

## STUDY THE RELATION BETWEEN NIDRA (SLEEP) & DEHA PRAKRUTI

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### ABSTRACT

In ayurveda Dosh, Dhatu & Mala, constituent of body are described. These three elements are basic pillars responsible for everything required for the existence of healthy human life. Aahar (diet), nidra (sleep) & brahmcharya (abstinence) are said be sub pillars of human life. In *Ayurveda Ahara (diet) whatever is ingested by human being is called aahar*. Nidra (sleep) is defined When mind exhausted as a result sensory & motor organ also gets exhausted & human being gets nidra (sleep). Sleep is a natural, essential phenomena for maintenance & restoration of life. *Bramhchrya (abstinence) is defined as abstinence from sexual indulgence in Kaya (physical), Vaka (speech), and Mana (psychological) at all time under all circumstances. Bramhchrya (abstinence) means retention of veerya (semen)*. Aahar (diet), Nidra (sleep), and *Brahmacharya* (abstinence) considered as the sub basic pillar (*Trayopastambha*) of healthy human being which plays important role to sustain health of individual. It is a kind of natural urge out of 13 urges (Dharniya vegue) which are mentioned in

ayurvedic literature not controlled. If it hold/suppressed, causes many health problems such as yawning, bodypain, drowsiness, headache, heaviness in eyes etc. It is very essential for normal, healthy, functioning of the human body. Proper nidra yields peace to Mana (mind), enthusiastic to routine work, proper working ability of senses, proper will power and vice versa. Sleep pattern and duration of sleep are variable according to various factors. Prakruti is one of such variable and is depending up on the dominance of *Dosha* at the time of conception. *Deha Prakruthi*, is described in detail with respect to the morphology,

Physiology & psychological constitution of an individual. Nidra in each *Prakruthi* can be understood with the understanding of physical composition of *Tri-Gunas* (*Satvaik*, *Rajasik* & *Tamasik*) and *Tri-Dosha* (*Vata*, *Pitta* & *Kapha*). *Kapha Prakruti* individuals are called *Nidralu* (more sleep) as compared to *Vata & Pitta Deha Prakruti* individuals. Hence there is a relation between *prakruti* & *Nidra*.

**KEYWORDS:** *Nidra (sleep), Prakruti (personality), Dosha (body humors).*

## INTRODUCTION

*Nidra defined as heart is site of chetan bhav (soul/impulse) when tama dominant then tama covers heart of individual then gets nidra said by Sushruta.*

*Acharya Charak also said when mana gets exhausted become inactive as a result indriya (sense organs) & motor organ gets exhausted become inactive, retires from their work of perception, then the human being becomes unconsciousness & falls into nidra. Nidra is caused by increased Kapha dosha.*

*According to Astang hrudaya stated that when kapha dosha is accumulated in manovahasrotasa & mind without indriya (sense organ) become fatigued when individual gets nidra.*

*Desire for food, water, sleep and sexual pleasure are considered as four natural needs of the living organisms. Ahara, Nidra and Brahmacharya are considered as "Trayopastambha" (the sub pillars) of human beings life. Sleep is an essential for a rest & rejuvenation mind and senses. It is also better for growth & development human body & mind. Sleep takes place during night, at usual time and for particular duration is called Ratri Svabhava Prabhavaja (physiological). It is a natural urge which should not be suppressed. If suppressed would lead to various diseases such as yawning, drowsiness, headache, heaviness feeling in body, vertigo etc. It holds all living organism normally. it is called as "Bhootadhatri" Svabhavika Vyadhi, Vaishnavi, Maya.*

## Nidra (sleep) indicated in day time

Day time sleep is advised to following individuals.

- 1) Students doing study at night,
- 2) Sex workers (having sexual act), alcohol consumers.
- 3) Mathadi kamgar (heavy weight carry labor), long distance walker.

- 4) Unhealthy, weak & emaciated/wasting individual.
- 5) Too old individual.
- 6) Too young individual.

Day time sleep is indicated for all individuals only in summer season.

### **Nidra (sleep) *contra* indicated in day time**

*Those individuals contraindicated nidra (sleep) having*

1. *Sthaulya (obesity),*
2. *Kapha prakruti individual(kapha dominant), &*
3. *Individuals having Kaphaj vikaar (diseases). & addicted to unctuous substances. Day time sleep is contraindicated in all seasons except summer season.*

### **Normal duration of nidra (sleep)**

- *Normal duration of sleep is 6 - 7 hours.*
- *More than 8 hours to on ward & less than 6 hours is abnormal sleep.*
- *Don't take more than normal & less than normal sleep.*
- *Take always normal sleep is the key of healthy life.*

