

# Significance of Nidra in Healthy Living

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## ABSTRACT

According to *Ayurveda Swasthya* is based on the three pillars of life: *Ahara*, *Nidra* and *Brhamacharya*. *Nidra* is one of the main pillars (*Upstambha*) of them.<sup>1</sup> It falls under *Adharniya Vega*, which means unsurpassable urge.<sup>2</sup> It causes headaches, bodily aches, eye heaviness and other symptoms if it is inhibited. Getting enough sleep at the proper time promotes health and a high standard of living. In daily living *Nidra* is an essential routine. When taken improperly it can result in serious illnesses that impact both mental and physical health. A healthy *Nidra* safeguards the body's growth and development. It facilitates the development of appropriate learning capacity (*Gyan*).<sup>3</sup> *Sukh* (happiness), *Pushti* (nutrition and development), *Bala* (strength and immunity), *Vrishta* (potency and sexual vigor), *Gyaanam* (knowledge and intellect), and *Jeevitam* (longevity and healthy life span) are all benefits of taking *Nidra* in the right amount and quality. Conversely an irregular excessive or poor quality of sleep will have the opposite effects or negative qualities such as *Dukh* (misery and grief), *Karshyam* (weakness or emaciation), *Abalam* (loss of strength and immunity), *Kleebata* (impotence and sterility), *Agyanam* (ignorance and non-intellect), and *Ajeevitam* (death).<sup>4</sup>

**KEYWORDS:** *Nidra*, *Trayopstambha*, Sleep, health, etc.

## INTRODUCTION

Sleep is a state of unconsciousness that can be triggered by several stimuli including sensory ones. Sleep needs and duration differ depending on an individual's age. It differs for each individual. A human being sleeps for one-third of their lives on average.<sup>5</sup> From an *Ayurvedic* perspective *Nidra* is crucial for function. In our daily lives this vital physiological phenomenon takes place. Our body, mind and senses which become weary and drained from the wear and tear processes that occur in our daily lives benefit from rest and relaxation because it is a normal element of physiology. The person falls asleep when *Indriyas* remove themselves from their object.<sup>6</sup> *Nidra* is regarded as one of life's fundamental elements. The tripod of life or "*Trayopastambah*," assigns *Ahara*, *Nidra* and *Brahmacharya* the highest priority in our classical scriptures. When these three are properly applied in daily life the person's physique will gain strength, complexion and compactness.<sup>7</sup>

## MATERIAL AND METHOD

Resources on *Nidra* and sleep physiology have been gathered from a variety of periodicals, *Ayurvedic* textbooks, reliable magazines, authentic literature, manuscripts,

Sanskrit dictionaries, and authentic websites.<sup>8</sup>

### DEFINATION OF NIDRA

*Acharya Charak* says that a person falls asleep when their mind becomes tired or inactive and their motor and sensory organs become passive.<sup>9</sup>

*Acharya Sushruta* states that sleep happens when Tamas cover the *Hridaya* the

*Chetana's* seat. The commentator on *Sushruta*, *Acharya Dalhana* says that *Nidra* is a condition of mind and intellect when an individual experiences happiness.<sup>10</sup>

*Astanga Sangraha* states that when a person falls asleep their mind is devoid of sense organs due to exhaustion and the *Manovaha Srotas* become collected with *Sleshma*.<sup>11</sup>

### TYPES OF NIDRA<sup>12</sup>

SERIAL NO.	CHARAKA	SUSHRUTA	BAGHBHATA
1.	<i>Tamobhav</i>	<i>Vaishnavi</i>	<i>Tamobhav</i>
2.	<i>Shleshma samudbhava</i>	<i>Tamasi</i>	<i>Shleshma samudbhava</i>
3.	<i>Manhsharirshrama samudbhava</i>	<i>Vaikariki</i>	<i>Manshrama samudbhava</i>
4.	<i>Aagntuki</i>		<i>Sharirshrama samudbhava</i>
5.	<i>Vyadhinuvartini</i>		<i>Aagntuki</i>
6.	<i>Ratriswabhavprabhava</i>		<i>Vyadhinuvartini</i>
7.			<i>Ratriswabhavprabhava</i>

