

## CONCEPTUAL STUDY OF EFFECT OF NIDRA IN MAINTENANCE OF HEALTH WSR TRAYOUPSTAMBHA

Dr. Nikita Gupta<sup>\*1</sup>, Dr. Lajwanti Keswani<sup>2</sup>, Dr. Rajesh Kumar Malviya<sup>3</sup>, Dr. Salil Kumar Jain<sup>4</sup>, Dr. Pallav Ghoti<sup>5</sup> and Dr. Monika Parihar<sup>6</sup>

<sup>1</sup>PG Scholar, Department of Samhita Siddhant, Pt. Khushilal Sharma Govt Ayurveda College & Institute, Bhopal, MP.

<sup>2</sup>Reader, H.O.D Department of Samhita Siddhant, Pt. Khushilal Sharma Govt Ayurveda College & Institute, Bhopal, MP.

<sup>3</sup>Reader, Department of Samhita Siddhant, Pt. Khushilal Sharma Govt Ayurveda College & Institute, Bhopal, MP.

<sup>4</sup>Lecturer M.D, Ph.D. Department of Samhita Siddhant, Pt. Khushilal Sharma Govt Ayurveda College & Institute, Bhopal, MP.

<sup>5</sup>PG Scholar, Department of Samhita Siddhant, Pt. Khushilal Sharma Govt Ayurveda College & Institute, Bhopal, MP.

<sup>6</sup>PG Scholar, Department Of Samhita Siddhant, Pt. Khushilal Sharma Govt Ayurveda College & Institute, Bhopal, MP.

Article Received on  
21 Jan. 2023,

Revised on 11 Feb. 2023,  
Accepted on 03 March 2023

DOI: 10.20959/wjpr20235-26490

### \*Corresponding Author

Dr. Nikita Gupta

PG Scholar, Department of  
Samhita Siddhant, Pt.  
Khushilal Sharma Govt.  
Ayurveda College &  
Institute Bhopal MP.

### ABSTRACT

*Ayurveda* is one of the world's oldest medical systems and remains one of India's traditional health care, the science which teaches the knowledge about life is known as *Ayurveda*. It is a discipline of advancement in the *Vedik* tradition. *Ayurveda* has its origins from the *Adharvana Veda*. *Trayopstambha* namely *Ahara*, *nidra*, *Brahmacharya* is key to health and disease on which our life and vitality is based. *Nidra* one among the three three *trayoupstambha* makes for the Balance of the body Constituents, attentiveness, good vision, And good complexion and good digestive power. The main aim of this article is, to overview & highlights, The importance of *nidra* in maintenance of health.

**KEYWORDS:** *nidra*, *bhramcharya*, *trayoupstambha*, *Kapha*, *tamoguna*.

## INTRODUCTION

*Ayurveda* is the ancient system of human life that is a complete package of scientific and traditional system of medicine that explains the holistic approach of living and primarily focuses on the preventive aspects rather than curative aspects.<sup>[1]</sup> There are many fundamental measures in *ayurveda* which helps in attaining *swasthya*, one such concept is *trayoupstambha*, *traya* means three and *Upastambhas* means supporting pillars. *Upastambha* refers to the supporting pillars stays nearer to the main pillar i.e. *vaat*, *pitta* and *kapha* just as the small beams supporting the main beam of a house. According to *Ayurveda* *Swasthya* depends on three pillars of life i.e. *Ahara*, *Nidra* and *Brahmacharya*<sup>[2]</sup>, If all these three factors are well regulated the body is endowed with strength, *Varna* and growth and will be continued till the end of life.

*Ayurveda* has recognized *Nidra* as one of the most important dimensions of health associated with happiness and good health and is an outcome of relaxed mental state. *Nidra* has been considered as *brihana* factors in routine life means it promotes health by nourishing *dhatus* & increasing *kapha* which is responsible for the strength and immunity of body as well as mind. One who gets sound sleep at night, can digest the food well, his *kayaagni* is enhanced & there is proper nourishment of body.

