

A CRITICAL REVIEW OF LITERATURE ON NIDRA WITH SPECIAL REFERENCE TO SLEEP**Dr. Varsha Vivek Chattarki***

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INTRODUCTION

Ayurved is the traditional medicine system of India. It is the oldest recorded healing system, Ayurveda is considered to be the mother of all forms of modern medicine. Ayur" means life and veda means knowledge. So ayurveda is the study of the knowledge of life. It is not just a system of medicine, it is a pathway to healthy living. Ayurveda maintaining a healthy immune system to help prevent diseases formation. In ayurveda sleep has mentioned as a IInd subpillar of life another sub pillar are Ahara and celibacy. Support to the pillar (Stamina) is called upastamina.

Sleep is a physical and mental resting state of a person, during sleep he becomes inactive and will not be aware of surrounding environment. His sense do not respond to external stimuli. In ayurveda sleep mentioned as: When mind, sensory and motar organs are exhausted they disassociate they disassociate themselves from their senses and stimuli. This makes a person to go to sleep. Importance of sleep is not only for better health but also longevity. According to ayurved sleep has both beneficial and harmful effects depending on sleeping time and duration, and sleep nourishes body, strengthens it. It increases memory power, knowledge, virility and longevity. Untimely sleep leads to unhealthy condition and reduce longevity.

Present research papers shows that sleep related disorders are increasing abundantly. Due to Hurry, Worry and Curry life style and person who are not following the rules of sleep hygiene.

Today population of the world are increasingly becoming such a society that lives to work, not work to live. The surveys says that 10-15% of world population is suffering from insomnia, insomnia is a common condition in which have trouble falling or staying asleep, This condition can range from mild to severe, depending on how often it occurs and for how long, As a result of insomnia to get too little sleep or poor quality sleep. So may not feel refreshed when wakeup. The prevalence of Insomina and other sleep related disorders are increasing worldwide at an alarming rate in the developed & developing countries.

Fast growing Competition, physical, mental or emotional stress job worries, budgeting and finances relationship

pressures, work dead lines are top of the list of factors that can rob you of sleep.

CONCEPTUAL REVIEW**• Nirukti (Derivation)**

The prefix "Ni" is the Sanskrit root of our English word "Nether" or down as in "nether world" (under world).

While the suffix "dra" may be cognate with the English "drowsy", to be half asleep, to be inactive or present an appearance of peaceful inactivity or isolation. The word nidra is a feminine gender, the root "dra" means undesired and "gatau" to lead; it is a state which is hated, there for turned as "Nidra".

Synonyms of Nidra

According to Shabda kalp drum six synonyms have been mentioned –

1. Shayanam
2. Svapah
3. Svapnah
4. Svapnahm
5. supthi
6. Samvesh

Defination

Adequate sleep is crucial to proper brain function no less so than air, water and food. Sleep is often seen as a part of life.

Sleep has a property of tamas which means it manifests generally during nights when tamas is predominant. when the tissue pores & channels of the body get covered with kapha dosha, when the body is fatigued by exertion & when the sense organs are not functioning, sleep manifests in the body. Good night sleep is essential

needed for the normal healthy functioning of the human body as well as mental healthy including the immune system. Sleep is an active state that supports and improves both physical & mental well-being.

- In Sushruta Samhita, it is described that sleep occurs when the Hridaya - seat of Chetana is covered by Tama.
- According to Acharya Vagbhata, the Srotasa become accumulated with Shleshma and the mind is devoid of sense organs because of fatigueness, so individual gets sleep.
- Acharya Charaka and the commentator Chakrapani and Gangadhar explained that when the mind as well as indriyas gets exhausted or becomes inactive and the sensory and motor organs become inactive then the individual gets sleep.

According to modern science, various types of definitions are mentioned by the scientists, they are as follows –

- 1) Sleep is a natural state of rest for both mind and the body, usually eyes are closed and consciousness is partially or completely lost. Also during sleep there is a decrease in bodily movement and relatively more responsive to internal stimuli than external stimuli.
- 2) A stage of consciousness that differs from alert wakefulness, by a loss of critical reactivity to events in the environment accompanied by a profound alteration in the function of the brain.
...(Human Physiology by C. C. Chatterjee)
- 3) According to Pavlov, sleep is a state of internal inhibition that spreads in the brain hemisphere and cortex region, in this region it spreads slowly.
- 4) Sleep is defined as unconsciousness from which the person can be aroused by sensory or other stimuli. It is to be distinguished from coma, which is unconsciousness from which the person can not. There are multiple stages of sleep from very light to very deep sleep. (Guyton & Hall, Textbook of Medical Physiology)
- 5) Sleep is a periodic resting condition of the body and especially of the nervous system. (William A. R. Thomson, Black's Medical Dictionary).
- 6) In the Encyclopaedia of Mental health, sleep is defined as a time bound state occurring in animals for the rest of the body and mind. In this condition the sensory and motor functions remain adjourned for time being

DISCUSSION

TYPES OF NIDRA

Ayurvedic Sages have given many opinions regarding the types of sleep. Basically Nidra can be classified into two types i.e. Svabhavika (natural) and Asvabhavika (abnormal).

