

A REVIEW ON NIDRA AS ADHARNEEYA VEG

Asmita*¹ and Priya Patki²¹M.D. Scholar 2020 Batch Kriya Sharir Department H.A.M.C.H. Dehradun.²Professor and H.O.D. P.G. Dept. of Kriya Sharir H.A.M.C.H. Dehradun.Article Received on
21 July 2023,Revised on 11 August 2023,
Accepted on 31 August 2023

DOI: 10.20959/wjpr202315-29574

*Corresponding Author

Dr. Asmita

M.D. Scholar 2020 Batch Kriya
Sharir Department H.A.M.C.H.
Dehradun.

ABSTRACT

Ayurveda is a traditional medical practice that emphasizes a variety of non-pharmacological approaches to ward off illness and maintain good health. *Achara Rasayana*, *Pathya Apathya* on *Ahara* and *Vihara* in accordance with certain ailments, *Dharaneeya* and *Adharaneeya Vega* are a few of the significant regimens. Others are *Dinacharya*, *Ratricharya*, *Ritucharya*, *Sadvritta*, and *dharaneeya* and *Adharaneeya Vega*. The biological (including psychic) functions of the body provide natural desires that change the system's balance. Some of them are essentially physiological, while others are defense mechanisms. The suppression of natural *Vega* is the primary cause of all ailments,

according to the classical *Ayurvedic* literature. It shouldn't be inhibited as a result. However, some still use it to suppress *Vegas*. There are 13 natural *Vegas* according to *Ayurveda*, none of which should be kept. They can cause a number of health issues if they are regularly suppressed for whatever reason. In addition, Suppression of *Nidra* (sleep) is one of these 13 *Vegas*. *Nidra* (sleep) suppression shouldn't be kept as a practice, either. *Nidra* control may cause problems. Modern science recognizes the value of sleep due to its restorative, recuperative, and regenerating effects on living things. The symptoms of insomnia brought on by shift work sleep disorder (S.W.S.D.) are linked to gastrointestinal illnesses, cardiovascular diseases, metabolic disorders, and immunology disorder. In this article, an attempt is made to explain the various effects of *Nidra Vega Dharana* mentioned in *Ayurvedic* texts. *Ayurveda acharyas* have long recognized the negative effects of night awakening in the context of *Adharniya Vegas*, which causes drowsiness, headaches, heaviness in the eyes, etc.

KEYWORDS: Ayurveda, Acharya, Nidra, Dharneeya Vega, Adharneeya Vega, Veg Dharan, Charaka Kapha, Trayoupstambha, Ahara, Brahmcharya, Moha, Sirogaurava,

Akshigaurava, Aalasya, Jrumbha, Angamarda, Tandra, Dosas, Roga, Nidranasa, Vat roga, Atishool, Atikrisha.

INTRODUCTION

The physiological and pathological state of a human mortal is an aspect of the practical science known as *ayurveda*. It has acknowledged *Nidra* as one of the most significant aspects of health that is connected to happiness and is the result of a calm state of mind. The foundation for human physical, mental, and psychological well-being is sound sleep.^[1]

The three supporting pillars of *Ahara* (food), *Nidra* (sleep), and *Brahmacharya* (abstinence) are shown. *Nidra's* significance and contribution to the preservation of life are addressed.^[2]

Adharniya vega includes *nidra* as well.

Acharya Charaka was right when he said that the quality of one's sleep determines their happiness, suffering, proper development, strength, sterility, knowledge, and overall health. It also determines whether they will live or die.^[3]

Nidra (sleep) is therefore one of the key components of living a healthy existence.

Ayurveda considers the purposeful or forced suppression of natural urges (*Adharniya vega*) linked to urination, faces, hunger, thirst, flatus, hiccup, sneezing, yawning, vomiting, sleep, etc. to be hazardous and likely to cause the vitiation of *Dosas*, which results in a number of ailments.

