

TYPES OF NIDRA WITH CLINICAL RELEVANCE AND MODERN LIFESTYLE CAUSES OF SLEEP DISRUPTION

***Dr. Kshitija Bhagwan Nikhate**

MD Post Graduate Roga Nidan and Vikriti Vigyan College, TILAK Ayurveda
Mahavidyalaya, Pune, Maharashtra, India.

Article Received on 15 May 2026,
Article Revised on 05 June 2026,
Article Published on 16 June 2026,

<https://doi.org/10.5281/zenodo.20731087>

*Corresponding Author

Dr. Kshitija Bhagwan Nikhate

MD Post Graduate Roga Nidan and
Vikriti Vigyan College, TILAK
Ayurveda Mahavidyalaya, Pune,
Maharashtra, India.



How to cite this Article: *Dr. Kshitija Bhagwan Nikhate. (2026). Types Of Nidra With Clinical Relevance And Modern Lifestyle Causes Of Sleep Disruption. World Journal of Pharmaceutical Research, 15(12), 1802-1807. This work is licensed under Creative Commons Attribution 4.0 International license.

ABSTRACT

In Ayurvedic medicine, Nidra (sleep) is recognized alongside Ahara (food) and Brahmacharya (regulated energy) as one of the Trayopastambha— the three foundational pillars necessary to sustain life, immunity, and mental clarity^[1] This paper presents a structured review of how classical Ayurvedic texts, primarily the Charaka Samhita and Sushruta Samhita, conceptualise, categorize, and utilize sleep for therapeutic purposes. By mapping the traditional classifications of Nidra against contemporary physiological understanding, this article highlights the clinical relevance of Ayurvedic sleep hygiene in treating modern lifestyle disorders.

KEYWORDS: Nidra, Types of Nidra, Sleep disturbance.

INTRODUCTION

Ayurveda approaches sleep as a dynamic psycho- physiological phenomenon governed by the interaction of the three doshas Vata Pitta Kapha and the three manasa gunas Sattva, Rajas, Tamas. Classical texts define Nidra as the state achieved when the mind (Manas) and sensory organs (Indriyas) become exhausted, detaching from their objects of perception. This article categorises the distinct types of Nidra and explores their clinical implications.^[2]

AIM

To study the types of Nidra with clinical relevance and Causes of Sleep Disruption due

to modern lifestyle.

MATERIAL AND METHODS

To fulfill the aim relevant ayurvedic manuscripts like Charaka Samhita, Sushruta Samhita, and their available commentaries are referred to review. Various online peer reviewed, scientific journals and online database like PubMed and google scholar based on the related concepts are also reviewed for the study.

RESULT

Classification Of Nidra: Acharya Charaka outlines six primary types of Nidra, while Acharya Sushruta introduces a psychology-based framework.^[3]

1. Tamobhava Nidra (Tamas-Induced Sleep)

- **Mechanism:** Driven by a predominance of Tamas (the mental attribute of darkness and inertia).
- **Characteristics:** Heavy, unrefreshing, and excessive.
- **Clinical Relevance:** It is considered the root cause of pathological lethargy and is often seen in metabolic disorders like obesity (Sthoulya).

2. Shleshma Samudbhava Nidra (Kapha-Induced Sleep)

- **Mechanism:** Triggered by an accumulation or aggravation of the Kapha dosha.
- **Characteristics:** Characterized by physical heaviness, excessive salivation, and prolonged duration.
- **Clinical Relevance:** Often occurs after heavy, oily, or sweet meals, causing daytime sluggishness.

3. Sharira-Manah Shrama Sambhava Nidra (Fatigue-Induced Sleep)

- **Mechanism:** A protective mechanism initiated when physical (Sharira) or mental (Manas) exertion exhausts the tissue vital forces.
- **Characteristics:** Deep, restorative, and immediate.
- **Clinical Relevance:** Essential for muscular recovery, tissue repair, and cognitive decompression.

4. Agantuki Nidra (Exogenous Sleep)

- **Mechanism:** Induced by external, traumatic, or chemical interventions.

- **Characteristics:** Sudden onset, closely resembling a state of coma, stupor, or heavy sedation.
- **Clinical Relevance:** Triggered by head injuries, toxic ingestions, poisons, or extreme psychological trauma.

5. Vyadhi Anuvartini Nidra (Symptomatic Sleep)

- **Mechanism:** Arises as a secondary symptom or complication of an ongoing chronic illness.
- **Characteristics:** Irregular, fragmented, or excessively prolonged depending on the disease stage.
- **Clinical Relevance:** Frequently observed during severe fevers (Jwara), wasting diseases (Shosha), and advanced metabolic imbalances.

6. Ratri Svabhava Prabhava Nidra (Natural/Circadian Sleep)

- **Mechanism:** The optimal biological sleep occurring naturally at night due to the cosmic and bodily dominance of Kapha and Tamas after sunset.
- **Characteristics:** Highly restorative, rhythmic, and vital for longevity (Ayus).
- **Clinical Relevance:** It is heralded as the "foster mother of mankind" (Bhutadhatri), vital for maintaining homeostatic bala.

The Psychological Dimension (Sushruta's Paradigm): Acharya Sushruta expands the discourse by categorizing sleep into three psychological archetypes.^[4]

- **Swabhaviki (Satvic Sleep):** The ideal state where the mind is at peace.

