

IMPORTANCE OF NIDRA IN HUMAN LIFE: A REVIEW¹Vd. Sharmili Shamrao Patil and ²Dr. Yeshwant R. Patil¹P.G. Scholar, Dept. of Swasthavritta and Yoga, Government Ayurved College Nanded.²H.O.D. and Professor, Dept. of Swasthavritta and Yoga, Government Ayurved College Nanded.***Corresponding Author: Vd. Sharmili Shamrao Patil**

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ABSTRACT

Ayurveda has described trayopstambha (three main milestones) Ahar, Nidra and Bramhacharya. Nidra plays very important role in human life. It plays important role to give happiness or sadness, strength or weakness, knowledge or ignorance, life or death. So, Nidra is very crucial factor in day-today life. Lack of sleep or improper sleep can cause serious disease condition, which will hamper the physical and mental health as well. Proper sleep can cure half of a disease. Like proper diet and regular exercise proper sleep as well as awakening are responsible factors for good physical and mental health.

KEYWORDS: Nidra, Trayopstambha, Sleep, awakening, health, disease etc.**INTRODUCTION**

Nidra is said to be vaishanvi (illusion of lord Vishnu), papini (as it disturbs the daily work). This is a state of nature which causes encapsulation to the consciousness of a person. Nidra is one among the Trayopastambha having its own importance in maintenance of health and prevention of diseases. It is said that Srishti is formed when srishtikarta lord brahma is in awakened state and it will destroy by pralaya when he goes to sleep. Tamas and Satva qualities are responsible for sleep and awakening respectively. Sleep is essential phenomenon for living organisms for regeneration of energy. Proper sleep can destroy half the diseases. Proper sleep increases the agni so helps in digestion of food properly and nourishment of the body. Like proper diet, proper and timely sleep as well as awakening are responsible factors for good physical and mental health. Sleep is one of an urge which should not be suppressed otherwise it may lead to various diseases.

MATERIALS AND METHODS

Nidra and Sleep physiology have been collected from Different samhitas, Ayurvedic text books, Different journals, authentic websites (Pub Med etc.), etc.

Definition of Nidra

1. According to Acharya Charak when the mind gets exhausted or becomes inactive and the sensory and motor organs become inactive then the individual gets sleep.
2. According to Acharya Susruta, the sleep occurs when the Hridaya, the seat of chetana is covered by Tamas. Acharya Dalhana, the commentator of Sushruta states, that- Nidra is the state of

combination of mind and intellectual in which the person feels happy.

3. According to Astanga Sangraha the manovaha Srotas become accumulated with shleshma and mind is lacking of sense organs because of fatigue, when individual fell asleep.
4. According to Mandukya Upanish Nidra is a condition in which "Atma" does not have any dream or desire for anything and that state is called "susupti"
5. Maharshi Patanjali Sleep is the mental operation having the perception of absence for its grasp. It is a state of unconsciousness, but the consciousness remains about his own unconsciousness. When along with Manas, Indriyas gets retired from their object of knowledge it is called as Nidra.
6. Sleep is altered state in which people become relatively unaware of external stimulation.

Nidra Kala

As a different prakriti, diet, occupation, age, satyamasatyam we cannot state the exact time for proper sleep, but according to Dakshasamhita it should be taken for 2 Yam i.e. around 2-8 hours.

Manu has described the division of time, and then has remarked that the thirty muhurtha period (24 hrs) is divided by sun into day and night, he described that day for activities and the night for rest. Naturally, the night is described as a proper sleeping time. The person should not awake at night and should not sleep in day time because both cause dosha prakopa.

Nidra and Prakriti: According to the individual's prakriti and age the sleep requirement varies. The sleep according to prakriti may be divided into two types.

- According to Deha prakriti.
- According to Manasa prakriti.

1. Dehaprakriti

Sleep is produced by tamoguna and shlesma, hence the quality of sleep varies according to the prakriti of the person. So, an individual of kapha prakriti gets more sleep which is sound also. Person with prakriti gets less sleep and vata prakriti person has disturbed sleep. Similarly, the sleep also depends on age; in balyavasta is kapha predominant so sleep is comparatively more in this age than the yuvavastha. In vrudhavastha vata is predominant so the old aged gets very less sleep. Apart from deha prakriti some naturally gets less sleep.

2. Manasa prakriti

Mind is always flickering and it is governed by the pranavayu. The Tamas and Rajas principally maintain mood of a person. Hence the person of the tamasika type can sleep at any hour of the day. Those with rajasika type of person sleep either daytime or night time and their sleep is less and disturbed.

Importance and benefits of sleep

In the Ayurvedic Literature, three factors i.e. Ahara, Nidra and Brahmacharya are termed as the three Upastambhas or Tripods of life. The inclusion of Nidra in the three Upastambha establishes its value.

While explaining about benefits of Nidra, Acharya charaka stated, that delight and sorrow, growth and

wasting, strength and weakness, virility and impotence, the knowledge and ignorance as well as the survival of life and its termination depend on the sleep.

Acharya Sushruta stated that proper Nidra gives strength, improves complexion of skin, energy, good digestive power, destroys laziness, balances Dhatu (dhatusamyavastha).

Acharya Madhav has mentioned Nidra has therapeutic effect on rasasheshajeerna (indigestion).

Acharya Bhavprakasha mentioned that post meal sleep increases kapha and decreases vata-pitta and gives strength and happiness.