### **Types of nidra according to ayurveda**

Sr. no.	Acharya Charak	Acharya Sushrut	Acharya Vagbhata
1.	Tamobhava (due to dominant of tama)	Tamasi (due to dominant of tama)	Tamobhava (due to dominant of tama)
2.	Shleshmasamudbhava (due to dominant of kapha)	Vaishnavi (physiological)	Kaphodabhava (due to dominant of kapha)
3.	Mana shramasambhava (due to mental exertion)	Vaikarika (disease induced sleep)	Chittakhedaja (due to mental exertion)
4.	Sharir shramasambhava (due to physical exertion)		Dehakhedaja (due to physical exertion)
5.	Agantuki (due to disease bad prognosis indicative imminent death)		Agantuki (due to disease bad prognosis indicative imminent death )
6.	Vyadhyanuvaritini (Disease induced)		Kalaswabhava (Physiological )
7	Ratriswabhava Prabhava (Physiological )		Amayaja (Disease induced )

**Importance of nidra:** In the life of human being nidra has great importance in the life of human being.

### If Timely & proper taking nidra can yields us

1) Nourishment , 2) Happiness, 3) Strength & stability, 4) Virility & poteance, 5) Knowledge & intellectual, 6) dhatu samyak sthiti (normal essence of body tissues), 7) good sight(vision), 8) good digestion, 9) comlexition 10) Maintainance of life. 11) Longevity in yogi (siddh purush) human beings life & vice versa.

### Phenomena of nidra (sleep)

- Many theories are explained of phenomena of nidra in upnishad, yoga, ayurveda & contemporary concepts, but in ayurveda 4 types theories such as a) Tamoprabhava theory, Shleshm (kapha) prabhava theory, swabhava theory & klama (fatigue) theory of nidra are described.
- when mind, senses, motor organs get tired, then they cannot conduct work of perception becomes inactive, retired. senses dissociates from mind, mind dissociates from soul, mind do not convey to soul. This combined state of unconsciousness is called nidra.
- Charak stated that when Kaph circulates through srotas (channel) then it may obstruct the manovahpath. Therefore, sensory organ disconnect from mind & mind disconnect from soul. This unconscious state of body is called nidra.
- Shusrut quotes that heart is a place of chetan bhava (impulse) when tamobhava become dominant which covers heart as a result person gets nidra.
- Accoring to ayuvrda Kaph prakruti individuals having more nidra than that of Pitta prakruti & Vataprakruti individuals. Such variation may be due to dominant state of dosha guna / bhautk sanghatana (Physical compositon ) of Dosha & dominanttness of tamobhav.

### Factors affecting nidra

Many factors affect human nidra with quality & quantity as like age, environment, occupation, personal habits, food style, daily regimen, season etc.

- **Prakruti (body constitution):** It is a factor which affects nature & duration of nidra. prakruti is unique trait of human being which is defined by specific & permanent composition of Dosha at time of conception (structural & functional built up of person). In ayurveda in detail study prakruti of an individual has done with context to physique, physiological & psychological aspect & susceptibility of an individual regarding various diseases, pathogenesis, prognosis, & their treatment.
- **Age:** It is one of the factor which affects nidra (sleep). Individual have more sleep in

child hood, moderate in adult age & very less in senile stage.

- ❑ **Environment:** Environment has great impact on nidra. If environment is calm, quiet nidra will have deep, sound & vice versa.
- ❑ **Occupation:** It has also impact on nidra. If a person carry heavy work for a long time then he will get quick & sound sleep & vice versa.
- ❑ **Physical or mental health:** If a person is having healthy physical health & mental health then he will get normal sleep & vice versa.
- ❑ **Personal habits:** If any body has personal good habits he will get good & proper sleep. If any body is having personal bad habits as watching video, T. V. for late night, alcohol drinking then he will not get proper sleep.
- ❑ **Food style:** Food also affects nidra. If a person has taken tamasic food then he will get very soon, more sleep. & those who take rajasic, satvik food will get poor, interrupted nidra.
- ❑ **Daily regimen:** It has also impact on nidra. Those person who wake up early in morning & go to bed early in the night they will get normal sleep & vice versa.
- ❑ **Season:** In winter season Kapha Dosh become dominant & individuals will get proper nidra but in summer Pitta Dosh become vitiated, rainy season Vata Dosh become vitiated & individuals will not get proper nidra.

### Study tools for nidra (sleep)

#### 1) EEG (Electroencephalography)

It is electrophysiological monitoring system to record electrical activity of the brain. This test is used to diagnose seizures, epilepsy, head injury, dizziness, headache, brain tumors, & sleeping problems. It is also used to confirm brain death.

#### 2) EOG (Electro oculography)

It is a kind of test which helps to study movement of eye balls during sleep.

#### 3) EMG (Electromyography)

It is test which helps in the study of movement of muscles & nerve cells. Muscles & nerve cell controls movement of eye balls & body during sleep. It is useful to diagnosis of REM sleep behavior disorder & restless leg disorder.

