



A CONCEPTUAL REVIEW OF NIDRANASH (INSOMNIA)

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ABSTRACT Ahar,Nidra and Brahmacharya is considered as Tristambha in Ayurved. This underlines the importance of Nidra in Ayurved. As per Ayurveda Nidra is essential for physical and mental health of individual that's why it is mentioned as important pillar of life. Due to loss of sleep person suffers too many problems related with health.in modern, insomnia may be symptom of stressful lifestyle, depressive illness, anxiety disorder, any psychiatric conditions and many pathological conditions. Nidra is the most neglected part of modern lifestyle, this negligence is leading to vata-pitta prakopa and in turn causing various physical and psychiatric illness.

KEYWORDS : Nidranash, health, insomnia,Ayurveda,insomnia.

INTRODUCTION

Nidranasha is a term of Ayurveda used for loss of Sleep. Ayurveda mentioned three important facts to keep a person healthy status as Aahar (diet), Nidra (Sleep) & Bramhacharya (Celibacy). Out of which Nidra (Sleep) is a state which refills our power of activity which we lose in daily routine and which plays an important role in maintaining health, proficiency and emotional well-being. Due to loss of sleep person suffers from too many problems related with health. Ayurveda explained many reasons for loss of sleep as like work, age, diseased conditions, constitution and Dosha like Vata & Pitta. These factors directly affect on the sleep and causes loss of sleep (Nidranasha). It is the physiological state of rest of body, mind, sense and motor organ. When the mind is exhausted it gets detract from their object and persons sleep. Nidra is needed for physical and mental maintenance of the body. According to Acharya charak Nidranash is considered as the eighty types of nannatmaj vatavyadhis. It is correlated with the insomnia according to modern science.

Being an eternal science, Ayurveda, the 'science of life', deals with the physical, psychological as well as spiritual well being of an individual. According to Acharya charak,

जृम्भाऽऽमर्दस्तन्वा च शिरोरोगोऽक्षिगौरवम् |
निद्राविद्यारणात्तत्र स्वप्न संवाहनाति च ||
च . स . मु . ७४

Acharya Charaka has stated that happiness and sorrow, growth and wasting, strength and weakness, virility and impotence, the knowledge and ignorance as well as existence of life and its cessation depend on the Nidra (sleep). According to him, Nidra gives Putty (Anabolic effect) and Jagarana produces Karshana (Catabolic effect) of the body. Untimely and excessive sleep and prolonged vigil take away both happiness and longevity. As wholesome diet is needed for maintenance of body so is the sleep. Obesity ,leanness and many other conditions are particularly caused by sleep and diet.

यदा तु मनसि क्लान्ते कर्मान्त्वा न क्लमाप्तिताह |
विषयेभ्यो निवर्तन्ते तदा स्वपिति मानव ||
च . स . मु . २३३५

Acharya Charaka explained that when the mind as well as soul gets exhausted or becomes inactive and the sensory and motor organs become inactive then the individual gets sleep.In Astanga Hridaya Nidra, Nidra Vikaras and its chikitsa are mentioned under Annarakshaadhyaya, where Trayopastambhas are explained.

According to modern science insomnia is a condition of inadequate quality and quantity of sleep and Sleep is defined as unconsciousness state from which the person can be aroused by sensory or other stimuli. Human's sleep and awaken at a fairly constant 24 hours rhythm called circadian rhythm. When the brain aroused or awake, it is in a state of

readiness and able to react consciously to various stimuli. Since neuronal fatigue proceeds sleep and the sign of fatigue disappear after sleep. Sleep restores energy of the body, particularly to the brain and nervous system. Slow wave sleep may help especially restoring the control of the brain and nervous system over the muscles and other body systems

REVIEW OF NIDRĀNĀSHA:

