



IMPORTANCE OF *NIDRA* IN LIFESTYLE DISORDER

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Abstract: -

One of the oldest systems of knowledge, *Ayurveda* covers every facet of life. It not only explains the science of life, but also how to live a healthy lifestyle. To prevent illnesses and to improve health, *Ayurveda* detailed several *Adravyabhuta Oushadhis*, including *Dinacharya*, *Ratricharya*, *Acharya Rasayana*, *Sadvritta Palana*, and *Ritucharya*. *Ratricharya* is regarded as one of life's most fundamental components. *Ahara*, *Nidra*, and *Brahmacharya* are included in the *Trayopasthambas*, which also includes *Nidra*. The three primary supporting pillars of life are known as *Trayopasthambas*. *Swasthasya* the *Swastha Rakshanam* primary goal of *Ayurveda*. Therefore, we should focus on *Trayopasthambas* to maintain a healthy lifestyle. This aids in maintaining the harmony, balance, and overall health of every physiological act. *Nidra* is incredibly important since it influences our physical, mental, and emotional well-being. *Nidra* is a contributing aspect to a healthy lifestyle. It takes part in life and death, learning and illiteracy, sustenance, emaciation, strength, weakness, sexual inclinations, impotence, and happiness and suffering. Many lifestyle problems, including depression, metabolic syndromes, polycystic ovary syndrome (PCOS), hypertension, and diabetes, are directly related to modern lifestyle changes. Additionally, all of them are greatly impacted by *Nidranasha*, or inadequate sleep. Therefore, the purpose of the current study is to explain the value of *Nidra* and its clinical relevance in lifestyle diseases.

KeyWords: - *Nidra*, *Trayopasthambas*, Lifestyle, Health

INTRODUCTION: -

The important phenomena of *Nidra* (sleep), which occurs frequently in our lives as a component of normal physiology, offers rest and relaxation to the body, mind, and senses, which become weary and worn due to wear a normal wear and tear process taking place throughout regular activity. *Nidra* is therefore regarded as a necessary part of life. It is also listed as a normal urge that should not be repressed and that, if it were, cause several disorders. *Aahar*, *Nidra*, and *Barhmacharya* are referred to as the "*Trayopastambha*," or "pillars of life," in all *Samhitas*. These three elements influence an individual's body's strength, complexion, and compactness. ⁽¹⁾

According to *Acharya charak*

यदा तु मनसि क्लान्ते कर्मात्मानः क्लमान्विताः ।

विष्येभ्यो निवर्तन्ते तदा स्वपिति मानवः ॥ (च.सू.21/35)

"*Nidra* is a state of the human body when the sense organs (*Indriyas*) detach from their objects of grasping (*Vishaya*) and enter a state of sleep."⁽²⁾ *Nidra* is often observed to happen at night and, according to Vagbhata, is both caused by and constituted of *Tamo Guna*.⁽³⁾ *Hridaya* is regarded by *Susruta* as the seat of *Chetana* (mind/soul). He claimed that sleep would start to happen once *Hridaya* was covered by *Tamas*. *Nidra* can happen due to *Tamas Kapha*, whereas *Satva* is responsible for alertness. Additionally, it was stated that *Tamas* and have an impact on sleep.⁽⁴⁾ Sleep will happen when *Manovaha Srotas* aggregate with *Kapha*, which causes the mind to get exhausted and become separated from all of the sensory organs.⁽⁵⁾

Nidra ka kala: -

The ideal period for *Nidra* is the *Kala* between *Pradeha* (after *Suryastha*) and *Paschima Yama* (before *Suryodaya*), which is two *Yama*.⁽⁶⁾

Types of *Nidra: -*

Different Acharyas have expressed varying views on the different various types of sleep. However, it can be broadly divided into two types.

1. *Swabhavika Nidra*: This occurs nightly and naturally.
2. *Aswabhavika Nidra*: which is brought on by various factors.

[A] According to Acharya Charaka types of Nidra

तमोभवा श्लेष्मसमुद्धवा च मनः शरीरश्रमसंभवा च।

आगन्तुकी व्याध्यनुवर्तिनी च रात्रिस्वभावप्रभवा च निद्रा।।(च.सू.21/58)

- Tamobhava*, which *Tama* induced.
- Shleshma Samudbhava*, which is brought on by *Kapha* vitiation.
- Mana Sharira Shrama Sambhava*, which is brought on by mental and physical strain.
- Agantuki*, which is brought on by external trauma.
- Vyadhyanuvartini*, a condition brought on by any illness.
- Ratri Svabhava*: a physiological or natural occurrence.

[B] As per Acharya Sushruta's classification⁽⁷⁾

- External trauma results in “*Tamasi-Nidra*”.
- “*Vaishnavi-Nidra*” and “*Svabhavika*” occur physiologically and organically.
- “*Vaikarika*” which develops as a result of increased *Vata* or decreased *Kapha* brought on by *Abhitapa* (an illness affecting the body and mind)

[C] The following are the classifications according to Astang Sangraha⁽⁸⁾

- Kalavabhavaja*
- Amayaja*
- Chittakhedaja*
- Dehakhedaja*
- Kaphobhava*
- Agantuki*
- Tamobhava*

Out of these seven types, the first is natural and the last is caused by sin; the remaining five forms denote sleep caused by illness.

BENEFITS OF NIDRA: -

निद्रायतं सुखं दुःखं पुष्टीः काश्यं बलाबलम्।

वृषता क्लीबता ज्ञानमज्ञानं जीवितं न च।।(च.सू.21/36)

The most vital component for life is *Nidra*. when properly consumed of *Nidra* in good quality and quantity, is responsible for *Sukha* (happiness), *Dukha* (misery), *Pusti* (body nourishment), *Karshya* (body deprivation), *Bala* (strength), *Abala* (weakness), *Vrishata* (virility), *Klibata* (impotence), *Gyanum* (knowledge) and *Agyanum*. Life-death also depend upon sleep.

