

AN ELABORATIVE STUDY ON NIDRA OF TRAYOPASTHAMBHA

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ABSTRACT

Ayurveda, the science of life deals with the treatment of diseases in a holistic approach. As the system concentrates much on causative factors of disease and treats at root level, recurrence of the diseases are found very minimal. The main aim of Ayurveda is to prevent the disease by emphasizing the importance of *Nidra*, *Ahara* and *Brahmacharya*. Among the preventive measures dealt in *ayurveda*, concept of *trayopasthamba* is very unique which mainly highlights on maintenance of good health. The present study deals with the role of *Nidra* in maintenance of proper health for longer period.

KEYWORDS: *Nidra*, *trayopasthamba* Health and Preventive medicine.

INTRODUCTION

Ayurveda is the science of life, which mainly concentrates on the prevention of disease rather than curative aspect. According to Classics, body is composed of *tridosha*, *saptadhatu* and *trimala*. Maintenance of these in equilibrium state keeps the body physically and mentally healthy.

Trayopasthamba i.e., *Nidra*, *Ahara* and *Brahmacharya* is the unique concept which is highlighted in Ayurveda.^[1] For well being of an individual proper *nidra* (sleep), *ahara* (diet) and *brahmacharya* (celibacy) are essential. By the intake of proper *ahara* based on the rules and regulations mentioned in the classics, many of the diseases can be prevented. One who follows the celibacy i.e., *Brahmacharya*, can able to lead healthy and long life. At present people are more prone to several life style disorders due to improper *nidra*, *ahara* and *brahmacharya*.

MATERIALS AND METHODS

This article being a review article in nature, after interpretation of the concept in *Charaka*, *Sushruta*, *Ashtanga samhita* and related articles of *Nidra* are scrutinized to draw conclusion.

Sleep: As per *Carakacharya*, when *manas* and *indriya* get tired cannot able to perceive with sense organs, then the subject goes into sleep.^[2] As per *Sushruta*, *hridaya* is the seat of consciousness, when it is covered by *tamas*, person gets sleep. It is one of a natural urges. Sleep is called the illusive phenomenon of God.

Dosha involved in sleep: *Kapha dosha* with *tamas* causes sleep.

A person with predominant *tamo guna*, sleeps much.

Person with predominant *rajo guna*, sleeps with much difficult.

Person with predominant *sattva guna*, gets sleep at midnight.

Tamas is the cause of sleep and *sattva* is the cause for wakefulness.

Types of sleep: As per *Carakacharya* sleep is of seven types as furnished below.^[3]

1. *Tamobhava*: Sleep happens due to *Tamo guna* predominance.

2. *Sleshma samudbhava*: Sleep happens due to predominance of *Kapha dosha*.

3. *Manah shrama sambhava*: Sleep happens due to psychological exertion.

4. *Sharira shrama Sambhava*: Sleep due to physical exhaustion.

5. *Agantuki nidra*: Sleep which is indicative of bad prognostic signs of death.
6. *Vyadhi anuvartini*: Sleep as complication of other associated diseases.
7. *Ratri swabhava* or *Prabhava* or *Swabhavika* : Sleep as a natural urge at night.

According to *Susruta*, there are three types of sleep, types and qualities are as follows,

- I. *Tamobhava nidra*: Compared with state of coma, generally appears before death.
- II. *Swabhavika nidra*: It is physiological state and generally happens at night.
- III. *Vaikarika nidra*: This is sleeplessness due to decreased *kapha* or increased *vata*. It is pathological sleep. Tension, Anger, Old age usually results sleeplessness.

Benefits of sleep: According to *Caraka*, Happiness, Nourishment, Strength, Virility, Knowledge and life depends on sleep.^[4]

According to *Sushruta*, the person becomes healthy and happy, gets good complexion, strength and power of intercourse like a bull, will be neither very thin nor obese, gets prosperity and lives hundred years.

Etiology of Loss of Sleep^[5]: Decrease of *kapha* or increase of *vata*, Underline any diseases, *Manastapa* or Mental distress, Wasting and Trauma etc leads to loss of sleep.

Treatment of Loss of Sleep^[6]: Body massage with suitable medicated oils, application of oil on head, rubbing medicated pastes, powders over body and massage.

Demulcent and sweet preparations made of rice and wheat flour with sugarcane juice should be given in diet with bird's meat juice and milk.

Grapes, Sugar, sugarcane preparations should be given at night.

One should use pleasing, comfortable and soft bedding and mattress for proper sleep.