Moha, *Gaurava* of *Sirah* and *Akshi*, *Aalasya*, *Jrumbha*, and *Angamarda* could all be caused by the *Dharana* of *Nidra Vega*. *Angamarda*, *Sirogurutva*, *Jrumbha*, *Jaadya*, *Glaani*, *Bhrama*, *Apakti*, *Tandra*, and other *Rogas* brought on by *Vata Dosha* may be brought on by *Nidraanaasa*.^[4]

VEGA

According to *Acharya Chakrapani* *vegas* is defined as natural impulses. They are bodily natural expressions.^[5]

They are produced by our body's intelligent system. *Vega* are silent signal for body to convey something. Our mind transmitter needs to be on alert and prepared to capture. understand and react to those expressions.^[6]

Vegas (urges) is of two kinds one is *dharniya* (to control) and other one is *adharniya* (to relieve i.e. not to control).^[7]

Vegas are produced naturally by the human body. *Vegadharan* is a word with two mechanisms. *Vega* + *Dharan*; *Vega* = natural drive, *Dharan* = suppression; *Vegadharan* = natural urge suppression. Instigation is the normal bodily process by which waste materials are eliminated. This process is timely carried out by the body at regular intervals and controlled by the nervous system.^[8]

If *Vega* is suppressed, which not only prevents waste products from being eliminated but also causes strain and nervous system with other disorders that can lead to a variety of diseases.^[9]

It is crucial to give in to these wants rather than suppressing them because doing so can lead to a variety of disorders that are distressing to the body. This can lead to develops diseases in people who have a regular habit of suppressing urges for extended periods of time.^[10]

TYPES

There are two types of *vegas* mentioned in *ayurvedic* text.

1. *Adharniya Vega* (urge not to be suppressed)
2. *Dharniya Vega* (suppressible urge)

The wise should not suppress the impending urges of urine, faeces, semen, flatus, vomiting, sneezing, eructation, yawning, hunger, thirst, tears, sleep and breathing after exertion.

Table No. 1: Adharniya Vega According to Charaka.

1.	<i>Mootra Vega</i> (Urge of urination)	8.	<i>Jrumbha Vega</i> (Urge of yawning)
2.	<i>Pureesha Vega</i> (Urge of defecation)	9.	<i>. Kshudha Vega</i> (Urge of hunger)
3.	<i>Retas Vega</i> (Urge of ejaculation/sexual expression)	10.	<i>Pipaasa Vega</i> (Urge of thirst)
4.	<i>Apanavayu Vega</i> (Urge of farting)	11.	<i>Baspha Vega</i> (Urge of lacrimation)
5.	<i>Vamana Vega</i> (Urge of vomiting)	12.	<i>Nidra Vega</i> (Urge of sleeping)
6.	<i>Ksavathu Vega</i> (Urge of sneezing)	13.	<i>Shrama Janya Shwasa vega</i> (Urge of breath on exertion)
7.	<i>Udgara Vega</i> (Urge of belching)		

NIDRA VEGA

By suppression of sleep, yawning (*jrumbha*), body-ache(*angamarda*), drowsiness (*tandra*), head disorders (*shiroroga*) and heaviness in eyes (*akshigaurava*) are caused for which sleep and gently pressing the body are recommended.^[11]

Suppression of sleep results in delusion (*moha*), heaviness in head and eyes (*murdha akshigaurava*), stupor (*alasya*), yawning (*jrumbha*) and compressing pain all over the body, (*angmard*). ideal treatment for it is sleep and mild massage.^[12]

Yawning (*jrumbha*), body-ache(*angamarda*), drowsiness (*tandra*), sluggishness in head and eyes (*shiroakshi jadya*) and, *Tandra* (Stupor) these symptoms are caused for by suppression of sleep.^[13]

Table No. 2: Nidra Vegaavrodh Symptoms According to different Acharya.

S.No.	Nidra VegaSymptoms	Charaka Samhita	Sushruta Samhita	Astanga Samgraha	Astanga Hridaya
1.	<i>Jrumbha</i>	+	+	+	+
2.	<i>Angmarda</i>	+	+	+	+
3.	<i>Tandra</i>	+	+	—	—
4.	<i>Shiro Rog</i>	+	—	—	—
5.	<i>Shiro Gaurav</i>	—	+	+	+
6.	<i>Akshi Gaurav</i>	+	+	+	+
7.	<i>Moha</i>	—	—	+	+
8.	<i>Alasya</i>	—	—	+	+