### TYPES OF SLEEP<sup>13</sup>

Sleep is of two types:

#### 1. RAPID EYE MOVEMENT SLEEP –

REM SLEEP Rapid eye movement sleep is the type of sleep associated with rapid conjugate movements of the eyeballs, which occurs frequently. Though the eyeballs move, the sleep is deep. So, it is also called paradoxical sleep. It occupies about 20% to 30% of sleeping period. Functionally, REM sleep is very important because, it plays an important role in consolidation of memory. Dreams occur during this period.

#### 2. NON-RAPID EYE MOVEMENT SLEEP –

NREM OR NON-REM SLEEP Non-rapid eye movement (NREM) sleep is the type of sleep without the movements of eyeballs. It is also called slow-wave sleep. Dreams do not occur in this type of sleep and it occupies about 70% to 80% of total sleeping period. Non-REM sleep is followed by REM sleep.

### PHYSIOLOGY OF SLEEP

<sup>1.</sup> Howell's theory- (Cerebral ischaemia)- When the mind is worn out sleep happens. According to Wells, Cerebral

ischaemia is the cause of sleep. As a result of the decreased cerebral blood flow the mind becomes peaceful, which leads to sleep.<sup>14</sup>

2. Pavlov's theory- One particular example of conditioned inhibition is sleep. Concomitant sleep seen as a symptom of certical inhibition and is caused by the spread of an internal inhibitory mechanism.

3. Kleitman's theory- The cerebral cortex stays dormant as a result of decreased muscle tone and afferent impulse discharge. Compared to the other theories, this one is more credible.<sup>15</sup>

### ACCORDING TO AYURVEDA

The body experiences a rise in *Tamas Guna* (inertia) and *Kapha Dosha* when it is fatigued both mentally and physically. The sensory organs are not able to function in this state. This condition culminates in slumber (*Nidra*). inertia is the main cause of *Nidra*.

### REGULATION OF SLEEP:

The interplay of two extensive networks of nerve cells in the midbrain and upper region of the pons, which produce acetylcholine as its neurotransmitter (NT) keeps the thalamus active throughout awake. As a

result, the cerebral cortex becomes active resulting in an EEG pattern that represents waking up. The brain is truly sleeping during Random Eye Movement (REM) sleep while the thalamus, cortex and cholinergic nerve cells appear to be awake. Three clusters of nerve cells at the summit of the brain stem differentiate the two: Two subsets of hypothalamic nerve cells control the populations of brain stem cells that modulate arousal. GABA and inhibitory NT are released by a collection of nerve cells in the ventrolateral preoptic nucleus. The supra-chiasmatic nucleus the brain's circadian rhythm regulatory center has a major impact on the sleep cycle. The clock genes in the hypothalamic nerve cells regulate hormones sleep patterns and other body processes through a biochemical cycle that lasts nearly exactly twenty-four hours.<sup>16</sup>

#### **EFFECT OF NIDRA ON MENTAL HEALTH**

- Improving concentration
- Lowering negative thought
- Improve intellectual property
- Reducing overthinking
- Reducing anger, fear
- Increase observation power

#### **EFFECT OF NIDRA ON PHYSICAL HEALTH**

- Strengthened immune system
- Healing the body
- Increase the physical stamina
- Increase working capacity
- Reducing laziness
- Increase tolerating power

#### **CONCLUSION**

This article's primary goal is to provide an overview and highlight the concept of *Nidra* and its significance for human life. *Nidra* is one of the most crucial variables to be researched in the modern day. An important component of leading a healthy life is *Nidra*. In the current context, *Nidra* is a major factor because of demanding job or study schedules. Our *Acharyas* had already discussed *Nidra* and its upkeep 5000 years

ago and *Ahara* and *Vihara* also provided explanations.

#### **Declaration by Authors**

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