

CONCEPTUAL STUDY OF “RATRAUJAGARAN (NIDRAVEGDHARAN)” WITH RESPECT TO LIFESTYLE DISORDERS

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ABSTRACT

धर्मार्थकाममोक्षाणामारोग्यं मूलमुत्तमम्॥१५॥

रोगास्तस्यापहर्तारः श्रेयसो जीवितस्य च।

च.सु. १/ १५

In Indian philosophy, *Dharm*, *Arth*, *Kam* and *Moksh* are four *Purusharth* which depends on *Arogya* (health). *Rog* (diseases) hampers these four *purusharth*. To maintain health *Ayurved* has described three main pillars of life i.e. *Ahar* (diet), *Nidra* (sleep) and *Brahmacharya* (celibacy). *Nidra* is one of the main pillar of life. According to *Charak-*

यदा तु मनसि क्लान्ते कर्मात्मानः क्लमान्विताः ।

विषयेभ्यो निवर्तन्ते तदा स्वपिति मानवः॥३५॥

च. सु. २१/३५

When *Indriya* and Mind get tired then mind can't get knowledge due to sleep. In this condition mankind has to take sleep, else he gets suffered from many more diseases.

According to *sushrut*

हृदयं चेतनास्थानमुक्तं सुश्रुत देहिनाम् ।

तमोभिभूते तस्मिंस्तु निद्रा विशति देहिनम् ॥३४॥

सु.शा. ४/३४

निद्राहेतुस्तमः, सत्त्वं बोधने हेतुरुच्यते ।

स्वभाव एव वा हेतुर्गरीयान् परिकीर्त्यते ॥३५॥

सु.शा. ४/३५

Chetnasthan (*samansk aatma*) is *Hruday*. When it comes under influence of *Tam* then it turns into *Nidra*. Cause of *Nidra* is *Tam* and cause of awakening is *Satva gun*. Natural urge is main cause of *Nidra*. *Nidra* is predominant of *Shleshma* and *Tam*.

निद्रा श्लेष्मतमोभवा | सु.शा. ४/५६

In *Ayurved*, importance of *Nidra* is described as-

निद्रायत्तं सुखं दुःखं पुष्टिः काश्यं बलाबलम्।
वृषता क्लीबता ज्ञानमज्ञानं जीवितं न च।

च. सु. २१/३६

Pleasure or sadness, nourishment or leanness, strength or weakness, productivity or impotency, knowledge or unacquaintance and life or death are depend on *Nidra*.

Hence, *Ratraujagaran* and *Nidravegdharan* are harmful to body and should be avoided to maintain the healthy status.

KEYWORDS

- i. Nidra- Sleep
- ii. Ratraujagaran- lack of sleep at night
- iii. Nidravegdharan- deprivation from sleep while in state of sleep

INTRODUCTION

In *Ayurved*, *Ayu*: means Life and *Ved* means to know. *Ayurved* explains the regimen for healthy life. *Ayurved* has mentioned its main aim-

प्रयोजिं चास्य स्वस्थस्य स्वास्थ्यरक्षणम् आतुरस्य नवकारप्रशमिं च।

च. सु. ३०/२६

In *Ayurved*, for daily lifestyle and seasonal lifestyle special topics were described namely *Dincharya* and *Rutucharya*. The main aim to describe these topics to give emphasis on the concept *Swasthasya Swasthya Rakshanam* (To retain the healthy life).

त्रय उपस्तम्भा इति-

आहारः, स्वप्नो, ब्रह्मचर्यमिति; एभिस्त्रिभिर्युक्तियुक्तैरुपस्तब्धमुपस्तम्भैः शरीरं
बलवर्णोपचयोपचितमनुवर्तते यावदायुःसंस्कारात् संस्कारमहितमनुपसेवमानस्य ^[१], य इहैवोपदेक्ष्य
ते॥३५॥

च.सु. ११/ ३५

Ahar (Diet), *Nidra* (sleep) and *Bramhacharya* (celibacy) are three main pillars of Life.

Skillful use of these three pillars gives strength to our body. Also increases *Bal*, *Varna*, *Dhatu* and ultimately gives us pleasure and healthy life. Out of these three pillars *Nidra* (sleep) is also important part in lifestyle which is mentioned as “रात्रौचर्या.”

Now a days with changing lifestyle, sleeping time are also changing which are very harmful to our health. Late night sleeping habit and ultimately late waking up in morning get converted into many diseases. रात्रौ जागरणं comes under निद्रावेगधारण and it is harmful for body.

We have to understand the causes, symptoms and stealth on रात्रौ जागरणं (निद्रावेगधारण) under lifestyle disorder.

Review

The study of *Nidravegdharanjanya hetu* and *vyadhi* can be summarized according to following points-

1. *Nidravegdharan hetu*
2. *Nidravegdharanjanya vyadhi*
3. *Nidravegdharanjanya vyadhi chikitsa*

1. Nidravegdharan hetu

कालार्थकर्मणां योगो हीनमिथ्यातिमात्रकः ।
सम्यग्योगश्च विज्ञेयो रोगारोग्यैककारणम् ॥१९॥
वा. सु. १/१९

In Ayurved, hin, mithya and ati yog of kal, artha (Vishay), karm give rise to rog and samyak yog of these three things is cause of arogya.

