

SIGNIFICANCE OF NIDRA IN AYURVEDA CLASSICS

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ABSTRACT

The Ayurvedic classics describes the main three subpillar of life is Ahara, Nidra and Brahmacharya which holds the body after Vat, Pitta and Kapha and Nidra is one of the three subpillars.^[1] Unroutined Nidra can cause serious diseased conditions, which will affect physical as well as mental health. Absence or lack of Nidra causes pathological conditions called Anidra (or Insomnia). In Ayurvedic classics Definition, Classification, Upastambha, One of the Avastha of body, benefits of good Nidra, one of the part for fulfilling Swasthya definition, Ratrijagaran, Divasayana, Ekantahitkara Vihara, one of the Adharniya Vega, one of the Arista Lakshana are mentioned in context of Nidra.

KEYWORDS: Nidra, Upastambha, Vega dharana, Arista lakshan.

1. INTRODUCTION

1.1 Etymological derivation of Nidra

a) The word Nidra is feminine, formed by the prefix ni + dra + rak + ta. This is a state of nature which causes encapsulation to the consciousness of a person.^[2]

b) The word Nidra is feminine, Synonyms – Shayana, Swapna, Swapna, Samvesha, Supti, Swapnam, and Reason of Nidra – Tama and Kapha.^[3]

1.2 Definition

The definitions given in ancient texts are as Follows –

- a) Acharya Charak affirmed that when the mind (as well as soul) gets exhausted or becomes inactive and the sensory and motor organs become inactive then the individual gets sleep.^[4]
- b) Acharya Susruta, described the sleep occurs when the Hridaya, the seat of chetana is covered by Tamas.^[5]
- c) Acharya Dalhana, the commentator of Susruta states, that- Nidra is the state of combination of mind and intellectual in which the person feels happy.^[6]
- d) According to Astanga Sangraha commentary, stated that, the Manovaha Srotas become accumulated with sleshma and mind is devoid of sense organs because of fatigue, when individual fell asleep.^[7]
- e) Acharya Vyas - “sleep is a state of unconsciousness, but the consciousness remains about his own unconsciousness”.^[8]
- f) “Mandukya Upanishad”, Nidra is a condition in which “Atma” does not have any dream or desire for anything and that state is called “susupti”.^[9]

2. AIM AND OBJECTIVE

- a) To document the contents of Nidra in Ayurvedic classics.
- b) To explore and revalidate the Significance of Nidra.

MATERIAL AND METHODS

Different journals, Ayurvedic text books, authentic websites (Pub Med etc.), Reputed Magazines, Authentic literatures, Manuscripts, Sanskrit Dictionary etc. are viewed to collect materials related to Nidra.

OBSERVATION

- a) **Part of Traya Upastambha** - In the Ayurvedic Literature, three factors i.e. Ahara, Nidra and Brahmacharya are compared with the triangles are termed as the three Upastambhas or Tripods.^[10]
- b) **One of The Avashthas** – We have been shuttling between the three state. The waking state, dream state and the deep sleep state, Jagrita, Swapna and Sushupti.^[11]
- c) **Importance of Nidra** - While explaining about Nidra, Acharyas stated, that delight and sorrow, growth and wasting, strength and weakness, virility and impotence, the knowledge and ignorance as well as the survival of life and its termination depend on the sleep.^[12]

d) Occurrence of Nidra The different theories stated regarding the phenomena of Nidra can be summarized and classified into four groups –

- Acharya Charak - Exhaustion of mind and senses causes unable to perceive the knowledge of corresponding sense organ leads to dissociation between atma, manas & indriyas causes Nidra.^[13]
- Acharya Vagbhatt - When seat of Chetana(hridaya) get subdued by Tamoguna leads to Nidra.
- Acharya Susrut - When seat of Chetana(hridaya) get subdued by Tamoguna results Nidra.

e) Classification of Nidra

Vagbhatta (7)	Charaka (6)	Susrutha (3)
1. Kalaswabhava	1. Tamobhava	1. Tamasi
2. Aamayajanya	2. Sleshmasamudbhava	2. Swabhaviki
3. Chittakhedajanya	3. manasharirasramasambhava	3. Vaikariki
4. Dehakhedajanya	4. Agantaki	
5. Kaphajanya	5. Vyadhyanuvaritini	
6. Aganthuja	6. Raatriswabhava	
7. Tamobhavaja		

f) One of the Arishta lakshan - Signs and signs of drawing close demise known as Arishta.^[16] Nidra comes beneath neath Arishta that is known as **Agantuki Nidra**.^[17] As in classification Acharyas told us about **Agantuki Nidra** which is one of the Arista Lakshan.

