

**A LITERATURE REVIEW OF 'NIDRA' THE KRIYA SHARIR
CONCEPT FOR HEALTHY LIFE****¹Dr. Prashant Vinayak Gote and ²Dr. Akshay Ashok Bachate**¹Assistant Professor Kriya-Shair) MUPs Ayurved College Degaon Risod.²Assistant Professor Streerog & Prasutitantra) Mups Ayurved College Degaon Risod.Article Received on
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Gote**Assistant Professor Kriya-
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Nidra, Ahara & Bramhacharya are important major tripod in KRIYA-SHARIR the fundamental subject of Ayurveda. Nidra is one of the major important factor to maintain proper physiological states of SHARIR (body), MANA (mind) and INDRIYA (sense organs). Nidra depends on condition of sharir dosha (vata, pitta, kapha), manas dosha (satva, raja, tama). Lack of nidra leads to disturbing physiological function of senses, mind and body. This article explores concept of nidra its type psychological impact of nidra on body mind and sense organ.

KEYWORDS: NIDRA(Sleep), Mana, Sharir, Ahara, Indriya.**INTRODUCTION**

According to Ayurveda as well as modern science nidra is one of the important factor to health. Nidra keeps impacting on physiological as

well as psychological functioning of body.

Modern perspective explains sleep cycle as REM (rotational eye movement) & NREM (non rotational eye movement) and functioning of brain during sleep. According to Ayurvedic perspective nidra depends on sharir dosha (vata, Pitta, kapha) and manas dosha (Satva, Raja, tama). Proper functioning and maintained dosha shakti leads to proper Nidra.

Functions of Nidra

In Charak Samhita the influence of Nidra is explained as Happiness of mind, nourishment of body, strength, virility, knowledge and good life.

Manifestation of inappropriate Nidra

Misery, emaciation of body, weakness of body, sterility, lack of knowledge, indigestion, in extreme case death.

Mechanism of Nidra according to Ayurved

Nidra is induced by withdrawal of mind and sense organs from their objects.

From daily work MIND & BODY get exhausted
+
TAMA GUNA INCREASE KAPHA DOSHA INCREASE
+
Sense organ + Motor organs not able to perceive their work
+
Nothing to feed the mind
+
Induces SLEEP(NIDRA)

When sense organs get exhausted with daily activities, the Tama guna get increase in Heart & mind. By some diet Kapha dosha increases, and so sense organs can not perceive their objects. They remain nothing to feed the mind for sake of conveying to soul. And state of sleep occurs.

TYPES OF NIDRA

There are three, four, and seven types of sleep.

1) Three types according to SUSHRUT SAMHITA.

A) **TAMASI-** The Sleep where nothing is perceived e.g. one in coma.

B) **SWABHAVIKI-** When sleep induces naturally. It is of following type according to manas dosha.

- a) Tamobhuyistha- Sleep whole day, day and night.
- b) Rajobhuyistha – Sleep without regulation sometimes in day & sometimes at night.
- c) Satwabhuyistha – Person sleeps when satva guna is less due to work. e.g. sleep at night.

C) **VAIKARIKI** – Sleep of person who's body, mind is weak due to diseases. Taking less diet with less kapha and increase vat dosha.

2) Four types according to ASTANG HRUDAYA

A) **MITHYA** – If Slept untimely (10-15hours).

- B) ATI – If slept more hours and time (15-20hours).
- C) HINA – If slept very less improperly (2-3hours).
- D) SAMYAK – If slept proper timely and proper certain duration at night (6-8hours)

3) Seven types of sleep

- A) TAMOBHAVA- Nidra due to Tama gun increases.
- B) SHLESHMSAMUDAYBHAV- Nidra due to increase Kaph dosha.
- C) MANSHARIRSHRAMSAMBHAV – Nidra due to tiredness of mind and body.
- D) AAGANTUKI – Nidra because of bad prognosis.
- E) VYADHINIVARTINI- Diseases induce sleep.
- F) RATRI- Natural sleep at night.
- G) SWABHAVAJ- Nidra due to nature time.
- H) PRABHAVAJ- Nidra due to psychological cause.

Timing of Nidra

- 1) New born- 18-20 hours
- 2) Growing children- 12-14 hours
- 3) Adult – 6-8 hours
- 4) Older individual – 5-7 hours

TYPES OF SLEEP DISORDERS IN AYURVEDA:

- 1) ANIDRA- Lack of sleep.
- 2) Alpanidra- Disturbed light sleep.
- 3) Atinidra- Excessive sleep.

CAUSES OF SLEEP DISORDER

Improper diet, Improper lifestyle, Imbalanshing of Sharir dosha (vata, pitta, kapha) , Manas dosha (satva, raj, tama).

MANAGEMENT OF SLEEP DISORDER

- Lifestyle adjusted properly. Maintain proper DINACHARYA, RATRICHARYA
- Diet- Take Nutritional supplement, SATVIK diet, warm milk, etc
- Herbal remedies e. g. Bramhi, Jatamashi, Mandukparni, Ashwagandha.
- Panchakarma- SHIRODHARA, NASHYA
- Sleep hygiene maintenance

- Pranayam, Yoga, Aasana, Meditation, Tratak.

CONCLUSION

- Nidra is among the important major Tripod in kriya sharir the fundamental subject of Ayurveda to maintain healthy life.
- Nidra is mainly important to maintenance of good functioning of sharir (body), Mana (mind), Ubhayendriya (sense organs).
- Samyak, Satvabhuyishta, Ratriswabhavprabhavaj Nidra of 6-8 hours at night is very important to maintain happiness, body nourishment, Strength, virility, knowledge and good life.
- Improper Nidra leads to sleep disorders like Anidra, Alpanidra and Atinidra.
- Sleep disorder can be cure by proper lifestyle, diet, herbal remedies, panchakarma, yoga, pranayam, tratak
- This Article gives all points of ayurvedic literature view of Nidra and usefull for further scientific study.

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