

A REVIEW ON SIGNIFICANCE OF *NIDRA* IN HEALTHY LIVINGDr. Mahesh Kumar*¹, Dr. Vikash Bhatnagar², Dr. Anjali Sharma³, Dr. Bhumika Rudani⁴ and Dr. Neha Kumawat⁵¹Reader, Dept. of *Rachna Sharir*, Baba Khetanath Govt. Ayurvedic Collage & Hospital, Patikara, Narnaul Distt Mehandragarh (Haryana).²Associate Professor, Department of *Rachna Sharir*, National Institute of Ayurveda, Deemed to be University (*De-novo*), Jaipur (Rajasthan).^{3,4,5}PG Scholar, Department of *Rachna Sharir*, National Institute of Ayurveda, Deemed to be University(*de-novo*), Jaipur (Rajasthan).

*Corresponding Author: Dr. Anjali Sharma

PG scholar, Department of *Rachna Sharir*, National Institute of Ayurveda, Deemed to be University(*de-novo*), Jaipur (Rajasthan).

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ABSTRACT

Ayurveda is a unique combination of philosophy and science that harmonies the various components of physical, psychological, emotional, and spiritual health needed for overall wellness. *Ayurveda* is becoming more well-liked on a global scale due to its holistic approach, benefits for the environment, lack of toxicity, and affordability. Its goal is to enhance and promote overall health, including mental and physical wellbeing, while preventing illness. *Nidra* is one of the most important parts of health according to *Ayurveda*, and it has been linked to happiness and well-being. Health comes from having a calm mind. The disturbance in *Nidra* may be brought on by the way of life, environmental elements, psychological stress, altered dietary patterns, and daily stress that finally disrupts the psycho-neurobiological regularity of the sleep cycle. This conceptual study's goal is to compile and re-evaluate the many rules related to various aspects of sleep (*Nidra*). In everyday life, *Nidra* is regarded as a *Brihana* factor (nourishing factor), which implies that it improves health by nourishing the *Dhatus* and raising *Kapha*, which is in charge of the resilience and immunity of the body as well as the mind.

KEYWORDS: *Ayurveda*, *Nidra*, Sleep, *Anidra*.**INTRODUCTION**

A human spends one-third of their life sleeping. Modern medicine has demonstrated its healing, regenerative, and mental impacts. Unrest during sleep is one of the many factors that may be contributing to the recent sharp increase in non-communicable diseases.^[1] The traditional medical system of *Ayurveda* offers deep insight into the fundamentals of sleep, sleep disorders, and associated procedures for treatment. *Ayurveda*, "the science of life" is a special synthesis of philosophy and science that harmonies the physical, psychological, emotional, and spiritual elements required for holistic health. Mankind was given access to *Ayurveda* so that he could live a long and healthy existence. According to *Ayurveda*, any states that are unpleasant in nature are diseases since they bring about pain in people, and diseases are defined as any form of suffering. It is a crucial occurrence for maintaining and restoring both body and mind in living things. *Nidra* is a harmonious gift from nature as a result. By expanding his mental dimensions, the modern man attempts to overcome such harmonic characteristics. However, the biological clock that is necessary for maintaining the rhythm of human life is not yet ready to notice these disruptions that he has caused. His sleep, as

well as his general health, are affected once this balance is disturbed because sleep closely follows the biological clock. Modern science recognizes the value of sleep and the restorative, recuperative, and rejuvenating effects that it has on living things. *Ayurveda* has described several different categories of principles. The *Trayopasthamba* are said to be *Aahara* (eating), *Nidra* (sleep), and *Bramhacharya* (abstinence)^[2] (three supportive pillars). *Nidra* inclusion in the three *Upastambha* is evidence of its significance. When describing *Nidra*, the ancient *Acharya* said that sleep determines happiness and sadness, development and wasting, strength and weakness, virility and impotence, knowledge and ignorance, as well as the continuation of life and its ending. Additionally, they gave a thorough explanation of both prevention and treatment. We can include some of the suggested practices into our regular everyday activities.

AIM AND OBJECTIVES

- To understand the role of *Nidra* in promotion and maintenance of the health and wellness.
- To understand role of *Nidra* in manifestation of lifestyle disorders.

- To understand factors vitiating *Nidra*.

MATERIAL AND METHODS

Review of the Literature on *Nidra* is gathered, compiled, and interpreted from *Bhrihatrayi* and their commentaries.

