



# REVIEW ON ROLE OF RATRICHARYA IN NIDRAVEGADHARAN JANYA LAKSHANA.W.S.R.TO SNEHAN.

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**Abstract:** Ayurveda gives equal importance to cure the vyadhi and prevention of vyadhi by application of healthy life style. Ratricharya is explained for healthy routine life and to avoid pradanyaparadh. There are many things described in ayurveda which comes under Pathyakara ahar and Vihara. Nidra is one of the most important things which come under vihar. It is one of the pillars of healthy life.

Today people's lifestyle is changing. Those people who have to work in night shifts suffer from nidravegdharan janya lakshana. „Nidravegdharana“ means if someone is not getting sleep in night due to some reason or due to work is nidravegdharan. Ratricharya described in Brihatrayi plays an important role in presentation of healthy life. Nidravegdharan is most important problem occurring due to present lifestyle. Due to Nidravegdharana, there are lakshana are appeared like Shirogaurava, Shirojadya, Akshigaurava, Akshi Jadya, Alasya Jrumbhika, Angamarda, Shrama, Shiroroga, etc.

Snehan is mentioned in Ratricharya. it is not only effective in disease condition but also beneficial in prevention of disease and maintenances of healthy life. Snehan is help in vata Shamana, sharirdrudhakara, twakamardavakara, kleshasaha, vyayama samhanana, Twakagata vatashamana, improve the flexibility of body, improve joint movement, physical capacity, increases immunity, it is indriyaprasadanakara etc.

Hence Snehan is beneficial in Nidraveg Dharana janya Lakshanas.

**KEYWORDS:** *Ratricharya, Nidravegdharana Janya Lakshana, Snehan Etc.*

## INTRODUCTION:

Ayurveda has been passed down through the centuries as a complete healing system. It always deals with the wellbeing status of an individual with respect to physical, mental and spiritual manner. It is not only the materialistic science but a philosophical fact and truth. It always focuses on „prevention is better than cure. Ayurveda has detail explanation about Svasthavrita, Sadavrita, Ratricharya and mainly how to avoid “the pradnyaparadh” the root cause of diseases. These all things guide us about healthy lifestyle and prevention of diseases. Today people's lifestyle is changing rapidly. We need help of our golden rules which are proved before millenniums in ayurveda by our great Acharyas about every field of life. Health is known as happiness while disorder is unhappiness. Acharya charak had defined Swastha in nirdesh chatushka by nirdesh tantrayukti as “Disorder is disequilibrium of dhatus while equilibrium of all of these is health.” For to maintain Swastha, ayurveda describe Ratricharya, Rutucharya, Ahar Vihar.

There are many things described in ayurveda which comes under Pathyakara ahar and Vihara. Nidra is one of the most important things which come under vihar. It is one of the pillars of healthy life. Nidra is one of the upastambha described in charak samhita sutrasthana adhyaya 11. Nidra is one of the backbones of healthy life. It helps to keep body healthy and fit. Important of Nidra is described in charak samhita sutrasthana.

Everyone should get proper sleep during night for restoring energy and for good health. Today people's lifestyle is changing. Those people who have to work in night shifts suffer from nidravegdharan janya lakshana. „Nidravegdharana“ means if someone is not getting sleep in night due to some reason or due to work is nidravegdharan. Ratricharya described in Brihatrayi play an important role in presentation of healthy life. Nidravegdharan is most important problem occurring due to present lifestyle.

Ratricharya play an important role in promotion of healthy life. It is not only just protocol of routine but also a very important thing to keep body healthy and fit. Snehan is one of them to promote healthy life and prevent disease .those people who work in night shifts results in Nidravegdharan. „Nidravegdharan“ affects health.

Snehan means application of oil to whole body. It helps to reduce vat dosha, kapha dosha, dhatu Pushtikara also restores energy. Snehan is very beneficial as refreshing, to keep body fit, strong and healthy. It should be done regularly as according to vagbhata for healthy life. Snehan helps to reduce vat, bala varnakar, swapnakarak, drushti prasadkar. So it will also help to reduce lakshana resulted due to nidravegdharan. As today's busy and hectic lifestyle and fast food habit, life is going through hazardous problems. Ayurveda guides us to have healthy lifestyle that is Ratricharya, Rutucharya, for maintaining positive and good

health.

Snehan should be done regularly as explained in samhita. It is described in Ratricharya. Nidravegdharan is important problem occurring due to present lifestyle. It will be useful for promotion, maintenance of good health.

