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 yukti upastabdham upastambhail sariram bala yornopachitam 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 Chithavrithi that embraces the emptiness.

“Abhava pratyalambana vritis nirda”
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 vyadhyanuvartini 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 svaihyta saithya slathangvatm swasa kasa atinidrathah”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.
Physiology of sleep

Yada to manasi klante karma tama kramamvita
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

Hridaya, the Chetana stana, when covered with Thamas, sleep occurs. Purandareeka naddhiram hridayam syath adhokhmukham, jagradastad vikasati, swapnascha na nimeelati. According to Hareeta, Sleep occurs when the mind dissolves itself in between two eyebrows and halfway through nose.

Effect of sleep

Nidrasyathm sukham dukham pashytm karsyam balabalam, vrishata kleebata jnanam ajananam jeevitam na cha. (Cha.Su)

Effect of bad sleep

Akale atiprasangacha na cha nidra nishchriti Sukhayushhe para kuryat kalaratrivyagata Saiva yuktan yuktan deham sukhayushi purushah 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 Siddhi.

Production of various Gunas

Rakaojagarana rooksham Snigdham praswapnam diva Arooksham anabhisyandi tu Aseena prachalayitam. Sleeping in sitting posture is Arooksham and Anabhisyandi.

Sleep according to Manasika gunas

Tamo bhooysitham ahastu nisatu cha bhavet Rajo bhooysithanam animitam, Satva bhooysithanam ardhade.

Divaswapna Indication

Greeshme tu adana rookshanam vardhamanem cha maruthe Ratreenam cha ali samalepat divaswapna prasayatte.

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 varijyesh kaleshu divaswapnat prakupiyati, sleshma pithhe 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

Geetadhuyana madayastha karma bharadhwa karshitha Ajeernina chakatakeena vridha balabalastada Trishnatisara soocarta swasitho hikkina krisha Patitamihato matha klandha yana prajagarai Krodha soka bhaya klantha divaswapno uchitascha ye.

Effect of Divaswapna in Yogya Purusha

Dhrtu satyamv tadha hyesham balam chapyupajayate Sleshma pushyani changani stairyam bhavati chayusha.

It can cause Dhrtu satyam, Balavridhi,Ayurvedic 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 Snehanitya Sleshmala Sleshmarogina Doosheevisharthascha Diva na sayeeran kadachana

Divaswapna by Ayogya Purusha causes

Haleemaaka, Sirasoola, Statimityam, Gurugratra, Angamarda, Ag ninasa, sopha, Arochaka Hrillasa, Peenasa, Ardhavabhedaka, Kota, Pitaka, Kandu, Tantra, Kasa, Galamaya, Smriti buddhi 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 nasas

According to Susruta, aggravated Doshas - Vata, Pitta, mental agony, Dhatukshaya, Abhihghata-all these are causes of Nidranasa. According to Charaka, Kaywirekam, Sirowirekam, Chardanam, Bhayam, Chinta, Krodha, dhoomapana, Vyayama, Rakamokshana, Upavasa, Asukhasaya, (Cha.Su 21/55 to 87)

Nidranaso anilat pittat manastapat kshayadapi sambhavatyabhighatascha pratyaneekei prashmyati (Su.Su 4/41)

Treatment for Nidra nasas

Sleeplessness is mainly due to aggravation of Vata.

So, the basic principle and measures adopted for treatment is Vata samaka. Phytoformulation like Sphasana, Utsadanam, Manosukham, Anusuya, samhita, anuloma, vinyama, Arochaka, Chakshusha tarpanam, Sirolepam, Sayana, asana, yana-manojnam, mridu, Ardha, Kandu, Tantra, Kasa, Galamaya, Smriti buddhi pramoha, Indriyanam apravartanam. vishavegapravartanam

According to Susruta, treatment for Nidra nasas

- Murdhni taila nishevana
- Gatrasya udwartenam
- Sali godhuma pishhana
- Madhura nirghda bojananam
- Ksheera mamsa rasadbhi
- Draksha sita iksu 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)
are two types of sleeps, NREM or slow wave sleep and REM can be aroused by appropriate sensory or other stimuli. There is no vitiation of manovaha srotas. So, they differ from natural 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 sleep, 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 occur periodically during sleep and occupy 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

**Alasya**

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

**Thandra**

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

**Murcha**

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

**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.

**Alasya**

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

**Krama**

Krama is a condition having excess sleep. This condition may be due to Rasa Vridhi, Sleshma vridhi or Atisoutyata.

**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, Murcha, Alasya, Jrimbha and Angamarda. To overcome this acharya advises svapnasamvahana. (A.H.Su 4/12)

**Conditions mentioned similar to sleep**

Thandra, Murcha, Alasya, Klama

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**Treatment for Atinidra**

Nidradityoge vamanam hitam samsodhanani cha Langhanam rakta mokshascha Manoryakulanani 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 mentioned similar to sleep**

Thandra, Murcha, Alasya, Krama

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