IMPORTANCE OF NIDRA IN LIFESTYLE DISORDER

Dr Reshma Bano¹, Prof(Dr.) Rajesh Kumar Sharma², Dr Dinesh Chandra Sharma³.

¹.P.G. Scholar, P.G. Dept. of Kriya Sharir, DSRRAU, Jodhpur, Rajasthan.
². Professor & HOD, P.G. Dept. of Kriya Sharir, DSRRAU, Jodhpur, Rajasthan.
³. Associate Professor, P.G. Dept. of Kriya Sharir, DSRRAU, Jodhpur, Rajasthan.

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 Aadravyabhuata Oushadhis, including Dinacharya, Ratricharya, Achara 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. Swasthashya 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 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 Aacharya charak

यदा तु मनसि क्लान्ते कर्मान्यान: क्लमान्विता: 

विषेष्यो निवर्तन्ते तदा स्थिपति मानव: । (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

तमोभिा श्लेष्मिमुध्दिा
च मनः शरीरश्रमिंभिा
च।
आगन्तुकी व्याध्यनुिसतानी
च।
रासिस्वभािप्रभिा
च
सनद्रा।।

(च.सू.21/58)

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

[B] As per Acharya Sushruta's classification (7)
a) External trauma results in “Tamasi-Nidra”.
b) “Vaishnavi-Nidra” and “Swabhavika” occur physiologically and organically.
c) “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)
a) Kalasvabhavaja
b) Amayaja
c) Chittakhedaja
d) Dehakhedaja
e) Kaphobhava
f) Agantuki
g) 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: -

निद्रायं सुखं दुःखं पुष्टि: काश्यं बलावलम्।
वृृहता क्लीबता ज्ञानमज्ञानं जीविति 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. Diwassvapna: - Sthoulya, Prameha, and Kusta will be triggered by Diwassvapna.

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 Dhatusamy 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.
REFERENCES


2. Charak Samhita with commentary of chakrapanidatta, Acharya Harishchandra Kushavaha. 1st ed, Varanasi; Chowkamba Prakashan; Reprint 2005; Sutrasthan21/35 p 314


4. Acharya YT. Susruta Samhita by Susruta with Nibandhasangraha teeka of Dalhanacharaya, Varanasi; Chowkhamba Orientalia; Reprint 2013. p.360