### Relation between nidra & prakruti

- ❑ Prakruti and nidra are having intimate relation to each other.
- ❑ Prakruti (body constitution) is a factor which affects nature & duration of nidra. Prakruti

is unique trait of human being which is defined by specific & permanent composition of Dosha at the time of conception.

- According to Ayurveda Kaph prakruti individuals have more nidra than that of other prakruti due to (dominant of single dosha prakruti or dominant of two dosha prakruti) This variation may be due to dominant state of dosha.

## DISCUSSION

- Tryptophan is the amino acid in our body uses to produce serotonin, a neurotransmitter that influences many functions of brain & produces Sleep. Milk & milky products, eggs after digestion amino acids are produced finally transformed into serotonin.
- These products contain tryptophan & calcium. Hence such food items become excellent sleep inducer. Food has its own deciding ability the nature, pattern & duration of sleep.
- It is noticed that kapha prakruti persons body made up of Kaph dominant & has fond of sweet, sour, salty food stuffs. food stuff like sweet curd (oily, sweet, bulky form) has great impact on mind & secretions of serotonin which helps individual nice sleeping.
- Vitiating kapha has its impact on sleep.
- Through research study it found that spicy food at night can lead poor sleep (study at Australia).
- Tomato sauce & mustard can change the sleep pattern. Sour, Bitter & Astringent food will lead to Pitta accumulation in body leading to reduce quantity of sleep in that particular person.
- Bitter & Astringent, pungent, light food will accumulation of vata in the body of particular person leading to reduce more sleep.

### Age wise duration of nidra (Sleep)

Sr. no.	Age	Duration of sleep in hours
1.	Newborn (0 - 2 months)	12 - 18 hours
2.	Infants (2 month - 2 years)	14 - 15 hours
3.	Toddlers (1 - 3 years)	12 - 14 hours
4.	Preschoolers (3 - 5 yrs)	11 - 13 hours
5.	School age children (5 - 10 yrs)	10 - 11 hours
6.	Adolescents (10 - 17 yrs)	8.5 - 9.5 hours
7.	adults	7 - 9 hours
8.	elders	6 hours

As age increases nidra duration decreases'. In ayurveda it is told that nidra in childhood is more, in middle (adult age) nidra is moderate & in old age (senile age) nidra is very less.

**It is known factor that**

1. **Younger age** – Kaph dosh predominant hence nidra in childhood is more.
2. **Middle age** – Pitta dosh predominant hence nidra in adult age is moderate.
3. **Elder age** – Vata dosh predominant hence in old age (senile stage) nidra is very less.

It is clearly noted that there is close relation between dosh & nidra.

Kaph dosh will induce more nidra, pitta dosh will induce moderate nidra & vata dosh will induce less nidra. Hence in kaph prakruti person nidra is more, in pitta prakruti person nidra is moderate & in vata prakruti person nidra is less.

- Constitutionally, qualitatively kaph dosh is similar to tama guna & hence kaph prakruti person have deep & sound sleep,  
Acharya vagbhata mentions kaph prakruti individuals as Nidralu.  
Kaphvrudhi lakshna supports with features of excess nidra.
- Pitta dosh is satav guna pradhaan & does not allows the influence of Tama gunathus. pitta prakruti person have moderate nidra. Pittavrudhi lakshna supports with features of alpa nidra(less sleep).
- Vata prakruti person have vata dominant (vayu) & rajo guna due to its chala guna (mobility), rukshadi gunas results in interrupted sleep, hence vataprakruti person have less & broken sleep. Insomnia is commonest feature found in Vata prakruti individual.

**CONCLUSION**

- ☐ The logical interpretation is carried regarding nidra in discussion.
- ☐ Nidra is a basic sub pillar (a kind of trayopstamb) of our life. Nidra is a natural phenomena & adharniya vege (urge of non suppressible). It is experienced better naturally & It should not be suppressed.
- ☐ To induce sleep use of sedatives/ tranquilizers' is not a natural way.
- ☐ Happiness, nourishment, complexion, Strength, virility, lightness of body & mind, hunger, thirst depends up on nidra (sleep).
- ☐ Proper nidra maintains balance of constituents of the body.
- ☐ Nidra (sleep) can nourish & repairs body tissues damaged by catabolic activities.



- Vata –pitta dosha along with Rajasik guna play role in occurring of anidra (Mental as well as physical stress & strain are the causative factors of anidra (asleep).
- Therefore, nidra is essential factor for human existence.
- Sleep pattern depends up on prakruti.
- Study is concluded that kaph prakruti individuals sleeps more, deep & soundly, where as Pitta prakruti individuals sleeps moderately & vata prakruti individuals sleeps interrupted & poorly. Hence, there is a relation between nidra & prakruti.

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