Treatment of Excessive Sleep: Induction of vomiting, *Dosha* eliminating therapies, Fasting, Blood-letting, Methods which produce mental restlessness should be applied.^[7]

Vagbhata says, treatment for excessive sleep is applying Collyrium (*Anjana*), *Navana Nasya Karma*, *Langhana* (Fasting), *Chintana* (Worry), Sexual Intercourse, Grief, Fear and Anger etc.^[8]

Indications of *Ratri jagarana* (Night awakens): People who suffer from ailments of *kapha-meda* and those who suffer from poisoning are allowed for *Ratrijagarana*.

Indications of day sleep^[9]: Those who exhausted by singing and studying, Alcoholics, Excessive sexual

indulgence, During elimination therapy, Those who exhausted by walking long distances and carrying heavy weights, Indigestion, Insanity, Old age people, Children, Diseased women, Those who emaciated due to thirst, Diarrhea, Colic pain, Dyspnea, Hiccups, Injured by fall and assault, Those who exhausted by riding on vehicles, Vigil and Those who are affected by anger, grief and fear can have day sleep.

Sushruta says, In summer, Children, Elderly people, The wounded patients, Weak-Emaciated, One who is hungry, One in whom *medas*, sweat, *kapha*, *rasa* and *rakta* are depleted, One who keeps awake during the night should sleep in the day for half the time of his awakening.

Contra-indications of day sleep: Sleeping during the day time in all seasons other than summer is contraindicated. Obese persons, those who addicted to take unctuous substance, those who are *kapha* constitution, during treatment of artificial poisoning, day sleep is contra indicated.^[10]

Adverse effects of Day sleep^[11]: Day sleep will badly effects the health and leads to *Halimaka*, headache, heaviness of body, Feeling as if whole body is covered by wet cloth, Sore throat, anorexia, feels phlegm adhered to heart, Loss of taste, Drowsiness, Nausea, Rhinitis, *Ardhavadheda* (Migraine headache), *Kota* (Urticaria), Boils, *kandu* (Itching), Cough, Throat infections, impairment of memory and intelligence, Obstruction of circulating channels, Fever, Impairment of sense organs, Increases poisonous effects etc.

Sushruta says day sleep aggravates all *doshas* leads to diseases like cough, dyspnoea, corrhiza, heaviness in the head, body ache, anorexia, pyrexia, weak digestion and similar complications which occur due to vitiation of *vata* and *pitta doshas*.

Adverse affects of improper sleep: Improper sleep may cause Misery, Emaciation, Weakness, Sterility, Ignorance and even Death.

According to *Vagbhata*^[12], Improper Sleep leads to unhappiness and even death. Improper sleep causes Delusion, Fever, Lassitude, Rhinitis, Headache, Edema, Nausea, Obstruction of Channels, Loss of digestive capacity etc.

Treatment for Improper Sleep includes Fasting, Emesis, Sudation and *Nasya Karma*.

Loss of Sleep leads to Squeezing type of pain in the body parts, Heaviness of head, *Jhrumbha* (Yawning), Lassitude, Exhaustion, Giddiness, Indigestion, Drowsiness and all diseases of *Vata dosha* etc.^[13]

DISCUSSION

In summer season, as nights become shorter and *vata dosha* gets aggravated in the body due to absorption of watery content, by day sleep *dhatu* will able to attain equilibrium. The strength is maintained and the *kapha* nourishes organs there by this ensures the longevity.

If one does not sleep in night for a specific period, he should compensate it by sleeping during day time for half the period in order to pacify the vitiation of *vata dosha*. One should sleep before lunch and reject the practice of sleep immediately after food in day time.

Proper growth and nourishment to each and every cell happens through adequate sleep. The nervous system can function normally with proper sleep. There will be proper blood flow during sleep, as a result heart rate, blood pressure and metabolic rates are reduced in sleep.

Salivary and lacrimal secretions and urine formation are reduced during sleep. Sleep is a process of internal inhabitation.

The ability to sleep during night and remain awake in day is probably dependent on development of conditional reflexes. Sleep is a passive state, from which arousal happens. Sleep occurs instantly after fatigue and muscular exertion. It is known that sleep is a sporadic phenomenon.

The best method of inducing sleep is to cut off afferent stimulations as much possible by darkening the room and excluding noise. Warmth and comfortable bed promotes muscle relaxation, facilitates good sleep. A human being deprived of sleep for long period becomes irritable, hallucinations and delusions do happens very common.

CONCLUSION

This elaborative study on *nidra* of *Trayopasthamba* concludes Sleep is pivot of basic three pillars of health and highlighted the importance of proper sleep in maintaining or to stay healthy. To maintain the health of an individual healthy diet and proper sleep is essential.

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