Ayurvedic Aspect

The term *Nidra's* etymological origins are *ni+dra+rak+ta*, making it a feminine noun. As a result of this natural phenomenon, a person's awareness becomes encapsulated.^[3] According to *Acharya Charak*, the state of *Nidra* causes *Mana*, especially *Indriya*, to separate from their objects. *Nidra* is associated with the god Vishnu, according to *Acharya Sushruta*. According to *Acharya Vagbhat*, at the beginning of the creation, *Nidra* is made from *Tama*. It manifests when *Tama* is predominate, usually at night, and is a different type of *Tama* itself. In everyday life, *Nidra* is regarded as a *Brihana* factor (nourishing factor), which implies that it improves health by nourishing the *Dhatu* and raising *Kapha*, which is in charge of the resilience and immunity of the body as well as the mind. A person who has restful sleep at night has better digestion, improved *Kaya-agni*, and adequate body hydration.

Modern Aspect

Sleep is a normal, recurring condition of rest for the body and mind marked by closed eyes and a partial or whole loss of awareness.^[4] The human body has a variety of rhythms that control and impact various physiological processes, as well as performance, mood, and behavioral reactions. The circadian rhythm controls sleep. Any interference with this pattern can cause disrupted sleep and a host of other issues, such as exhaustion, mental alterations, and physiological changes.

Types of *Nidra* (Sleep)

Regarding the various types of sleep, *Ayurveda* has varied perspectives. *Svabhavika* (natural) and *Asvabhavika* are the two basic types of *Nidra* (abnormal). In contrast to the later *Asvabhavika*, which can be caused by a variety of pathological factors, the former *Svabhavika* includes *Nidra* as a regular part of its daily routine and gives benefits for all living things.

<i>Charaka</i>	<i>Sushruta</i>	<i>Ashtang Sangrah</i>	<i>Ashtang Hridaya</i>
<p><i>Tamobhava</i> –Due to excess of <i>Tamas</i> quality</p> <p><i>Shleshma Samudbhava</i> - Sleep occurring due to the excess of <i>Kapha</i></p> <p><i>Mana Shrama Sambhava</i> - Sleep occurring due to mental fatigue</p> <p><i>Agantuki</i>- Sleep occurring due to others reason like alcohol consumption</p> <p><i>Vyadhyanuvaritini</i> – Sleep occurring due to diseases like Hypothyroidism, Anemia</p> <p><i>Ratri Swabhava Prabhava</i>- Sleep occurring due to the excess of the <i>Tamoguna</i></p>	<p><i>Tamasi</i>- When patient faces serious problem e.g., Coma.</p> <p><i>Swabhaviki</i>- Sleep is natural</p> <p><i>Swabhaviki</i>- Sleep is natural</p>	<p><i>Kala Swabhava</i> -Normal daily routine sleep</p> <p><i>Amayaja</i></p> <p><i>Chittakhedaja</i>-Sleep occurring due to the disturbances of the mind or due to mental exhaustion</p> <p><i>Dehakhedaja</i>- Sleep occurring due to physical exertion.</p> <p><i>Kaphabhava</i>-Sleep occurring due to the predominance of <i>Kapha</i></p> <p><i>Agantuki</i>-Sleep caused due to a trauma or injury involving head.</p> <p><i>Tamobhava</i>-sleep occurring due to the predominance of the <i>Taamasika Guna</i> in the mind.</p>	<p><i>Mithyayoga</i>- if slept untimely</p> <p><i>Atiyoga</i> - more hours i.e., more time in a day.</p> <p><i>Hinayoga</i>- no slept properly.</p> <p><i>Samyagyoga</i>- Timely & for certain duration</p>

Suitable Time for Sleep

The optimal time to go to bed, in accordance with *Kaiyadeva Nighantu*, is after the first two *Yama*, or after sunset (approximately 6 hours). Most commonly, for a healthy people fall asleep at night at roughly the same time, and lasts for a specific amount of time. *Ayurveda* views this sleep as *Ratrisvabhava Prabhavaja*. Additionally, it encouraged to refrain from sleeping in the opening and closing moments of the night and get up early to beat the light.

Physiology of *Nidra*

According to *Acharya Charak*, sleep is caused by the *Mana* becoming weary or inactive as well as the *Gyanendriya* and *Karmendriya* becoming inactive.

According to *Acharya Charak* explanation of the physiology of sleep, *Nidra* appears in the body when the *Strota* are covered by *Kapha*, which occurs when the body becomes exhausted from exertion and the sense organs stop working. According to *Acharya Sushruta*, people become drowsy when the *Hridhyam Chetana Sthana* is invaded by a *Tamoguna*.^[6] *Tamoguna* is the root of insomnia. Howell, claims that cerebral ischemia causes sleep. Higher mental functions like the pre and post-central gyres, the association region, and other areas that are correlated with mental activity are located in the cerebral cortex. Different brain regions control the internal structure of sleep. Two mental processes control this rhythm. The length of time spent awake affects the restorative process. The second process regulates when a

person is awake and asleep during the day-night cycle. The hypothalamic suprachiasmatic nucleus, which reacts to light and makes people sleepy at night when it's dark, regulates when people fall asleep.

