

A Review On Nidranaasha (Primary Insomnia)

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ABSTRACT

Ayurveda has explained many Siddantas (principles) which one has to follow to lead a healthy wholesome life. Aahara, Nidra and Brahmacharya are mentioned as Trio-Upastambhas (three sub-pillars of life). Aahara, deals with the diet regimens and Brahmacharya which tells about specific codes and conducts to be followed in life, has great impact in an individual's life. Similar is the role of Nidra in a human beings life. Nidranaasha (Primary insomnia) refers to difficulty in initiating, maintenance, duration or quality of sleep. People may experience poor concentration, lower productivity and poorer work quality as a result of primary insomnia. It can affect the health of an individual in a drastic manner, if it's improperly managed. Ayurveda explains different factors like imbalance of Tridoshas, work, age, illness etc, as causes for Nidranaasha. It has also explained about various treatment techniques for its management. The article provides a brief outlook of Ayurvedic view on primary insomnia with co-relation to Nidranasha.

Key words: Nidra, Nidranaasha, Primary Insomnia

INTRODUCTION

Sleep has an important role in human beings life. It helps in the maintenance of normal physical and mental status of an individual. The recent studies have proven that, insufficient sleep and health problems have a direct relation

with each other. Despite of the evidences provided by the studies conducted, the people are ignorant about the importance of maintaining a normal sleep cycle¹. Primary insomnia is affecting nearly one third of the adult

population in the developing countries and prevalence is increasing day by day. General population based studies conducted among a variety of adult samples drawn from different countries came up with a result that, 30% of them complain of one or more symptom of insomnia; i.e. either difficulty in initiating sleep, difficulty in maintaining sleep or waking up too early etc.²

In India insomnia has a prevalence rate of 10% in general population, and it alone in South India has reported a prevalence of 18.6% among general. By definition, insomnia is "a difficulty in initiating or maintaining sleep, or both or the perception of a poor quality sleep"⁴. It is noted that the age group affected with primary insomnia ranges from children to elderly population; by which, it has resulted in a prevalence rate of 9% to 15% in worldwide population⁵.

The disease can cause high impact in day to day activities of a person as it hampers his/her normal activities. In several studies, it is reported that people effected with sleeplessness showed decreased quality of life on virtually all dimensions of the 36-item Short Form Health Survey of the

Medical Outcomes Study (SF-36), which assesses eight domains⁶, i.e.;

1. Physical functioning
2. Role limitation due to physical problems
3. Body pain
4. General health perception
5. Vitality
6. Social functioning
7. Role limitations due to emotional health problems and
8. Mental health.

Ayurveda has given great emphasis on the Trio- Upasthambas, i.e; Aahara, Nidra and Brahmacharya with respect to their impact in life⁷. Due to the derangement of sleep, it can cause Gaurava (heaviness), Jadya (drowsiness) and other disorders due to Vata Dosha.

The modern day science and pharmacology uses treatment procedures with anti-depressants, narcoleptics etc; which may have serious side effects and drug dependency issues. On the other hand Ayurveda has promising treatment modalities, like Basti (enemas), Snehapana (drinking of unctuous substance) and diet of Gramya, Anupa, Audaka animals etc; which helps in inducing the normal sleep⁸. All these

treatment methods are safe and of no side effects. With the current demands, here we take a look into our ancient scripts as it have better solutions to offer for managing conditions like insomnia

Materials and Methods

Data of Ayurvedic aspects is collected from the classic text books like, Charaka Samhita, Astanga Hrudaya, Astanga Sangraha, Sushruta Samhitha, Bhela Samhitha, Bhavaprakasha Nighantu

Review of literature

Nidra means sleep and it is essential for the strength, complexion, and development of the human body. The classic literature of Ayurveda explains various causes for the onset of Nidra. It can be explained as follows

When the Indriyas are exhausted, the Manas withdraw from its Arthas, and person falls into sleep⁹.

When both the mind and soul becomes fatigued and gets dissociated with the sense objects then man gets sleep¹⁰.

It is due to the Tamas the Nidra is produced and it is produced at the night time¹¹.

Acharya Bhela explains, food consumed when under goes digestion and reaches the heart and because of increase in

Sleshma, the path of sensory organs such as eyes and ears get occluded from being open, as the day ceases from the living beings and so are their functions and its various actions. They are deprived away from their activities as well as conscious will be lost and Tandra enters in him. This is how sleep is produced¹².

Importance of Nidra:

Nidra is needed for the maintenance of the Sukha (happiness), Dukha (sadness), Bala (strength), and Varna (complexion); and it will provide long life¹³.

Sleep produced in proper manner will provide good life and also good intellect¹⁴.

Like food is needed for the development of the body; similarly sleep is essential for the development of the Manas¹⁵.

