



ORIGINAL RESEARCH PAPER

Ayurveda

IMPORTANCE OF NIDRA IN MENTAL HEALTH

KEY WORDS:

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ABSTRACT

Sleep is usually defined as a physiological phase of 'unawakening' that exists between two phases of normal and routine awakening. Sleep is a periodic functional state of man characterized by specific changes in vegetative and motor systems by the absence of purposeful activity and sensory interaction with the environment. Sleep is characterized by the inhibition of conscious mental activity. Charakacharya says that *Yuktipurvaka upayoga of Thrayopastambha* helps to get *Bala, Varna and Upachaya* in human body.

"*Traya upastambha iti ahara swapno brahmacharyamiti, ebhistribhir yukti yuktai upastabdham upastambhai sariram bala varnopachitam anuvartate*"

Charaka while explaining the context of *Ashta Ninditha* mentions that

"*Deha vrithou yathaharastadha swapna sukho matha*

Swapnahara samuthe cha stoulya karsye viseshata" Like proper diet, proper sleep is also essential for maintenance of body.

Stoulya and Karshya are specially conditioned by proper and improper sleep and diet.

INTRODUCTION

According to Patanjali *Nidra* is one of the *Chithavriti* that embraces the emptiness.

"*Abhava pratyalambana vrithi nidra*"

According to Brihadaranyakopanishad, man sleeps when the mind goes into the innercavity of heart.

"*Ya esha antarhridayamakasha tasmin shete manah*".

Synonyms are *Sushupti, Swapna, Sayana*

Types

- Charaka-6
- Vagbhata-7
- Sushruta-3

According to Caraka

Thamo bhava sleshma samudbhava cha Mana sarira srama sambhava cha

Agantuki vyadhyanuvarthini cha Ratri swabhava prabhava cha nidra

Thamobhava

- Due to the increase of *Manasika dosha-Thamas*.
- *Nidra sleshma tamo bhava* (Su.Sa)
- *Thamasastu akarmaseelata dukhabahulata nidralutvam cheti* (Su.Sa)
- *Thamasam bhayam ajnanam nidralasyam vishaditha* (A.H)

Three universal attributes

- *Satva*-quality responsible for happiness, balance and stability of mind
- *Rajas*-quality of activity, change and imbalance of mind
- *Tamas*-quality of dullness, darkness and inertia, brings about ignorance, promotes sleep
- *Thamobhava janya nidra* can be seen in diseases like depression, where the increase of *Thamas* is blocking the channels of mind.

Sleshma samudbhava

Due to increased *Kapha*. In the context of *Kapha vridhi* "*Praseka alasya gouravam svaithya saithya slathangatvam swasa kasa atinidra*" So, increase of *Kapha* induces sleep.

Mana sareera srama sambhava

Vagbhata has classified this again into *Mana srama sambhava* and *Sarira srama sambhava*. *Mana srama sambhava*: due to mental exhaustion.

For eg: a person who cries a lot due to some worries will sleep due to mental exhaustion. *Sarira srama sambhava* : tiredness due to heavy work

Agantuki

"*Agantuki rishtabhootha*..." That shows some *Rishta lakshana*. It is due to accidental cause. Its prognosis is bad.

Vyadhyanuvarthini

Vyadhyanuvarthini sannipatha jwaradi kriya..Due to some diseases

Eg: *Sannipatha jwara*

Ratri swabhava prabhava

Due to the *Swabhava* of *Ratri*. It mentions the normal sleep in normal individual. *Ratri swabhava nidra* is otherwise called as *Bhootha dhatri*.

Ratri swabhava prabhava matha ya

tham bhootha dhatrim pravadanti samjnam

According to Susruta

- *Vaishnavi*
- *Vaikariki*
- *Thamasi*

Vaishnavi

Nidram to vaishnavi papmanamupadishanti (Su.Sa.4)

That which is due to the *maya* of *Vishnu* and which follows *Papakarma*.

Thamasi

"*Yada to samjna vahani srotamsi tamo bhooyishta sleshma pratipadyate, tada thamasi nama nidra sambhavati*."

In *Thamasa nidra*, when the *Kapha* with increased *Thamas* blocks the *Samjna vaha srotas*, it will produce *Nidra*.

Vaikariki

Ksheena sleshmanam anila bahulanam mana sarirabhitapanam cha naiva, sa vaikariki bhavati.

When *Vata* increases and *Kapha* decreases, body and mind get tired, there won't be sleep.

Nidra hetu

Nidra hetustama, satvam bodhanamuchyate Svabhava eva va heturgariyan parikeertitaha.

Physiology of sleep

*Yada to manasi klante karmatmana klamanvita
Vishayebhyo nivartante tadha swapiti manava*

When the mind become exhausted, withdraw itself from Vishayas, then the individual sleeps.

Production of sleep

Prime factor is Thamas and Dosha involved is Kapha. When the Manovaha srotas masked by Kapha and Thamas, mind gradually relieves from its objects and becomes inactive, then sleep occurs.