Effect of Nidra on Dhatu

Rasa-Pusti and varnaprada
Rakta- Varna, agni deepiti
Mansa- Pusti and Bala
Meda- Attractiveness
Asthi- Bala
Majja- Vrana, Utsha
Sukra- Utsaha
Oja- Vriddhi

Physiological effect of sleep

According to modern view, sleep causes two major types of physiological effects.

- Effects on the Nervous System itself.
- Effects on the other structures of the body.

Types of Nidra

Sr. No.	Charaka	Sushruta	Vagbhata
1	Tamobhav	Vaishnavi	Tamobhav
2	Shleshma samudbhava	Tamasi	Shleshma samudbhava
3	Manhsharishrama samudbhava	Vaikariki	Manshrama samudbhava
4	Aagntuki	-	Sharirshrama samudbhava
5	Vyadhinuvartini	-	Aagntuki
6	Ratriswabhavprabhava	-	Vyadhinuvartini
7	-	-	Ratriswabhavprabhava

Ratriswabhava Prabhava Nidra is a natural sleep, is called as Bhutadhatri and nourishes all living beings.

Effect of Nidra viparyaya on health

Nidra viparyaya is of 3 types:

- Akale sevitha – Mithyayaogaroopa -taken in wrong manner.
- Atiprasghath sevitha – Atiyogaroopa – excessively taken.
- Na cha sevitha – heenayogaroopa – not adequate sleep.

Nidra viparyaya leads to following diseases:

Halimak, Shirogurav, Jwar, Bhrama, Matibhransha, Strotovrodha, Mandagni, Shok, Arochak, Hrillas, Peenas,

Ardhavbhedak, Kanduk, Kotha, Kasa, Tandra, Galroga, Visha Veg pravritti, etc.

Acharya charaka and Ashtangasangrahkara has mentioned following remedies in Atinidra:

- Shodhan Karma- Vaman, Virechan, Raktamokshan, Nasya
- Mental Remedies- Bhay(fear), Chinta(stress), Harsha(happiness), Krodha(Anger)
- Physical Remedies- Vyayama(Exercise), Dhuppan, Upwas(Fasting), Asukhshayya(bad sleeping place), Maithun(Intercourse).

Nidranash(Insomnia) causes

- Shodhan Karma: Vamana, Virechana, Nasya,

Raktamokshna

- b. Daily work: Excessive exercise, excessive intercourse, smoking, fasting, etc.
- c. Avastha (Stages): Old age, Vata prakriti
- d. Diet: dry, spicy, stimulating food
- e. Diseases: Diseased person, vatpittaj vyadhi, Dhatukshayjanya Vyadhi

Nidranash(Insomnia) treatment

- a. Aahar(food): Milk, Sugarcane Juice, Mansaras(Meat soup), Meat of Aquatic animals, Jaggery, Alcohol, etc.
- b. Vihar(lifestyle): Massage, Oil massage, Bath, head massage, Karnapooran(oiling in ear), Akshitarpan, sleeping in aromatic place.

Remedies according Acharya Sushrut:

Ghrita(Ghee), Draksha, Sugar, Byproducts of Sugarcane, Bileshay and Vishkir Meat

Effect of Ratrijagaran(Night awakening) and Diwaswap(Day time sleeping)

Night awakening causes dryness in body, Day time sleeping causes kapha vrudhi. Therefore, person willing to sleep at day time should take sleep in sitting posture for avoiding side effects of day time sleeping.

Diwaswap Yogya(who can sleep at daytime)

Grishma rutu, Ratrijagaran(who was awakened at night), excessive work, intercourse, person who has weakness due to alcohol, children, old age, female, Ajeerna(Indigestion), Atisara(Diarrhea), Shwasa(asthma), Abhighat(trauma), Shool(Pain), Hikka(hiccups), Dhatukshaya, Krodha(anger), Shoka(Sadness), Bhay(fear).

Diwaswap Ayogya(contraindication for day time sleeping)

The one who eats milk, ghee daily, kapha prakriti, fatty person, kaphaj vyadhi, Dushivisha, Santarpanjanya vyadhi.

Method of Sleep

After taking food the person should walk for a hundred feet slowly, that will reduce the heaviness of the food and gives feeling of easiness at neck, knee and waist. Simply sitting after the food intake produces lethargy and sleeping leads to puffiness of the body. It is also said that life runs out quickly for him who runs after meals. Therefore, after lapse of one Muhurta after meals the person may lie down for a period of eight breathings in supine position. Then for a period twice than that (16 breaths) in right lateral position, later for double than that time (32 breaths) on left lateral position. Afterwards one can sleep in any position according to his convenience. In living beings, Agni (digestive fire) is present on left lateral side, above the umbilicus, hence the person who has taken meals should lie down on left lateral position for better digestion.

Physiology of sleep

When Mind is fatigued then sleep occurs. According to Howell, sleep is due to cerebral ischaemia. Cerebral cortex is the seat of higher centers like pre and post central gyrus & associated area etc., which have the correlation with mental activities described in Ayurveda. So due to the reduction in cerebral blood supply Mind becomes calm that causes sleep.

CONCLUSION

Sleep is a fundamental need of every living human being. Sleep is the prime factor for sustenance of life. The various organs and parts of the body can be given rest independently but complete rest is possible only during sleep. Proper sleep helps to maintain physical and mental wellbeing of an individual. Half of the diseases can be cured by proper sleep. Our Acharyas recognized the natural constructive power of sleep and explained it as a super natural power which is beneficial for health, happiness and longevity of life. Sleep plays an important role in the nourishment of body along with proper diet.

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