



Review Article

NIDRA VS LIFESTYLE DISORDER- AN EAGLE EYE VIEW

Dhingra Harsh

Assistant Professor, Department of Swasthvritta, Sanskriti Ayurvedic Medical College & Hospital Mathura, Uttar Pradesh, India.

ABSTRACT

Ayurved, the ancient science of life emphasizes on physical and mental health with preventive aspect. "Swasthasya swasthya rakshanam" is the main objective of Ayurved. Curing a diseased person and reshaping his health status is also an aim of Ayurved. The concept of prevention was explained for the very first time in Ayurved and it is now a very basic health aspect of society. Ayurved suggests a balance in the functioning of *Dosh*, *Dhatu* and *Mala* as well as *Agni* and *Ojas* along with pleasant status of *Atma*, *Indriya* and *Manas* are the basic requirements to be called as *Swasth*. To stay healthy one must understand the routine changes occurring in body according to the biological clock as well as seasonal changes. Ayurved advocates to understand the importance of following proper lifestyle as described. *Dincharya*, *Ratricharya* and *Ritucharya* are key important factors to adjust the routine environmental changes. The lifestyle changes in the recent times have led to a huge number of disorders like hypertension, obesity, Diabetes Mellitus, polycystic ovary disease (PCOD), depression, metabolic syndromes, cirrhosis and other diseases of liver and lack of proper sleep or *Nidra* plays an important role in all of them. *Acharyas* have explained *Nidra*, its importance, its relation with *Prakriti*, *Vikriti*, its relation with different *Ritus* methods of proper sleep, consequences of improper *Nidra* and its management in detail. Here we explain the ancient wisdom of Ayurveda about the importance of ideal *Nidra* or sleep, *Nidranash* and role of proper *Nidra* in various lifestyle disorders.

KEYWORDS: Lifestyle disorders, *Nidra*, *Nidranasha*, *Trayopstambh*.

INTRODUCTION

Sleep, a greatest gift of almighty GOD is provided to the living creature. Life without sleep is somewhat impossible. Human brain is like a battery which needs sleep to get recharged. Scientists around the world are trying hard to understand the physiology of sleep and many research projects are carried out in different forms. Ayurveda has given special preference to sleep and has regarded sleep as one of the important factor for the survival of the human race. Proper explanations are provided by the *Acharyas* of Ayurveda which reflects the importance of sleep in those periods. Till today human society are facing many various difficulties for the disturbed sleep. Ayurveda has regarded sleep as one of the sub-pillar of human life. From this we can understand that if the sub-pillar falls then human life will also fall. Insomnia brings chaos in one's life. Ayurveda has described fruitful measures which are beneficial for the people suffering from insomnia. So, if the physiology of sleep can be ascertained then it will become easier to unlock many unsolved questions that the human being is suffering from in relations to sleep.

In the last few decades, lifestyle of human being has drastically changed. Due to this lifestyle change many new health disorders came into existence such as Cardiovascular diseases, type-2 diabetes mellitus, hypertension, obesity etc, these are collectively called as lifestyle disorders because changes in lifestyle is the root cause behind these. The cardiovascular disease is the major cause of diabetes-related mortality and it is 2 to 5 times more common than normal people. In addition, the risk of stroke is high in these people.^[1] The cost and burden of diabetes are very expensive for countries, so that diabetics, especially those with diabetes-related cardiovascular complications, have lower levels of health^[2]. According to studies, cardiovascular risk factors are complex and multi factorial in type 2 diabetic patients. Obesity, high age, family history of diabetes, high severity of diabetes, lack of self-monitoring, lack of controlled blood glucose, unhealthy lifestyle and low quality of life are the most important risk factors for diabetes and its complications^[3]. Persons with diabetes report higher rates of insomnia, poor sleep quality, excessive daytime sleepiness, and higher use

of sleeping medications.^[4] In terms of lifestyle, recent epidemiological studies suggest a minimum sleep duration to be obtained to maintain health. Too little or too much sleep are associated with adverse health outcomes, including total mortality, type 2 diabetes, hypertension and respiratory disorders, obesity in both children and adults, and poor self-rated health.^[5]

Researches suggests both short and long sleep duration associated with an increased risk of all-cause mortality and cardiovascular events.^[6]

It is always better to wake up early in the morning. Ayurveda has recommended auspicious time *Brahma-muhurta*. *Brahma-muhurta* is auspicious time for getting up from bed. *Brahmamuhurta-vaishishtyam* is the best time for meditation^[7]. Waking up early in the morning helps to get fresh air to the lungs, mind gets relaxation and provides energy to each and every single cell of the body.