Sleep is an essential function that allows body and mind to recharge, leaving the body refreshed and alert when you wake up. Healthy sleep also helps the body remain healthy and stave off diseases. Without enough sleep, the brain cannot function properly. This can impair your abilities to concentrate, think clearly, and process memories.

## MATERIAL AND METHODS

*Ayurveda* treatise are full of knowledge and all the literature are collected From *bruhat trayee* i.e. *charak samhita*, *sushruta samhita*, *ashtang hriday* and *laghutrayee* and the modern concept are collected from various websites.

## Review Literature

The three supporters of life are *Ahara*, *Svapna* and *Brahmacharya*. If all these three factors are well regulated the body is endowed with strength, *Varna* and growth and will be continued till the end of life.<sup>[3]</sup> The body is mainly supported by *vaat*, *pitta* and *kapha*, there equilibrium which is the cause for healthy, happy and long life of an individual in the present

world and *Ahara*, *Nidra* and *Brahmacharya*, being the *trayoupstambha* respectively play vital role for maintenance of health in human being.

### **Ahara**

Among all the factors responsible for prevention of diseases, consumption of proper quantity of food stood first. It also can be known by *Acharya Sushruta*'s version that food is the base for bestowing strength, complexion and vigor for all living beings. Appropriate quantity of food leads to the maintenance equilibrium state of the body components as well as bestowing body strength, complexion, happiness and longevity.

### **Nidra**

निद्रायत्तं सुखं दुःखं पुष्टिः कार्यं बलाबलम् ।

वृष्टता क्लीबता ज्ञानमज्ञानं जीवितं न च ॥

Happiness, misery, stoutness emaciation, strength and debility virility and sterility, knowledge and ignorance life and death etc. are happens due to sleep.<sup>[4]</sup> Inappropriate time of indulging in sleep, excessive sleep and night vigilance took away both happiness and life similar to the *Kalaratri*.

*Acharya chakrapani* explains that sukha, pusti, vrushta and jivitam are the merits of proper sleep which conclusively results in balance of Tridosha.<sup>[5]</sup>

The same sleep, if properly enjoyed, happiness and then the longevity in the human beings is revealed, as the real knowledge brings Siddhi in the yogis.<sup>[6]</sup> For the living beings in the World, sleep is an essential phenomenon for maintenance and restoration of both body and mind.

### **Types of nidra**

ACC to <i>acharya charak</i>	ACC to <i>acharya sushruta:-</i>	ACC to <i>acharya vagbhata:-</i>
<i>Tamobhavā</i>	<i>Vaishnavi</i>	<i>Kaalswabhaj</i>
<i>Śleṣma-samudbhavā</i>	<i>Vaikariki</i>	<i>Amayaj</i>
<i>Āgantuki</i>	<i>Taamsi</i>	<i>Chittakhedotbhava</i>
<i>Vyadhyanuvartini</i>		<i>Dehakhedotbhava</i>
<i>Ratri Svabhava Prabhava</i>		<i>Kaphodbhava</i>
<i>Manah Śarīra śrama Sambhava</i>		<i>Tamobhava</i>
		<i>Agantubhava</i>

**Bhramacharya**

*Brahmacharya* refers to be having control over senses and cheerfulness of mind, which are favourable to spiritual wisdom. The commentator has given clarification regarding *Brahmacarya* and opined his views as under. Following of *Brahmacarya* by excessive controlling of senses and not at all performing sexual acts also may cause psychological disturbances.

**Physiology of sleep**

यदा तु मनसि क्लान्ते कर्मात्मानः क्लमान्विताः।

विषयेभ्यो निवर्तन्ते तदा स्वपिति मानवः ॥

Acharya *Charak* propagates that As soon as the mind along with the sensory and motor organs is exhausted and they separate themselves from their objects, then the person goes to sleep.<sup>[7]</sup> Whenever the mind is inactive, the sense organs are also inactive and unable to perceive their objectives. In that state the man goes to sleep.

According to some *ayurveda* classics *Tamasa* has been held responsible for ignorance, less of consciousness, inattention, and sleep. At night since the *tamasa* *guna* being powerful, it covers the higher psychic centres and manifests the sleep.