The Svabhaviki Nidra comes regularly every night, which is having beneficial effects for the living beings, whereas Asvabhaviki one may be due to different causes.

Acharya Charaka classifies the sleep condition into six categories and agrees with the ancient sages who have considered that the sleep is Bhutadhatri, which comes on at night, spontaneously and regularly as a natural instinct and that the other categories were either due to sin or the diseases. The six types described by Charaka have been classified into seven types by Acharya Vagbhata. He has separated the mansika-shrama and sharirika-shrama, thus the seven types of Nidra is mentioned, as under –

1. Tamobhava
2. Shleshmasamudbhava
3. Manah shrama sambhava
4. Sharir Shrama sambhava
5. Agantuki
6. Vyadhi-anuvartini
7. Ratri swabhava prabhava

Tamobhava Nidra

Generally the sleep is due to the effect of Tamas but the Tamobhava Nidra is particularly due to the excessive Tamas causing sleep. When satva and Rajas are diminished in excess and the seat of Atma and Manas-Hridaya, is covered by the vitiated Tamas, then the organization becomes inert or inactive. According to some acharyas, the Tamobhava Nidra resembles with Sanyasa condition described by Charaka which is the comatose state. The sleep caused by Tamas is also the root cause for all sinful acts. Tamas always causes excessive sleep. Thus the individual is unable to perform the virtuous deeds and so he subjects himself to sinful behavior.

Shleshma Samudbhava Nidra

Shleshma is the material state of Tamas and as such the shleshma and the Tamas are having identical properties. When the shleshma increases in the body the sleep occurs, therefore it is called Shleshma Samudbhava Nidra.

Manah Shrama Sambhava Nidra

The sleep is also said to be produced as the result of exertion. Due to excessive mental stress and strain, the mind gets tired and unable to perform its activities and as a result the animal gets sleep.

Sharira Shrama Sambhava Nidra

The sleep has also been stated to be caused due to physical exertion. When a person indulges in excess physical activities he feels too much tired. The body and mind desire to take rest and agitate to work further and the person gets sleep.

Agantuki Nidra

Sometimes the cause of sleep remains obscure and the cause is not explainable. However, the sleep is followed by the death and as such Chakrapani has termed this sleep as a death signal (Arishta).

Vyadhyanuvaritini Nidra

There are some diseases like Sannipata Jwara where, along with the severe weakness the patient falls under this condition just similar to coma. This type of sleep is termed as Vyadhyanuvaritini Nidra.

Ratri Svabhava Prabhava Nidra

This type of sleep has been stated earlier, it is a natural phenomenon and it comes at a particular time in the night. There is no particular reason for this sleep and it is also termed as Bhutadhatri. It has been observed that even the individual who has slept during the day time would also feel sleepiness in the night which is quite a natural phenomenon.

Sleep According to Astanga Hridayakara – Four Types.

- 1) Akale sevitha – Mithyayaogaroopa -taken in wrong manner.
- 2) Atiprasghath sevitha – Atiyogaroopa – excessively taken.
- 3) Na cha sevitha – heenayogaroopa – nadequate sleep
- 4) Nishevatha – Niyathativenitha setitha – properly taken

Acharya Sushruta described only three types of Nidra i.e.

1. Vaishnavi or Svabhaviki
2. Tamasi
3. Vaikariki

1. Svabhaviki Nidra

This is produced due to the Maya or illusion attached to the power of Vishnu, Here Maya is a desire of the Manas to get detached from the worldly sensory objects on account of the tiredness of Manas and the seat of Manas and Atma is overpowered by the Shleshma and Tamas. This mostly happens in the night and individual gets sleep. This can be correlated with Charaka's Ratri Svabhava Prabhava Nidra.

The Tamoguna dominant persons may go to sleep at any time i.e. day or night. But a person having Rajoguna in excess may get sleep sometimes in the day or in the night, because of Chalatra of Rajas. The person having qualities dominated by Satva Guna sleeps at the midnight, because at this time Tamas is excessive and Satva will be decreased (Dalhana).

2. Tamasi Nidra

It is the lack of consciousness preceding the death. This is induced due to the blockage of Sanjnavaha srotasa by Tamas dominant Kapha and by this Nidra individual can not be awakened. This can be correlated with Tamobhava and Agantuki Nidra mentioned by Charaka.

