



ROLE OF NIDRA ON STHOULYA AND KARSHYA

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ABSTRACT

Nidra is a vital physiological process for healthy living. It is exceptionally critical for our physical as well as mental wellbeing. Our body tries to repair and mend itself during *Nidra*. It re-establishes our capacity to perform daily tasks. Sound rest feeds the body that is why *Nidra* is called as *Bhuta Dhatri*, since *Nidra* takes care and supports *Prana* of a person like a Mata/mother takes care and boosts her child.

Sthoulya and *Karshya* are described as one among the *Ashtaninditiya purusha*. *Ayurveda* describes the main three pillars of life that is *Ahara*, *Nidra* and *Brahmacharya* amongst which *Nidra* is said to be the very important tripod of life. *Sthoulya* and *karshya* have become a very common life style disorder in which *Atinidra* and *Anidra* is also one of major the causes which leads to cascade of irregular regime and deranged eating habits which further worsen the quality and span of ones healthy living. So, in this article there is an attempt made to understand the importance of *Nidra* and effect of *Nidra* on *Sthoulya* and *Karshya*.

Keywords- *Nidra*, *Bhuta Dhatri*, *Sthoulya*, *Karshya* , *Astanindatiya purusha*.

INTRODUCTION

Ahara, Nidra and *Brhmacharya* are known to be the three *Upasthambas*¹ of life, if practiced with proper intelligence they provide to the optimum of *Bala, Varna* and thus do *Shareera upachaya*. According to *Ayurveda Nidra* is very essential for the maintenance of health and prevention of disease.

Sthoulya or obesity is one among the *Santarpanotta vikara* whereas *Karshya* is one of the *Apatarpanotta vikara*. *Acharya Charaka* has mentioned *Sthoulya* and *Karshya* among *Astaninditeeya*². *Sthoulya* is the condition where increase of *meda* and *mamsa dhatu* is seen visibly with flabbiness and pendulous appearance in *udara, spik* and *sthana* (abdomen, buttocks, and breasts), so the possible correlation can be obesity.³

Karshya means lean or emaciated and *karshya* persons visibly have *Sushka Sphik, Udara* and *Greeva* (emaciated buttocks, abdomen and neck). It can be correlated with a possible condition of Undernutrition or protein energy malnutrition⁴. *Atinidra* is a condition which may lead to *Sthoulya* and *Anidra* causes *Karshya*. The purpose of this article is to light up an idea about the impact of *nidra* on *Sthoulya* and *Karshya*.

Definition of Nidra –

Nidra is also associated with *Yoga maya*, the illusory potency, where the *chittavrutti* takes shelter of *Abhava Karana*⁵. *Darshana Grantha* explains about 4 *Avasthas* of *Manas* and *Atma* which is *Jaagruthavatha*, *Sushuptavastha*, *Swapnavastha* and *Turiyavastha*.

Synonyms of Nidra –

Charaka -Bhutadhatri,

Sushruta -Vaishnavi maya,

Amarakosha -Swapa and Swapna

Manduka upanisha -Sushuptha.

Physiology of Nidra

According to different Acharyas

- Due to the exhaustion of mind and senses there will be dissociation of *Manas, Atma* and *Indriya* and unable to perceive knowledge of corresponding organs⁶.
- The seat of *Hridaya* also known as *Chetana* gets covered by *Tamoguna* and leads to *Nidra*⁷.
- The *kapha dosha* encircles the *Srotas* thus sense organs are fatigued due to excessive work causes *Nidra*⁸

Types of Nidra

VAGBHATA ⁹	CHARAKA ¹⁰	SUSHRUTA ¹¹
<i>Kala swabhava</i>	<i>Tamobhava</i>	<i>Swabhavika</i>
<i>Amajanya</i>	<i>Shlesma samudbhava</i>	<i>Vaikarika</i>
<i>Chittajanya</i>	<i>Mana sharira shrama</i>	<i>Tamasika</i>
<i>Dehajanya</i>	<i>Agantuki</i>	
<i>Kaphajanya</i>	<i>Vyadhi anuvartini</i>	
<i>Agantujanya</i>	<i>Ratrisambhava</i>	
<i>Tamobhavaja</i>		

STHOULYA –

Definition

Sthula paribrhumane- Sthoulya purushas can be considered as over nourished individuals with *Meda* and *Mamsa dhatu* predominantly visible as flabbiness, pendulous appearance and wobble of abdomen buttocks and breasts¹². In these individuals we generally observe excessive buildup of *Medo* and *Mamsa dhatu* and restricted nourishing of remaining *Dhatu*s. When we look through dosha and metabolic perspective the *Kapha dosha* increases in an abnormal fashion and there is hampered fat metabolism is thus making the body *Sthoola*.

