

**Impact  
Factor  
3.025**

**ISSN 2349-638x**

**Refereed And Indexed Journal**

**AAYUSHI  
INTERNATIONAL  
INTERDISCIPLINARY  
RESEARCH JOURNAL  
(AIIRJ)**

**Monthly Publish Journal**

**VOL-IV**

**ISSUE-VII**

**JULY**

**2017**

**Address**

• Vikram Nagar, Boudhi Chouk, Latur.  
• Tq. Latur, Dis. Latur 413512 (MS.)  
• (+91) 9922455749, (+91) 9158387437

**Email**

• aiirjpramod@gmail.com  
• aayushijournal@gmail.com

**Website**

• www.aiirjournal.com

**CHIEF EDITOR – PRAMOD PRAKASHRAO TANDALE**

**Importance Of Nidra In Healthy Life****Vd. Sanjiv D.Fulse**

Professor and HOD,  
Dept. of KriyaSharir,  
C.S.M.S.S. Ayurved  
Mahavidyalaya,  
Aurangabad, Maharashtra,  
India.

**Vd. Rajesh S.Upadhyay**

Professor and HOD, Dept. of  
Agadtantra Avum Vidhi  
Vaidyika, C.S.M.S.S. Ayurved  
Mahavidyalaya, Aurangabad,  
Maharashtra, India.

**Vd. Sanjay J.Dahake**

Professor, and HOD,  
Dept. of Rasashastra and  
BhaishajyaKalpana, C.S.M.S.S.  
Ayurved Mahavidyalaya,  
Aurangabad, Maharashtra,  
India.

**Abstracts**

When mind gets exhausted, sense organs (*gaanendriya*) and motor organs (*Karmendriya*) become inactive then *Nidra* occurs. Like proper diet, proper sleep is also essential for better health. Improper sleep produces abnormal symptoms in the body. *Tamas* (A *guna*) becomes predominance at night which produce sleep. Sleep during night is most effective than day time. Proper sleep is responsible for nourishment of body, strength, desire for work, appetizer, happiness, virility, knowledge etc. it also responsible for equilibrium of *dhatu*s (*M. dosa, dhatu and mala*). Improper sleep produces abnormal symptoms in the body such as obesity, headache, heaviness in the body, loss of digestive power, symptoms related to heart, impotence, emaciation, illiteracy etc. *Nidra* during day time except in *grismartu* (summer season) should be avoided. If a person doesn't sleep properly at night, he should make it up by sleeping during the day time for half the period spent in the night vigil.

**Key words** – *Nidra*, Sleep, health, *dhatu*, life.

**Introduction**

Ayurveda is a ancient science of life. Ayurveda described the *hita* and *ahita* (wholesome and unwholesome), *sukha* and *dukha* (Happy and unhappy) life<sup>1</sup>. The life which is healthy and welfare of the society is called *hitayu* otherwise it is *ahitayu*. Similarly when the person is healthy is known as happy otherwise he will be unhappy. The equilibrium of *dhatu*s in qualities as well as in their actions is called *prakriti* or health and their disequilibrium is called *dukha* (disease)<sup>2</sup>. In the state of health equilibrium of *dhatu*s should be maintained as it is the object of Ayurveda<sup>3</sup>.

Charaka described the three supports of life viz. *ahara* (diet), *Nidra* (Sleep) and *bramhacharya* (abstinence)<sup>4</sup>. Proper use of these three supports maintain healthy life otherwise body gets ill health. Food is essential to nourish the body, *nidra* maintain good health. The last support *bramhacharya* protects our *shukradhatu* (semen) from excess loss. Among these three supports *Nidra* is described in this article.

**Nidra**

When mind gets tired, when *gyaanedriya* (sense organs) and *karmendriya* (motor organs) cannot perceive their *visayas* (objects), then state of sleep occurs<sup>5</sup>. Timely sleep is responsible for nourishment of body, strength, desire for work, appetizer, better complexion. It is also responsible for equilibrium of *dhatu*s<sup>6</sup>.

Happiness, unhappiness, nourishment, emaciation, strength, weakness, virility, impotence, Knowledge illiteracy, life and death - all these occur depending on the proper or improper sleep<sup>7</sup>. *Tamas* becomes strong at night which leads to sleep<sup>8</sup>. Untimely and excessive sleep take away

both happiness and longevity. The same sleep, if properly enjoyed brings about happiness and longevity in human beings as the real knowledge brings about siddhi (spiritual power) in a yogin<sup>9</sup>. Hence proper sleep is essential for physical and mental well being of a person.

## Aims and objects

1. To create awareness about the importance of *Nidra* among the people.
2. To study benefits of proper sleep in healthy life and side effects of improper sleep.
3. To promote life style in betterway.