### NIDRAVEGADHARAN JANYA LAKSHANA.

Acharya Vagbhata mentioned the importance of Nidra. He explained the Nidra as trayopsthambha means one of three pillar of healthy life. [1] Acharya charak mentioned the proper Nidra importance, Sukhakara, Karshahara, pushthikara, balakara, increases the fertility, improve the klebya, and also increases the grasping power of indriya. Nidra is key for happy life, it increases the strength, maintain the consistency of body.it increases the brain health. [2]

Nidra is very much important in maintenances of proper happy life but still due to some reasons people can't achieve the proper Nidra. Due to Nidraveg Dharana there are various Lakshanas are arises.

Acharya Vagbhata explained, for healthy life, the Vega Dharana means control of natural urges is unhealthy. So veg dharan should not be done. It leads to the dosha Prakopa. Due to Nidra Vega Dharana i.e. not getting proper sleep during night (Ratri jagarana) leads to increases the Ruksha guna results in Vata Prakopa.

In Charak Samhita.Nidravega dharana janya lakshana are explained in sutrasthana adhyaya 7.

These are as follows. [3]

Sr.no	Lakshanas	
1.	Jrumbha	Feels yawning.
2.	Angamarda	Bodyache.
3.	Tandra	Feeling of laziness.
4.	Shiroroga.	Headache.
5.	Akshigaurava	Heaviness of eyes.

According to Acharya sushruta: [4]

Sr.no	Lakshanas	
1.	Jrumbha	Feels yawning.
2.	Angamarda	Bodyache.
3.	Shrama	Feeling of tiredness.
4.	Shiro Jadya	Heaviness of head.
5.	Akshi Jadya	Heaviness of eyes.

According to Acharya Vagbhata: [5]

Sr.no.	Lakshanas	
1.	Moha	confused state of mind
2.	Murdha	Heaviness of head.
3.	Akshigaurava	Heaviness of eyes.
4.	Alasya	feel laziness
5.	Jrumbha	Feels yawning.
6.	Angamarda	Bodyache.

### RATRICHARYA:SNEHAN.

In ayurved Ratri means Night and Acharya means routine.So, Ratricharya means daily routine protocol to maintain the healthy life style. According to various Acharya, Ratricharya palan is very much importance in case of prevention of various disease and balance the tridoshas. To maintain the health and balance of tridoshas one should sleep early in the night .There are few procedures mentioned in Ratricharya like Danta dhavana, Snana, Nasya, Anjana etc.These procedures are beneficial to maintain the balance of vatadi tridoshas.

Acharya Charaka has mentioned the benefits of Snehan in Sutrasthana. He promotes the regular practice of Snehan. Snehan helps to balance the Vata dosha by vata shaman.it is sharir drudhakara, Sutwakakara, Klesha Saha, Vyayam samhanana, Twakagata vata shamana.Due to regular Snehan, flexibility of body is increases. It can tolerate any Abhighata janya Vyadhi.it also increases the bala by improving immunity, increase the physical capability. Skin becomes much healthier, glowing and soft. Snehan improve the mental stability and increase enthusiasm of life. [6]

There are three types of treatment among them Snehan included in Bahiparimarjana chikitsa. [7]Acharya Charaka mentioned Snehan in Nidranasha vyadhi. [8]

In Sushruta samhita chikitsasthana, Ratricharya is well explained. Importance of Snehan is also mentioned here.Snehan is twaka mardavakara, Kapha vata nirodhana, dhatu Pushtikara, it improve the bala, Varna and energy. [9]

Acharya Vagbhata mentioned the Snehan in sutrasthana Ratricharya adhyaya. He explained the benefit of Snehan in daily routine. Snehan delayed the aging process,Shramahara,Vatahara,Drushtiprasadanakara,Pushtikara,promote healthy and long life,Sukhaswapnakara,twaka dardhyakara and Nidra kara.[10]Acharya Vagbhata also mentioned Snehan in chikitsa of Nidranasha vyadhi.

In Sushruta chikitsa Snehopayogaikam adhyaya, Sneha Dravya are administered in Snehan like Ghrita, taila etc. [11] Taila is most beneficial in Vata Prakopa. Tila taila is Pradhana sneha among all type taila. It improves the Balataila helps in Vata Shamana and also not leads to Kapha Prakopa, it improve the body temperature slightly by increasing the blood circulation.it stabilizes the body. [12]

## DETAILS OF SARVANGA - SNEHAN VIDHI:

### I) PURVAKARMA: Preparation Of Patient:

#### Indication:

- 1.Snehan is the best in both the condition i.e. Health and Disease. 2.Those who are to be administered sudation and purificatory therapies.
- 3.Those who excessively indulging in more alcohol; women and exercise who think too much.
- 4.Old aged persons, children, debilitated emaciated.
- 5.Snehan should be done regularly in Bala, Rogi and Vriddha ( Kaiyadeva Nighantu).

