of Nidra as per Charaka

1. *Tamobhava*
 - *Nidra* associated with *Tama*.
2. *Slesmasamudbhava*
 - *Nidra* associated with vitiated *Kapha*.
3. *Manah-Sarira Srama Saambha*
 - *Nidra* associated with mental exertion.
4. *Agantuki*
 - *Nidra* associated with bad prognosis.
5. *Vyadhi-Anuvartini*
 - *Nidra* as consequences of other disease like *Sannipataja* & *Jwara* etc.
6. *Ratri-Swabhava Prabhava*
 - *Nidra* associated with natural night sleep.

Types of Nidra as per Acharya Vagbhata

1. *Kalaswabhawaja*
 - ✓ *Nidra* produces at the night.
2. *Amayaja*
 - ✓ *Nidra* occurs due to diseases.
3. Fatigue of *Mana*
 - ✓ *Nidra* occurs when *Mana* gets exhausted.
4. Fatigue of *Sharira*
 - ✓ *Nidra* occurs when body gets exhausted.
5. *Shleshmaprabhavaja*
 - ✓ *Nidra* due to the predominance of *Kapha*
6. *Agantuka*
 - ✓ *Nidra* due to the external factors such as; trauma and sock etc.
7. *Tamobhava*
 - ✓ *Nidra* due the predominance of *Tamoguna*.

Nidra towards Swasthavritta

Nidra offer following health benefits:

- Happiness, nourishment, strength, sterility and longevity
- It is responsible for *Satya Buddhi* and *Siddhi*
- It control weight & obesity
- It helps body to relax mentally as well as physically
- The natural healing process boos in sleeping condition
- The natural growth and development associated with proper sleep
- It calm mind and thus improve memory and mental power
- It boosts immunity and natural circulatory process of body.^[2-8]

ANIDRA

Anidra means sleeplessness may be due to the; *Vata* vitiation, *Upavasa*, *Asukha Shayaa*, *Atichinta*, *Atikrodha* and *Atibhaya*. *Ayurveda* mentioned that these *Manasikakarana* leads *Tama Kshaya* and *Rajo Vruddi*

which ultimately induces the *Anidra*. The others etiological factors of *Anidra* may be *Satvaudarya*, *Karya*, *Tamojayee*, *Kala Vikara*, *Vata Dosha*, *Pita Vridhi* and *Abhighata*.

Role of Anidra in diseases pathogenesis

Anidra may leads disease such as; *Dukha*, *Karshya*, *Klibata*, *Abala*, *Ajnana Halimaka*, mental stress, head ache, heaviness, giddiness, *Agnimandhya*, constipation, rhinitis, body ache, ulcers, cough, drowsiness and anxiety.^[5-10]

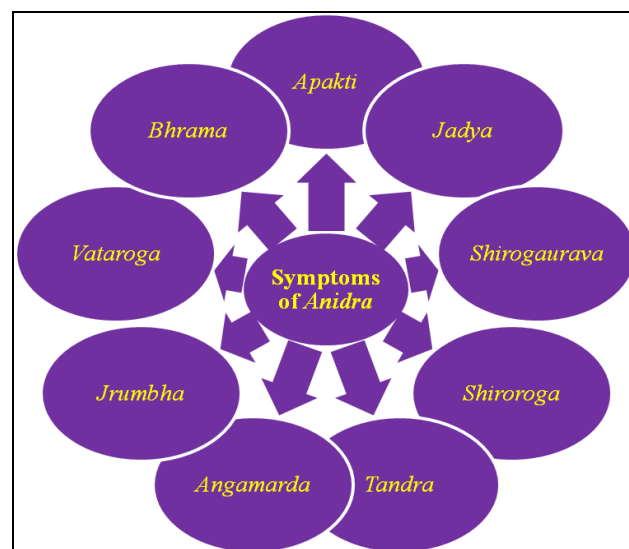


Figure 1: Symptoms of Anidra.

CONCLUSION

This article represents concepts of *Nidra* and role of *Nidra* towards *Swasthavritta*, the literature of traditional science elaborate various diseased conditions associated with improper *Nidra* (*Anidra*). The *Ayurveda* believed that appropriate sleep about 7-8 hrs. at night offers all beneficial effects of *Nidra*. The proper sleep play significant role for achieving goal of *Swasthavritta*. The incomplete sleep; *Anidra* considered responsible for various pathological conditions such as; *Dukha*, *Karshya*, *Klibata*, *Abala*, *Ajnana Halimaka*, mental stress, head ache, heaviness and giddiness, etc. The *Nidra* offers following beneficial effects which contribute significantly towards *Swasthavritta*.

- *Nidra* is one of the *Upastambhas* help in prevention of the disease.
- It promotes process of growth & development.
- *Nidra* act as a therapy for prevention of diseases.
- It not only calm mind but also relax whole body.

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