

Study of Relation Between Nidra And Prakruti W.S.R. To Brihatrayee

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Abstract-

Nidra is an very important phenomenon which occurs routinely in our life as a part of normal physiology. It provides rest and relaxation to the body, mind and senses, which became tired due to wear and tear process occurring in due course of daily schedule. Hence the Nidra is considered as one of the essential components of life. In Brihatrayee ,Ahara, Nidra and Brahmacharya are given prime importance under the name of ' Trayopastambha', the sub pillars of life. The quality Nidra gives pleasure, nourishment, growth strength and immunity to man. On the other hand, an abnormal sleep in terms of quality and quantity causes harmful effects. Prakruti is the constitution of individual which is decided by birth depending on factors like predominance of doshas at the time of conception, condition of mother's womb , food habits of mother and predomine of panchmahabhuta. Nidra in each Prakruti can be understood with the understanding of panchabhautik Sangathan (physical composition), tri guna (satva, raja and tama) and Tridosha (Vata, Pitta and Kapha). The relation between Prakruti and Nidra is effectively described in Brihatrayee of Ayurveda and it has been given in this paper.

Keywords : Nidra, Prakruti Trayopstambha, Physical composition, Tridosha

Introduction-

In life, Ahara, Nidra and Bramhacharya are considered as ' Trayopastambha ' that is sub pillars of life.¹ Nidra is an essential part of life. We are spending more of our life in sleep. If we do not enjoyed sleep in proper manner, it manifest several disturbances in normal life. If it is properly enjoyed, it is more beneficial to the life.

Importance of Nidra :

- 1) Proper sleep is useful to life and improper sleep is harmful to life. Those are happy- unhappy, good nourishment- wasting of body, strength- weakness, Vitality- impotency, Understanding- Ignorance, Life- death.²
- 2) The real knowledge brings about enlightenment in yogi life. Similarly properly well intake of sleep brings about happiness and longevity to human beings.³
- 3) Timely sleep offers appropriate weight gain, better complexion, desire to work and fresh & alert status to sensory organs. It is also responsible to balanced status of body entities.⁴

Process of Nidra

- 1) Nidra is the stages of body and mind ,where in the sense organs are divorced of the sense objects from their respective senses. This phenomenon is due to Klama of the body and mind.⁵
- 2) Heat is the said location of the Chetana (activity). When tama becomes dominant , Nidra is induced. It may be of any type but chief inductive factor for sleep is Tama. With Satva guna (intellect) , one is always well informed about internal and external environment of the living body. Therefore Nidra is induced whenever there is tama on higher amount.⁶
- 3) When Kapha Dosha encircle srotas, when sense organs are overworked and perform their duty of perception no more, sleep is induced in human body.⁷

Types of Nidra:

● According to Acharya Charak-

- 1) **Tamobhava-** due to dominant of tama.
- 2) **Shleshmasamudbhava-** due to dominant of Kapha.
- 3) **Mana shramasambhava-** due to mental exertion.

- 4) **Sharir shramasambhava-** due to physical exertion.
- 5) **Agantuki-** due to bad prognosis indicative imminent death
- 6) **Vyadhyanuvaritini** – disease induced.
- 7) **Ratriswabhaba prabhava-** physiological.

● **According to Acharya Sushruta-**

- 1) **Tamasi** – due to dominant of tama.
- 2) **Vaishnavi-** physiological.
- 3) **Vaikarika-** disease induced sleep.

● **According to Acharya Vagbhata-**

- 1) **Tamobhava-** due to dominant of tama.
- 2) **Kaphodbhava-** due to dominant of Kapha.
- 3) **Chittakhedaja-** due to mental exertion.
- 4) **Dehakhedaja-** due to physical exertion.
- 5) **Agantuki-** due to disease bad prognosis indicative imminent death.
- 6) **Kalaswabhaba-** Physiological.
- 7) **Amayaj-** disease induced.

Relation between Nidra and Prakruti

- Nidra and Prakruti have intimate relation to each other.
- Prakruti is one among the important and basic principles of Ayurveda. This forms the basis in the study of wide range of aspects ranging from shareera (human body) and Nidana (Causative factor of disease) till Chikitsa (Treatment).
- Prakruti in simple words can be the ‘ Structural and functional appearance ‘ of the person and it is represented by vivid description of physique, physiology and psychological make up of an individual.
- Prakruti is unique trait of human being which is divided by specific composition of Dosha at the time of conception.
- According to Ayurveda, Kaph Prakruti individual have more Nidra than compared to other Prakruti.

Discussion-

It is observed that people having Kaph Prakruti (body composition dominant with Kapha dosha) are fond of sweet , sour & salty tastes and researches have shown that the food articles which are having more sweet, oily and bulky nature like

sweets, curds will have their positive impact on mind and helps person to sleep better. The preservative feature of Kapha vrudhhi (vitiation of Kapha) also has its influence on sleep.⁸

Excessive sour, bitter & astringent food articles will lead to pitta accumulation in the the body leading to reduce the amount of sleep in that individual.⁹

Similarly drier or non oily, bitter , astringent , having light quantity food articles will lead to vata accumulation in the body which causes further reduction in the duration of sleep.

So it can be observed that there is close relation of Dosha with sleep. Kapha dosha will induce more sleep in an individual and Vata dosha reduces the duration of sleep. With this logic, the pattern of sleep in individual Prakruti can be understood.

It’s determination is also very useful in vyadhi avastha (diseased condition) as it may be essential in the prognosis and planning of treatment. Our biological elements have certain properties, e.g. Vata is dry, Pitta is hot and Kapha is heavy. Since these elements are the constituents of the entire body and of the mind also, their qualities are reflected in the physical and mental characteristics of an individual also. Personality of each individual is unique and it has distinctive pattern of behaviour , that reflect individual adaptation to the situation of his life.

Nidra in each individual can be understood with the knowledge of bhoutika composition of tri-guns (satva, raja and tama) and tri dosha. Acharya Sushruta describes sleep as tama guna pradhan and the bhoutika Sangathan of kapha is also similar to tamo guna.¹⁰ And due to this , the Kapha Prakruti individual have deep & sound sleep. Acharya Vagbhata also mention Kapha Prakruti individual as Nidralu (sound sleep).¹¹ In case of Kapha vrudhhi, there is feature of excessive sleep.¹² The pitta dosha is satva guna pradhan (I.e. enriched with satva guna) and does not allow the tama guna influence it. Thus Pitta Prakruti (body composition dominant with pitta dosha) persons have moderate but sound sleep. It supports the fact that pittavrudhhi lakshanas suggestive of Alpanidra (less sleep) . Generally vata dosha is dominant with Vayu mahabhuta & raja guna¹³ because of its chala (movement) and rukshadi

guna resulted in interrupted sleep and hence the vata Prakruti individual will have less and broken sleep. Therefore insomnia being one of the commonly observed complains of old age which can be explained as vata being dominant factor at that age influencing the sleep of an individual.

Conclusion-

- Nidra is basic sub pillars of life. It is a natural phenomenon and one of the adhariniya Vega (urge of non suppressive). It should not be suppressed.
- Happiness, nourishment, complexion strength, Vitality, lightness of body and mind , hunger, thirst depends on proper Nidra.
- Sleep pattern heavily depends on Prakruti. Vata ,Pitta dosha and raja guna play an important role in Occurrence of anidra (lack of sleep).
- Proper Nidra maintains balance of constituents of body.
- Study is concluded that Kapha prakruti person will have sound sleep, pitta prakruti person will have moderate sleep and Vata Prakruti individual will have poor and disturbed sleep.

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