Role of Hridaya in Nidra

Hridayam chetana stanamuktam Susrutha, dehinam, tamobhibhootam tasmimstu nidra vishati dehinam. Hridaya, the Chetana stana, when covered with Thamas, sleep occurs. *Pundareekena sadrisham hridayam syath adhomukham, jagradastad vikasati, swapnascha sa nimeelati.* According to Hareeta, Sleep occurs when the mind dissolves itself in between two eyebrows and halfway through nose.

Effect of sleep

Nidrayathm sukham dukham pushtim karsyam balabalam, vrishata kleebata jnanam ajnanam jeevitam na cha. (Cha.Su)

Effect of bad sleep

*Akale atiprasangacha na cha nidra nishevita
Sukhayushee para kuryat kalaratrivagata
Saiva yukta punar yukto nidra deham sukhayushi
purusham yogitam sidha satya budhirivagata* (Ch.Su 21/37,38)

Like the Kalaratri, untimely and excessive sleep will take away both happiness and longevity. Properly enjoyed sleep brings about happiness and longevity in human beings as the real knowledge brings about Sidhi.

Production of various Gunas

*Ratrau jagaranam rooksham Snigdham prapraswapnam diva
Arooksham anabhishtayanti tu Aseena prachalayitam.* Sleeping in sitting posture is Arooksham and Anabhishtayanti.

Sleep according to Manasika gunas

*Tamo bhooyishtanam ahasu nisasu cha bhavet Rajo
bhooyishtanam animitham, Satva bhooyishtanam ardha ratre.*

Divaswapna Indication

*Greeshma tu adana rookshanam vardhamane cha maruthe
Ratreenam cha ati samlepat divaswapna prasasyate.*

Sleep during the day time is advisable in summer season for all because during summer season, nights become shorter and Vata gets aggravated as it is Adana kala.

Divaswapna in other Ritus

*Greeshma varjyeshu kaleshu divaswapnat prakupyati, sleshma
pithe divaswapna tasmad teshu na sasyate.* Due to increase of Kapha and Pitta, Divaswapna is not indicated in other Ritus except Greeshma.

Yogya purusha for divaswapna

*Geetadhyayana madyastree karma bharadhwa karshitha
Ajeernina kshataksheena vridha balabalastada
Trishnatisara soolarta swasitho hikkina krisha
Patitamihato matha klantha yana prajagarai
Krodha soka bhaya klantha divaswapno uchitascha ye.*

Effect of Divaswapna in Yogya Purusha

*Dhatu satmyam tadha hyesham balam chapyupajayate
Sleshma pushtyani changani stairyam bhavati chayusha.*

It can cause Dhatu satmyam, Balavridhi, Ayurvridhi and nourishment of Angas.

Time for divaswapna

According to Vagbhatacharya, if a person did not have sleep on the previous night, he should sleep the half of the time that he missed at night and that should be in empty stomach.

Ayogya purusha for Divaswapna

*Medaswina Snehantitya Sleshmala Sleshmarogina
Doosheevisharthascha Diva na sayeeran kadachana*

Divaswapna by Ayogya Purusha causes

*Haleemaka, Sirasoola, Staimityam, Gurugatrata, Angamarda, Ag
ninasa, sophia, Arochaka
Hrillasa, Peenasa, Ardhavabhedaka, Kota, Pitaka, Kandu, Tantra, K
asa, Galamaya, Smriti budhi pramoha, Indriyanam apravartanam.
vishavegapravartanam*

According to Susruta Divaswapna itself is a Vikriti because it increases Tridoshas.

Sleep disorders mentioned in Ayurveda

They are two types- Nidranasa and Atinidra

Nidranasa

The word Nidranasa means not maintaining proper sleep.

Charakacharya used the term Pranasta Nidra which means loss of proper sleep.

The modern term insomnia means difficulty in initiating and maintaining sleep which signifies chronic inability to sleep.

The different types of insomnia like insomnia early, middle, late and insomnia secondary to psychological disturbances can be included in Nidranasa mentioned in Ayurveda.

Causes of Nidra nasa

According to Susruta, aggravated Doshas - Vata, Pitta, mental agony, Dhatukshaya, Abhighata- all these are causes of Nidranasa. According to Charaka, Kayavirekam, Sirovirekam, Chardanam, Bhayam, Chinta, Krodha, dhoomapana, Vyayama, Raktamokshana, Upavasa, Asukhasayya, (Cha.Su 21/55 to 57)

- Nidranaso anilat pittat manastapat kshayadapi sambhavatyabhighatascha pratyaneekai prashamyati (Su.Su 4/41)

Treatment for Nidra nasa

Sleeplessness is mainly due to aggravation of Vata.