While According to Acharya *Sushruta*, *chetanasthanam* (place of sense) i.e. *Hridaya* get covered by *tamoguna*, mind becomes *Tamodhika* and *indriya* becomes inactive and sleep occurs.

Some *acharya* believes that *Kapha dosha* is supposed to be composed of mostly *tamasa* *guna*. Whenever *chetanasthanam* Get covered by the accumulation of *tamasa* *guna*, the sensory channels get blocked by the *kapha* dosha. When this *Shleshma* is oversaturated by the *tamoguna* then the sleep occurs.

And even after the involvement of *tamguna*, Acharya *Sushruta* says that it is a natural Instinct, which forms the most powerful cause for sleep. Acharya *Charaka* counted *Nidra* as *swabhavika* by nature and the night serves as causative factor for sleep.

**Physiology of sleep according to modern science**

Sleep functions in a relatively predictable cyclical pattern between 2 major phases: Non-rapid eye movement (NREM) sleep and rapid eye movement (REM) sleep. NREM sleep is

subdivided into several stages numbered 1 to 3. Each phase and stage represents the relative depth of sleep and offers unique characteristics in the brain wave, muscle tones, and eye movement patterns. As the name implies, NREM is characterized by an absence of eye movements, and rapid eye movements characterize REM.

Sleep begins with a short NREM stage 1 phase, followed by NREM stage 2, then NREM stage 3, then finally into REM. NREM accounts for approximately 75% to 80% of total sleep, and REM accounts for the remaining 20% to 25% of sleep.

Human body has internal biological clock that regulates our twenty four hours sleep wake up cycles also known as Circadian rhythm. Light is the primary source that influences circadian rhythm, when the sun comes up in the morning, the brain tells the body to wake up. At night when there is less light our brain triggers to release Melatonin hormone that makes sleepy. When circadian rhythm disrupted, person may feels disoriented and sleepy and cause many disorders like insomnia.

### **BEST TIME TO SLEEP**

The ideal time for sleeping as mentioned in *Kaiyadeva Nighantu* after the first two *Yamas* (approx 6 hours) of sunset. Ayurveda regards this sleep as *Ratrisvabhava Prabhava*. It is further advised to avoid Sleep during the first and last parts of the night, and wake. The healthy person should get up from bed during *brahma muhurta*, to sustain his life. According to *Hemadri*, *Brahma muhurta* is the last part of night just Prior to sunrise.<sup>[8]</sup>

According to modern science most adults require between seven and nine hours of nightly sleep. Children and teenagers need substantially more sleep, particularly if they are younger than five years of age, however the best times to go to sleep and wake up will vary among individuals. The human body and brain naturally respond to the cycles of the environment, such as the sun rising and setting. These cycles help regulate sleep and wakefulness patterns in humans. Due to this, an ideal situation would be to wake up as the sun rises.

### **DISCUSSION**

*Traypoupstambha* is considered as three Sub-pillar of life on which life depends. To maintain Life along with health, *ahar*, *nidra* and *bramacharya* Should be followed. *Nidra* being placed second plays a vital role in maintaining physical as well as mental health. Ayurveda has recognized *Nidra* as one of the most important dimensions of Health associated

with happiness and good health and is an outcome of relax mental State. *Nidra* offers appropriate weight, better complexion, Enthusiasm, alertness of sensory organs. There is a correlation of *nidra* and equilibrium of *dosha*, Good quality sleep produces *Hrdya* and *Vrushya* effects, Removes tiredness of body, and gives *Pushti* and *dhirti*, These effects of sleeping can be attributed to its *tridoshasamana* effect and attributing to a balance in equilibrium of all the three *doshas*. An important function of sleep is enhancement of *oja*, being the fine product of digestion and life-supporting element, helps to insulate the mind from daily stress and exertion. According to modern physiology, Sleep is needed to maintain metabolic Caloric balance, thermal equilibrium and Immune competence. Sleep is necessary for Learning and memory consolidation. Not Only the proper hours of sleep are important, For maintenance of proper health, an adequate amount of sleep is needed in suitable time. Additionally, sleep has important restorative functions and plays a critical role in the repair and rejuvenation of tissues, both in the brain and elsewhere in the body. Activities like muscle growth, tissue repair, wound healing, protein synthesis, and the release of growth hormones occur mostly during sleep. Nowadays, 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 and poor quality Of sleep is a great factor for cause and progression of various diseases predominantly including lifestyle disorders., Additionally, lack of sleep has been linked to a higher risk for certain diseases and medical conditions. These include obesity, type 2 diabetes, high blood pressure, heart disease, stroke, poor mental health, and early death but taking timely sleep offers appropriate weight gain, better complexion, desire to work, fresh and alert status of sensory organs. It is also responsible for balanced status of the body entities and results in maintenance of health. In fact, in today's world, where sleep disorders abound, modern medicine is embracing the lifestyle, the way it's mentioned in *ayurveda* classics, we will surely live a healthy and a disease free life.