## Literary Review

### Indications of day sleep

Sleeping at day time in all seasons is prescribed for those persons who are tired in singing, study, alcoholism, sexual inter course, elimination therapy, carrying heavy weight, indigestion, injured, emaciated, those who are too old, too young, those suffering from thirst, diarrhea, colic pain, dyspnea, hiccup, those who are exhausted by journey, vigil, *Krodha* (anger), *shoka* (grief) *Bhaya* (fear) and those who are suffering from habitual day sleep. By this the equilibrium of dhatus and strength are maintained and the kapha nourishes the organs and ensures longevity. In summer season nights become shorter and *vatadosa* gets aggravated in the body due to the *adana* (absorption of fluid from body). Therefore during this season day sleep is prescribed for all<sup>10</sup>.

### Contra-indications of day sleep

Sleeping during the day time in the seasons other than summer is not advisable as it causes vitiation of *kapha* and *pitta*. Persons with excessive fat, those who are addicted to taking unctuous substance, those with *slaismika* constitution, those suffering from disease due to the vitiation of *kapha* and those suffering from *dusivisa* (artificial poisoning) should never sleep during day time. If one violates the prescription regarding sleep during the day time, he would subject himself to *halimaka* (serious type of Jaunice), headache, timidness, heaviness of the body, malaise, loss of digestive power, *hrdayapalepa* (a feeling as if phlegm adhered to the heart), Oedema, anorexia, nausea, rhinitis, hemicrania, urticaria, eruption, abscess, pruritus, drowsiness, coughing, disease of the throat, impairment of the circulating channels of the body, fever, weakness of sensory and motor organs and enhancement of the toxic effects of artificial poisons. So one should keep in view the merits and demerits of sleep in various seasons and situations in order that it may bring happiness to him<sup>11</sup>.

### Effect of night awakening

Vigil during night causes roughness in the body, sleep during day time causes unctuousness and dosing in sitting posture does neither cause roughness nor unctuousness<sup>12</sup>.

### Importance of Nidra

Like proper diet, proper sleep is also essential for the maintenance of the body. Corpulence and emaciation are specially depends upon proper or improper sleep and diet<sup>13</sup>. Sleeping during the day time in the season other than *grisma* (Summer) is not advisable as it causes vitiation of *vata*, *pitta* and *kapha*. If a person doesn't sleep properly at night for a specified period, he should make it up by sleeping during the day time for half the period spent in the night vigil<sup>14</sup>. According to *vagbhata*, if a person wants to sleep at day time, he should sleep before lunch<sup>15</sup>.

**Types of Nidra:-** Caraka described 7 types of nidra<sup>16</sup>.

1. *Tamobhava* -caused by tamas
2. *Shleshmasamudbhava*- caused by kapha.
3. *Manhashramasambhava* – caused by mental exertion.
4. *ShariraShramasambhava* – caused by physical exertion
5. *Agantuki* – caused by external factors.
6. *Vyadhyanuvartani* – caused by disease.
7. *Ratriswabhavaprabhava* – normally occurring at night.

*Tamobhav anidra* occurs at the time of death. *Agantukinidra* is indicative of bad prognosis leading to imminent death. *Ratriswabhavaprabhavanidra* is the best for good health and it occurs naturally at night. It is also called *bhutadhatrinidra*.

### **Suitable time for wake**

One should wake up in the brahmamuhurta (i.e. between 4 to 6 am)following the proper digestion of food taken at night<sup>17</sup>.

### **Sleeping posture**

After taking the dinner, one should walk for hundred steps before going to sleep, then one should down in recumbent posture up bed taking eight times breath and should change the posture to night lateral till taking 16 times breath and thereafter to left lateral taking 32 times breath and then can sleep in any posture but it is always advisable to sleep in left lateral posture because the *Agni* (digestive power) lies in the left side of the body above the *nabhi* (umbilicus), which is responsible for the digestion<sup>18</sup>.

### **Modern concept of sleep**

**Definition-** Sleep and wakefulness occur alternatively within 24 hrs in the life of human beings. It has not yet been possible to find out the correct cause of sleep. During sleep organs like kidney, heart, lung, brain, organs of the gastro intestinal tract etc. remain active so it can be assumed as an active phenomenon. Sleep can be defined as a state of consciousness that differs from wakefulness by a loss of critical reactivity to events in the environment with a profound alteration in the function of the brain.

**Time of sleep-** Animals and man should one sleep period in 24 hours depends on habit. Night, commonly being the period of rest is used for sleep. But in night workers day – sleeping is the habit.

