

Conceptual study of interrelationships between Nidra and Prakruti

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Abstract:

Ayurveda is a branch of science which deals with maintaining health and treatment of diseased condition in the body. Nidra is an essential factor for maintenance of health condition, which we take routinely. It is part of our normal physiology. It provides rest to the body, mind and senses. There is tiredness of this due to daily wear and tear process, which is relieved by use of Nidra. Ayurveda had given the concept of Trayopastambha, which contains Ahara, Nidra and Bramhacharya. The proper Nidra gives pleasure, nourishment, growth strength and immunity to person. The abnormal Nidra causes harmful effects to the body. Prakruti is unique feature described by Ayurveda, it is constitution of body at the time of conception due to predominance of doshas present at that time. It is decided by condition present at the time of conception like food habits of mother, mother womb condition, status of panchamahabhuta. Nidra in each Prakruti can be understood with the understanding of panchabhautik Sangathan (physical composition), triguna (satva, raja and tama) and Tridosha (Vata, Pitta and Kapha). The present study is an attempt to highlight the interrelationship between the Nidra and Prakruti.

Keywords: Ayurveda, Nidra, Prakruti, doshas.

Introduction:

Ayurveda is a branch of science which deals with maintaining healthy status of the body and treatment of an individual in diseased condition. ¹ Ayurveda has described the concept of Trayopastambha containing Ahara, Nidra and Bramhacharya. ² Nidra is an essential part of life. We spent daily minimum 7 to 8 hours out of 24 hours. If we take proper daily sleep, it will be very beneficial to us. But if we do not take proper sleep, it is very harmful to us and can lead to formation of disease.

Process of Nidra formation:

1. Nidra is the state of detachment of sense Organs from their respective knowledge of sense objects. It occurs due to klama of body and mind. ³
2. Our heart is said location of the chetana. When tama guna becomes dominant, nidra is induced. It may be any type, but tama guna is essential for Inducing sleep. With predominance of satva guna, individual is always well informed about the all the activities going around internally and

externally related to body. Due to this, tama guna is essential for inducing Nidra. ⁴

3. When Kapha dosha entraps srotas, when sense Organs are tired due to overwork and can not perform their duty of perception, sleep is induced in the body. ⁵

▪ **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. ⁶
2. The true information takes yogi life to enlightenment. In this way, well intake of sleep brings about happiness and longevity to human life. ⁷
3. Proper intake of sleep gives weight gain, proper complexion, desire to work and fresh, alert status to sensory Organs. It is helpful to give balanced status to body. ⁸

▪ **Types of Nidra**

● According to Charak Samhita -

- 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) Vyadhyanuvartini – disease induced.
- 7) Ratriwabhava prabhava- physiological.

● According to Sushruta Samhita -

- 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) Kalaswabhava- Physiological.
- 7) Amayaj- disease induced.

■ **Interrelationships between Nidra and Prakruti:**

- Nidra and Prakruti have close relationships with each other.
- Prakruti is the unique feature described in our Ayurveda. It is useful in the study of various aspects from Human body (shareera) and Causative factor (nidana) to treatment (chikitsa).
- Prakruti is an important concept which gives the information regarding structural and functional appearance of the individual and it represents the vast 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:

From the studies, it is clear that the Kapha Prakruti people has more affinity towards sweet, sour and salt tastes. The researchers have shown that the food articles which are having more sweet, oily and bulky nature like sweets, curds will have better impact on body and mind. It helps to get better sleep. The symptoms of Kapha Vriddhi (vitiation of Kapha dosha) also shows increase in sleep.⁹

Excessive sour, bitter and astringent causes accumulation of Pitta doshas in the body leading to reduce the duration of sleep in an individual.⁹

Non oily, bitter, astringent, having light quantity food articles causes accumulation of Vata dosha in the body leading to further decrease on sleep duration.¹⁰

So it is clear that, Nidra has close relationship with the Prakruti of an individual. Kapha dosha will induce more sleep in an individual and Vata dosha has less sleep when compared. With this logic, the pattern and duration of the sleep can be clearly understood.

Its knowledge is also very useful for the understanding of Phase of disease (Vyadhi avastha) as it is essential in the prognosis and planning of the treatment. Our doshas have specific properties, e.g. Vata has dryness, pitta has hot and Kapha has heavy attribute. Since these attributes are present in the body and mind, these qualities are also 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 clearly understood with the knowledge of Tridosha and tri gunas (satva, raja and tama). Acharya Sushruta has described sleep as tama guna pradhana and the panchabhoutika sanghathana of Kapha is also similar to tama guna.¹⁰ Due to this, kapha Prakruti individual has more and 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 pittavriddhi lakshanas is suggestive of alpanidra (less sleep). Generally vata dosha is dominant with Vayu mahabhuta & raja guna¹³ because of its chala (movement), and dry attribute results in interrupted sleep and therefore Vata prakruti individual will have less and broken sleep. Due to this, insomnia is common feature in an old age patients due to predominance of Vata dosha and it influence the sleep of an individual.

Conclusion:

- ✓ Nidra is basic pillar of life.
- ✓ It is natural phenomenon and one of the adharniya Vega. It should not be suppressed.
- ✓ Happiness, nourishment, complexion, strength, vitality, lightness of body and mind, hunger, thirst depends upon proper Nidra.
- ✓ Sleep pattern mostly depends Prakruti.
- ✓ Vata dosha, Pitta dosha, raja guna palsy an important role in less sleep occurrence.
- ✓ Proper Nidra keeps balance of Constituents of the body.
- ✓ Study shows that Kapha Prakruti has more and sound sleep. Pitta Prakruti individual will have moderate sleep. Vata Prakruti individaul will have less and disturbed sleep.

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