Types

The types Nidra has been explained by various classics as depicted in Table No: 1

- ✓ Tamobhava- when channels responsible for consciousness get influenced by Tamas.
- ✓ Kaphaja or Sleshmasamudhbhava - due to aggravation of kapha

- ✓ Manahsramasambhava - due to mental exhaustion
- ✓ Shareerasramasambhava - due to physical exhaustion
- ✓ Agantuja - due to Tamas and with absence of any disease
- ✓ Vyadhyanuvaritini- due to Kapha disorders
- ✓ Ratrisvabhavaprabhava - natural sleep
- ❖ Taamasi- just prior to death.
- ❖ Svaabavika- naturally occurring daily for everyone.
- ❖ Vaikaarika- abnormal occurring due to trouble of the body and mind.
 - Kaalasvabhavaja- sleep which happens at proper time
 - Amaya- due to disease
 - Chittakheda- due to disturbance in mind
 - Shareerakheda- due to tiredness of the body
 - Kaphaja- due to aggravation of Kapha
 - Aagantuja- due to injury from external factors
 - Tamobhava- due to aggravation of Tamo Guna in mind

Nidranaasha Etiology

According to Acharya Sushruta, sleep is lost as a result of aggravation of the Vata and Pitta Doshas, exhaustion of

the mind, loss of tissues and injury to the body (Abhigatha) 17. Whereas, Acharya Bhela has explained, the people who are predominant of Vata Dosha usually suffer from lack of sleep¹⁸.

Impact on health-

Loss of sleep results in many associated difficulties such as Angamardha, Gourava, Tantra, Jadya etc; which are explained with Table No:2¹⁹

Management

As Nidranaasha is caused due to the vitiated Vata and Pitta Dosha²⁰ treatment should be formulated for bringing them to normalcy. But with these Shareerika Doshas there is involvement of Manas which is contributing to reduction in sleep duration. Contemporary scientific world have explained stress, anxiety, depression as main factors for primary insomnia. This put on light of the fact that for the management of Nidranaasha, the treatment modalities should be applied in maintenance of Doshas as well as Manas.

For the management of mental factors, practice of yoga is one among the best treatment solutions. Nadi Shodhana Pranayama is one among the practices in yoga techniques which yields good

results in management of Nidranaasha. Other techniques like Tadasana, Trikonasana, Uttanasana, Padahastanasana, Vrksahasana, Padmasana, Matsyasana, Bhujangasana etc; practiced on a regular basis will help in bringing the sleep cycle to normalcy²¹

For the maintenance of Doshas, treatments like Basti, Snehapana²², Abhyanga, Murdhna Taila, Udvardana²³, Snana, Madhya, Madhu, Gritha etc are advisable²⁴, and the juice of Gramya Mamsa, Anupa, Audaka animals, drinks prepared from Guda and Ksheera are best in inducing sleep²⁵.

Meat of animals which live in burrows and of Vrishkira bird, Draksha and products of Ikshu Rasa should be used at night.

Cot, seats and vehicles should be pleasant and soft; any other which bestows sleep may be adopted by the intelligent person²⁶.

Discussion

Nidranaasha is explained as one among the Vataja disorder, and considered one among the Vataja Nanatmaja Vyadhi. The maintenance of Tridosha is mandatory for achieving Nidra in its proper quality. Modernization in the life style has a great impact in health of an

individual. Irregular food habits, suppression of the natural urges and inappropriate sleep has become a habit in daily routine, due to which the growth of non-communicable diseases like diabetes, hypertension, stress, sleep disorders etc. have grown in an alarming rate.

Sleep is one among the most complicated functions in the human physiology. Its importance is highlighted by mentioning it as one among the Triyupasthambas. Similar to that of maintaining a proper diet and conduct of life, the maintenance of a proper sleep cycle is very mandatory as it is a prime factor in the maintenance of normal physical and mental health. The causative factors for Nidranaasha are explained by Acharya Sushruta as the aggravation of Vata and Pitta from its normal state. And, Acharya Charaka has specifically mentioned it under the Vataja Nanatmaja Vyadhis. Its management is done by adopting all techniques that can induce sleep; for which Acharya Sushruta advices to indulge in the activities opposite to that of the causative factors. Looking into the contemporary sciences, they have also explained its cause, prevalence

and management with great emphasize.

Since it is seen as an associated complaint in a number of diseases it points out to the importance and demand rising in the health sector to focus its attention towards this growing issue, not as a separate condition alone; but also as a main indicator of possible conditions that can follow it. Integration of Ayurvedic treatment and other holistic approaches like yoga therapies are promising and have the potential to come up with a more effective solution for the management of Nidranaasha.

Conclusion

The sleep disorders are showing a growing rate in its prevalence. As sleep is prime factor to be maintained in its normalcy for a healthy living, activities and regimens for keeping its normal cycle should be adopted. Ayurveda has explained about a wide spectrum of causative factors pointing towards Nidranaasha. And also have explained holistic methods for its management, which can be considered as the best solution without the worries of any extreme side effects.

Table No: 1

<i>Charaka</i>	<i>Sushruta (Dalhana)¹⁶</i>	<i>Vagbhatta</i>
Tamobhaava	Taamasi	Kaalaswabhaava
Sleshmasambhaava	Svaabavika	Aamaya
Manabhaava	Vaikaarika	Chittakheda
Shareera Srama Swabaavaja		Dehakheda
Aagantuka		Kaphaja
Vyadhyanuvaritini		Aagantuja
Ratrisvabhavaprabhava		Tamobaava

Table No: 2

Types	Charaka	Sushrutha	Vagbhatta	Bhavamishra	Bhela
Angamardha	+		+		
Gourava			+		
Tantra	+		+		+
Jrumba	+		+		
Jadya			+		
Glani			+		
Bhrama			+		
Ajeerna			+		
Rooksha				+	
Mitigation of Kapha				+	
Aggrevation of Vata		+	+		+
Aggrevation of Pitta		+			
Shiroroga	+				
Kahaya		+			
Abhigatha		+			
Akshigourava	+				

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