

NIDRA AND HEALTH: ANCIENT AND MODERN ASPECTS

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ABSTRACT

Ayurveda is an ancient medicine system which cover every aspect of our life from Birth to death,from Sickness to a healthy life.A healthy person means a disease free body and balanced brain.Ayurveda helps in keeping balance, harmony and equilibrium in all physiological activities of body and mind.Nidra is an one of the important factor which keeps our body energiese and our brain calm. Due to lack ok sleep our brain get tired and many diseases like insomnia, hallucinations etc. Can occur. An improper sleeping pattern leads to increase of **Tamas guna** and decrease of **Rajas guna**. Diseases due to **Pragyapradha** (Intellectual Blemish) or **Ashtyamaindriyarthasamyoga** (Unhealthy Sensory perception) is consider as lifestyle diseases in Ayurveda. **Brahmacharya**, **Ahar** and **Nidra** are consider as three

pillars and considers as **Trayoupasthambha**. Nidra is second important factor of **Trayoupasthambha**. Life style diseases are biggest problem in our society such diseases arise mainly from unhealthy food, sedentary living,alcohol and tobacco consumption and poor sleeping pattern,

KEYWORDS: Ayurveda, Nidra.

INTRODUCTION

Ayurveda is a medical science which look after on both physical and mental health along with orevention and cure that's what there is saying "Prevention is better than cure"*First line of*

treatment is Nidanprivarjana it works on to avoid occurrence of diseases and for that various regimen like (Dincharya, Ritucharya) are given. In recent era, due to rapid changes in lifestyle many new disorders have come up, & insomnia. lifestyle disorders. Lifestyle diseases are the diseases primarily based on daily habits of people because of In appropriate relationship with environment. most common lifestyle diseases include Hype Diabetes, Arthritis, obesity & Insomnia. The recent epidomology studies suggest minimal sleep of 7-8 hours for an Adult person researchers suggest that a proper sleep is helpful with hypertension, cardiovasculardiseasesanxiety, obesity etc. which are derived from lifestyle disorder

Ancient Aspects of Nidra

Acharya Charak, *Nidra* is a condition in which *mana* including *Indriyas* dissociate themselves from their objects.⁴ According to *Acharya Sushruta*, *Nidra* is related to God *Vishnu*.⁵ *Acharya Vagbhat* has said that *Nidra* is produced from *Tamas* at the time of commencement of the creation. It is another form of *Tamas* itself and manifest when *tama* is predominant, generally at night. *Nidra* has been considered as *brihana* factors (nourishing factor) in routine life means it promotes health by nourishing *dhatu*s & increasing *kapha* which is responsible for the strength and immunity of body as well as mind. One who gets sound sleep at night, can digest the food well, his *kayaagni* is enhanced & there is proper nourishment of body.

MODERN ASPECT OF NIDRA

Sleep is the natural periodic state of rest for mind and body with closed eyes characterized by partial or complete loss of consciousness. Sleep is regulated by the circadian rhythm. Any disruption of this rhythm can result in interrupted sleep and causes a myriad of problems, including fatigue, mental changes and physical changes.

IMPORTANCE OF NIDRA

1. Samyak Nidra – According to *Acharya Charaka* *sukha, dukha, karshya, bala, abala, vrushta, klibata, gnyanam, agnyanam, jivana* and death all these depends on proper or improper *Nidra* According to *Acharya Sushruta* proper and adequate sleep, the person will be free from diseases, will have pleasure in mind endowed with strength, complexion *Acharya Vagbhata*, said that *nidra* is observed judiciously, it will lead to happiness and long life just as the mind of *yogic* become clear from knowledge of soul.

2. Atinidra- Due to this *Kaptha* *Dosha* increases in body and it causes obesity and many

diseases.

3. Anidra- It causes loss of tissues emaniation and increase in Vata dosha.

According to *ayurveda*, *nidra* is the second sub pillar on which health and life is based. In modern science, Sleep plays a vital role in good health & well being. Sleep is important for the healthy function of brain and emotional well-being. Studies shows lack of sleep affects the mood, and a depressed mood can lead to lack of sleep. To combat this vicious cycle, sleep experts recommend the teens prioritize sleep and focus on healthy sleep habits. Lack of sleep causes trouble in making decisions, solving problem, controlling emotions and behavior.

Improper sleep causes mental as well as diseases like diabetes mellitus, hypertension, obesity, congenital heart diseases. Due to stressful lifestyle and improper sleep increase the risk of hypertension had increases. Sleep is also important for physical health, as sleep is involved in repairing and healing of tissues. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes & stroke.

According to *ayurveda*, *Traypopsthambha* is considered as three sub-pillar of life on which life depends. To maintain life along with health, *aahar*, *nidra* and *bramacharya* should be followed. *Nidra* is the second sub-pillar which suggests its importance in life. According to modern science as well, Sleep is helpful in repairing the degenerated tissues to maintain homeostasis. Sleep is one of the main causes for different lifestyle disorders. Improper sleep causes mental as well as diseases like diabetes mellitus, hypertension, obesity, congenital heart diseases. The most common lifestyle diseases include Hypertension, Diabetes, Arthritis, obesity & Insomnia. Researchers suggest that an appropriate sleep can help to lower the prevalence of hypertension, cardiovascular diseases, anxiety, Obesity etc which are derived from lifestyle disorder. According to *Acharya Sushruta* by proper and adequate sleep, the person will be free from diseases, will have pleasure in mind endowed with strength, complexion. So, adequate *nidra* (Sleep) should be taken. As Sleep plays vital role in maintaining health of an individual, several strategies should be made for getting enough sleep like.

1. Go to bed and wake up at the same time every day.
2. Try to keep same sleep schedule every-day.
3. Avoid heavy or large meal within couple of hour before sleep.
4. Avoid nicotine and caffeine before bedtime.

5. Use the hour before bed for quiet time.
6. Avoid use of mobile and other applications.

CONCLUSION

Lifestyle diseases” are internationally known as ‘non-communicable diseases’ (NCD’s) emerge from inappropriate relationship of people with their environment Sleep plays an important role in maintaining the health and helps in repairing of damaged cells. Lack of sleep is one of the common causes in lifestyle diseases. Hence, for prevention of lifestyle disorders adequate amount of sleep is necessary. To combat the lifestyle disorders and lead a healthy life, *Nidra* plays important role. So, for maintaining the proper health, daily regimen should be followed along with adequate amount of sleep intake.

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