

ROLE OF NIDRA IN LIFESTYLE DISORDER**VD. Apeksha Tamaskar* and Pankaja Chaudhari**

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ABSTRACT

In Ayurveda, nidra is considered a crucial component of health and well-being. The importance of nidra is emphasized in various Ayurvedic texts, recognizing it as a key pillar of Ayurvedic lifestyle alongside ahara and vihara. 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. Nidra, or sleep, plays a vital role in our overall health and wellbeing. It affects our physical, mental, and emotional state, and is essential for a healthy lifestyle. Sleep influences various aspects of our lives. Ayurveda, nidra is deeply interconnected with lifestyle disorders. Lifestyle disorders are health conditions that arise due to the imbalance in daily habits and routines, which can be significantly influenced by sleep patterns.

Here's how inadequate or poor-quality sleep contributes to various lifestyle disorders.

INTRODUCTION

Life without sleep is somewhat impossible. Human brain is like a battery which needs sleep to get recharged. Sleep is a greatest gift of almighty GOD is provided to the living creature. Ayurveda has given special preference to sleep and has regarded sleep as one of the important factor for the survival of the human race. Ayurveda has regarded sleep as one of the sub-pillars of human life. From this we can understand that if the sub pillar falls then human life will also fall. Ayurveda has described fruitful measures which are beneficial for the people suffering from insomnia. So, if the physiology of sleep can be ascertained then it will become easier to unlock many unsolved questions that the human being is suffering from in relation to sleep. Stressful life, and modern high society culture is also a cause to push

youngsters to get addicted to alcohol, cigarette smoking, drug abuse etc. Because of this stress induced diseases like hypertension, diabetes also increases. Due to these diseases lifespan of human being is also decreasing day by day.

KEYWORDS: NIDRA, SLEEP, LIFESTYLE DISORDERS.

HYPOTHESIS:-Nidra has important role in lifestyles disorders.

OBJECTIVES:-To study Role of nidra in lifestyles disorders.

MATERIAL AND METHODS:-Ayurvedic classisc texts, Journals, Internet, Literary review.

THAYOUPSTHAMBH:- The secret of health and disease does not lie in the using drugs or chemicals or special therapies but on the three most important ones in Ayurveda are (Ahar, Nidra and bramhacharya.) food, sleep and sexual energy. Trayopastambha is the basic tool that every human being have, in order to protect the life destined. It has an intimate relation with the three Stambhas of life through which it maintains the Swastya and protects the Ayurveda. In today's world, due to more urbanization and up-gradation of civilization there has been an erratic variation with reference to Aahaara, Nidra and Brahmacharya resulting in many diseases. This changed way of life needs to be understood through the concept called Trayopsatambha which helps us to lead a healthy life.

PHYSIOLOGY OF SLEEP:- According to charaka when the man including indryas are exhausted and they dissociate themselves from their objects, then the individual sleeps. When Man as well as soul get exhausted or become inactive and the gyanendria and karmendria become inactive then the individual gets sleep. Sleep is nothing but the location of the man in a place unconnected withthe gyanendria or karmendria organs. In the event ofthe exhaustion of the mind, the individual is dependent on that of the mind; so when mind dissociates itself from its objects, individual also dissociates themselves from their objects. The gyanendria and karmendria organs are not active because of the inaction of individuals.

IMPORTANCE OF NIDRA

Nidra is second important pillar of life. It is physiological state of rest forbody, mind, senses and motor organ. Due to proper and adequate sleep body tissue and Doshas remains in equilibrium and maintain health physically as well as mentally. It provides happiness,

nourishment, strength, increases vigor and vitality and knowledge of long life. Sleep is a normal physiological process, necessary to provide rest and relaxation to the body, mind and senses which get tired and exhausted because of daily schedule, hence in Charak samhita it is included in Trayopstambh. According to Charak samhita nidra when taken properly in terms of quality and quantity gives Sukh, Pushtya, Bala, Gyana and Jivita. On the other hand abnormal sleep in terms of quality and quantity inadequate, excessive or irregular will exert exactly opposite effects that are Dukkh, Karshya, Abalam, Agyanam. In the last few decades, lifestyle of human being has drastically changed. Due to this lifestyle change many new health disorders came into existence such as Cardiovascular diseases, type 2 diabetes mellitus, hypertension, obesity etc, these are collectively called as lifestyle disorders because changes in lifestyle is the root cause behind these. Too little or too much sleep are associated with adverse health outcomes, including total mortality, Type-2 diabetes, Hypertension, Respiratory disorders, Obesity in both children and adults, and poor self-rated health. Researches suggest both short and long sleep duration associated with an increased risk of all-cause mortality and cardiovascular events.

TYPES OF NIDRA

The sleep caused by increased Tama Guna is Tamobhava. Sleep caused by augmented Kapha is Shleshmasambhava. The sleep caused by exhaustion of body and mind is Manahshareer sambhava. That produced during bad prognostic indication occurring before death is Agantuki. That which occurs as a subsequent complication of disease is Vyadhyanuvaritini. That which occurs during night is physiological and called Ratiswabhavprabhava.

NIDRA ACCORDING TO DINCHARYA

Activities done by an individual from waking up in morning till sunset is called as Dinacharya and activities done from sunset till sleeping, is called as Ratricharya. But in practice Dinacharya and Ratricharya both are considered under term Dinacharya. According to Ayurveda one should awake in Brahmamuhurta. It is auspicious time to get up from bed. It is best time for meditation.

