

## REVIEW OF NIDRANASHA IN DIFFERENT DEHPRAKRUTIS WITH SPECIAL REFERENCE TO INSOMNIA

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### ABSTRACT

Ayurveda mentioned three important facts to keep a person in healthy status as *Ahara* (diet), *Nidra* (sleep), *Brahmacharya* (celibacy). Out of which *Nidra* is state which refills our power of activity which we lose in daily routine. Present era is full of competition everyone is struggling for existence. Man is working hard for day and night besides that the mental stress, addiction of alcohol, tobacco, excessive use of mobile phones, computer leads to insufficient sleep. These factors directly affect on the sleep and causes loss of sleep (*Nidranasha*). The disease *Nidranasha* is gradually increasing in society and has become one of the common problems. According to modern scientific view, loss of sleep has many reasons as like illness, stress, elder age, pain, mental illness etc. The prevalence rate of insomnia is about 35%. Hence, by studying these phenomena in population of people the we

can study review of *Nidranasha* in different *Dehprakrutis* with special reference to insomnia.

**KEYWORDS:** *Dehprakrutis*, *Dosha*, *Insomnia*, *Nidranasha*, *Sleep*.

### INTRODUCTION

Ayurveda is the science of life suggested many siddhanat's (principles) which one has to obey to maintain healthy life. One of the most important principles is the three factors. i.e, *Aahar*, *Nidra* and *Brahmacharya* mentioned as three Upastambhas.<sup>[1]</sup>

Acharya Charak says that timely properly getting sleep brings happiness, nourishment, strength, virility, knowledge, longevity and maintenance life.<sup>[2]</sup> Acharya Kashyapa also highlights the importance of *Nidra* as the getting good sleep at a proper time is a characteristic of a healthy man.<sup>[3]</sup> Yogratnakara says that a person who is enjoying sleep does not easily become a victim of diseases. His life will be with health, vigor and longevity. According to Acharya Sushruta, a person with proper intake of sleep at proper time will not suffer from diseases; their mind will be peacefully. They gain strength, good complexion, good virility, attractive body and they will not be too lean or too fatty and live good 100 years.<sup>[4]</sup>

The dosha which is predominant at the time of conception forms that particular *Prakruti*. This *Prakruti* displays the characteristic features which are inherited by an individual during combination of *Shukra-Shonita* with influence of the predominant *Dosha* at that time.<sup>[5]</sup>

Predominance of *Dosha* in *Shukra* and *Artava* pregnant women's diet behavior, womb and season causes the formation of that particular type of *Prakruti* which are seven in number.<sup>[6]</sup>

According to Acharya Vagbhat, *Nidranasha* is characterized by bodyache, heaviness in head, yawning, exhaustion, giddiness, indigestion, drowsiness etc. *Vataj Lakshana* occurs.<sup>[7]</sup>

According to Acharya Charak and Shushruta, yawning, bodyache, drowsiness, heaviness in head, are the effects seen in a person who ignores and stays awake.

Insomnia is the complaint of difficulty initiating or maintaining sleep, waking too early and not being able to get back to sleep, feeling unfreshed and lethargic.

The condition of insomnia may not be a life-threatening illness but, it has a tendency to damage the person's daily life including his social and occupational life. If it is very chronic, the person may develop psychiatric illness.<sup>[8]</sup>

Researches show that improper sleep can increase the risk of developing obesity, diabetes, high blood pressure or heart diseases. A survey conducted by WHO in India reveals that about 35% of respondents have reported mild to extreme difficulty associated with sleep.<sup>[9]</sup>

### **Benefits of *nidra***<sup>[10]</sup>

- 1) Improved thought patterns and reduced stress.
- 2) Enhanced cognitive performance and memory.

- 3) Improved self-esteem and confidence.
- 4) Better sleep improved physical health.
- 5) Improved waking mindfulness.
- 6) Diminishes symptoms of anxiety and depression.
- 7) Treats chronic pain and post-traumatic stress disorder.

### Objective

- 1) To study relation between *Nidranasha* and different *Dehprakrutis* with special reference to insomnia.
- 2) To study the concept of *nidra* and *nidranasha* according to ayurveda.
- 3) To study the concept of sleep and insomnia according to modern science.

### Methodology

Review of literature from Caraka Samhita, Sushruta Samhita, Ashtang Hridaya Samhita, Sharangdhara Samhita, Internet etc.