It yields proper growth, strength, and tissue nourishment.

- **Vaikariki (Rajasic Sleep):** Interrupted, dream-filled sleep driven by anxiety, stress, or Vata-Pitta imbalances.
- **Tamasika (Tamasic Sleep):** A morbid state of oversleeping where an individual sleeps past sunrise, blocking bodily channels (Srotas) and inducing metabolic sluggishness.

Natural & Physiological Sleep

- **Ratri Svabhava Prabhava Nidra (Circadian Sleep):** Sleep that naturally occurs at night due to the body's natural clock and the influence of the night. This is considered

the most restorative and essential type of sleep for maintaining health.

Modern Lifestyle Causes of Sleep Disruption

Modern advancements and occupational shifts have altered human circadian rhythms. Key behavioral and lifestyle factors degrading sleep quality include.^[5]

Hyper-Connectivity and Blue Light: Excessive late-night exposure to smartphones and screens suppresses melatonin production.^[6]

Sedentary Routines and Poor Diet: Consuming heavy, sugary, or processed foods close to bedtime negatively impacts deep restorative sleep cycles.^[7]

Non-Traditional Working Hours: Night-shift work and irregular daily schedules disrupt the body's natural psycho-neurobiological rhythms.

Chronic Stress: Ongoing psychological and occupational tension keeps the nervous system in a constant "fight-or-flight" mode.

CONCLUSION

Ayurvedic science does not treat sleep as a uniform block of time, but rather as a nuanced physiological state influenced by diet, mindset, and environment. Recognizing these specific types of Nidra allows practitioners to diagnose root causes of sleep disorders—such as identifying whether insomnia is Vata-based (anxiety) or Pitta-based (inflammation)—leading to targeted, holistic treatment.

However, Ayurveda distinguishes between two main sleep imbalances:

- **Ayoga (Lack of Sleep / Insomnia):** Causes aggravation of the Vata dosha, leading to anxiety, fatigue, headaches, and impaired cognitive behavior.
- **Atiyoga (Excessive Sleep):** Increases the Kapha dosha, producing lethargy, heaviness, and metabolic slowdown.^[8]

Disturbed Nidra is a primary driver in the development of lifestyle disorders such as obesity, cardiovascular disease, hypertension, and diabetes mellitus. Chronic sleep deprivation leads to irritability, poor decision-making capacity, reduced learning ability, and emotional instability. Sleep is essentially a restorative and anabolic process; without it, tissues and hormones cannot properly heal.

Restoring Sleep Through Lifestyle and Behavioral Changes

- Regaining natural sleep requires blending ancient Ayurvedic principles with modern sleep hygiene.
- **Maintain Dinacharya:** Establish a consistent daily routine by waking and sleeping at the same time every day to align with your natural biological clock.
- **Digital Detox:** Turn off electronic screens at least one hour before bed to signal your brain that it is time to rest.

Practice Yoga Nidra: Practicing "yogic sleep" engages the parasympathetic nervous system, decreasing cortisol levels and fostering physical and emotional relaxation.^[9]

Dietary Adjustments: Eat lighter evening meals at least 2 to 3 hours before bed. Consuming fiber rich foods supports deeper sleep, while added sugars and saturated fats can reduce deep sleep duration.^[10]

REFERENCES

1. Charak Samhita of Agnivesh, Hindi commentary by- Sashtri Kashinath & Chaturvedi Gorakhnath, part 2, published by- Chaukhamba Bharti Academy, Varanasi, 2005 edition, Sutrasthan, chapter 11 Ekadashodhyaya Shloka 35.
2. Charak Samhita of Agnivesh, Hindi commentary by- Sashtri Kashinath & Chaturvedi Gorakhnath, part 2, published by- Chaukhamba Bharti Academy, Varanasi, 2005 edition, Sutrasthan, chapter 21 Ashtoninditiya Adhyaya Shloka 35.
3. Charak Samhita of Agnivesh, Hindi commentary by- Sashtri Kashinath & Chaturvedi Gorakhnath, part 2, published by- Chaukhamba Bharti Academy, Varanasi, 2005 edition, Sutrasthan, chapter 21 Ashtoninditiya Adhyaya Shloka 58
4. Sushruta samhita; with Nibandha Sangraha commentary of Sri Dalhanacharya, edited by Yadavji Trijumji Acharya; Chaukhamba surabharati prakashana Varanasi; reprint 1994; Sharirsthan Garbhavyakaran Shloka 32
5. <https://www.empowersleep.com/articles/why-are-some-people-night-owls-and-others-early-birds>
6. <https://www.internationaljournal.org.in/journal/index.php/ijayush/article/view/1746>
7. <https://www.heart.org/en/healthy-living/healthy-lifestyle/sleep/sleep-better-with-healthy-lifestyle-habits>
8. Sushruta samhita; with Nibandha Sangraha commentary of Sri Dalhanacharya, edited by

Yadavji Trijumji Acharya; Chaukhamba surabharati prakashana Varanasi; reprint 1994;
Sharirasthan Garbhavyakaran Shloka 37

9. <https://pmc.ncbi.nlm.nih.gov/articles/PMC9033521/>

10. <https://www.heart.org/en/healthy-living/healthy-lifestyle/sleep/sleep-better-with-healthy-lifestyle-habits>