A good night's sleep maintains the *Dhatusamyata* (balancing of the body's constituents) and promotes alertness, good vision, a healthy complexion, strength, and digestive ability.⁽⁹⁾

IMPORTANCE OF NIDRA: -

Nidra is a very important part of life because it provides rest and relaxation to body and mind. A good sound sleep at night does the balance of body constituents, alertness, good complexion, good vision, and digestion will be perfect. Both *Ayoga* and *Atiyoga* of *Nidra* are bad for health. If one does excessive or less sleep it will cause some lifestyle disorders like obesity, diabetes, metabolic syndrome and hypertension, etc. *Nidra* is very important part of life because it provides rest and relaxation to body and mind. Those who receive the right kind of sleep at the right time will get good health, mental clarity, a smooth complexion, and virility. Additionally, they won't experience any sleep-related lifestyle disorders. *Nidra* differs from person to person based on things like age, diet, employment setting, workload, surroundings, and habits. One of the topics covered in *Adharneeya Vega* is sleep.⁽¹⁰⁾ Sleep is essential for immune competence, thermal stability, and metabolic caloric balance, according to contemporary physiology. Sleep is essential for memory consolidation and learning, and it's critical to get the right amount of sleep as well as adequate sleep quality for a healthy existence. In the modern era, different lifestyle disorders are primarily brought on by poor quality or incorrect sleep. A sufficient amount of sleep is required for the maintenance of health. Sleep time, in addition to sleep duration, is crucial for good health.

Inappropriate *Nidra* as *Nidan* of illness: -

1. *Svapnasukha*: - is one of the factors that contributes to *Prameha* (diabetes mellitus).
2. *Nidra Vegadharana*: - One of the causes of *Karshya*, which is emaciation, *Shirashula*, which is a headache, *Angamarda*, which is a bodily ache, and *Tandra*, which is drowsiness.⁽¹¹⁾
3. *Diwasvapna*: - *Sthoulya*, *Prameha*, and *Kusta* will be triggered by *Diwasvapna*.

Without getting enough sleep, a person will experience headaches, body heaviness, tiredness, lack of digestive power and discomfort, memory loss, and cognitive decline. Sleeping during the day results in anorexia, dyspepsia, tiredness, and weakness.

Indication and Contra indication of *Nidra*: -

In the summer, daytime sleep is advised. In all seasons, it is advised to sleep during the day if you do a lot of singing, studying, or long-distance walking, or if you have emphysema, thirst, diarrhoea, dyspnea, insanity, or hiccups. You should also consider whether you are young, old, or weak. For those suffering grief, anger, vigilance, and terror, sleep is also advised throughout the daytime in order to preserve the balance of *Dosha* and *Dhatus*. It will offer you energy and adequately nourish your body.⁽¹²⁾ In all seasons beyond summer, sleeping throughout the day is not advised. due to the vitiation of *Pitta* and *Kapha*. Obese individuals, those addicted to intoxicating substances, those with *Kapha Prakriti*, those with ailments caused by the *Kapha Doshaja*, and those with *Dushivisha* should never sleep during the day.

DISCUSSION: -

The maintenance of health is largely dependent on three factors: *Ahara* (Diet), *Nidra* (Sleep), and *Brahmacharya* (Optimal Routine). Everything from happiness to unhappiness to nutrition to emaciation to strength to sterility to knowledge to ignorance to even death depends on how well or poorly you sleep. In the classics, it is stated that *Nidra* and *Tandra* (sleepiness) are frequently observed in the *Kaphaja Vikaras*, whereas *Nidranasa* (loss of sleep) happens in the *Vataja Vikaras* and *Alpanidra* (less sleep) manifests in the *Pitaja Vikaras*. *Ayu* is stabilised, strength is increased, and *Dhatusamyā* sustenance of the body are all brought about by good sleep. The Agni functions continue to operate normally, and the digestive power is adequately maintained by getting enough sleep. If a person gets enough sleep, their bowels and bladders are adequately evacuated and empty. People in ancient times lived an idyllic lifestyle. People will therefore not be impacted by numerous illnesses. Following then, it became a sedentary lifestyle. Changes in lifestyle, particularly in sleeping patterns, have been a major factor in the manifestation of many illnesses such as hypertension, migraine, diabetes mellitus, and obesity in the present era of civilization due to expanding use of technologies like laptops, tablets, and mobile phones as well as increased competitiveness. *Nidra* is one of the life-supporting pillars, in accordance with *Ayurveda*. Sleep is one of the most crucial aspects of health, along with diet and lifestyle. Because it results from a relaxed mental state and is linked to happiness and good health, it has been noted that all living things love sleep in order to maintain their physical and mental activity.

CONCLUSION: -

The condition of sleep is one of complete physical and mental relaxation. By getting enough sleep, which has been cited as one of the *Trayopasthambas*, we can live long, healthy lives. A healthy amount and quality of sleep rejuvenates both the body and the intellect. Additionally, it will aid in the healthy operation of the body and mind. Thus, it can be seen that the individual gets the recommended amount of sleep for their age and the time of year in order to function with enthusiasm and positive energy. The primary nutrient for the body and mind is sleep. One should get enough sleep to prevent mental disease and bodily alterations, which are both brought on by poor sleeping habits. Sleeping soundly and comfortably improves physical and sexual vigour. Fatigue, weakness, and sterility will result from not getting enough sleep on time. So, the secret to a happy and disease-free existence is a good night's sleep.

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