Ayurved emphasize the importance of daily regimen to avoid lifestyle disorder, but in today's era it's very difficult to follow daily regimen.

Ritucharya: Different atmospheric changes affect all living things. The effect of *Ritus* is seen on *Doshas* and accordingly *Panchkarma* therapies can be planned in *Swasth* person to avoid diseases.

Ayurveda has prescribed diet and sleep (*Nidra*) according to different *Ritu* called seasonal regimen or *Richaryacharya*.

Trayopstambha: People use many things for the health either in the form of chemicals or herbs or therapies or food etc. But the secret of health and disease does not lie in the using drugs or chemicals or special therapies but on the three most important ones in Ayurveda are food, sleep and sexual energy. (*Ahar, Nidra* and *Brahmacharya*).

Physical strength, beauty, complexion and disease free body and sound mind are very necessary to be happy. A physically strong and mentally fit person can only enjoy all the worldly things. Ayurved says, one should wake up at "*Brahma muhurta*", to get the beat from nature and to maintain health. Sleep is a normal physiological process, necessary to provide rest and relaxation to the body, mind and senses which get tired and exhausted because of daily schedule, hence in *Charak samhita* it is included *Trayopstambh*. *Susrutacharya* said that *Nidra* is a state of human body when sense organs disconnect from their grasping of their objects. According to *Vagbhat nidra* is caused by increased in *Tama guna* and also influenced by *Tama guna* as we see that *Tama guna* increases at night time, hence *Nidra* will occur at night time. According to *Charak samhita*

nidra when taken properly in terms of quality and quantity gives *Sukh, Pushtya, Bala, Gyana* and *Jivitam*.

On the other hand abnormal sleep in terms of quality and quantity inadequate, excessive or irregular will exert exactly opposite effects that are *Dukkh, Karshyam, Abalam, Agyanam, Ajivitam*.

Stressful life, and modern high society culture is also a cause to push youngsters to get addicted to alcohol, cigarette smoking, drug abuse etc. This is making youth drug addicted. Because of this stress induced diseases like hypertension, diabetes also increases. Due to these diseases lifespan of human being is also decreasing day by day.

Ayurvedic Concept:

Importance of *Nidra*: *Nidra* is second important pillar of life. It provides happiness, nourishment, strength, increases vigor and vitality and knowledge of long life. Acharya Charak defines *Nidra* as the state wherein the mind including sensory and motor organs when exhausted, retires spontaneously from their objects^[8].

Classification of *Nidra*:

- The sleep caused by increased *Tamas* is *Tamobhava*.
- The sleep caused by augmented *Kapha* is *Shleshmasamudbhava*.
- The sleep caused by exhaustion of body and mind is *Manahshareer sambhava*.
- That produced during bad prognostic indication occurring before death is *Agantuki*.
- That which occurs as a subsequent complication of disease is *Vyadhyanuvaritini*.
- That which occurs during night is physiological and called *Ratriswabhavprabhva*.^[9]

Sleep is a natural urge and should never be suppressed, if suppressed, it causes yawning, myalgia, drowsiness, headache, ENT disorders, heaviness of eyes.

1. Qualities of adequate sleep (*Samyak Nidra*): Due to proper and adequate sleep body tissues and *Doshas* remain in balanced state of health both physically and mentally. *Charak* states that, happiness and sorrow, obesity and emaciation, strength and weakness, virility and impotence, knowledge and ignorance, life and death are all depend on adequate and inadequate sleep.

2. ***Atinidra*:** Over sleep leads to obesity and diseases due to increased *Kaphadosha* such as DM.

3. ***Anidra*:** Inadequate sleep leads to increase *Vatadosha*, wasting of tissue, emaciation and nervousness.

