

DIAGNOSIS & ASSESSMENT OF NIDRANASH WITH AYURVEDA & MODERN PERSPECTIVE**Trupti Arjunrao Sarode^{1*}, Samata Ghalpade² and Snehal Ganpat Burande³**

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ABSTRACT

Sleep is the most important component of our physiology. Ayurveda considers nidra in trayaupastambha which are the three supporting subpillars of life. Proper and improper sleep governs various important aspects of life such as happiness, misery, nourishment, emaciation, strength, weakness, virility, sterility, knowledge, ignorance, life and death. Obesity and emaciation are especially dependent on proper or improper sleep and diet. Adequate amount of sleep as well as suitable timing of sleep is needed for maintenance of good health. Various forms of improper nidra can be appreciably considered in nidra panchak of many disorders. Unhealthy pattern of sleep may forecast some major illness. Therefore, importance of a healthy sleep should be considered for the completely disease free health of the individual. PSQI is Scale which is mainly assessed for sleep quality.

KEYWORDS: Unhealthy pattern of sleep may forecast some major illness.

INTRODUCTION

The mind, soul, and body together consider as triad of life. Ayurveda defines the health as a Harmony state of Dosha, Dhātu, mala, Agni and happy state of Mana (Mind), Indriyas and

Aatma (Soul). The body and mind in equilibrium state creates happiness while its imbalance causes the unhappiness i.e. Disease.

Human life is considered as the invaluable opportunity to achieve the prime goals of life viz. Dharma, Artha, Kama, Moksha. To achieve all these things, one needs a healthy and calm life.

Sleep is most neglected part of modern life style where one gives least importance to the timing, duration and quality of sleep. Stress playing an important role in inducing Insomnia. The gift of this life style, almost everyone appears to be stressed and confused and this reflection can lead to Insomnia. This leads to Vataprakopa and causes various physical and psychiatric illnesses. And due to Vataprakopa insomnia get increased. So this vicious cycle goes on.

Ayurveda has described Nidra among the primary tripod of life, where the total abstinence of it may harm the life. Nidranasha is one of the Vataja Naanaathmaja Vikara where it is mainly caused by Vata Dosha or Pitta Dosha.

Sleep is the most significant universal human behavior occupying roughly one third of human life. Stress and strain of day to day life affects one's bodily organs through several psycho-physical mechanisms. Among the several psychosomatic diseases, insomnia is one of them, which can be compared with Nidranasha.

Stress is one of the commonest cause attributed to insomnia and also one who suffers from insomnia may later develop chronic psycho-physiological insomnia as a result of initial stress.

Review of literature

The Most Important part of maintenance of health of living being is mainly contributed by Ahara, Nidra & Brahmacharya which is collectively known as Trayopstambha (Three Main Pillars) of Life.^[1] Out of these Sleep effects our daily functioning, physical, mental & spiritual health in many ways. Happiness & misery, Nourishment & Emaciation, Strength & weakness, virility & infertility, Knowledge & ignorance, Life & Death of individual depends on a proper or an improper sleep.^[2] While defining a healthy individuals Acharya Kashyap says with the other normal physical activity like proper digestion, elimination of waste product, proper sleep is always important.^[3]

Sleep is one of the stages of brain activity & generally is a resultant effect of exhaustion & fatigue. In present modern era is full of competition; everyone is a struggling for existence, so people are working hard for a day & night without taking adequate sleep besides that a mental stress, addiction of alcohol & tobacco leads to insufficient sleep causes insomnia.^[4]

A general consensus has developed from population based studies that approximately 30% of verity of adults in samples draw from different countries report one or more of the symptoms of insomnia^[5] & found to be gradually increasing in society^[6] & has become one of the common health problem. Cause may be Physical pain, Psychological, Mental diseases, or some side effects of some drugs. Ayurveda has taken the foremost place in management of crippling disease, Nidranasha is one of them.

In Ayurvedic Sharir Rachana, brain is formed by a majjadhatu. Describe the nature majjadhatu as unctuous and oily. Many diseases in which unctuousness is reduced then it causes local aggravation of vata which lead to degenerative condition of brain.^[7] In Various Ayurvedic samhitas some of dushtilakshanas of doshas implicates disturbances of sleep.

1. Vataavidhilakshan –Nidrabhransha^[8]
2. PittavidhiLakshana–Alpanidra.^[9]
3. Asthimajjagatavata– Nidranasha^[10]
4. AtilanghanDosha– Nidrakshaya^[11]
5. VatajNanatmajvyadhI – Aswapna^[12]
6. Pittaj Jwara– Nidralpta^[13]

Hitkar nidranasha^[14]

Medaswi, Nityasneha, Kaphapradhan prakruti, Kapha vyadhi grastha, Dushivishbadha

PSQI

Pittsburgh Sleep Quality Index (PSQI) contains 19 self-rated questions and 5 questions rated by the bed partner or roommate. Only self-rated questions are included in the scoring. The 19 self- rated items are combined to form seven component scores each of which has a range of 0-3 points. In all cases, a score of 0 indicates no difficulty, while a score of 3 indicates severe difficulty. The seven component scores are then added to yield one global score with a range of 0- 21 points. 0 indicating no difficulty and 21 indicating severe difficulties in all areas.

The Pittsburgh Sleep Quality Index (PSQI)

Instructions: The following questions relate to your usual sleep habits during the past month only. Your answers should indicate the most accurate reply for the majority of days and nights in the past month. Please answer all questions. During the past month,

1. When have you usually gone to bed? _____
2. How long (in minutes) has it taken you to fall asleep each night? _____
3. When have you usually gotten up in the morning? _____
4. How many hours of actual sleep do you get at night? (This may be different than the number of hours you spend in bed) _____

5. During the past month, how often have you had trouble sleeping because you...	Not during the past month (0)	Less than once a week (1)	Once or twice a week (2)	Three or more times a week (3)
a. Cannot get to sleep within 30 minutes				
b. Wake up in the middle of the night or early morning				
c. Have to get up to use the bathroom				
d. Cannot breathe comfortably				
e. Cough or snore loudly				
f. Feel too cold				
g. Feel too hot				
h. Have bad dreams				
i. Have pain				
j. Other reason(s), please describe, including how often you have had trouble sleeping because of this reason(s):				
6. During the past month, how often have you taken medicine (prescribed or "over the counter") to help you sleep?				
7. During the past month, how often have you had trouble staying awake while driving, eating meals, or engaging in social activity?				
8. During the past month, how much of a problem has it been for you to keep up enthusiasm to get things done?				
	Very good (0)	Fairly good (1)	Fairly bad (2)	Very bad (3)
9. During the past month, how would you rate your sleep quality overall?				

Component 1	#9 Score.....	C1
Component 2	#2 Score ($\leq 15\text{min}=0$; $16-30\text{ min}=1$; $31-60\text{ min}=2$; $>60\text{ min}=3$) + #5a Score (if sum is equal $0=0$; $1-2=1$; $3-4=2$; $5-6=3$).....	C2
Component 3	#4 Score ($>7=0$; $6-7=1$; $5-6=2$; $<5=3$).....	C3
Component 4	(total # of hours asleep)/(total # of hours in bed) x 100 >85%=0, 75%-84%=1, 65%-74%=2, <65%=3.....	C4
Component 5	Sum of Scores #5b to #5j ($0=0$; $1-9=1$; $10-18=2$; $19-27=3$).....	C5
Component 6	#6 Score.....	C6
Component 7	#7 Score + #8 Score ($0=0$; $1-2=1$; $3-4=2$; $5-6=3$).....	C7

Add the seven component scores together _____ Global PSQI Score _____

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