So, the basic principle and measures adopted for treatment is Vata samaka and Kapha Vardhaka. Abhyangam, Utsadanam, Snanam, Gramyanupaoudaka rasa, Dadhi, Sneha, Madya, Mana sukham, Manaso anuguna gandha sabda samvahanani, Chakshusha tarpanam, Sirolepam, Sayanam (Cha.Su 21/52-54)

According to Susrutha, treatment for Nidra nasa

- Murdhni taila nishevana
 - Gatrasya udwartanam
 - Sali godhuma pishtanna
 - Madhura snigdha bhojanam
 - Ksheera mamsa rasadibhi
 - Draksha sita ikshu dravya
 - Sayana, asana and yana-manojnam, mridu
 - Good mental status is essential for sleep.
 - For this psychic pleasure and avoidance of all physical and mental factors which are causing insomnia are important.
- (Su.Sa 4/42-45)

Sleep at night is contra indicated for

Persons afflicted with excess Kapha, excess Meda and Visha Kapha medo vishartanam ratrou jagaranam hitam (Su.Sa 4/47)

Atinidra

Atinidra is a condition having excess sleep.

This condition is may be due to *Rasa Vridhi, Sleshma vridhi* or *Atistoullyata*.

Treatment for Atinidra

Nidratyoge vamanam hitam samsodhanani cha Langhanam rakta mokshascha Manovyakulanani cha (Su.Sa 4/46)

In *Atinidra* the choice of treatment is *Kapha samana*. The treatment should be therefore *Langhana* type. It includes *Vamana, Langhana, Raktamoksha* and adoption of factors disturbing the mind.

Diseases caused by the suppression of the urge for sleep

In Ayurveda sleep is one among the 14 urges which cannot be suppressed. Suppression of these natural urges leads to certain types of diseases. Suppression of sleep causes *Moha, Murdha gourava, Akshi gourava, Alasya, Jrimbha* and *Angamarda*. To overcome this acharya advises *svapnasamvahana*. (A.H.Su 4/12)

Conditions mentioned similar to sleep

Thandra, Murcha, Alasya, klama

Thandra

It is a condition similar to sleep which is characterized by reduced perception of senses, yawning, sense of fatigue, heaviness and sleepiness.

Indriyarteshu asamprapti Gouravam jrimbhanam klama Nidrarthasyaiva yasyeha Tasya tantram vinirdisheth (Su.Sa 4/48)

- Due to association of *Kapha, Thamas* and *Vata* this occurs.

Murcha

It is a fainting condition caused by aggravation of *Pitta* and *Thamas*.

Murcha pittathama (Su.Sa 4/58) It is characterized by loss of consciousness.

Alasya

Alasya is the lack of interest to do work even though the person is capable to do that.

Sukhasparsa prasangitvam Dukhadveshana lolatha Saktasya chapyanutsaha Karmasu alasyamuchyate. (Su.Sa 4/51)

Klama

Klama is a sense of fatigue without any physical exertion and the person will suffer from hurried respiration and the proper functions of all the senses get obstructed.

Yo anayasa sramo dehe Pravridha swasa varjita Klama sa iti vijneya Indriyarth prabadhaka (Su.Sa 4/50)

Difference between natural sleep and the above-mentioned conditions

Sleep is a naturally occurring phenomenon of all beings. There is no vitiation of *Doshas*. Only the predominance of *Thamas* and *Kapha* in the body and *Thamo Avarana* of *Manovaha srotas* is taking place. In the above-mentioned conditions, there are vitiation of *Doshas*. Mental and physical discomforts. So, they differ from natural sleep.

Mechanism of sleep

It is defined as a state of unconsciousness from which a person can be aroused by appropriate sensory or other stimuli. There are two types of sleeps, NREM or slow wave sleep and REM

sleep. During each night a person goes through stages of two different types of sleep that alternate with each other. These are called slow wave sleep or NREM sleep and REM sleep which stands for Rapid Eye Movement sleep. Most of the sleep during each night is of the slow wave variety. This is the deep, restful type of sleep that the person experiences during the first hour of sleep. Episode of REM sleep occurs periodically during sleep and occupies about 25% of the sleep time of the young adult. This type of sleep is not so restful, and it is usually associated with dreaming.

Drugs commonly used for sleep

Most of the drugs which are having *Vata Pittahara* and *Kapha Vardhaka* property will induce sleep. E.g.; Milk especially buffalo milk.

Hitamatyagni anidrebhyo gareeyo mahisham himam (A.H.Soo 5/28)

Aswagandha choorna having sleep inducing property. *Withania somnifera*.

Kalyanaka ghrita, Ksheerabala, Manasa Mithra vataka, Sarpa gandhadi choorna, Drakshadi Kashaya etc. are few Ayurvedic formulations effectively using for sleep related disorders.

Madya is good for sleep upto certain extent. *Nashta nidra atinidrebhyo hitam* (A.H.Soo 5/69)

DISCUSSION AND CONCLUSION

According to Ayurveda, sleep is due to predominance of *Thamas* which is basically inert. Ayurveda considers sleep as an inevitable part of life which influences one's physical, mental and social health. It is not advisable to avoid *Nidra* at night and sleep during day time generally. Both these can vitiate *Doshas*. Ayurveda explained the importance of proper sleep, methods to attain it, the adverse effects of lack of proper sleep and measures for avoiding it.

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