g) “Nidra” as a Causative Factor for Diseases Manifestation – References in Brihatrayi

Sr.No.	Context	Ref. No.
1.	Kaphaja hridaroga	Ch.Su. 17/34
2.	Madhumeha	Ch.Su. 17/78
3.	Krishna	Ch.Su. 21/11
4.	Avastha Virudha	Ch.Su. 26/96
5.	Rogotapatti	Ch.Chi. 1/2/3
6.	Swabhavika Rog	Su.Su.1/25

h) Contraindication or Causative Factor of Divaswapna – References in Brihatrayi

Sr.No.	Context	Ref. No.
1.	Vasanta Ritu, Varsha Ritu, Sharad Ritu, Hemanta Ritu	Ch.Su. 6/23,6/35/6/45 Su.Ut. 64/13,64/31,64/40,64/49 A.H.Su. 3/26,3/55
2.	Sthaulya, Medasvi Purusha, Santarpanjanya roga	Ch.Su. 21/04,21/45, Su.Su. 15/32, Ch.Su. 23/04
3.	Kaphaja Jwara, Nava jwara	Ch.Ni. 1/25, Su.Ut. 39/157, Su.Ut. 39/160
4.	Gramya roga	Ch.Chi. 1/2/3
5.	Masvaha srotas dusthi hetu	Ch.Vi.5/15

6.	Kaphaja Udara Roga, Udara Roga	Ch.Chi.13/29, 13/100
7.	Kaphaja Arsha	Ch.Chi. 14/18
8.	Kaphaja atisara	Ch.Chi 19/07
9.	Visha mukta, Vishatura	Ch.Chi. 23/228, Su.Ka. 6/31
10.	Kaphaja Madatyaya	Ch.Chi. 24/96
11.	Urustambha	Ch.Chi. 27/09
12.	Vatarakta	Ch.Chi. 29/07,29/49, Su.Chi. 5/17
13.	Uttarbasti	Ch.Si. 12/11
14.	Sandhan karma	Su.Su. 16/16
15.	Vrana	Su.Su. 19/12
16.	Kapha Prakopa, Rakta Prakopa	Su.Su. 21/23,21/25
17.	Ashmari	Su.Ni. 3/11
18.	Siravedhan	Su.Sha. 8/24
19.	Kustha	Su.Chi. 9/04, Ch.Chi. 7/8
20.	Shotha	Su.Chi. 23/13
21.	Dushi visha	Su.Ka. 2/33
22.	Pandu roga	Su.Ut. 44/3
23.	Krimi roga	Su.Ut. 54/3
24.	Mukha lepa	A.H.Su. 22/17
25.	Udara Chikitsa	A.H.Chi. 15/126
26.	Sarvaakshiroga Pratisheda	A.H.U.16/65

i) “Nidraadhikya” as a Symptom in Disease Conditions – References in Brihatrayi

S. No.	Context	Ref.No.
1.	Ashyaapkarsh	Ch.Su. 17/52
2.	Kaphaja Nanatmaja	Ch.Su. 20/17
3.	Raktaja Roga	Ch.Su. 24/15
4.	JwaraProdromal/Kaphaja Jwara, Jwara Lakshana, Vata Kaphaja Jwara	Ch.Ni. 1/33, 1/27, Su.Su. 33/18, Su.Ut. 39/48, A.H.Chi. 1/13
5.	Kaphaja Gulma/Raktaja Gulma	Ch.Ni. 3/11,3/14
6.	Prameha Prodromal, Kaphja Prameha Updrava	Ch.Ni. 4/47, Su.Ni. 6/3, A.H.Ni. 10/22
7.	Kaphaja Unmada	Ch.Ni. 7/7, Ch.Chi. 9/14
8.	Anujyotimindriya	Ch.In. 11/24
9.	Kaphaja Shotha	Ch.Chi. 12/14, A.H.Ni. 13/35
10.	Kaphaja Udara	Ch.Chi. 13/31
11.	Pandu lakshana	Ch.Chi. 16/15
12.	Kaphaja Atisara	Ch.Chi. 19/7, Su.Ut. 40/11, A.H.Ni. 8/10
13.	Kaphaja Chardi	Ch.Chi. 20/13
14.	KaphajaVisarapa, Kardama Visarapa, Granthi Visarapa	Ch.Chi. 21/34,21/38,21/39 A.H.Ni. 13/60
15.	Jangam Visha, Dushi Visha Prodromal, Visha Lakshana	Ch.Chi. 23/15, Su.Ka. 2/30, Su.Ka. 5/41
16.	Madatyaya, Tamasa Mada, Tamasika Purusha, Mada	Ch.Chi. 24/40,24/201, Su.Su. 45/209, Su.Sha. 1/18, A.H.Ni. 6/29
17.	Urustambha	Ch.Chi. 27/15
18.	Snigdha Ksheera Dosha	Ch.Chi. 30/247
19.	Ashana Avrata Basti Vyapada	Ch.Si. 4/34, A.H.Ka. 5/36

