Study the importance of nidra for maintenance of health.
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ABSTRACT - Ayurveda helps in keeping balance, harmony and equilibrium in all physiological activities of body and mind. Sleep is important because it affects our mental, physical and emotional well being. Ahar, nidra, and bhramcharya are essential for promoting healthy life. Nidra as one of the most dimensions of health associate with happiness and good health. The aim of this conceptual article is to compile and revaluate the various principles related to different aspect of nidra (sleep).

Keywords- Nidra, lifestyle, Divaswap, Ratrijagaran.

INTRODUCTION - The three pillars which support the body are Ahar, Nidra and Bhramhacharya. If they are observed properly with Yakti, they support the body and make it Sthira. It becomes well endowed with Bala, Varna and Upachay till the completion of lifespan. Ayurveda has given a lot of importance to Nidra in our daily life for the maintenance of health. Next to Ahar the Nidra is the second most important for life. Sushrut coated that sleep is enjoyment of pleasure by body and sense organs. As Nidra being chief nourisher at the body, it plays an important role in promotion of health and prevention of diseases. In Ayurveda, the Nidra has been said to be Ratriswabhava Prabhava. According to Charak it is called as Bhutadhatri and it nourishes all the living beings. When body and mind feels fatigue, then they become unable to respond to subjects of all senses and this provokes Nidra. An ancient time, people were following ideal lifestyle. Therefore people were not much get affected by various types of diseases. In modern era of civilization due to growing, use of technologies and increasing competition, changing lifestyle especially sleeping pattern has become a leading cause for manifestation of many diseases.

AIM - To elaborate the importance of Nidra in maintaining the good health by literature review.

OBJECTIVE- To study the importance of Nidra in maintaining the good health

MATERIAL - literature review from samhita, literature review from modern text, Journals and website.

METHODS- Conceptual study.

RESULT - After the detail review of literature, it can be said that, increasing sedentary lifestyle which includes disturbed sleep pattern due to growing use of technologies, leads to onset of many diseases. Therefore proper Nidra is important for the maintenance of health.
Types of Nidra-
According to Charak¹
1) Tamobhava
2) Shleshamasamudbhava
3) Manah sharir shrama sambhava
4) Agantuki
5) Vyadhyanuvartini
6) Ratrisvabhav prabhava.

According to Ashtang Sangraha²
1) Kal swabhavjyanya
2) Amaykhedprabhava Nidra
3) Chittakhedajyanya Nidra
4) Dehakhedajyanya Nidra
5) Kaphajyanya Nidra
6) Agantuki Nidra
7) Tamobhava Nidra

According to Sushrut Samhita³-
1) Tamasi Nidra
2) Swabhavik Nidra
3) Vaikarik Nidra

Importance of Nidra- Happiness, misery, nourishment, strength, weakness, virility, sterility, knowledge, ignorance, life and death, all these occur depending on the proper or improper sleep. Proper sleep leads to increase in Agni and Dhatusamya⁴

Physiology of Nidra-
Ayurvedic View⁵
According to Acharya Charak sleep is nothing but a combined Stage of mind and body.

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When the mind withdraw its attention from its work

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And the sense organs get tired due to heavy work load

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Then this combined stage leads into the sleep

Modern View*-Sleep is divided into 2 types

1) Eye movement (REM sleep)
2) Non rapid eye movement (NREM or Non REM sleep)

Each type has a distinct set of physiological and neurological features associated with it. REM sleep is associated with dreaming, desynchronized and faster brain waves, loss of muscle tone and suspension of homeostasis. REM and Non REM sleep are so different that physiologist classifies them as distinct behavioral states. In this view REM and Non REM and waking represents the 3 major modes of consciousness, neural activity and physiological regulations. According to the Habson and Mccarly activation- synthesis hypothesis proposed in 1975-1977, the alteration between REM and non REM and waking represents the 3 major modes of consciousness, neural activity and physiological regulations. Especially during non REM sleep, the brain uses significantly less energy during sleep than it does in working. In areas with reduced activity, the brain restores it’s supply at adenosine triphosphate, the molecule used for short term storage and transport of energy. During slow wave sleep, human secretes bursts of growth hormone. All sleep even during sleep, is associated with secretion of prolactin.

Sleep increases an organism’s sensory threshold. In other words, a sleeping creature perceives few stimuli, however it can generally still respond to loud noise and other silent sensory events. Key physiological indicators in sleep include EEC of brain waves, electrooculography (EOG) of eye movements, and electromyography (EMG) of skeletal muscle activity. Simultaneous collection of these measurements is called
polysomnography and can be performed in a specialized sleep laboratory.

**Improper Nidra and their Effects**

Improper sleep includes:

1) Akali Nidra
2) Divaswap
3) Ratrijagran
4) Atinidra
5) Nidranash/Anidra

1) Akali Nidra - Ayurveda mentioned some rules for a good sleep, which can help to maintain the life active and healthy. Acharya told many basic theories about the Nidra along with the side effects of not getting proper sleep at proper time. In this quote, they mentioned the same theory, sleep indulged at improper time in excess or not at all. Akali Nidra causes Jwara, Sharirshaajhiyla, Pratishaya, Shirashula, Shotha, Rhulhas, Aagnimandya, Strotorodha.

2) Divaswap - Sleep during day time increases Kapha and Pitta Dosha which increases unctuousness in the body and causes diseases related to them.

3) Ratrijagaran - Awake at night causes roughness in the body. If one remains awake at night then Vata Dosha gets vitiated which vitiates the Agni and leads to inappropriate digestion of food. Vitiation of Vata more harmful for digestion than Pitta and Kapha.

4) Atinidra - Oversleep leads diseases due to increased Kapha Dosha such as DM, Obesity etc.

5) Nidranash / Anidra - Inadequate sleep leads to increase Vata Dosha wasting of tissue, emaciation, causes of insomnia.

**Relationship between Nidra and Dosha, Dhatu, Malas.**

In spite of Kaph dominant process, Nidra maintains the equilibrium between three Doshas. In classics, it is mentioned that in Kaphaj Vikaras Nidra and Tanda are commonly seen, in Vataja Vikaras Nidranasha occurs and Pittaja Vikaras Alpanidra manifest. By means of proper sleep the Dhatusamya, nourishment of the body, increases the strength and the stability of Ayu are achieved. By proper sleep the digestive power is properly maintained and the Agni functions remains in normal condition. Evacuation of the bowel and emptying of urinary bladder take place properly if a person sleeps well. Bad habits like Ratrijagaran and Divaswap have been stated to provoke all three Doshas.

**Types of Bed and their Effects**

1) Anukula Shaya (comfortable Bed) – it is considered good for proper sleep, nourishment, pleasure, relieves tiredness, pacifies the vitiated Vata, and aphrodisiac.

2) Bhumishaya (on ground) – it can pacify the vitiated Vata, nourishes human body gives strength and aphrodisiac.

3) Khatva (Cot) – causes vitiation of Vata.

4) Darupatta (wooden planks) – it is unctuous and highly Vata.

5) Andolika (Hanging bed) – it relieves tiredness, leads to long life, plumpness, aphrodisiac, alleviates vitiated Vata, decreases sweating, pleasing to mind.

6) Talpa – it helps to decrease weight. It is good for health of skin.

**CONCLUSION** - It is observed that the person have sufficient sleep, can attain positive energy and a enthusiasm to perform work. And ultimately lead to a better and healthy life. Sleep is a chief nourisher at life’s feast. It occurs due to increased Tamoguna. Active anabolism
and passive catabolism in Nidra helps to repair body damage at cellular level.

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