Causes of *Nidranash* (Insomnia)^[10]

- *Virechan* and *Nasya* (Evacuation of *Doshas* from body and head by purgation)
 - *Vaman* (Emesis)
 - Fear
 - Anxiety
 - Anger etc.
 - Exposure to dust/ smoke
 - *Raktmokshan* (Bloodletting)
 - Fasting
 - Uncomfortable bed
 - Overwhelming *Satva guna* and suspension of *tamas*
 - Over exercise
 - Old age (Senile insomnia)
 - *Vata prakop*
 - Consumption of food predominant in *Ruksh guna* such as Barley
 - Hunger
 - *Karya*: Work done at night time can cause sleep disturbance. Thus Ayurved suggest not to work in night and not to sleep in day time.
 - *Kaal*: Age/Time. In infantile age, child sleeps most of the day and night time due to *Kapha* influence. In middle age, average sleep ranges from 6-8 hours. Old age usually causes sleeplessness due to *Vata* predominance.
 - *Vikara*- Diseases. Some diseases may cause sleeplessness. According to Ayurved, increased *Vata Dosa* is responsible for Insomnia.
 - *Prakriti*- *Vaata prakriti* person sleeps less. *Kapha prakriti* person sleeps more.
- Acharya Sushrut* mentioned the following reasons for loss of sleep:

- Due to increased condition of *Vata*
- Due to increased condition of *Pitta*
- Due to mental harassment
- Due to weakness
- Due to accidents, hurt or any injury

Tamo guna of *Manas* is helpful in creating sleep as it is associated with *Kapha dosha*. *Rajo guna* is associated with *Vata dosha*, causing insomnia.

- Weakness or hurt or any injury also related to *Vata* dominance causing insomnia.

Role of *Nidra* in disease manifestation

- Sleeping in daytime except in *Greeshma ritu* causes vitiation of *Kapha* and *Pitta*
- It can cause *Krimi*, *Prameha*, *Sthaulya*, *Visarpa*, *Medovaha Srotodushti*, *Yonikanda*, *Asrigdara*.
- Sleeping on Cot (*Khatva*) leads to *Vata* vitiation.

- Excess sleeping leads to *Kapha prakopa*.
- Sleeping on uncomfortable beds can lead to *Vata vyadhi*^[11].
- Excess sleeping especially in day time can lead to *Pratishyaya* and *Arsh*.
- Sleeping with face down leads to *Mukhroga*.
- Sleeping in daytime by *Rajaswala* leads to birth of a child who is always sleepy.
- Sleeping in daytime by *Sutika* leads to *Sutikaroga*.

Effects of Insomnia on body

- Body ache
- Indigestion
- Drowsiness
- Giddiness

Improper sleep causes mental as well as physical diseases like diabetes mellitus, hypertension, obesity, congenital heart diseases. Due to stressful lifestyle and improper sleep the risk of hypertension has increased.

PCOD: Impaired sleep pattern is also related to hormonal changes in body causing PCOD.

Obesity: Inadequate sleep impacts secretion of signal hormone ghrelin, which increases appetite and leptin causing obesity. Sleep deprivation causes impairment of the immune system plus metabolic changes favoring obesity.

Diabetes mellitus: Improper sleep causes Diabetes mellitus.

CHD: Stressful lifestyle causes coronary heart diseases.

Chronic headache: Improper sleep causes repeated chronic headache.

Impaired memory: Improper sleep also affects memory functions of the body.

Addiction: Due to smoking, alcoholism, psychological disturbances more people get addicted and various causes of death due to cancer etc. Today addiction is also major problem in India.

Modern Concept: By the change of the time and the evolution of humanity, human lifestyle has changed. In ancient time, people were less occupied in their work and the stress was also very less. People had time to spend with their family and friends. But the scenario has changed in today's world. Now everyone is busy in their lives and social media is taking place of actual relations. This is creating more stress in people. People rarely get time to think about their health. People consider difficult to follow *Dincharya* explained in Ayurved.

Lifestyle of Indian villagers is more natural than people living in urban area. Village people work hard in farms, sleeps early at night, wake up early

morning and eat natural food. Junk food is not a part of their diet. On the contrary, People residing in metro cities, don't have much physical work to do and junk food is an essential part of their diet. They perform night duties and wake up late mornings. This causes great disturbances in the biological clock of their body landing up in many health hazards like constipation, fatty liver changes, indigestion, depression, anxiety, hypertension, diabetes, chronic headaches, insomnia, lack of concentration, mood swings etc.

