

## Concept of Anidra in Ayurveda

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### ABSTRACT

The natural phenomenon of giving adequate rest to the body (sharir) and mind (mann) is sleep and anidra (insomnia) is a condition in which patient is unable to sleep properly which adversely affect his daily activities.

An improper diet and irregular life style (Aahar and vihar) develop cause of vata prakopa that travels through Manovahi srotas causing sleeplessness (Anidra) Ayurvedic management works on by addressing root cause of disease.

Ayurveda the science of healthy living which deals with physical mental spiritual and social components of health, Ayurveda considered Aahara Nidra and Bramhacharya as tree upstambha- sub pillars which are as equivalent to the three vata pitta kapha doshas. For the complete health of individual, equilibrium between all the doshas, sapta dhatu are as important as tri upstambha, Ayurveda has elaborated very briefly about its effect and importance.

There are many mental disorders like insomnia, depression, dementia, anxiety are due to late night working hours, excess use of cell phones computer, Television, video games etc there are also many health related problem like insomnia mental health.

**Key words-** insomnia, anidra, Ayurveda, mental health.

### I. INTRODUCTION

Ayurveda is one of the world's oldest holistic (whole body) healing systems. Ayurveda "science of life" is a unique blend of science and philosophy that balance the physical, mental, emotional and spiritual components necessary for holistic health.<sup>1</sup>

First as regards the three sub-supports, they are food, sleep and continence. The body being sustained by the right use of these three sub supports, grows in strength, complexion and development and endures for the full pre-ordained span of life, provided that no indulgences in un-wholesome things, such as pointed out in this treatise is practised<sup>2</sup> Nidra apart from giving us rest, sleep affects our body and mind

By giving sukha and holistic wellness,

.. .. Pusthi or nourishment.

.. .. Bala or strength.

.. .. Vrishta or potency.

.. .. gyana or knowledge.

.. .. Jivan or life.

What happens when we do not sleep properly?

It cause Dukha or illness

.. .. Karshya or emaciation.

.. .. Abalam or weakness.

.. .. Kleebata or impotency

.. .. Agyana or ignorance

It could bring us closer to Marana or death.

Sleeping at the proper time bestows nourishment, good colour strength enthusiasm, keenness of digestive power wakefulness and maintains normalcy of the tissues.

There are many factors may be taken as cause of insomnia along with old age, systemic disorder, along with (vatika) body constitution, and aggravation of vata itself and mainly vitiation of vata, pitta, kapha.

There are very factors may be taken as cause of insomnia along with (over) work time (old age)

vikara(disorder),vatika (constitution) and aggravation of vata itself.

Loss of sleep is caused by aggravation of anila and pitta. exhaustion of the mind, loss of tissue and injury to the body, it gets cured by indulgences in opposite.

Insomnia is one of the common but neglected conditions seen in family practice with long term and serious effect on health of a patient. Anidra may also be a symptom of a depressive illness, anxiety disorder or other psychiatric condition. People now a day rush to excel in their work place carrier and life by neglecting proper sleeping time and pattern.

The consequence of insomnia is significant such as depression, impaired work performance, motor vehicles accident and overall leads to poor quality of life.

Many Researches have been done in medicine by elucidating, cure and prevention of disease and also in treatment of disease but much progress has not made as regards.

## II. MATERIALS AND METHODS

To review Nidra described in Ayurveda various available information in samhitas textbook journals article and websites all are gathered here to make it optimum to understand the full concept.