Nidana of Sthoulya¹³-

- **Aaharaja**– *Atisampurana, Adyashana, Santarpana, Ati guru Snigdha sheeta Madhura Aharasevana, Anupa Mamsa Sevana, Bojanotta jalapana.*
- **Viharaja**- *Avyayama, Avyavaya, Diwaswapna, Bhojanotta snana.*
- **Manasika**- *Harsha nityatwat, Achintanath, Manasonivritti, Saukhya.*
- **Beeja nimitta**- *Madhura rasa consumption in Atimatra during pregnancy.*

Lakshana of Sthoulya according to different Acharya

LAKSHANA	CS	SS	AS	MN	BP	YR
Ayurhrasa	+	-	+	+	-	-
Alpa prana	-	+	+	+	-	-
Alpa vyavaya	-	+	-	+	-	-
Aayasa	-	-	+	-	-	-
Angashaithilya	+	+	-	+	+	-
Chala udhara	+	-	+	+	+	+
Chala sthana	+	-	+	+	+	+

Chala sphik	+	-	+	+	+	+
Daurbalya	+	-	+	-	+	+
Daurgandhya	+	+	+	+	+	+
Kasa	+	+	-	+	+	-
Kshudra	+	+	+	+	+	+
shwasa						
Moha	-	-	-	+	+	+
Nidradhikya	-	+	+	+	+	+
Pipasadhikya	+	+	+	+	+	+
Swedadhikya	-	+	+	+	+	+

Samprapti ghataka of Sthoulya

1. *Dosa – Kapha (Kledaka), Vāta (Samāna, vyāna), Pitta (Pāchaka)*
2. *Dusya - Meda Dhātu*
3. *Agni – Jatharāgni, Dhātawāgni (Medadhātawāgni), Bhutāgni (Prithvi, āp)*
4. *Srotas – Medavaha srotas*
5. *Srota Dusti – Sanga and Mārgābarodha, Medavaha srota dusti*
6. *Adhsthāna – Vapāvahana & Medadharākālā*
7. *Udbhavasthāna – Kostha (Āmāsaya)*
8. *Prasara – Rasāyani*
9. *Rogamārga – Bāhya*
10. *Āma – Jatharagni māndya Janita, Dhātawāgni māndya janita.*
11. *Vyaktisthana – Sarva sharira or Sarvanga specially Sphik, Udara and Stana*

Role Medovaha sroto dushti karana -

Not doing/irregularity of physical exercise, day sleep, regular intake of excess quantity of *Meda vriddhikara* substances i.e, fatty and oily substances, excessive intake of *Jala pradhana* articles like alcohol etc. are the responsible factors for vitiation of *Medovaha srotas* in the body.

Role of Medovaha srotas in Sthoulya -

Excessive increase of *Medo dhatu* vitiates *Kapha dosha*, which is responsible for the vitiation of *medhodhatu* in the body and gives rise to the diseases coming under *Kapha prakopa janya vikaras* like *Atisthoulya*.

Importance of *Nidra*¹⁴–

Nidra brings Happiness, nourishment, strength, virility, knowledge and longevity whereas *Anidra* causes misery, emaciation, weakness, sterility, ignorance and death¹⁷.

Anidra/Atinidra cause Untimely, excessive sleep and sleep deprivation which takes away from the individual, both Happiness and longevity and proper sleep is considered to bring in both the merry.

Divaswapna

Indications of *Divaswapna*

Divaswapna is generally contraindicated but allowed has been given some relaxation in the *Greeshma rutu*. The reason for such relaxation is because the *Acharyas* knew that in *Adana kala* the duration of day is longer, night is shorter which will lead to inadequate sleep and exhaustion thus *Vata* gets aggravated in the body. Therefore, during this season daysleep can be prescribed¹⁵.

Other indications;

Those who indulge in exhausting activities like singing, study, alcohol, sexual act, panchakarma therapy, dealing with heavy weight and walking or travelling long distances. And also, who are suffering from specific conditions and stage of life indigestion, wasting, thirst diarrhoea, colic pain, dyspnoea, hiccup, insanity and those are too old, too young, weak and emaciated female. Those injured by fall, assault, exhausted by journey, by a vehicle, vigil, anger, grief and fear and those who are accustomed to day sleep.

Contraindications of *Divaswapna*:

- All the other *Rutus* except *Greeshma rutu* is contraindicated for the day sleep.

Other contraindications

- Obese, one habitual of taking ghee or other fat regularly, *Kapha Prakriti*, *Kapha grushta rogas* , *Dooshivisha*.