न वेगान् धारयेद्धीमाज्जातान् मूत्रपुरीषयोः ।
न रेतसो न वातस्य न छर्द्याः क्षवथोर्न च ॥३॥ च. सु. ७/३
नोद्धारस्य न जृम्भाया न वेगान् क्षुत्पिपासयोः ।
न बाष्पस्य न निद्राया निःश्वासस्य श्रमेण च ॥४॥ च. सु. ७/४

In Ayurved, 13 types of Veg are described which must not be hold for better life. Among them, *Nidra* is also one of the important veg which is going to hold every night by many of people in the world which is going to increase many lifestyle disorders. there are many causes of *Nidravegdharan* in day-today lifestyle.

- Late night duties or night shifts in fields like IT sector, BPO, call centres etc.
- Increased use of mobile phones, T.V., games and other electronic gadgets.

- Increased competition in various educational fields.

निद्रानाशोऽनिलात् पित्तान्मनस्तापात् क्षयादपि ।
सम्भवत्यभिघाताच्च प्रत्यनीकैः प्रशाम्यति ॥४२॥
सु.शा. ४/४२

According to sushrut,

विकृतिर्हि दिवास्वप्नो नाम; तत्र स्वपतामधर्मः सर्वदोषप्रकोपश्च,.....
रात्रावपि जागरितवतां वातपित्तनिमित्तास्त एवोपद्रवा भवन्ति ॥३८॥
सु. शा. ४/ ३८

According to Sushrut, Diwaswap is a vikruti and it gives rise to sarvadosh prakop. Ratraujagaran gives rise to vat and pitt nimittaj updrav.

2. Nidravegdharanjanya vyadhi

In Charak, due to Mutraveg dharan leading to give rise following diseases-

जृम्भाऽङ्गमर्दस्तन्द्रा च शिरोरोगोऽक्षिगौरवम्।

- Jrumbha
- Angmard
- Tandra
- Shirorog
- Akshigaurav

According to modern science lack of sleep can put following risks

- Prematured aging
- Heart disease
- Heart attack
- Heart failure
- Irregular heartbeat
- High blood pressure
- Stroke
- Diabetes
- stress
- weakened immuno system
- fertility issues
- weight gain

- emotional eating
- depression

When there is late night sleeping habit, it leads to late awakening in the morning which comes under Diwaswap. Harmful effects of diwaswap affects on health. In Ayurved, following diseases arises from Diwaswap-

- Halimak
- Shir:shul
- Staimitya
- Agninash
- Angmard
- Hruday pralep
- Shof
- Arochak
- Hrullas
- Pinas
- Ardhavbhedak
- Koth
- Pidka
- Kandu
- Tandra
- Kas
- Galamaya
- Smrutipramoh
- Buddhipramoh
- Srotas sanrodh
- Jwar
- Indriyanam asamarthya
- Vish-vegpravartan

3. Nidravegdharanjanya vyadhi chikitsa

निद्राविधारणात्तत्र स्वप्नः संवाहनानि च॥२३॥

च. सु. ७/२३

संवाहनं पाणिना पादादिप्रदेशे सुखमभिहननमुन्मर्दनं च।

च.सु. ७/२३ टिका

To take a sleep and Sanvahan are the main treatment described in Charak Samhita. According to Acharya Chakrapani the meaning of Sanvahan is pleasurable unmardan at hands, legs.

Apart from these treatment following remedies are mentioned in ayurved

- Abhyang
- Utsadan
- Snan
- Gramya
- Aanup mansaras
- Audak mansaras
- Shaliann
- Dadhi sevan
- Kshir sevan
- Snehsevan
- Madhya sevan
- Man sukham
- Manas anugun gandh
- Manas anugun shabd
- Sanvahan
- Chakshu tarpan
- Vadan and shirolep
- Swastirn shayan and veshm
- Yathochit kal

Akal nidranivaran chikitsa

- Virechan
- Shirovirechan
- Vaman
- Bhay
- Chinta
- Krodh

- Dhumpan
- Vyayam
- Raktamokshan
- Upwas
- Asukh shayya
- Increase in satva and audarya
- Tamo jay

DISCUSSION

निद्रां तु वैष्णवीं पाप्मानमुपदिशन्ति,
सा स्वभावत एव सर्वप्राणिनोऽभिस्पृशति ।

सु.शा. ४/३३

अकालेऽतिप्रसङ्गाच्च न च निद्रा निषेविता।
सुखायुषी पराकुर्यात् कालरात्रिरिवापरा॥३७॥

च. सु. २१/३७

When the Nidra is taken at wrong time means rataujagaran and diwaswap, more or less than actual time it kills health and life like a Kalratri.

रात्रौ जागरणं रुक्षं स्निग्धं प्रस्वपनं दिवा।
अरुक्षमनभिष्यन्दि त्वासीनप्रचलायितम्॥५०॥

च. सु. २१/५०

Late night sleeping is ruksh and day time sleeping is abhishyandi or snigdh. Sleeping in sitting position is aruksh and anbhishyandi.

देहवृत्तौ यथाऽऽहारस्तथा स्वप्नः सुखो मतः।
स्वप्नाहारसमुत्थे च स्थौल्यकार्ये विशेषतः॥५१॥

च. सु. २१/५१

To maintain health when proper diet is essential as like that at right time and of limited period sleeping habit is also essential thing. Obesity and malnourishment are depend on diet and Nidra.

CONCLUSION

If man takes proper amount of sleep, he will find a Satyabuddhi like a Yogi.

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