

UNDERSTANDING OF NIDRA AS A COMPONENT OF TRAYOUPASTHAMBHA

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ABSTRACT

The Trayopastambha are considered as the subsidiary pillars, which supports and activates the body of the human beings throughout the life span by providing with different qualities like Bala, Varna, Upchaya etc. The Trayopastambha are Ahara, Nidra and Brahmacharya. Each one of these is important as these factors are mainly dealing with providing the basic needs of human beings. But these also should be done in proper way as over indulgence or total abstinence of any of these pillars may produce harmful effects to our body. Among these factors Nidra (sleep) is one of the important factors as it is one which provides complete relaxation to the body and mind, resulting in the restoration of potentials of the individual.

INTRODUCTION

Ayurveda is giving prime importance to prevent the diseases rather than treating the diseases. For the maintenance of health and also for preventing from diseases, along with food, lifestyles are also playing an important role. These life styles are in turn specific to individual needs and seasons. By following these in proper way according to their needs, it will bestow us with strength, complexion and proper development for our entire life span.

NIDRA

Derivation of nidra- Nidra is derived from the root “Dra” with a prefix “N”. The root “Dra” means undesired. Therefore nidra is considered as the state in which there will be no desire (shabdikalpadruma). The different meanings of Nidra include: According to Vachaspatyama-sayana, swapne, tatwapratibodhe, swanyavastha. Amarkosha- sayana, swapa, swapna, samvesa Vaidyakashabdasindhu- swapi.^[1]

Nidra is one of the special state of mind in which the mind is not associated with any types of Indriyas (sense organs). This detachment from the Bahya vishaya (external objects of sense organs) is resulted from the tiredness of the body as well as mind.

Physiology of Nidra: - When the mind including sensory and motor organs is exhausted, they will dissociate themselves from their respective objects. As a result the individual sleeps.

Also due to the exhaustion of Manas (mind) as well as the Atma (soul) or getting inactive and the Gyanendriyas and Karmendriyas becoming inactive then also the individual gets sleep. According to Acharya Susruta, Hridya (Heart) is the seat of Chetana (life) in living beings. When this get invaded by the Tamo guna, person are subjected to Nidra as Tamo guna is the cause of sleep and Satva guna is the cause of awakening. Nature itself is also a more dominant cause. According to Acharya Charaka, when Srotas of our body become covered by Kapha leading to the fatigue of the body by exertion and when the sense organs are in inactive state, Nidra manifests normally in the body.^[2]

Nidra is also considered as one of the important vegas (urges): Nidra is one among the 13 vegas. The doing the Dharana (suppression) of the nidra vega (urge of sleep), it will lead to Moha (unconsciousness), Gaurava of Shira & Akshi (weight of head & eyes).^[3] Different methods and measures to induce a good sleep includes:

- 1. AHARAJA HETU:-** Gramya, Anup, Varija mamasa rasa, Shalyanna, Shali with dadhi, ksheera, Madhya, Sneha.
- 2. VIHARAJA HETU:-** Abhyanga, aneha, utsadana, samvahana, cakshusostaerpana, application of soothing paste to the head, application of soothing paste to the face, comfortable bed, sleep in proper time.
- 3. MANASIKA HETU: -** pleasure of mind, indulging in odors, and sound of once own taste. Person gets sleep immediately when the etiologies of sleeplessness are removed.^[4]

Classification of sleep: - Sleep is of following types: -

- 1) Caused by Tamas.
- 2) Caused by (vitiating) Kapha;
- 3) Caused by mental exertion;
- 4) Caused by physical exhaustion;
- 5) Agantuka or indicative of bad prognosis leading to imminent death;
- 6) Caused as a complication of other disease like Jwara, etc
- 7) Caused by the very nature of the night (physiological sleep).^[5]

In all seasons doing sleep during the day time is good for those who are exhausted by singing, studying, alcoholic drinks, sexual acts, elimination therapy, carrying heavy weight, walking long distance, those suffering from phthisis, wasting, thirst, diarrhea, colic pain, dyspnea, hiccup, insanity, those who are too old, too young, weak and emaciated; those who are injured by fall and assault, those exhausted by journey by a vehicle, vigil, anger, grief and fear, and those who are accustomed to day sleep. Those who follow these can maintain the equilibrium of Dhatus (tissues) and Bala (strength) and the Kapha produced by these will nourish the organs and as a result will ensure longevity.^[6]