Ratrijagarana

Indications -

Those who are suffering with¹⁶-

- *Kapha roga* ,
- *Medo roga* ,
- poison exposed conditions
- Acharya Vagbhata advises *Ratri jagarana* to *Kanta rogi*

KARSHYA**Definition -**

Karshya means lean or emaciated and *Karshya* persons visibly have *Sushka Sphik*, *Udara* and *Greeva* (emaciated buttocks, abdomen and neck). It can be correlated with a possible condition of Undernutrition or protein energy malnutrition.

Nidana

Excessive intake of dry/ununctuous types of foods and drinks, Fasting, *Pramitashana* (intake of food in an inadequate quantity), *Kriyaatiyoga* (Excessive subjection to evacuative therapy), *Shoka* (grief), suppression of natural urges including sleep, *Udvartana* with *Ruksha Dravya*, Excessive bath, old age, *Kroda* (anger), *Bhaya*, *Shrama* or it can be hereditary¹⁷.

Lakshana of Karshya –

- Person cannot withstand physical exercise
- Person cannot take food in large quantity, cannot withstand hunger, thirst, minor diseases and drugs.
- Person cannot withstand or bear excessive of cold, heat or minimal sexual exertion.
- Such emaciated person also suffers from splenic diseases, cough, wasting, dyspnea, abdominal tumour, piles, abdominal disease and grahani.
- Mainly seen feature is *Sushka Sphik*, *Udara* and *Greeva*.
- *Dhamanijala santatah* (the blood vessels are prominently visible under the skin)¹⁸.
- The joints are prominently seen and the man appears to bare only bone and skin.

Samprapti Ghataka

- *Dosha – Vata Pradhana*
- *Dushya – Rasa, Mamsa, Meda*
- *Agni- Mandagni, Vishama*
- *Koshth- Krura Koshtha*
- *Udbhava Sthana- Pakvashaya*
- *Adhishtana- Sarva Sharira*
- *Shrotas – Rasavaha, Mamsavaha, Medovaha*
- *Shroto Dushti – Sanga*
- *Rogamarga – Aabhyantara*

- *Vyadhi Sambhav- Naveen –Mridu; Jeerna-Daaruna*
- *Saadhya-Asaadhyata- Kashta Sadhya*

DISCUSSION

Sthoulya

Sthoulya is *Rasa nimittaja* . *Kaphavardhaka ahara* , *Divaswapna* , leads to formation of *Amarasa* that is *Apachita aadya rasa* which is *Madhura rasa* predominant . The process of *Dhatu Parinama* is hindered resulting in excess *Sneha* and *Meda* leading to *Dhatwagni Mandya* leading to *Sthoulya*¹⁹. The *Medadhatu* thus excessively produced causes *Margavarodha*. As a result of which other *Dhatu*s are depleted causing symptoms such as inability to perform all the activities.

Samprapti of Sthoulya

Nidana sevana (Kaphamedo vardhaka ahara)

Jataragni mandhya

Saama annarasa Utpatti

Predominance of jala and prithwi mahabhoota

Dhatwagni mandhya

Medovaha sroto dusti (sanga)

Sanchaya of Apachita meda in sphik , sthana, udara

Leading to Sthoulya

As *Sthoulya* is *Santarpana janya vikara* there will be improper or Dearranged metabolism . Hence, no proper formation of other *dhatu*s .*Nidra* is an important aspect in tackling *Sthoulya*. Among the *Sthoulya lakshana* , Due to increase intake of *Kaphaja ahara vihara* , *Kapha* gets aggravated and obstructs the *srotas* and cause *Srotorodha* thus manifesting the symptoms similar to that of *Kapha vrudhi*. *Kapha dosha* encircle the *srotas* and thus causing *Nidra* which is in excess leading to *Nidra adhikata* or excess sleep.

KARSHYA

Samprapti

Nidana sevana (vata vardhaka ahara vihara) & Ahara sevana in alpa matra

Poshaka dhatu abhava

Uttarottara dhatu kshaya

Karshya

In *Karshya* as it is *Apatarpanottha vikara*, *Vata dosha* gets vitiated. Indulging in *Ruksha Ahara vihara* and involvement of *Rajo guna* thereby decreases sleep. The *Rukshata* manifests throughout the body. Due to sleep deprivation or reduced sleep which becomes the symptom of *Karshya*. Thus, in present scenario proper *Nidra* also plays an important role in maintain the health of healthy and diseased person.

CONCLUSION

According to *Ayurveda Ahara, Nidra, Brahmacharya* are the three tripods. These have to be followed with proper *Yukthi*. *Nidra* plays a vital role in maintenance of health of healthy person and eradication of disease. In present scenario the rate of life style disorders has increased. Following proper *Trayopasthamba* will keep the person away from these thus bringing back the smile in sufferings face.

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