



Concepts and Benefits of Nidra

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ABSTRACT

There are three UPSTAMBHA (TRAYAUPASTAMBHA) in our Ayurveda system named as AHAR(food) NIDRA(sleep) and BRAHMCHARYA (celibacy). It means that the sleep is also important along with the food and brahmcharya for disease free life. According to Ayurveda and modern aspects abnormal sleep can cause many dangerous disease in the human life. An adult person should take seven to eight hrs. of sleep per 24 hrs. Physical and Mental health also depends on Nidra. In Nidra our body tries to repair and heal itself for best functioning of body . In Ayurveda Nidra is considered as a state in which human desire is absent. This is also state of nature that provides ultimate detachment to the consciousness of the person .

Keywords- Trayaupastambha, Nidra

INTRODUCTION

In Ayurveda, TrividhUpstambha are described in Sutrasthan of CharakSamhita. In which Nidra is second most important Upstambha after Ahar. Ayurveda is one of the world's oldest holistic healing systems . it is based on the belief that health and wellness depend on a delicate balance between mind, body, and spirit. As "Prevention is better than cure" NIDANPARIVARJANA is the first line of treatment is given in our Ayurveda. In recent era , due to rapid changes in life styles many new disorders have anxiety, and obesity. Researchers suggest that an appropriate sleep can help to lower these disease.⁽¹⁾

Etymological derivation of Nidra-The word Nidra is feminine ,formed by the prefix ni+dra+rak+ta

Definition-the definition given in our ancient texts are as follows—

While performing all the theactivities , the mind gets tiredness and all indriya also feelsame, they are detached from their respective subjects and person fall in asleep⁽²⁾

Types-According to AcharyaCharaka has described 6 types of Nidra:

1. TAMOBHAVVA- Caused by Tamas
2. SHLESHMA SAMUDBHAVVA- Caused by (vitiated) kapha
3. MANASHRAMA SAMBHAVA- caused by mental exertion
4. AGANTUKA- Caused by external causes such as injury
5. VYADHI ANUVARTINI- Caused as a complication of other disease like jvar
6. RATRI SVABHAVVAJA- Caused by the very nature of the night .⁽³⁾

Ratrisvabhavja is also called physiological sleep.

Good and Bad sleep-The sleep caused by the nature of light is sleep par excellence this is known as Bhutadhatri(that nurses all the living beings).⁽⁴⁾

According tpAcharyaSushruta- VAISHNAVI nidra, VAIKARIKI Nidra, TAMSI Nidra.

Benefits/ Importance-A good quality sleep provides: Sukh, Pushti, Bala, jiva According to Charak. Nidra is also responsible pfor emaciation and obesity.

AcharyaSushruta has said that by proper and adequate sleep ,the person will free from disese,will have pleasure in mind endowed with strength,complexion.⁽⁵⁾

Physiology of Sleep- AcharyaCharak says wehenmana gets exhausted or becomes inactive and the gyanendriyas and kamendriyas become inactive then person gets sleep..

Duration-According to Ayurveda and modern enough sleep are important to achieve good health .adults takes 7 to 8 hrs sleep and infants takes10 to 13 hrs sleep per 24 hrs.

Cause of Insomnia-elimination of Doshas from the body and head through panchakarmatherapies,fear,anxiety,anger,herbalsmoke,physical exercise bloodletting (RaktaMokshana), fasting , uncomfotable bed , predominance of Tamas help in overcoming excess sleep.

The above – mentioned factor along with overwork,old age ,diseases , specially these due to the vitiation of vata like colic pain, etc. are known to couse sleeplessness even in normal individuals. Some have less sleep bynature .⁽⁶⁾

Methods to induce good sleep- Abhyang, Utsadana, bath, intake of soup of domestic marshy and aquatic animals, rice with curd milk, unctuous substance and alcohol, psychic pleasure, smell of scents and hearing of sounds of one's own taste.

Effect of ratrijagaran- Vigil during night causes increased oiliness. Sleeping in sitting posture does neither cause roughness nor unctuousness.⁽⁷⁾

The role of sleep in obesity- like a proper diet, proper sleep is also essential for the maintenance of the body. Obesity and emaciation are specially conditioned by proper or improper sleep and diet⁽⁸⁾

Atinidra and its treatment- over sleep leads to obesity and disease due to increased kaphdosh such as Diabetes. Treatment –KAAYVIRECHAN, SIROVIRECHAN, VAMAN.⁽⁹⁾

Anidra and its treatment- Inadequate sleep leads to increase vatadosha, results in wasting of tissues, emaciation, and insomnia. Treatment- ABHYANG, and take DUDH, GHRIT, MADIRA.

Sleep as a natural urge- Ayurvedic seers have considered sleep as a natural urge. so it should not be suppressed. its suppression causes yawning, bodyache, drowsiness.

Sleep inducing Factors- Due to tamas, aggravation of kaphdosh, exhaustion of body and mind, subsequent complications of disease.

DISCUSSION

In Ayurveda, Trayupstambha is considered as tree sub pillar of life on which life depends. to maintain life along with health, aahar, nidra, and brahmcharya should be followed. Nidra is the second sub pillar which suggests its importance in life. According to modern science – sleep is directly connected with mental state. Ayurveda emphasized that sharira and satva both interact with one another in all spheres of life. Quantity and quality of sleep both are important. Nidra is the state where our body and mind both are at rest condition. Sleep plays a key role in the survival of a human being. Sleep deprivation has more negative effects on the quality of life of an individual than food deprivation. More than 1/3rd of a human's life is spent in sleeping. Sleep is one of the 13 Adharaniyavegas that is the urge that should not be controlled.

The main aim of this article is, to overview & highlight the concept of Nidra & its importance on human life. In today's era Nidra is the very important factor to be studied. Nidra is a key factor to play a big role in our healthy life. Nidra forms a vital concept and regulations of dincharya, ratricharya and rutucharya which is advised for good health. A person following dincharya and rutucharya greatly improves his/her nidra. Yogas and exercises are another inherent way to improve the quality of nidra in quality hence improving overall health and longevity.

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