**Sleep requirement** – for the new born baby 16-20 hours, children – 12-14 hours, adults – 7-9 hours, old age 5 hours.

### **Physiological changes during sleep- changes are given below**

- 1) **Circulatory system** – during sleep pulse rate, cardiac output and blood pressure reduced.
- 2) **Respiratory system-** a) may be costal or periodic, specially in children. b) Tidal volume, rate of respiration and therefore pulmonary ventilation lowered.
- 3) **Basal metabolic rate-** reduced by 10-15 %.
- 4) **Urine** – volume less, reaction variable, specific gravity and phosphates raised.
- 5) **Secretions** – a) Salivary and Lacrimal reduced. b) gastric raised c) sweet raised.
- 6) **Muscle-** relaxed
- 7) **Eyes-** a) eyeballs – roll up and out. b) eyelids – come closer, c) pupils contracted.
- 8) **Blood** – volume increased
- 9) **Nervous system-** a) electroencephalogram- appearance of  $\delta$ - wave. b) Deep reflexes reduced. c) Babinski – extensor d) superficial reflexes – unchanged e) vasomotor reflexes more brisk. f) Light reflexes – retained.

**Effects of prolonged sleeplessness in man**

Objective changes are few, viz, Babinski- extensor, equilibrium – disturbed, neuromuscular – fatigue etc. subjective symptoms are chief viz, a) mental concentration difficult and inaccurate. b) Threshold for pain lowered. If very much prolonged, collapse and death. Cortical nerve cells undergo shrinkage and chromatolysis<sup>19</sup>.

**Two types of sleep** – During each night, a person goes through stages of two types sleep that alternate with each other. They are called (1) slow-wave sleep because in this type of sleep the brain waves are very strong and very low frequency (2) rapid eye movement sleep (REM – sleep) because in this type of sleep the eyes undergo rapid movements despite the fact that the person is still asleep. Most sleep during each night is of the slow-wave variety; this is the deep restful sleep that the person experience during the 1st hour of sleep after having been wake for many hours. REM. Sleep, on the other hand, occurs in episodes that occupy about 25 percent of the sleep time in young adults. Each episode normally recurs about every 90 minutes, this type of sleep is not so restful, and it is usually associated with vivid dreaming<sup>20</sup>.

Children need many hours of sleep per day for the proper functioning and development of the body. Up to 18 hours for newborn babies with a declining rate as a child ages. Early in 2015 after a two year study, the national sleep foundation in the US announced newly revised recommendations as shown in the table below. Newborns need up to 18 hours of sleep per day for 1st couple of month, the requirement goes on decreasing with increasing age. Infants and toddlers (i.t. till 3 years) need around 14 hours of sleep per day.

Newborns (0-2 month) - 12-18 hours

Infants (3-11 month) - 14-15 hours

Toddlers (1-3 year) - 12-14 hours

Preschoolers (3-5 year) - 11-13 hours

School age children (5-10 year) - 10-11 hours. Teens (10-17 years) - 8.5 to 9.25 hours.

Adults - 7-9 hours<sup>21</sup>.

**Discussion**

According to ayurveda *Ahar, Nidra and Brahmacharya* are the important *upastambha* (Basic pillars) for maintain good health. Like proper diet and proper *brahmacharya*, *propernidra* is also essential for healthy life. It maintains health as well as prevents the disease. Natural sleep occurs due to predominance of *tamas*. *Tamoguna* is predominant at night therefore naturally sleep occurs at night. Sleep during night is more effective for better health. Sleeping during day time should be avoided except *grismrutu*. In *grismarutu* predominance of *adana* occurs. i.e. dryness occurs in the body which aggravated the *vata dosha*, therefore to decrease *vata dosha* day sleep is necessary during *grisma*. Day sleep increases the *kapha dosha*. *Kapha hassnigdha* (unctuous) which reduces dryness of *vata dosha*. Also day sleep is essential in those persons who vigils at night. These persons can sleep at day time but they should sleep half the period which they spent in the night vigil. If a person wants to sleep at day time he should sleep before lunch. Day time sleep after meal vitiates the *dosa*. Sleeping at day time in all seasons is essential in those persons who are tired by singing, study, intoxication, sexual intercourse, carrying heavy weight, indigestion, injured, emaciated, too old, too young, those suffering from thirst, diarrhoea, which are exhausted by journey, anger, grief, fear etc. Person should wake up in the *brahmamuhurta*.

**Conclusion**

From above description it is concluded that proper sleep is mandatory for good health and improper sleep produce so many abnormal symptoms in the body. If anyone violate this rule, his body gets ill-health and if proper treatment is not given he may die also.