CONCLUSION

By the regular change of time, people have changed their lifestyle. Due to lack of time, people give priorities to work over health. And that is the reason of developing new health diseases. It is the need of hour that people must understand the value of health and the importance of lifestyle measures explained in Ayurved to combat lifestyle disorders. Running behind the money whole life and at last spending money on medication to regain health can never be a better solution. Thus, following Ayurvedic lifestyle and having proper sleep plays an important role to lead healthy and disease free life.

REFERENCES

1. Boyer BA, Paharia MI. Comprehensive handbook of clinical health psychology. England: John Wiley and sons; 2008: 123-84.
2. Von Korff M, Katon W, Lin E, Simon G, Ciechanowski P, Ludman E, et al. Work disability among individuals with diabetes. Diabetes Care 2005; 28: 1326-32.
3. Colette C, Monnier L. Acute glucose fluctuations and chronic sustained hyperglycemia as risk factors for cardiovascular diseases in patients with type 2 diabetes. Horm Metab Res 2007; 39: 683-6.
4. Skomro RP, Ludwig S, Salamon E, Kryger MH. Sleep complaints and restless legs syndrome in adult type 2 diabetics. Sleep Med. 2001;2:417-22.

5. Cappuccino FP, Cooper D, D'Elia L, Strazzullo P, Miller MA. Sleep duration predicts cardiovascular outcomes: a systematic review and meta-analysis of prospective studies. Eur Heart J. 2011;32:1484-92.
6. Jiawei Yin, Xiaoling Jin, Zhilei Shan, Shuzhen Li, Hao Huang, Peiyun Li, Xiaobo Peng, Zhao Peng, Kaifeng Yu, Wei Bao, Wei Yang, Xiaoyi Chen, and Liegang Liu. Relationship of Sleep Duration With All-Cause Mortality and Cardiovascular Events: A Systematic Review and Dose-Response Meta-Analysis of Prospective Cohort Studies. JAHA Vol.6, No.9 2011; 32:1484-1492
7. Vagbhat L., Ashtang Hridayam, Nirmala hindi commentary by Dr. Brahmanand Tripathi, Chaukhambha Sanskrit Pratishtan, (Sutra sthan Chp. II) Delhi, 2007; p.26
8. Agnivesh, Charak, Dridhabala, Charak Samhita, Edited by P. Kashinath Shastri and Dr. Gorakhnath Chaturvedi, Vidyotini Hindi commentary, Chaukhambha bharti academy, Varanasi, 1989; Vol I, p.416,418
9. Agnivesh, Charak, Dridhabala, Charak Samhita, Edited by P. Kashinath Shastri and Dr. Gorakhnath Chaturvedi, Vidyotini Hindi commentary, Chaukhambha bharti academy, Varanasi, 1989; Vol I, p.422
10. Agnivesh, Charak, Dridhabala, Charak Samhita, Edited by P. Kashinath Shastri and Dr. Gorakhnath Chaturvedi, Vidyotini Hindi commentary, Chaukhambha bharti academy, Varanasi, 1989; Vol I, p.421
11. Agnivesh, Charak, Dridhabala, Charak Samhita, Edited by P. Kashinath Shastri and Dr. Gorakhnath Chaturvedi, Vidyotini Hindi commentary, Chaukhambha bharti academy, Varanasi, 1989; Vol II, p.77

Cite this article as:

Dhingra Harsh. Nidra Vs Lifestyle Disorder- An Eagle Eye View. International Journal of Ayurveda and Pharma Research. 2020;8(4): 83-86.

Source of support: Nil, Conflict of interest: None Declared

*Address for correspondence

Dr Dhingra Harsh

Assistant Professor,
Swasthviritta Department, Sanskriti
Ayurvedic Medical College &
Hospital Mathura,
Uttar Pradesh, India.

Email:

harsh_star59@rediffmail.com

Mob: 8218480892

Disclaimer: IJAPR is solely owned by Mahadev Publications - dedicated to publish quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. IJAPR cannot accept any responsibility or liability for the articles content which are published. The views expressed in articles by our contributing authors are not necessarily those of IJAPR editor or editorial board members.