## CONCLUSION

In this era of modernisation we are surely heading towards a life full of facilities but at the cost of our health. Niether our food habits are correct not the lifestyle causing various lifestyle style related issues such as hypertension, cardiovascular diseases, diabetes etc, but if we start living our life. *Nidra* being the most important factor plays a vital role in maintaining both physical as well as mental health. Adequate sleep helps with hormonal balance. That keeps your heart healthy, reduces stress, and helps keep blood sugar consistent. It also reduces stress, prevents inflammation, and helps control weight So intake of proper sleep is

very important to combat various lifestyle style related diseases as well maintenance of proper health because Sleep is not merely a daily routine process, but instead it occupies a major area for the maintenance of a healthy and happy life.

## REFERENCES

1. Kushwaha Vd.Harish Chandra Singh, Editor-Translator. Charak Samhita Ayurveda Dipika Ayushi Hindi Commentary; Sutrasthan-. Reprint Ed1; Ch.30, Verse 26. Vol.1. Varanasi; Chaukhambha Orientalia Publication; 2016: P.495.
2. Kushwaha Vd.Harish Chandra Singh, Editor-Translator. Charak Samhita Ayurveda Dipika Ayushi Hindi Commentary; Sutrasthan-. Reprint Ed1; Ch. 11 Verse 35 Vol.1. Varanasi; Chaukhambha Orientalia Publication; 2016: P.171.
3. Kushwaha Vd.Harish Chandra Singh, Editor-Translator. Charak Samhita Ayurveda Dipika Ayushi Hindi Commentary; Sutrasthan-. Reprint Ed1; Ch. 11 Verse 35 Vol.1. Varanasi; Chaukhambha Orientalia Publication; 2016: P.171.
4. Kushwaha Vd.Harish Chandra Singh, Editor-Translator. Charak Samhita Ayurveda Dipika Ayushi Hindi Commentary; Sutrasthan-. Reprint Ed1; Ch.21 Verse 36 Vol.1. Varanasi; Chaukhambha Orientalia Publication; 2016: P 314.
5. R. Vidyanath, Editor – Translator. Charak Samhita Ayurveda dipika English translation, Sutrasthan- First edition; Ch.21 Verse 38. Vol. 1.Varanasi; Chaukhambha Orientalia Publication; 2020. P. 623.
6. Kushwaha Vd.Harish Chandra Singh, Editor-Translator. Charak Samhita Ayurveda Dipika Ayushi Hindi Commentary; Sutrasthan-. Reprint Ed1; Ch.21 Verse 38 Vol.1. Varanasi; Chaukhambha Orientalia Publication; 2016: P 314.
7. Kushwaha Vd.Harish Chandra Singh, Editor-Translator. Charak Samhita Ayurveda Dipika Ayushi Hindi Commentary; Sutrasthan-. Reprint Ed1; Ch.21 Verse 35 Vol.1. Varanasi; Chaukhambha Orientalia Publication; 2016: P 314.
8. Vagbhatt translated by Dr. B. Rama Rao; Ashtanga Hridaya English translation; vol 1; Varanasi; chaukhambhavisvabharti oriental Publishers and distributors; 2009; sutrasthana 2/1; page no 29.