



### A Review on *Ayurvedic* concept of significance of *Nidra* in Lifestyle Disorders.

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#### Abstract:

Many new disorders have come up in recent years due to rapid changes in lifestyle of people, collectively called as lifestyle disorders. According to the *Ayurveda*, man is said to be healthy whose *Dosha*, *Dhatu*, *Mala* & *Agni* are in the state of equilibrium along with mental, sensory and spiritual pleasantness and happiness. *Ayurveda* emphasizes on physical & mental fitness with prevention of disease & preservation of health in a comprehensive manner. There are many unhealthy practices followed by people in their day to day life which badly affect their health, one of them is lack of sleep or disturbed sleep pattern.

“Early to bed & early to arise makes a man healthy, wealthy & wise.” This proverb has a

great significance. *Ayurveda* believes in saying it. *Trayopstambha* (*Ahara*, *nidra*, *Brahmacharya*) is key to health and disease on which our life and vitality is based. It focus on daily regimen (*Dincharya*) that can avoid lifestyle disorders. *Nidra* plays an important role in physical and mental health. *Ayurveda* has prescribed certain rules, in regard to diet and sleep, called seasonal regimen (*Rutucharya*). Present article emphasized on role of *Nidra* in promotion of maintenance of health and well being and prevention of lifestyle disorders.

**Keywords:** *Ayurveda*, Daily regimen, Health, Lifestyle Disorder, *Nidra*, Sleep

#### Introduction

According to *Ayurveda Swasthya* is depends on three pillars of life i.e. *Ahara*, *Nidra* and

*Brhamacharya*. *Nidra* is one of the important pillar (*Upstambha*) among them.<sup>1</sup> It comes under *Adharniya Vega* (Unsurpassable urge).<sup>2</sup> If it is suppressed then it cause headache, body pain, heaviness of eye etc. Getting enough sleep at right time supports well being and good quality of life. *Nidra* is important regimen of day to day life. If not taken properly can cause severe diseased condition which will affect physical as well as mental health .Proper *Nidra* protects growth and development of body. It helps to get proper learning capacity (*Gyan*)<sup>3</sup>. *Oja* which is responsible for our body's immune system is also relies on *Nidra* to stay healthy. In recent changed lifestyle like changed food habits , stress , late night study, night duty of different professions are the causes of lack of sleep or disturbed sleeping pattern which may increase the risk for some chronic health problems. According to *Ayurveda*, *Nidra Viparyaya* (improper sleep), *Prajagrana* (whole night awaking) , *Divaswapna* ( Daysleep) these are some important causes of *Vatvyadhi*. In *Ayurvedic* classics , *Vatvyadhi* gets prime importance and covers almost 50% of diseases. Some lifestyle disorders like hypertension, *Madhumeha* (diabetes mellitus), *sthoulya* (obesity)<sup>4</sup> etc. occurs due to improper sleep.

#### **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*.

- To understand role of *Nidra* in prevention of disease.

**Material & Methods** – Review of Literature regarding *Nidra* are collected, compiled and interpreted From *Bhrihatrayi* and their commentaries.

#### **Discussion & Review -**

Human body has internal biological clock which regulate our twenty four hours sleep wake up cycle also known as circadian rhythm. According to biological clock of body sleep during night is most beneficial. The duration of sleep and time of sleep is very important. it rejuvenate the brain, nourishes the body tissue, makes you feel happy, increases strength and vitality<sup>5</sup>. All this, in turn, increase the life span of the person. But in present era due to urbanization and changed lifestyle, late night study, night duty, use of electronic media, advanced technologies etc. all these cause damaging effects on sleep quality, quantity and timing. Advancement and changes in society take their toll on human health. Many new disorders have come up in recent year such as hypertension, obesity, diabetes mellitus etc. are major health problems in front of our society. Here we explain the role of ideal *Nidra* in daily life to improve health and prevent from lifestyle disorders.

#### **Systematic Review-**

*Nidra* – According to *Charak Samhita*, when the *Mana* including *indriyas* is exhausted and they dissociate themselves from their objects then the individual sleeps.<sup>6</sup> *Acharya Charaka* states that adequate and proper *Nidra* in terms of

quality and quantity gives *Sukh* (happiness), *Pushthi* (nourishment), *Bala* (strength), *Gyana* (learning capacity), *Jivitam* (life). On other side inadequate and excessive, irregular *Nidra* exerts adverse effects that are *Dukha*, *Karshya*, *Abala*, *Agyanam*, *Ajivitam*.<sup>7</sup> *Acharya Sushruta* described *Nidra* as the state of human body in which sense organs are disconnected from grasping of their objects.<sup>8</sup> According to *Vagbhata Nidra* is caused by *Tama Guna* and also influenced by *Tama Guna*.<sup>9</sup> Hence *Nidra* occurs at night time as we see that *Tama Guna* increases at night time.