#### Contraindication:

- 1.Kaphaja or Kapha predominant disease.
- 2.Undergone Vamana or Virechana karma.
- 3.Suffering from Indigestion.
- 4.Person having Samdosha.
- 5.Taruna Jwara.
6. Those who have given Niruha Basti.
- 7.Disease caused by excessive nutrition (Santarpanotha roga).
- 8.Snehan is done in above condition; it causes Agnimandya and worsens disease condition.

### Aturgata Paricharya:

1. Mangal swasthivachana.
2. Draped the body by cloth below neck.
3. Cotton bud should be plugged in both ears to avoid the entry of oil into the ear.
4. Bowel and bladder should be emptied.

### Preparation Of Aushadha:

1. Murchit tila tailam. – Vataj vikara.
2. Bhrungaraj tailam – Nidranasha, Vali, Palita.
3. Triphala tailam – Netra roga.
4. Tulasyadi tailam – Shiro roga.

### Instruments/ Equipment Used :

1. Comforatable knee high chair.
2. Therapist -1.
3. Oil for shiroabhyanga. (10-30 ml).
4. Apron to cover the body.
5. Towel and Napkins.

**II) PRADHANKARMA :****Position Of Patients:**

1. Sitting position.
  2. Therapist standing behind the patient is the ideal Position to carry out shiroabhyanga procedures.
- Administration Of Aushadha.
1. Oiling and smearing – Apply oil gently all over the head.
  2. Combing and spreading – keep fingers loosely like comb and drag the finger from front to backside of the head for 2-3 min.
  3. Finger strokes – (Angulikrida) double knocking technique with fingers .The movement made initially slow and gradually faster for 2-3 min.
  4. Pressure stroke – (Mrudmushti) Pressure stroke with fist for 2-3 min.
  5. Petrissage – (Nishpeeda) The scalp is hold between thumb and finger of both hands from both sides to squeeze the scalp skin. It increasing the blood circulation and lymphatic drainage in the scalp for 2-3 min.
  6. Tapotement (Talatadana) the hands are made flat or small cupped and tapped on the head rhythmically for 2-3 min.
  7. Vibration (Kampana hasta) – Rubbing the hand gently on the scalp that generates the heat and it vibrated the head and neck, These shaky movement of of head are like wave and called as Taranga Hasta also.
  8. Marma massage – Applying pressure on marmasthan gives immense relief. Steady pressure is applied for 20-30 sec. and released.
  9. Hair tagging – The hair bunches are taken in between loose finger and pulled out for 2-3 min.
  10. Compression (Ghatita hasta) – compression of head in between two hand in opposite direction. It is done side to side and front to back. Compressing the head empty the blood vessels of scalp and rapidly fills back for 2-3 min.
  11. At the end, neck massage is done.
  12. TIME – Any time of the day.

**III) PASCHATKARMA :**

1. Rasnadi churna tailam – If patient feel cold.
2. Take bath after 1-2 hrs.

**Diet regimen:**

No any specific diet regimen is required.

**Next schedule:**

Daily.

**Vyapad and management:**

1. Heaviness of head.
  2. Pain in neck.
  3. Giddiness.
  4. Watering of eyes.
- Take a rest for a while.

**Precaution:**

1. See the patient's posture is comfortable.
2. Use lukewarm oil for shiroabhyanga.
3. Never use cold oil for Shiroabhyanga.
4. For long hair, apply the oil all over the hair.

**Probable Mode Of Action –**

1. Due to nidravega dharana Vata dosha gets vitiated and causes other dosha's vitiation. this causes the Rukshata in sharira. And result in nidravega dharana janya lakshanas.
2. Snehan with sneha Dravya reduces the Vata Prakopa. give soothing effect to sharira. It is twaka mardavakara, Kapha vata nirodhana, dhatu Pushtikara, it improve the bala, Varna and energy.
3. Due to the administration of daily Snehan, results in Nidravega dharana janya lakshana get ultimately reduces.

**DISCUSSION AND CONCLUSION:**

In Ayurveda Various Acharya, gives important to Nidra. Proper and healthy Nidra is key for physical and mental health. it is most important pillar for maintenance of health and also in prevention of various diseases. But due to today's life style, Job sectors. People cannot get healthy sleep during night.

Due to Nidravegadharana, there are lakshana are appeared like Jrumbhika, Angamarda, Shrama, Shiroroga, Shirogaurava, Shirojadya, Akshigaurava, Akshi Jadya, Alasya etc.

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