

**Study of Nidra and Its Physiological Effect on Human Body****Dr. Deepti Sandip Pawar**

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**Abstract:**

*The Ancient Ayurvedic Classics Describes the main three milestones of life is Ahara, Nidra & Brahmacharya. Nidra is one of them, it is very significant for human being. Nidra is very crucial factor for day-to-daylife. If Nidra is not taken routinely can cause serious diseased condition, which will affect the physical and mental health as well. Lack of Nidra causes various Pathological condition called Anidra. In classical Science, the entire study of Nidra & its classification is given in Samhitas. In this study, A critical Explanation presented on "Nidra and its physiological aspect on human body" is explained.*

**Keywords:** Nidra, Ayurved Classification, Sleep Physiology.

**Introduction:**

**A**yurveda is not only a system of medicine rather it is the way of life. It includes physical, mental & spiritual well-being. Ayurveda is becoming more & more acceptable globally as it is eco-friendly, toxicity free & cost-effective due to its holistic approach. Its objective is to promote and preserve physical and mental health and cure of disease too.

Sleep is also mentioned as "Adharniya Vega" means An Urge which should not be controlled, if controlled, may lead to delusion, Excessive Yawning, Malaise, Squeezing Pain all over the body, Drowsiness, Lassitude and heaviness in head and eyes. All of these can be resolved with good sleep and mild massage.

**Material And Methods:**

All the Available Literature of Nidra according Samhitas of Ayurveda and Modern Science.

**Literature about Nidra According to Ayurveda:**

In Ayurveda Physiology of sleep is explained as,

यदा तु मनसि क्लान्ते कर्मात्मानः क्लमान्विताः ।

विषयेभ्यो निवर्तन्ते स्वपिती मानवाः ॥

सु२१३५

Charakacharya has Stated that, when Mana Becomes Klant, Karmendriya Also Becomes Klant, thus Dnyana of Vishaya does not take place then it is stated that one has slept i.e., Nidra has Arrived.

Dnyangrahana kriya requires Synchronization of Atma, Mana, Indriya and Indriyarth. During Nidra This co-ordination cycle is not complete as Mana and Karmendriya becomes Klant, Thus Dnyangrahana does not occur during Nidra Happiness or misery stoutness or Thinness, strength or debility, virility or importance, knowledge or ignorance, life or death all depends on sleep.

निद्रायत्तं सुखं दुःखं पुष्टिः काश्यं बलाबल ।

वृषता क्लीबता ज्ञानमज्ञानं जिवितं न च ॥

च.सु २१३६

**Nidra:**

❖ **Nirukti:** The word Nidra is obtained by adding (नि) "NI" prefix to the dhatu.

(नि) "NI" Prefix is used mostly for the meaning Down, Backing, Into, Within.

"DRA" Dhatu means To Sleep. Hence the term Nidra means Back to sleep, Into Sleep, Down to Sleep.

❖ **Paryaya:**

1. **Shayana:** The process employed is described as Shayana therefore the Synonym.

2. **Vaishnavi:** Nidra is said as Maya (Hallucination) of Lord Vishnu, therefore

the Synonym Vaishnavi is given to Nidra.

3. **Gadh Nidra:**Gadh Nidra Denotes Deep Sleep or Unconsciousness.
4. **Supti:** During Nidra the sense organs are not functioning (Supta). Thus,all these Paryaya lead to same meaning.

❖ **SWARUPA:**

The Nidra is Nothing but the state of Mind Devoid of Indriya's(SenseOrgans).

❖ **NIDRA PRAKARA:**

S.N O	Acharya Charka (ch.su.21)	Achar ya Sushr ut (su.sh a.4)	Acharya Vruddha Vagbhata(A. H.Su.9)
1	Tamobhava	Vaish navi	Tamobhava
2	Shleshmasambha va	Vaika riki	Amayakhedpra bhavaja
3	Manasharirashram a Sambhava	Tamas i	Chittakhedpra bhavaja
4	Agantuki		Aagantuki
5	Vyadhyanuvartini		Kaphaprabhav aja
6	Ratriswabhavprabh ava		Dehakhedprab hava
			Kalsvabhavaja

**Physiology of Sleep:**

**Definition:**

- A Physiologic State of Relative Unconsciousness and Inaction of the voluntary muscle, The need for which recurs periodically - Stedman's Medical Dictionary.
- State of Unconsciousness from which a person can be aroused Sensory Activities is called as Sleep. -Guyton.

**Stages of Sleep /Types Of Sleep:**

**1)NON -RAPID EYE MOVEMENT SLEEP (NREM SLEEP):** Sleep which occurs immediately after we sleep.

**2)RAPID EYE MOVEMENT SLEEP (REM SLEEP):**In a normal Night of Sleep Episodes of REM Sleep lasting for 5-30 min appears about every 90 minutes.

**Physiological Effect of Sleep:**

**1. Growth and maintenance:**

Secretion of GH from Pituitary increases during slow wave sleep

**2. Muscular System:**

Tidal Volume, Rate of Respiration and Pulmonary Ventilation Decreases.

**3. Circulatory System:**

Sympathetic Activity Decreases while Parasympathetic activity increases.

**4. Urinary System:**

Urine Volume less, variable reaction, specific gravity and phosphates raises.

**5. Thermoregulation:**

Like otherMammals, Human Beings are Endothermic. That is, they are able to maintain their body temperature independently of the environment within a wide range of ambient temperature.

**6. Secretion of Body:**

Salivary and Lacrimal Secretion is Reduces. Sweat Secretions increasingly rises. Gastric secretions either unaltered or rises, which in turn increases gastric activity.

**Conclusion:**

The main Aim of this Article is to Overview and Highlights The concept of Nidra and Its Importance on Human Life. In today's Era Nidra is the very important factor to be studied. Nidra is a key factor to play a big Role in our Healthy life, in current scenario, due to heavy studies or heavy work schedule, Anidra is a big factor nowadays.

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