As our *acharyas* explained about three pillars – *Ahara* (food), *Swapna* (Sleep) and *Brahmcharya* (Celibacy), and in these categorization first mainly explained about *Ahara* (food) because of origin of Rasa origin of *Vatadi doshas* and formation of *dhatus* are from *Ahara*(food) only. The condition of the body cannot be maintained in the absence of food.^[14]

Now 2nd most important pillar of our life is *Swapna* (Sleep), if a living beings does not take proper sleep at the right time while doing all his work regularly, then loss of health and even death is also possible because after working, sleep is highly needed to give rest to the body system. In this way, due to lack of sleep, physically do not get rest, as a result of diseases arise.^[15]

Physiology of Sleep

Acharya Charaka stated when the mind is exhausted and the exhausted sense organs become tired and they disassociate form their objects then person get to sleep.^[16]

Acharya Sushruta Explained *utpatti* of *nidra* by highlighting *hridaya* is the seat of chetana (conscious principle/soul) in living beings. When this is invaded by *tamoguna*, persons get sleep, *tamoguna* is the cause of sleep and *satvaguna* is the cause for wakening, these are considered as the chief/natural/potent cause of sleep.^[17]

In Astanga Samgraha

Astanga samgraha described sleep is produced by the time (nights), effects of diseases, fatigue of the mind and body, increases of *Kapha*, external factors and dominance of *tamoguna*, which leads to sleep.^[18]

Importance of Nidra

The person having *Samyak Nidra* will have *Sukha*(happiness), *Pushti*(good physique), *Bala*(strength), *Vrushata*(sexual act), *Gyan*(knowledge), *Jivitha*(long life).^[19]

Sleep observed untimely, excessively and negatively takes away happiness and life like the other death-night. The same, if properly observed, provides happiness and life like the flashed true knowledge providing accomplishment to a *yogin*.^[20]

Maintaining a good natural sleep for health, regulating the activities of the body and mind and leading to a contented and calm life.^[21]

Sleep relaxes a person and restores normalcy to bodily tissues, getting enough sleep on time is a sign of excellent health. Like *Aahara*, maintaining the body requires getting enough sleep.^[22]

Nidra as Therapy

Acharya Charak mentioned practicing indulgence of day seep (*divasapnam*)¹ one of the cause of over obesity (*atisthool*).^[23] 21/4 409 and he said lack of sleep (*prajagran*)² is beneficial in treatment of over obese person. 21/28 415.

The cause of over leanness (*atikrisha*), he described about suppression urges of sleep (*Veg nidra nigraha*). 21/12 411 He further added about sleep (*nidra*) important in treatment of over lean (*atikrisha chikitsa*) person, he stated that having sound and deep sleep can remove over leanness and provide good development.^[24] Ch sut 21/ 29 - 33 415

DISCUSSION

According to *Ayurveda*, suppressing this need results in a number of difficulties that are also referred to as *Adharniya Vega*. One of the tripods for sustaining a living being is *nidra*. All living things on earth receive survival and rejuvenation from sleep, which is known as *Bhuta Dhatri*. According to *Ayurveda's Rartricharya*, eating light, easily digested food, taking a

quick moonlight stroll, and saying a prayer before bedtime will improve the quality of your sleep.

CONCLUSION

The forced suppression of these desires is blamed in Ayurvedic writings as the root of many diseases. This is because the body's ability, particularly *Vata Dosha*, becomes vitiated when natural vega is suppressed, which leads to the accumulation of *ama* (toxins) in the body. It is advised not to suppress natural *Vegas* because "prevention is better than cure". The natural impulses must be satisfied at the right time and place without being repressed in order to live a normal, healthy life, according to *Ayurveda*, which emphasizes the significance of *Vegadharana* as a primary cause of ailments. Through this post, we can educate readers on the need of avoiding suppressing their natural urges in order to prevent corresponding ailments.

This article, A REVIEW ON NIDRA AS ADHARNIYA VEGA, emphasizes the value of *Nidra* and the symptoms it causes when its need is suppressed.