### Definition of *nidra*

Acharya Charak and commentator Chakrapani and Gangadhar explained 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 (*Nidra*).<sup>[11]</sup>

### Types of *nidra*<sup>[12, 13, 14]</sup>

Sr. No.	Acharya charaka	Acharya sushruta	Acharya vagbhat
1	<i>Tamobhava Nidra</i>	<i>Swabhaviki Nidra</i>	<i>Kala - Swabhava Nidra</i>
2	<i>Shmeshasamudhava Nidra</i>	<i>Vaikariki Nidra</i>	<i>Aamayajanya Nidra</i>
3	<i>Mana-Sharir Nidra</i>	<i>Tamasi Nidra</i>	<i>Chittakheda Prabhava Nidra</i>
4	<i>Shramasambhava Nidra</i>		<i>Dehakheda Prabhava Nidra</i>
5	<i>Agantuki Nidra</i>		<i>Kaphaprabhava Nidra</i>
6	<i>Vyadhyanuvaritini Nidra</i>		<i>Agantuki Nidra</i>
7	<i>Ratriswabhavaprabhava Nidra</i>		<i>Tamobhava Nidra</i>

### Hetu

Sr. No.	Acharya charak	Acharya sushruta	Acharya vagbhata
1	<i>Karya</i>	<i>Vata Vrudhi</i>	<i>Kala</i>
2	<i>Kala</i>	<i>Pitta Vrudhi</i>	<i>Shila</i>
3	<i>Vikar</i>	<i>Manastap</i>	<i>Kshaya</i>
4	<i>Prakriti</i>	<i>Kshaya</i>	<i>Vyadhi</i>
5	<i>Vayu</i>	<i>Abhighat</i>	<i>Vata-Pitta Dosha Vrudhi</i>

**Purvarupa** – In Ayurveda Samhita there is no *Purvarupa* of *Nidranasha* is described.

**Rupa**<sup>[15,16,17]</sup>

Acharya charak	Acharya sushruta	Acharya vagbhata
1) Jrumbhika	1) Jrumbhika	1) Nidrabhransha
2) Angmarda	2) Angmarda	2) Angmarda
3) Tandra	3) Shirojadya	3) Shirogaurav
4) Shiroroga	4) Akshijadya	4) Jrumbhika
5) Akshigaurava	5) Tandra	5) Jadya
		6) Glani
		7) Bhrama
		8) Apakti
		9) Tandra
		10) Vataj roga

**Samprapti**

1) Dosha - Vata, Pitta (Vrudhi)

Kapha (Kshaya)

2) Dushya - Rasa

3) Agni - Jatharagni

4) Srotas - Manovaha, Rasavaha

5) Adhithana - Hridaya

6) Udbhavasthan - Hridaya

**Upshayanupshaya**

Upashay – Ahara, Vihar which cure the disease called Upashaya for that disease.

Anupashay – Ahara, Vihar which increase the disease called Anupshaya for that disease.

**Chikitsa**

Ayurveda has described treatment protocol of Nidranasha. Ayurveda indicates consumption of flesh of domestic and aquatic animals, meat of buffalo and buffalo milk, wheat, black gram, milk products like curd, ghee are also responsible to alleviate insomnia.<sup>[18]</sup> Fruits like grapes, preparations of jaggery and sugar and wine are also indicated in Nidranasha.<sup>[19]</sup> Certain procedures like Bath, oil massage especially on the head, perfumes made from flowers and pleasant music is also helpful to induce sleep.<sup>[20]</sup> Abhyanga and Padabhyanga should also be practiced.<sup>[21]</sup>

**Insomnia**

Insomnia is the complaint of difficulty initiating or maintaining sleep waking to early and not being able to get back to sleep feeling unfreshed and lethargic.

**Types of insomnia****A) According to causes**

1. Extrinsic Insomnia
2. Psychophysiologic Insomnia
3. Drug or alcohol dependent Insomnia
4. Altitude Insomnia
5. Associated with mental disorder
6. Associated with neurological disorder
7. Associated with other medical disorder

**B) According to sleep disturbance**

- 1) Sleep onset Insomnia
- 2) Sleep maintenance insomnia
- 3) Sleep offset insomnia
- 4) Non-restorative sleep

**C) According to duration**

- 1) Transient Insomnia
- 2) Short - term insomnia
- 3) Long - term insomnia

**DISCUSSION**

*Anidra* or *Nidranasha* is enumerated as one of the *Nanatmaja Vikara* of *Vata Dosha*. *Vata* and *Pitta Dosha* plays an important role in *Nidrabhramsha*. It is also included as one of the symptoms in *Vata* and *Pitta Dosha Vriddhi Lakshanas* and certain disease. *Vata* shows highest positive influence on *Nidrabhramsha* and *Kapha* shows the lowest one. *Kaphadosha*, *Tamas*, *Hridaya* and *Samjnavaha Srotas* are responsible for the induction of sleep.

**CONCLUSION**

*Nidrabhramsha* occurs significantly higher in *Vataja-Kaphaja Prakruti* as compare to *Pitta Kaphaj Prakruti* individuals. *Vata* and *Pitta Dosha* plays an important role in *Nidrabhramsha*. Also, *Nidrabhramsha* more in male than female.

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