

AN AYURVEDIC CRITICAL REVIEW ON NIDRA NASHA

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INTRODUCTION

According to Charaka, when the mana including the indriyas is exhausted and they dissociate themselves from their objects, then the individual sleeps.^[2] The disturbance in Nidra might be related to the faulty life style, mental tension, changed food habits and stress which ultimately disturb the Nidra. Charaka has described Nidra among the primary tripod of life with its merits and demerits, classification and management.

Nidra is very important for daily life. It is essential for functioning of human being. If nidra is not taken properly can cause various health problems. Which will affects physical, mental health and sexual life. The main factors of affects nidra is abnormal life styles, Dincharya, Ritucharya.

This is a state of nature which causes enclose to the consciousness of a person Nidra is functionally important factor. It is an essential physiological phenomenon which occurs in the daily life. It is a part of normal physiology, It gives rest and relaxation to our body, mind and senses. Disorders due to abnormal sleep is insomnia, para somnias, restless leg syndrome, headache etc.

Physiology of Nidra

When Mana is exhausted then sleeps occurs this phenomenon can be understood in this manner. According to Howell, sleep is due to cerebral ischemia. Cerebral cortex is the seat of higher centres like pre and post central gyres, association area etc., which have the correlation with mental activities described in Ayurveda. So due to the reduction in cerebral blood supply Mana becomes Klanta that causes sleep (Nidra). Further during sleep, Indriyas (Jnanendriya and Karmendriya) become inactive by the detachment from their sense organs or from their work.

Nasha: नाश = नश + भावे घञ् ।

Based on the above Nirukti the term Nidranasha can be broadly defined as the loss of sleep or the derangement in the quality and quantity of sleep.

Synonyms of Nidranasha Synonyms of Nidranasha according to different Acharyas,

- 1) Anidra
- 2) Alpanidra
- 3) Asvapna
- 4) Jagarana
- 5) Nidranasha
- 6) Nidravighata
- 7) Nidradaurbalya
- 8) Nidrabhansha
- 9) Nidrakshay

Nidana of Nidranasha

There is no direct reference regarding the causative factors of Nidranasha. In Charaka Samhita, Ashtanga Hridaya and Ashtanga Sangraha the Acharyas are explained the Chikitsa procedure of Atinidra and in this context they mentioned that if any Atiyoga occurs to these Chikitsa procedures it may leads to Nidranasha condition. So Atiyoga of these Chikitsa procedures may be taken as causative factors of Nidranasha by considering the charkas opinion.

Atiyoga of Vamana
Atiyoga of Virechana
Atiyoga of Nasya karma
Atiyoga of Rakta mokshana
Atiyoga of Dhoomapana
Ati Chinta
Ati Krodha
Pitta Vriddhi
Manastapa
Dhatukshaya
Abhighata

All these Nidana factors have been described in under following headings

- 1) Aharaja Nidana – Rookshanna sevana
- 2) Viharaja Nidana – Vyayama, Upavasa, Asukhashayya
- 3) Manasika Nidana – Bhaya, Chinta, Krodha

Purvarupa Purvarupa of Nidranasha is not mentioned in any Ayurvedic classics. As Charaka included the Nidranasha in 80 Nanatmaja Vata Vikaras, Charaka has mentioned that Avyakta lakshana are the purvarupa of vatavyadhi.

Upadrava

In Ashtanga Sangraha, it is mentioned that increased Vayu due to Nidranasha produces Kaphakshaya, this decreased and dried Kapha sticks in the walls of Dhamanis and causes Strotorodha. This, results in so much exhaustion that eyes of the patient remain wide open and watery secretion from eyes. This dangerous exhaustion is Sadhya up to three days, and then becomes Asadhya.

Pathya Apathya

Pathya is the wholesome regimen which does not impair the body system and which is pleasant to the mind. If one follows certain principles and controls the activities and makes changes in the regimen, as mentioned earlier in the form of Ahara and Vihara management, he can get a sound, normal and good sleep. Apathya those which adversely affect the body and mind are considered to be unwholesome. It may be said that etiological factors of Nidranasha are Apathya in the disease, because they increase the disease.

Chikitsa of Nidranasha

The Chikitsa of any disease in simple word is The giving up of the causative factors. In the treatment of Nidranasha, one should depend upon the measures having Vatashamaka, Vedanashamaka and Roganivaraka effects as well as pacifying effects on mental activities. The treatments which are described for Nidranasha in Ayurvedic Samhitas are mostly same.

The management modalities according to various classics can be classified as.

- 1) Bahya Upachara
- 2) Manasika Upachara
- 3) Ahara Upachara
- 4) Anya Upachara

Anya Upachara for Nidranasha

Some other measures, which can be advised to the patient of Nidranasha, though are not mentioned in Ayurvedic texts, are as follows,

Avoid smoking, tea, coffee or alcohol at night before going to sleep.

Not indulge in any type of work or reading till late night.

Should devoid of thoughts tensions before going to bed.

Hearing soft music or favorite songs also induces sleep.

5-10 minutes meditation before going for sleep.

Offering prayer before sleep.

Washing of hand, feet and face before goes to sleep.

Avoiding a Divaswapna.

Proper evacuation of stool and urine.

Avoid mosquito bites.

Maintenance of adequate privacy and free from disturbance.

CONCLUSION

Here the main aim of this article is to overview and lighting up the main study of Nidra, already given in different Samhitas and comparing it with today's era. Here the overview of Nidranasha and an attempt to overlook it's all aspects is done. In today's era Nidra and Nidranasha are the very important factors to be studied for as many of the sufferers are there who complaints it and did not get relief because of the lack of detailed studies and treatment. As in our Samhitas Acharyas had already told the causes, symptoms and treatment, so here an attempt to lighten up the study of Nidra and Nidranasha is done.

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