**References**

1. KasinathShastri and Dr. G. Chaturvedi, editors, Charakasamhita in vidyaotini commentary 17<sup>th</sup> edition, ChaukhambhaBharati Academy publication, Varanasi, Sutrasthan 1/41, 1991 P-13.
2. KasinathShastri and Dr. G. Chaturvedi, editors, Charakasamhita in vidyaotini commentary 17<sup>th</sup> edition, ChaukhambhaBharati Academy publication, Varanasi, Sutrasthan 9/4, 1991 P-192.
3. AmbikadattaShastri, editor susrutasmhita in Ayurveda tattvasandipika commentary, 11<sup>th</sup> edition chaukhambha Sanskrit sansthanpulation, Varanasi, sutrasthana 46/533, 1997, P-225.
4. KasinathShastri and Dr. G. Chaturvedi, editors, Charakasamhita in vidyaotini commentary 17<sup>th</sup> edition, ChaukhambhaBharati Academy publication, Varanasi, Sutrasthan 11/35, 1991 P-227.
5. KasinathShastri and Dr. G. Chaturvedi, editors, Charakasamhita in vidyaotini commentary 17<sup>th</sup> edition, ChaukhambhaBharati Academy publication, Varanasi, Sutrasthan 21/35, 1991 P-416.
6. AmbikadattaShastri, editor susrutasmhita in Ayurveda tattvasandipika commentary, 11<sup>th</sup> edition chaukhambha Sanskrit sansthanpulation, Varanasi, chikitsasthana 24/88, 1997, P-110.
7. Arunadatta, editor, Astangahrdaya in Sarvangasundra commentary, edition 2014 Chaukhambha Sanskrit sansthan publication Varanasi, Sutrasthana 7/53, 2014, P-140.
8. KavirajAtrideva Gupta, editor, Astangasangraha in Hindi commentary, Vol-I, ChowkhambaKrishnadas Academy publication Varanasi, sutrasthana 9/38, (Reprint-2005) P-98
9. Dr.Ram Karan Sharma editor, Charakasamhita (English Translation) Vol-I, 2006 edition Chaukhambha Sanskrit series publication Varanasi, sutrasthana 21/37-38, P-381-382.
10. Dr.Ram Karan Sharma editor, Charakasamhita (English Translation) Vol-I, 2006 edition Chaukhambha Sanskrit series publication Varanasi, sutrasthana 21/39-43, P-382-383.
11. Dr.Ram Karan Sharma editor, Charakasamhita (English Translation) Vol-I, 2006 edition Chaukhambha Sanskrit series publication Varanasi, sutrasthana 21/44-49, P-383.
12. Dr.Ram Karan Sharma editor, Charakasamhita (English Translation) Vol-I, 2006 edition Chaukhambha Sanskrit series publication Varanasi, sutrasthana 21/50, P-384.
13. KasinathShastri and Dr. G. Chaturvedi, editors, Charakasamhita in vidyaotini commentary 17<sup>th</sup> edition, ChaukhambhaBharati Academy publication, Varanasi, Sutrasthan 21/51, 1991 P-420.
14. AmbikadattaShastri, editor susrutasmhita in Ayurveda tattvasandipika commentary, 11<sup>th</sup> edition chaukhambha Sanskrit sansthanpulation, Varanasi, Sharirasthana 4/37, 1997, P-34-35.
15. Arunadatta, editor, Astangahrdaya in Sarvangasundra commentary, edition 2014 Chaukhambha Sanskrit sansthan publication Varanasi, Sutrasthana 7/65, 2014, P-143.
16. KasinathShastri and Dr. G. Chaturvedi, editors, Charakasamhita in vidyaotini commentary 17<sup>th</sup> edition, ChaukhambhaBharati Academy publication, Varanasi, Sutrasthan 21/58-59, 1991 P-422-423.
17. IndradevTripathi, editor, Yogaratnakara in Hindi commentary-IIIrd edition, ChowkhambaKrishnadas Academy, Varanasi, 2011, P-46/3-4.
18. IndradevTripathi, editor, Yogaratnakara in Hindi commentary-IIIrd edition, ChowkhambaKrishnadas Academy, Varanasi, 2011, P-61/192-193.
19. C.C. Chattarjee, Vol-II in human physiology, 11<sup>th</sup> edition, medical allied agency Kolkata, Nov 1997 (Reprint Nov 1997) P-5-265-267.
20. Arthur C. Guyton, in text book of medical physiology, 11<sup>th</sup> edition 2006, P-739-740.
21. Dr.V.S. Yeragi, editor of importance of Nidra in international journal of Ayurved and herbal medicine 6:6 (2016) 2393-2398.