DISCUSSION

The effect of sleep (includes both the opposite qualities like Happiness & misery, nourishment & emaciation, strength & weakness, knowledge & ignorance, life & death. These all are occurring depending upon the proper or improper sleep of each individual. A simile can be added like the night of destruction, untimely sleep and excessive sleep takes away both happiness and longevity of the individual. The same sleep with the opposite pattern if properly followed & enjoyed will bring happiness and longevity to human beings.^[7] By Ratri Jagarana (awakening at night) will lead to Rukshatva (dryness). By sleeping in day will lead to Snigdhatva (unctuous). In Greeshma Ritu (summer season), due to shorter night and Vata Dosha gets aggravated in the body due to the absorption of fluid (Adana). Therefore, during this season, sleeping during day time is prescribed for all.^[8] Sleeping during day time in the seasons other than summer is not advisable as it will cause the vitiation of Kapha and Pitta Dosha.^[9] Persons with excessive fat, those who are addicted to intake of unctuous substance, those with Slaishmika constitution and those suffering from Dusivisa (artificial poisoning) should not do sleeping during day time. If one violates these rules regarding sleeping during day time, he will get affected with Halimaka (serious type of

jaundice) headache, tepidness, heaviness of the body, malaise, loss of digestive power, Hridayopalepa (a feeling as if phlegm adhered to the heart), Oedema, anorexia, nausea, rhinitis, hemicranias, urticaria, eruption, abscess, pruritus, drowsiness, coughing, disease of the throat, impairment of the memory and intelligence, obstruction of the circulation channels of the body, fever, weakness of sensory and motor organs and enhancement of the toxic effects of artificial poisons.^[10] Divaswapna (Sleeping during day time) are indicated during summer season because of accumulation of vata due to adana kala (moisture withdrawing period because of sun's heat), due to dry season and short nights, sleeping during day hours is beneficial. Except summer season it increases kapha-pitta. But the lecturers (who give long speech), riders, walkers, alcoholics, or those who are exhausted by sexual intercourse (with woman), weight lifting, work, anger, grief, and fear, those who are suffering from dyspnoea, hiccup and diarrhea, aged, child, weak, emaciated person, those suffering from chest injury, thirst pain, indigestion, trauma (injury by weapons etc.), intoxication of those are habitual of day sleep, all such persons should sleep during day in any season. Doing this balance their tissues and therefore increased kapha nourishes their organs.^[11] Day sleeping is restricted for the persons with increased Medas (fat) and Kapha Dosha. The patient affected with poison and other diseases like throat disease etc must not sleep during night time also.^[12]

By awakening during night time will lead to Rukshata (roughness in the body), sleeping during day time will lead to Snighdata (unctuousness) and sleeping in sitting posture will not lead to either roughness or unctuousness.^[13] Sleep also have effect in corpulence and emaciation like that of proper diet as proper sleep will help for the maintenance of the body.^[14]

Methods and measures for inducing good sleep includes Abhyanga (massage), Snehana (unction), Snana (bath), intake of Mamsa Rasa (soup) of domestic, marshy and aquatic animals, Samvahana (rubbing the body with the help of hand), application of soothing ointment to the eyes, head and face, comfortable bed and sleeping at proper time.^[15] The different Causes of insomnia) includes elimination of dosas from the body and head through Virechana (Purgation) and Vamana (emesis), fear, anxiety, anger, smoke, physical exercise, Rakta Mokshana (blood letting), Upavasa (fasting), uncomfortable bed, predominance of sattva Guna among Mano Gunas (Qualities of Manas) and the suppression of Tamo Guna.^[16] The different disorders caused by insomnia includes body ache, heaviness in head, yawning, stiffness, giddiness, vertigo, indigestion, stupor and Vata disorders.^[17] In these cases, should

take milk, alcohol, meat soup, and curd. Also should indulge in Abhyanga (oil massage), Udavartana (massage with powder), Shirodhara, Karna and netra tarpanam (anointing the head, ear and eye with oil).^[18]

CONCLUSION

Nidra (sleep) is one among the Trayopasthamba. Proper sleep is necessary for maintaining the equilibrium of both Shareera and Manas. By following Nidra in proper way it will help to prevent the life style disorders that can occur in future.^[19]

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