REFERENCES

1. Charaka Samhita, Chakra Pani Teeka, Sutra Sthana, 21–26.
2. Charak Samhita English Translation by P.V. Shrama Sutra Sthan Chaukhamba Orientalia Varansi, 2004; 11/35: 75.
3. Charak Samhita English Translation by P.V. Shrama Sutra Sthan Chaukhamba Orientalia Varansi, 2004; 21/36: 147.
4. Murthy S. Astanga Hridaya. 9th ed. Varanasi: Chaukhambha Krishnadas Academy, 2013; 121: 7 - 5. Charak Samhita Hindi Vyakhya By Dr. Gorakha Natha Chaturvedi Sutra Sthan Chaukhamba Bharati Academy Varanasi Reprint Year, 2013; 7/2-3: 150.
5. World Journal of Pharmacy and Pharmaceutical Sciences – A Study on Nidra As Adharniya Vega by Dr. Sanjay Kumar Bhtnagar Jodhpur.
6. Astang Hridayam By Vagbhata English Translation by Dr. Vishwavas Gaur Sutr Sthan Chaukhamba Orientalia Varansi Reprint Year, 2010; 4/23: 55.
7. World Journal of Pharmacy and Pharmaceutical Sciences – A Study on Nidra As Adharniya Vega by Dr. Sanjay Kumar Bhtnagar Jodhpur.
8. An International Journal of Pharmaceutical Sciences – Harmful Effects of Suppression of Nidra Vega Dharana; A Review Study by Dr. Devang Patel.

9. Kirti Rajendra Bhati Study of Nidra As Adharniya Vega and Its management with Bhramari Pranayam, Bharti Vidyapeeth Deemed University Pune, 2016.
10. Charak Samhita English Translation by P.V. Shrama Sutra Sthan Chaukhamba Orientalia Varansi Ninth Edition, 2004; 7/3-4: 47.
11. Susruta Samhita Hindi Vyakhya By Kaviraj Ambika Dutt Shashtri Uttar Tantra Chaukhamba Sanskrit Sansthan Pune Reprint Edition, 2013; 55/4: 515.
12. Susruta Samhita Hindi Vyakhya By Kaviraj Ambika Dutt Shashtri Uttar Tantra Chaukhamba Sanskrit Sansthan Pune Reprint Edition, 2013; 55/5: 515.
13. Charak Samhita English Translation by P.V. Shrama Sutra Sthan Chaukhamba Orientalia Varansi, 2004; 11/35: 75.
14. Charak Samhita English Translation by P.V. Shrama Sutra Sthan Chaukhamba Orientalia Varansi, 2004; 11/35: 75.
15. Charak Samhita English Translation by P.V. Shrama Sutra Sthan Chaukhamba Orientalia Varansi Reprint Year, 2004; 21/35: 147.
16. Illustrated Susruta Samhita English Translation By Prof. K.R. Srikantha Murthy Shareer Sthan Chaukhamba Orientalia Varansi reprint edition, 2012; 4/34–35: 63–64.
17. Astang Samgraha of Vagbhata English Translation By Prof. K. R. Srikantha Murthy Sutr Sthan Chaukhamba Orientalia Varansi Reprint Year, 2005; 9/48: 208-209.
18. 19 Charak Samhita English Translation by P.V. Shrama Sutra Sthan Chaukhamba Orientalia Varansi Reprint Year, 2004; 21/37: 147.
19. 20.Charak Samhita English Translation by P.V. Shrama Sutra Sthan Chaukhamba Orientalia Varansi Reprint Year, 2004; 21/37: 147.
20. Illustrated Susruta Samhita English Translation By Prof. K.R. Srikantha Murthy Shareer Sthan Chaukhamba Orientalia Varansi reprint edition, 2012; 4/48: 67.
21. Charak Samhita English Translation by P.V. Shrama Sutra Sthan Chaukhamba Orientalia Varansi Reprint Year, 2004; 21/59: 149.
22. Charak Samhita Hindi Vyakhya by Dr. Gorakhnath Chaturvedi Sutra Sthan Chaukhamba Bharati Academy Varansi Reprint Edition, 2004; 21/4: 409.
23. Charak Samhita Hindi Vyakhya by Dr. Gorakhnath Chaturvedi Sutra Sthan Chaukhamba Bharati Academy Varansi Reprint Edition, 2004; 21/28: 415.