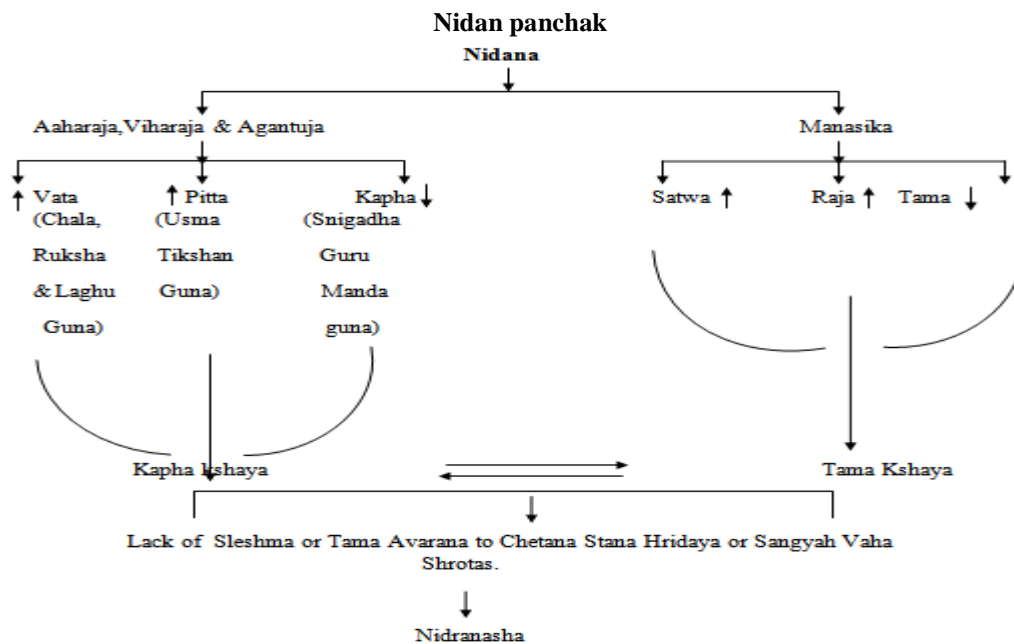
### Concept if Nidra

Acc to Charak three upstambha are Aahar,Swapna ,Bramhacharya ,Nidra affect both physical as well as mental health. charaka included anidra (nidranash) in 80 vataj nanatmaj roga <sup>7</sup>.As per sushruta sufficient sleep at night time makes a person free from disease with pleasant mind full strength and good complexion<sup>8</sup>

The person with the derived condition of kapha dosha.as aggravated condition of vata dosha or suffering from any typ of trouble get very little Nidra or absolutely no anidra. This type of Nidra is caused as vaikariki Nidra.<sup>9</sup>

In the old age there is inference of vata dosha, hence due to diminished kapha and aggravated condition of vatta the time of periods of sleep decreases old age usually cause of sleeplessness.

The modern therapeutic approaches involve use of anti psychotic and sedative drug for the management of insomnia but these drug may also have adverse effect like, abuse and addiction therefore it is very essential to have some safer approaches for the treatment of Anidra and Ayurveda offers the same Ayurveda mentioned different modalities for the management of insomnia including use of natural herbs formulation shodhana,chikitsha and good condition of aahara vihara.



**Purvarupa-** purvarupa is not described for Anidra in any Ayurvedic classics.

**Rupa-** symptom of Anidra.

Rupa	CS <sup>10</sup>	SS <sup>11</sup>	AH <sup>12</sup>
Jrumbha	+	+	+
Angmarda	+	+	+
Tandra	+	+	+
Shiro-gourava	=	+	=
Akshi-gourava	+	+	=
Jadyata	=	=	+
Glani	=	=	+

### Samprapti –

Sankhya-According to Ayurveda Anidra is two type i.e. either due to vata prakopa or pitta prakopa

Vikalpa-I n anidra mainly in vata prakopa it's chala and laghu guna viatics which supports the mind to be active and causing Anidra.

Pradhanya-In pradhanya samprapti the predominance of morbid humors is described in term of the comparative degrees as Anidra of vataja nanatmaja vyadhi, vitiation of vata occurs and pitta dominance is not seen. In this way the validation of the dosha pradhanya is essential.

Bala-Bala of Anidra i.e. Vyadhi can be well explained by the strength of manifestation of symptoms,severity and duration etc,which will surely help as a prognostic tool.

Kala- Kala is an essential factor while considering Nidra as well as Anidra.Charaka describe the nishi kala cause Nidra naturally.Sleeping in day time is contra indigated and not advised.not sleeping in night time,indicating that Kala interference with cause the anidra-thus the time factor are having an influential effect on anidra and Nidra.

### Samprapti ghataka-

Dosha - vata and pitta (vridhhi),kapha (kshaya)

Dushya - Rasa

Srotodusti prakara- Atipravitti

Adhithana-Hridaya

Agni-Hatharagni

**Updrava-**Astanga sangraha it is explained that aggravated Vata is due to Anidra products Kapha kshaya. The decreased and dried kapha sticks in Dhamnis walls and causing srotorodha.this finally result in so much exhaustion that eyes of the patients remain wide open and causing watery secretion from eyes.This dangerous exhaustion is

sadhya up to three days after that it becomes Asadhya.<sup>13</sup>

### Sleep disturbance and its impact on health

Sleep is one pillar of good health.these essential habits may miss the list because so many people take it for granted. Insomnia can lead to many disorder like body ache<sup>14</sup> heaviness in the head ,yawning, weakness and drowsiness.some disease due to disorders sleep are

Weight gain,cardiovascular disease,breast colon cancer ,diabetes mellitus,even death.

### Management of anidra

as per Ayurveda certain therapies are applied for Charaka<sup>15</sup>Anidra like-1.Abhyanga,

2akshitarpana

3murdhinitaila

4pariseka

5 pichu

6 basti

In Bhavaprakasha<sup>16</sup> and Astanga samgraha<sup>17</sup> one more karma ie. Padabhyanga is also mentioned for sound sleep as nidrapradhkar.

### III. DISCUSSION

Nidra among the subpillars is connected directly with mental state which sustain life.proper Nidra protects growth anddevelopment of body.nidra helps to get proper gyan and also responsible for bala sleep deficiency can affect the body as tension may increases and the emotional wellbeing may be affected.its imbalance covers almost 50 % of all desiease non communicable in nature including life styledisorders .

#### IV. CONCLUSION

Main article of this article is to review, the concept of Nidra and its very important factors in maintenance of healthy life. Ahara, Nidra, brahmacharya three subpillars of life. Sleep is as important as food, therefore, we must understand whole concept of wholesome sleep. From the review above, the constructive effects of sleep have been deeply considered and interpreted by Ayurvedic literature as well as modern researches.

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