Hormonal Control: Melatonin is crucial for maintaining healthy sleep cycles.^[6] The pineal gland produces hormones. Melatonin is a hormone that is created during deep sleep and released in reaction to changes in light. It inhibits arousal-inducing neurotransmitters like Histamine, Dopamine and Serotonin.

Importance of *Nidra*

Getting enough sleep (*Samyak Nidra*)- According to *Acharya Charak*, appropriate or unsuitable *Nidra* determines the existence of *Sukha*, *Dukha*, *Karshya*, *Bala*, *Abala*, *Vrushta*, *Klibata*, *Gnyanam*, *Agyanam*, *Jivana*, and death.^[7] According to *Acharya Sushruta*, getting enough sleep helps ensure that a person is healthy, happy, and has a radiant complexion and strong mind.^[8]

If *Nidra* is performed wisely, according to *Acharya Vagbhata*, it would provide bliss and long life, just as the yogic mind becomes clear from soul knowledge.

Atinidra- Excessive sleep causes obesity and disorders like diabetes since it increases *Kaphadosha*.

Anidra- Lack of sleep leads to increase in *Vata Dosha*, tissue wasting, emaciation, and insomnia. *Nidra* is the second sub-pillar on which health and life are based in *Ayurveda*. In *Dincharya* and *Ritucharya*, there are many do's and don'ts that should be followed, such as *Brahmamuhurtattishateya* (wake up before sunrise), the prohibition of *Divaswapan* (sleep during the day), with the exception of during *Grishamritu* (summer), the prohibition of *Ratrijagaran* (wake up during the night) etc. *Nidra* is described in the *Charak Sutrasthan* as an *Atikrisha* therapy by *Astainiditiyaadhya*. According to contemporary science, sleep is crucial to one's health and wellbeing. The healthy functioning of the brain and emotional well-being depend on adequate sleep. The brain forms new learning pathways while you are asleep as it prepares for the next day.^[9] According to 11 studies, sleep deprivation can worsen depression and impair mood. The teens should priorities sleep and concentrate on developing appropriate sleep habits, according to sleep specialists, to break this vicious cycle. Making decisions, solving problems, and controlling emotions and behavior are all made more difficult by lack of sleep. Inadequate sleep contributes to mental illness as well as conditions including Diabetes, Hypertension, Obesity, and Congenital Heart Disorders. The risk of Hypertension has increased as a result of a stressful lifestyle and poor sleep. Sleep is essential for physical health because it helps tissues repair and regenerate.

DISCUSSION

One of the most important factors underlying a happy and healthy life, in the view of *Ayurveda*, is *Nidra* (sleep). A healthy and normal phenomenon at night is sound sleep. A high quality of life depends on getting enough sleep. In order to maintain health and perform at their best, humans need to sleep, which causes a number of important physiological changes. Given its ability to reduce stress and restore biological functions to normal, a good night's sleep is a sign of overall wellness. The need to eat, drink, engage in sexual activity, and sleep are the other three of our four fundamental, inherent impulses. Sleep is regarded as the pioneer for health. A *Nidra* is a large factor currently 5000 years ago, Our *Acharya* previously discussed *Nidra* and its upkeep. A *Nidra*'s causes, symptoms, and recommended treatment plan were all covered by *Ritu*, according to *Ahara* and *Vihara* as well as *Acharya. Susruta Samhita* traditional *Ayurveda* literature provides in-depth explanations of sleep, its advantages for health, as well as the drawbacks of insufficient sleep. Numerous of these facts have been validated by recent scientific investigation, however, further study is needed to fully comprehend the idea. The greatest method to promote healthy sleep and a healthy life is to adopt *Ayurveda* principles and appropriate sleeping habits.

CONCLUSION

The objective of this theoretical study is to consolidate and reassess the numerous notions relevant to diverse *Nidra* aspects (sleep). One of life's primary instincts is sleep. Proper sleep is the key to health and longevity. According to *Ayurveda Nidra* is one of the most significant aspects of health that is linked to happiness and good health and is a result of a relaxed mental state. The disruption of *Nidra* may be caused by lifestyle choices, environmental influences, mental stress, altered eating patterns, and daily stress, all of which affect the psycho-neuro-biological rhythm of sleep. *Ayurveda*'s various remedies can undoubtedly aid in resolving this issue. The quality of sleep has a direct impact on mental health. The interaction between *Sharir* and *Satwa* in all areas of life is stressed by *Ayurveda*. Sleep is very important to psychiatric illness and is typically included in the diagnostic criteria for particular illnesses. Because of their hectic schedules and overload, individuals do not get enough sleep these days.

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