

Analysis of Nidra Through Ayurvedic Approach

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Abstract:

Sleep is a biological necessity, and insufficient sleep and untreated sleep disorders are detrimental for health, well-being, and public safety. Healthy People 2030 include several sleep-related objectives with the goal to improve health, productivity, well-being, quality of life, and safety by helping people get enough sleep. In addition to adequate sleep duration, healthy sleep requires good quality, appropriate timing, regularity, and the absence of sleep disorders. It is the position of the American Academy of Sleep Medicine (AASM) that sleep is essential to health. There is a significant need for greater emphasis on sleep health in education, clinical practice, inpatient and long-term care, public health promotion, and the workplace. More sleep and circadian research is needed to further elucidate the importance of sleep for public health and the contributions of insufficient sleep to health disparities.

Keywords: Sleep, Anidra, Insomnia, Ayurveda.

INTRODUCTION:

When we talk about health, there are many factors that influence our well-being and 'sleep' is one of them. So, a good quality and quantity of sleep very important to maintain our physical and mental health. Also, sleep is defined as one of the 3 main pillars that support life known as "Trayaupastambha." It also affects many aspects such as happiness, misery, nourishment, emaciation, strength, weakness, virility, sterility, knowledge, ignorance and even life and death.

So, up to date researches have been done exclusively related to treatment procedures and Dravyas used in Anidra. But no specific research on etiological factors of Anidra have been done yet, hence scholar has selected this topic to study the etiological factors of Anidra with reference to Krodha as a Hetu, thoroughly from Brihattraye. So understanding etiology of anger and its prevalence in people will help to combat insomnia more specifically.

Prevalence:

Prevalence of insomnia depends upon the criteria used to define insomnia. It also depends upon the population being studied. A general consensus shows that approximately 30% of adults show one or more symptoms of insomnia: difficulty in initiating sleep, difficulty maintaining sleep, waking up too early and poor quality of sleep.

The most common medical conditions associated with insomnia are psychiatric disorders. Almost 40% of all insomnia patients have a coexisting psychological condition, also insomnia is a diagnostic symptom for depressive and anxiety disorders.

Aims & Objectives:

To study about Insomnia (Anidra) and its remedies from Ayurvedic Samhita Granthas, other Research Journals and Internet .

Materials:

Charak Samhita, Sushrut Samhita, Astang Hridaya & other Samhitas and Modern Medicine Books, Internet & Articles on Insomnia (Anidra).

Nirukti:

Etymology of Nidra: The derivation of the word 'Nidra' is as follows: The term 'Nidra' is derived from the root "d/a" with prefix 'ina' which means undesired to lead, it is a state which is hated, therefore, it is termed as 'Nidra'.

Aetio-Pathogenesis:

Acharya Vagbhata has mentioned Vata-Pitta vriddhi in causing nidranasha. It is caused by multiple causative factors. Acharya Sushruta has mentioned that the heart is the seat of Chetna in the body and when this is invaded by tamoguna, body gets tired due to work, fatigueness of mind and sense organ which further promotes Nidra.

Importance of Nidra:

Like proper diet, proper sleep is also necessary for the maintenance of the body.

According to Acharya Charaka, the trayoupastambha (sub pillars) i.e., aahara, nidra and bramhacharya, are basic requirements for maintenance of a living organism.

All the things like happiness, nourishment, boniness, strength, weakness, knowledge, ignorance, sterility, life and death of an individual depend on the nidra.

According to Acharya Kashyapa, having good sleep at a proper time and period is one of the characteristics of a healthy man.

Relation between doshas and sleep:

In sanskrit 'dusayanti iti dosha' - which causes "Dushana" (vitiation) is called dosha. Each vitiated dosha affects sleep in a unique way as follows:

Vata vriddhi causes nidra nasha.

Pitta vriddhi causes alpa nidrata.

Kapha vriddhi causes nidra.

Improper sleep as a cause of disease:

Diwaswapna vitiates kapha dosha and thereby causing further vitiation of meda dhatu which has a key role on causing prameha.

The kapha dosha which increases kapha dosha also acts as a breeding ground and suitable environment for krumi to grow thus causing krumi roga.

Ashmari of all 3 types are also caused due to attributes of kapha dosha which is aggravated due to diwaswapna.

Improper posture of sleep is also described as a cause of "ardita" likely due to compression and inflammation of nerves.

By indulging in day sleep, person gets affected by diseases of kapha origin, such as enlargement of spleen, nasal catarrh, anaemia, swelling, fever, delusion, debility of body parts, indigestion and anorexia; engulfed by tamas they always like to sleep.

Hypersomnia and insomnia as a symptom of disease:

Sleep is affected by increase and decrease of all the 3 doshas. Increase in Vata and Pitta doshas are observed to cause decrease in sleep while increase in Kapha dosha causes increase in sleep.

Therefore, diseases associated with dominance of a particular dosha causes increase or decrease of sleep according to that particular dosha respectively.

Some of the examples include, nidranasha and nidralpatwa due to vataja jwara and pittaja jwara respectively; whereas atinidrata due to kaphaja jwara. This example shows that increase and decrease of doshas affect sleep even in a particular disease.

Nidra as a premonitory symptom:

Nidra is observed as a premonitory symptom in many diseases such as rajyakshma, apasmara and arsha.

Excessive nidra can be caused, which can be considered as a premonitory symptom in many diseases thus helping in differential diagnosis.

Sleep for therapeutic purposes:

Sleep is used as a therapy in rasajirna. Sleep also affects doshas and thereby affecting dhatus in our body.

So, sleep can be used to alter the dominance of doshas thereby using it for therapeutic purposes.

Relation between siravedhana and nidra:

Siravedhana should not be done on patients who are in the grip of sleep, because the blood doesn't flow out properly.

Sira vedhana shouldn't be done in patients who were awake at night.
Day sleep should be avoided in patients after siravedhana.

Relation between oja and nidra:

Oja visramsa leads to sleep.

Relation between sthauilya , karshya and sleep:

Sthauilya is caused due to diwaswapna due to increased kapha dosha, whereas karshya is caused due to ratri jagrana due to increased vata dosha.

In modern era where globalisation prevails the timings of work have changed and dinacharya is not being followed diwaswapna and ratri jagrana are prevalent among society, thus leading to sthauilya and karshya respectively leading to many diseases.

Dravyas that induce sleep:

Antariksha jala, kilata and mahisha mamsa induce sleep. Its also observed that when some animals are consumed, people become afflicted with diseases due to their attributes.

Example, pathina fish is always sleepy which causes aggravation of pitta and rakta dosha, which in turn produces kustha roga.

DISCUSSION:

Nidra is one of the most important aspects that affect not only health but also pregnancy, lactation and even surgical procedures.

There are dravyas that can induce sleep and can be used for therapeutic purposes.

Pregnancy, lactation, menstruation and other gynaecological factors are affected by sleep.

Sadhyasadhya of a particular disease can be determined using nidra.

Oja is majorly affected by nidra.

Ayurvedic procedures like raktamokshana, dhoomapana and nasya require assessment of sleep.

Nidra can be used as a tool for differential diagnosis as it manifests differently in different diseases.

There are some contraindications regarding nidra that need to be followed for maintenance of health.

Rules regarding surgical procedures and nidra are described.

Sthauilya and karshya are affected due to nidra and vice versa.

CONCLUSION:

Sleep is one of the important factors for sustenance of health.

Understanding sleep and its components is significant for differential diagnosis, prognosis and treatments administered to a patient.

Different causative factors affect different aspects of sleep according to different individuals.

Not only an individual sleep affects the health of a person but also the sleep of creatures that a person consumes.

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