***Samyak Nidra*** - *Nidra* is second important pillar of life. It is physiological state of rest for body, mind, senses and motor organ. Due to proper and adequate sleep body tissue and *Doshas* remains in equilibrium and maintain health physically as well as mentally. Happiness-sorrow, obesity-emaciation, strength-weakness, virility-impotence, knowledge-ignorance, life-death are all depend on adequate and inadequate sleep.<sup>10</sup>

***Anidra*** - Inadequate sleep leads to increase *Vatadosha*, wasting of tissue, emaciation, causes of insomnia.<sup>11</sup>

***Atinidra*** - Oversleeps leads to increase *Kaphadosha*,<sup>12</sup> obesity and diseases like DM.

**Types of *Nidra*** - In Ayurvedic classics sleep has been explained very deeply. *Acharya Charak* described six types of *Nidra*.<sup>13</sup> *Acharya Sushruta* mentioned three types of *Nidra*.<sup>14</sup> *Acharya Vagbhata* explained seven types of *Nidra*.<sup>15</sup>

1. *Tamobhava* - This kind of sleep occurs due to *Tamas Guna*.
2. *Sleshmasambhava* - This type of sleep occurs due to vitiated *Kaphadosha*.
3. *Mana sharir shrama Sambhava* - It occurs due to mental and physical exertion.
4. *Aagantuki* - This occurs due to external causes like use of medicines, odors, any physical or mental trauma.
5. *Vyadhianuvartini* - This type occur as a result of complication in various disease.
6. *Ratrisvabhava Prabha* - This is physiological sleep occurs due to nature of night.

***Nidra according to Dincharya*** - Activities done by an individual from waking up in morning till sunset is called as *Dincharya*.<sup>16</sup> Activities done from sunset till sleeping, is called as *Ratricharya*. But in practice *Dincharya* and *Ratricharya* both are considered under term *Dincharya*. According to *Ayurveda* one should awake in *Brahmamuhurta*.<sup>17</sup> It is auspicious time to get up from bed. It is best time for meditation. *Divaswap* (day sleep) and *Ratrijagaran* (late night awakening) are contraindicated according to *Ayurvedic* classics. Sleep during daytime increases unctuousness in the body.<sup>18</sup> Remaining vigil during night causes dryness in body.<sup>19</sup> Night duty disturbed sleep patten. Person who works in night develops symptoms like lack of concentration, disorientation, loss of sleep. Hence *Ayurveda* suggest not to work at night and not to sleep in daytime.

**Nidra according to Rutucharya** - Different atmospheric changes affects all living organism. To achieve maximum benefits from seasonal changes and protection from bad effects of atmosphere one should follow seasonal regimen i.e. *Ritucharya*. According to *Ayurveda* daytime sleep is recommended only in *Grishmarutu* i.e. summer season.<sup>20</sup> In *Grishmarutu* duration of night time is short, dryness and roughness in atmosphere is increased which vitiate *Vata* Dosha.<sup>21</sup> In all other remaining five seasons *Divaswap* is contraindicated because of vitiation of *Kapha* and *Pitta* Dosha and increases the risk of diseases caused by vitiated *Kapha* and *Pitta* Dosha.<sup>22</sup>

#### **Modern Lifestyle & Factors affecting Nidra –**

Electronic media and devices such as computer, television, use of cellular phones these are essential part of our lifestyle which interfere with normal sleep or wake patterns.

Substances such as caffeine, nicotine, alcohol and drugs are commonly consumed in attempt to maintain either alertness and arousal or to achieve sleepiness and tranquility.

Alternative duty schedules also affect sleep pattern in different profession such as call centers, IT jobs, policemen etc.

Bright light during night time has also been found to have immediate effects on physiological and behavioral measures. Such exposure has become extremely common in various contexts in the modern world.

Insufficient physical exercise, overweight, obesity are major issues in modern society

which are also associated with sleep disturbance.

#### **Conclusion-**

Ancient lifestyle was different from today's lifestyle. In ancient time people were less occupied, there were less strain, but in today's fast and materialistic life people don't have time to think about their health. This is important factor for stress. Because of stress problems like anxiety, lack of sleep, lack of concentration, depression etc. happens. This stressful life pushes young generation towards addictions like alcohol, smoking, drug abuse etc. Because of this lifestyle mental health problems and induced diseases like hypertension, diabetes etc. increases. Due to this, lifespan of human being is also decreasing day by day. To improve health and lifespan we should follow the daily and seasonal regimen suggested by *Ayurveda*. By following ancient wisdom of *Ayurveda* we can improve the health of society and prevent from diseases.

The hours and time of sleep are important. Ideal *Nidra* plays significant role in maintaining health and prevent from lifestyle disorders. For *samyak Nidra* one should follow *Dincharya* and *Rutucharya*.

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