Divaswap (day sleep) and Ratrijagaran (late night awakening) are contraindicated according to Ayurvedic classics. Sleep during daytime increases unctuousness in the body. Remaining vigil during night causes dryness in body. Night duty disturbed sleep pattern. Person who works in night develops symptoms like lack of concentration, disorientation, loss of sleep.

Hence Ayurveda suggest not to work.

NIDRA ACCORDING TO RUTUCHARYA

Different atmospheric changes affects all living organism. To achieve maximum benefits from seasonal changes and protection from bad effects of atmosphere one should follow seasonal regimen i.e. Ritucharya. According to Ayurveda daytime sleep is recommended only in Grishmarutu i.e.

summer season. In Grishmarutu duration of night time is short, dryness and roughness in atmosphere is increased which vitiate Vata Dosha. In all other remaining five seasons Divaswap is contraindicated because of vitiation of Kapha and Pitta Dosha and increases the risk of diseases caused by vitiated Kapha and Pitta Dosha.

1. (Samyak Nidra): Qualities of adequate sleep: Due to proper and adequate sleep body tissues and Doshas remain in balanced state of health both physically and mentally. Charak states that, happiness and sorrow, obesity and emaciation, strength and weakness, virility and impotence, knowledge and ignorance, life, death all depend on adequate nidra.

2. Atinidra: Over sleep leads to obesity and diseases such as DM due to increased Kaphadosha

3. Anidra:- Inadequate sleep leads to increase , wasting of tissue, emaciation and nervousness.

Excess sleeping leads to kapha prakop. Sleeping in daytime except in Greeshma ritu causes vitiation of Kapha and Pitta. It can cause Krimi, Prameha, Sthaulya, Visarpa, Medovaha Srotodushti. Sleeping on Cot-eads to vaat vitiation. Sleeping on uncomfortable beds can lead to Vata vyadhi. Excess sleeping especially in day time can leads to Pratishyaya. Sleeping in daytime by Rajaswala leads to birth of a child who is always sleepy. Sleeping in daytime by Sutika leads to Sutikaroga. Improper sleep causes mental as well as physical diseases like diabetes mellitus, hypertension, obesity, congenital heart diseases.

AZARDOUS EFFECT OF RATRA JAGRAN:- Staying awake at night produces Rukshatain the body along with complications of vitiated Vata and Pitta Doshas and decreased Kapha Dosha. Vitiated Vata Dosha causes giddiness, stiffness all over the body, restlessness, lack of concentration and decision taking power, excessive yawning, headache.

Viated Pitta Dosha mainly causes digestion related problems. Staying awake during the Pitta period (10-2 a.m.), causes delayed digestion where the consumed food is improperly digested initially, and later more completely by vitiated Pitta. The last part of the night (2-6AM) is the period of Vata dominance, and staying awake during this time completely disturbs the digestion process. It is critical to be asleep before this period begins to avoid major digestive problems. Not sleeping at night causes dryness in the body. Sleeping during the day increases the unctuousness in the body by increasing Kapha Dosha. Lack of adequate sleep can affect judgment, mood, And the ability to learn and retain information. It may also increase the risk of serious accidents and injury. In the long term, chronic sleep deprivation may lead to a host of health problems including obesity, diabetes, cardiovascular disease, and even early.

LIFESTYLE DISORDERS OCCURS DUE TO IMPROPER SLEEP

1. HEART DISEASES: Due to stressful lifestyle and improper sleep the risk of hypertension has increased. 2. PCOD: Impaired sleep pattern is also related to hormonal changes in body causing PCOD. 3. Obesity: Inadequate sleep impacts secretion of signal hormone ghrelin, which increases appetite and leptin causing obesity. Sleep deprivation causes impairment of immune system plus metabolic changes favoring obesity. 4. DIABETES MELLITUS: Chronic sleep deprivation may lead to insulin resistance, which leads to increase blood sugar and diabetes. People who have poor sleep habits are at greater risk for becoming overweight or obese and developing type-2 DM. 5. CHD: Due to stress. 6. CHRONIC HEAD ACHE

MODERN LIFESTYLE & FACTORS AFFECTING NIDRA

Electronic media and devices such as computer, television, use of cellular phones these are essential part of our lifestyle which interfere with normal sleep or wake patterns. Substances such as caffeine, nicotine, alcohol and drugs are commonly consumed in attempt to maintain either alertness and arousal or to achieve sleepiness and tranquility. Alternative duty schedules also affect sleep pattern in different profession such as call centers, IT jobs, policemen etc. Bright light during night time has also been found to have immediate effects on physiological and behavioral measures. Such exposure has become extremely common in various contexts in the modern world.

Insufficient physical exercise, overweight, obesity are major issues in modern society which are also associated in sleep disturbances.

RESULT: It is the need of hour that people must understand the value Of Nidra. Because

following Dincharya and rules of Nidra not only prevent an individual from various lifestyle disorder but also helps to get a healthy life.

CONCLUSION

Nidra is a key factor to play a big role in our healthy life. In Current Scenario, due to heavy studies or heavy work schedule, Anidra is a big factor now a days. Sleep is particularly relevant to psychiatric illness and frequently part of diagnostic criteria for specific disorders. In today's era, people are not getting plenty hours of sleep because of busy life schedules and overload, as a result, work hours have engaged the time of sleep. Tension also contributes its share in reducing the sleeping time. If a healthy person not getting proper sleep, he will become a patient. It is not a serious problem in the start. But later on stage it leads to number of health issues and elements. ▪ Adopting the principles Ayurveda and the guidelines for good sleep are the best ways to encourage healthy sleep and a healthy life, as Sleep is directly connected with mental state.

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