- In the Bṛihatrayī of Ayurveda several references are stated for insomnia in the form of Nidrānasha and Anidrā. In Charak Samhita, Nidrā and Nidranasha are explained in the context of Astaninditiya Adhyāya.
- According to Acharya Charak, Nidrā is strengthening, while jāgarana does the weakening of the body; it is also stated that happiness and sorrow, growth and wasting, strength and weakness, virility and impotence, the knowledge and ignorance as well as existence of life and its cessation depend on sleep. Untimely and excessive sleep and prolonged vigil take away both happiness and longevity.
- In Charaka Samhita, Nidrānāsha is included under the 80 Nānātmaja Vāta Vikaras. Sushruta Samhitā has explained this under the chapter Garbha Vyākaraṇa Shāriram. In the same chapter along with chikitsa, Vaikariki Nidrā has been explained which can be correlated to sleep disorders.
- Astānga Sangraha has mentioned this in Viruddhāna vijnāniya Adhyāya, where the Trayopastambhas are explained. It states that Nidrā is due to Vata, and the term Asvapna has been used in Vātaja Nānātmaja vikāras.
- In Astanga Hridaya Nidrā, Nidrā Vikāras and its chikitsa are mentioned under Annarakshaadhyaya, where Trayopastambhas are explained.
- Shārangadhara Samhitā has considered Nidrānasha in Vātaja Nānātmaja vikāra, Alpa Nidrā in Pittaja Nānātmaja vikara and Atinidrā under Kaphaja Nānātmaja Vikāra.
- By observing these descriptions regarding Nidrā and Nidranāsha, it can be concluded that all the texts have considered the equal importance of Nidrānāsha, hence Nidrānāsha has also been considered by the Acharyas as a independent manifestation too as a disease.

DISEASE REVIEW

NIRUKTI

Etymology and synonyms of nidrā:

- The derivation of the word 'Nidra' is as follows:
- The term 'Nidra' is derived from the root "d/a" with prefix 'ina' means undesired to lead, it is a state which is hated, therefore, it is termed as 'Nidra'.

Synonyms-

- The Meanings and Synonyms of Nidra :syainnada/a Sayanama

Vihara :

Comfortable bed, comfortable room, proper time of sleep, to speak softly, to take daily bath,

Apathya :

All the ahara and viharas mentioned as nidana for nidranasha can be considered as apathya and their parivarjana forms an important aspect of chikitsa.

MODERN VIEW**Definition of sleep :-**

- Sleep is defined as unconsciousness from which the person can be aroused, by sensory or other stimuli. Sleep is defined as a state of changed consciousness or partial unconsciousness and a state of physical and mental inactivity from which the subject can be roused by stimuli.

Types of sleep :-

1. NREM sleep – slow wave sleep.
2. REM sleep – rapid movement of eyes.

- Slow wave sleep or NREM sleep (Deep sleep), where the brain waves are very slow.
- REM sleep, where the eyes undergo rapid movements despite the fact that the person is asleep.

1. NREM SLEEP – SLOW WAVE SLEEP.

- This sleep is exceedingly restful and is associated with decrease in both peripheral vascular tone and many other functions of the body as well. In addition there is 10 to 30% decrease in blood pressure, respiratory rate.
- Though slow wave sleep is frequently called “dreamless sleep”, dreams occur often during slow wave sleep.
- It is also called as NREM (non rapid eye movement) sleep. It consists of 4 stages, each of which gradually merges into the next.

State 1 :-

This is transition stage between waking and sleep that normally lasts for 1 to 7 minutes.

State 2 :-

This is the first stage of true sleep, even though the person experiences only sleep. It is a little harder to awaken the person. Fragments of dreams may be experienced.

State 3 :-

This is a period of moderately deep sleep. The person is very relaxed. Body temperature begins to fall and the blood pressure decreases. It is difficult to awaken the person and this stage occurs about 20 minutes after falling asleep.

State 4 :-

Deep sleep occurs. The person is very relaxed. Bed-wetting and sleep walking may occur during this stage.

2.REM SLEEP – (PARADOXICAL OR DESYNCHRONIZED SLEEP) :-

- In REM sleep, the EEG readings are similar to those of stages 1 or NREM sleep. It is usually associated with active dreaming. There are significant physiological differences however during REM sleep the person is even more difficult to arouse by sensory stimuli than during deep slow wave sleep.
- Usually associated with active dreaming.
- More difficult to arouse by sensory stimuli than NREM sleep.
- Eyes move rapidly under the lids during REM sleep. It is mainly due to dreaming.
- Most of the dreaming occurs during REM sleep.
- Most nightmares, night terrors occur during 3rd and 4th bouts of REM sleep.
- Increase of body temperature, heart rate, respiratory rate and blood pressure.

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