3. Vaikariki Nidra

This is a condition of insufficient sleep due to the decrease of Kapha and increase of Vata and also due to mental and physical pain, distress etc. The person doesn't

enjoy the sufficient and sound sleep in quantity and quality. Disturbed sleep is also a type of Vaikariki Nidra.

This Nidra may be correlated with Manaha- Sharira Shrama Sambhava, Vyadhyanuvaritini and Shleshma Samudbhava Nidra as described by Acharya Charaka.

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. According to Acharya Kashyapa, getting good sleep at a proper time is one of the characteristic of a healthy man (Ka. Sam. Khi. Ch. 5/7).

Benefits of Sleep in Restorative Process

This theory of sleep suggests that sleep helps the body recover from all the work it did. Experiments have shown that the more physical activity an animal does, the more NREM an animal will have. Also, if people are deprived of NREM, then they may experience physical tiredness. If people are deprived of REM sleep, then they can get anxious and irritable. REM sleep has also been considered as important for memory and learning.

Importance of deep Sleep and its benefits

Good night sleep is essential needed for the normal, healthy functioning of the human body as well as mental health including the immune system. Sleep helps to improve the immune system that is one's ability to fight against diseases.

- Body rests and restores its energy levels during sleep
- Sleep is an active state that supports and improves both the physical and mental well-being.
- Sleep is often helps to cope with stress, recover from illness.

Necessity of sleep is well understood by an animal studies, which have shown that sleep is the must for the survival. The normal life span of rats is 2-3 years. However, rats deprived of sleep live for only about 3 weeks.

Diseases produced due to improper sleep

If one violates the prescription regarding sleep during the day time, he would subject himself to Halimaka (serious type of jaundice), headache, timidness, heaviness of body, malaise, loss of digestive power, Hridayopalepa (subjective feeling as if phlegm adhered to heart), edema, anorexia, nausea, rhinitis, hemicrania, urticaria, eruption, abscess, drowsiness, coughing, diseases of throat, impairment of the memory and intelligence, obstruction of the circulating channels of the body, fever, weakness of sensory and motor organs and enhancement of toxic effect of the poisons. So one should keep in view the merits and demerits of sleep in various seasons and situations in order that it may bring happiness to him.

Amount of sleep

Newborn infants need sixteen hours of sleep for every twenty-four-hour day.

- By age six, children need only nine hours of sleep.
- By age twelve, it is down to eight hours of sleep.
- By adulthood, our total sleep time requirement drops to an average of seven and a half hours.

These vary to some extent by individuals.

According to ayurveda, the amount of sleep we need depends on our mind-body constitution or body type. People with Kapha constitution need the most sleep - about eight or nine hours in order to feel rested. Pittas are next, with a need of seven to eight hours.

Vatas can manage with six to seven hours of sleep.

Our requirements of sleep also depends on what stage of life are we in.

- Vata = 6-7 hours
- Pitta = 7-8 hours
- Kapha = 8-9 hours

Ayurveda considers childhood to be the Kapha stage of life. Adulthood is Pitta time, and old age is the Vata stage of life. So the same principle applies here as with body types: we need the most sleep during the Kapha stage, the least during Vata time.

Gender Differences

Gender differences have also been observed in infancy, and adolescence. In adults, men spend greater time in stage 1 sleep and experience more awakenings. Although women maintain SWS longer than men, they complain more often of difficulty falling asleep and mid-sleep awakenings. In contrast, men are more likely to complain of daytime sleepiness. In women, the menstrual cycle may influence sleep-wake activity; however, methodological challenges have limited the number of conclusive findings. Women's sleep patterns are greatly affected during pregnancy and the postpartum period. Women often experience considerable daytime sleepiness during pregnancy and during the first few postpartum months, and as will be discussed in greater detail in, they are also at a higher risk of developing restless legs syndrome.

CONCLUSION

According to Ayurvedic text, sleep is mentioned as one of the pillars of life. Ayurveda is based upon vata, pitta and kapha and the body is made up by these three, which are called trayastambha in Ayurveda. Just like that Ayurveda recommends three pillars of better health (trayaupastambha) Aahara --- (diet), Nidr--- (sleep) and Brahmacharya ---- (calibacy). The sleep is a natural phenomenon. Sleep is a natural state of rest for both the mind and the body, usually the eyes are closed and consciousness is partially or completely lost. Also during sleep there is a decrease in bodily movement and relatively more responsive to internal stimuli than external stimuli. Sleep promotes proper growth. Sleep is bodily inertia with mental relaxation. This quiet state

gives the body and mind a chance to renew, refresh and restore themselves. Without proper sleep, our bodies have no energy and our minds are inefficient. Loss of sleep, or insomnia, interferes with our ability to work and think clearly. Our bodies feel heavy, lethargic and sometimes achy.

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