20.	Uttarbasti Varjya Bhava	Ch.Si. 12/14
21.	Oja Vyapada	Su.Su. 15/24
22.	Kaphaja Trishna	Su.Ut. 48/10
23.	Amanushopsarga	Su.Ut. 60/13,60/16,61/14, A.H.Ut. 6/13
24.	Kaphaja Prakriti	A.H.Sha. 3/101
25.	Nidra Aristha	A.H.Sha. 5/68
26.	Pitragraha	A.H.Ut. 4/41
27.	Kaphja Abhisyaanda	A.H.Ut. 15/10
28.	Shleshmika Luta Dansha	A.H.Ut. 37/50

j) One of The Adharniya Vega – Nidra is also enumerated as the natural urge which should not be suppressed. Acharya Charaka has included Nidra in thirteen non-suppressible urges. He has further said that various types of diseases occur by the suppression of these urges.^[18]

Acharya Sushruta has accepted the generation of thirteen types of Udavarta by the suppression of these non-suppressible urges.^[19]

Sleep suppression leads to excess yawning (Jrumbha), Bodyache (Angamarda), drowsiness (Tandra), diseases of the head & eyes (Shiro-Akshi Roga), etc. Acharya Sushruta & Vagbhata also accepted this. Getting to sleep is the only treatment for symptoms raised due to Nidravega Dharana. In Yogaratnakar, indigestion is also included in the above list of complications.^[20]

k) Prajagarana as a Causative Factor or Apathya – References in Brihatrayi.

S.No.	Context	Ref.No.
1.	Vataja Jwara	Ch.Ni. 1/19
2.	Vataja Prameha Nidana	Ch.Ni. 4/36
3.	Kapha Kshaya Lakshana	Su.Su. 15/7
4.	Krishna Nidana	Su.Su. 15/33
5.	Vrana	Su.Su. 19/20
6.	Vata Prakop	Su.Su. 21/19
7.	Garbhini Vihara	Su.Sha. 4/48
8.	Sharada Ritucharya	Su.Ut. 64/18
9.	Sannipatja Jwara	A.H.Ni. 2/27

DISCUSSION

In today's era, busy life style and work overload, stress, tension and mobile are taking the time of sleep. If not getting proper sleep, a healthy person will be a patient. Ayurveda emphasized the Sharira and Satva both interact with one another in life.

Nidra is one of the three supportive pillars of life, recognised as one of the most important dimensions of health and is an outcome of relax mental state. Happiness and unhappiness, proper nourishment or emaciation, strength and debility, sexual powers and impotence, knowledge and ignorance, life and its absence (death) all depends on sleep.^[12]

CONCLUSION

Ayurveda, the “science of life” says health comes first as “Swasthsya swastha rakshanam”. The basic principles and preventive therapies of Ayurveda like Dincharya (daily regimen), Ratricharya, Trayaupastambha, Adharniya Vega, Nidra (Sleep), Arishta lakshan, Yoganidra etc. can be easily implied for the physical & mental balance. In all these classics Nidra plays a vital role. Nidra should be given its much deserved attention in the field of Ayurveda to explore hidden references and its scope for the betterment of humans.

It is hence a very important concept of life, which if taken and practiced accordingly it will lead to a healthy state of body, mind and spirit. The aim of this article is to compile and revalidate the significance of Nidra related to different aspects of Ayurveda.

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