

A CONCEPTUAL STUDY ON NIDRA VEGADHARANA IN YAKSHAGANA ARTISTS"**Vasanth Kamath¹, Soumya Saraswati M², R.Vidyanath³**¹PG scholar, ²Associate professor, ³Professor,P.G.Dept. of Ayurveda Samhita and Siddhanta, Alva's Ayurveda Medical College,
Moodbidri, Karnataka, India.DOI: <https://doi.org/10.47071/pijar.2021.v06i04.05>**ABSTRACT**

Nidra is one among most important factors responsible for a healthy life and it has also been described as one of the *Trayopasthambha*. *Ayurveda* highlights the significance of *Vegadharana* and considered as a major factor in the manifestation of disease. The effects of *Nidra Vegadharana* has been explained in detail in *Charaka Samhita*. *Acharya Sushruta* describes *Nidra Vegadharana lakshanas* as *Jrumbha*, *Angamarda*, *Shiro-akshi gourava*, *Tandra* and it leads to disease *Udavarta*. Some of the traditional arts of South Karnataka, such as *Yakshagana* artists are inevitably undergo night vigilance due to their profession. *Yakshagana*, a popular traditional folk art and it is to be conducted overnight. Because of this *Yakshagana* Artists go for long practice sessions and continuous rehearsals during night. They do not have adequate time for rest, which will have impact on sleep and overall health. On addressing natural urges of *Nidra*, appropriately without suppressing them, individual can stay healthy and happily, further individual can prevent the diseases concern to *Nidra Vegadharana*. This study is primitive efforts to find the relation of *Nidra Vegadharana* and health status in *Yakshagana* artists. And if proper sleep is not done during night, they may go for sleep related illness. In this article an attempt is made to relate the *Nidra Vegadharana lakshana* in *Yakshagana* artists.

Keywords: *Nidra, Nidra Vegadharana, Yakshagana***INTRODUCTION**

Ayurveda explains *Nidra* (Sleep) is an important and essential phenomenon of life which effects the body and mind

equally in a favorable way when it is enjoyed in a right manner. *Nidra* is essential for the happiness of all humans and it occupies 1/3rd of life

and it has also been described as one of the *Trayopasthambha*¹. *Ayurveda* highlights the significance of *Vegadharana* and considered as a major factor in the appearance of disease².

The concept of *Nidra Vegadharana* is explained by almost all the *Acharyas* of *Ayurveda*. The effects of *Nidra Vegadharana* has been explained in detail in *Charaka Samhita*³. *Acharya Sushruta* describes *Nidra Vegadharana lakshanas* as *Jrumbha, Angamarda, Akshi-gourava, Shiro-gourava, Jadya, Tandra* and it leads to disease *Udavarta*⁴.

Yakshagana is a rare and unique traditional theatre art form of Karnataka⁵, is a theatrical form of presenting mythological and historical stories by means of drama, dance, dialogues, and music and it is usually conducted overnight. The *Yakshagana* artists go for long practice sessions and continuous rehearsals during night. They do not have adequate time for rest, which will have impact on sleep and overall health. This study is primitive efforts to find the relation of *Nidra Vegadharana* and health status in *Yakshagana* artists. And an attempt is made to relate the *Nidra*

Vegadharana Lakshana in *Yakshagana* artists.

OBJECTIVES OF THE STUDY

1. To study the concept of *Nidra Vegadharana*.
2. To study the impact of *Nidra Vegadharana* in *Yakshagana* artists.

MATERIALS AND METHODS:

The literary source for the present study was obtained from different classical text books, also Sanskrit dictionaries, Modern text books, Published articles, Reprinted journals and Internet sources.

OBSERVATION

Concept of *Nidra*

Nidra (Sleep) is considered as one among the *Trayopasthambha* and discussed its importance in the maintenance of life.⁶

It is also mentioned under the *Adhaaraneeya Vegas* mentioned in the classics.⁷ *Nidra* brings happiness, nourishment, vitality, Strength, and knowledge and a person's life depends on the proper sleep for the maintenance of the normal health.⁸ *Charaka* mentioned the Sleep as *Bhuthadatri*, that which arises due the normal nature of the night.⁹

Concept of *Nidra Vegadharana*

Almost every *Acharya* has explained the importance of *Nidra* in various contexts, and separate chapter is mentioned for *Nidra Vegadharana* and its *lakshanas*. *Acharya Charaka* mentioned in *Navegandharaniyam Adhyaya*, and *Acharya Sushruta* mentioned in *Udavartha prathisedha Adhyaya*, and *Acharya Vagbhata* mentioned in *Roganutpadaniya Adhyaya*.

***Nidra Vegadharana Lakshanas* (Symptoms due to Sleeping Suppressing Urges)**

According to *Charaka Samhitha*

The symptoms of *Nidra Vega Dharana*(sleep) are *Jrumbha*(yawning), *Angamardana* (body ache), *Tandra*(drowsiness), *Shiroroga*(headache), *Akshi Gourava* (heaviness in the eyes). Treatment related to *Nidra Vega Avarodha Janya Rogas Swapna* --Advised to sleep and *Samvahana* (gentle massage of the body kneading) ¹⁰.

According to *Susrutha Samhitha*

Nidra Vegaarodha(Suppression of sleep) leads to the *Jrumbha* (yawns), *Angamardha* (aches in the body), *Shiro Akshi gourava* (heaviness in

head and eyes), *Jadya* (lassiness), *Tandra* (delutions) ¹¹.

According to *Astangha Hrudaya*

Nidra Vegadharana (Suppression of sleep) leads to *Moha*(insensibility), *Murdhaakshigourava* (feeling of heaviness of head and eyes), *Alasya* (absence of enthusiasm), *Jrumbha* (yawnings) and *Angamarda* (pain all over the body) are caused by the Suppression of sleep. In this condition sleep and smooth massage are desirable¹².

According to *Astangha Sangraha*

Suppression of *Nidra* (sleep) results in *Moha* (stupor), *Murdhaakshi gourava* (Heavyness of the Head and Eyes), *Alasya*(Lassitude), *Jrumbha* (repeated yawning), *Angamarda* (pains all over body). Sound sleep and Gentle Massage relieves the problems¹³.

Concept of *Yakshagana* Artists

*Yakshagana*¹⁴ is a classical folk art of Karnataka, mostly popular in the districts of *Uttara Kannada*, *Shimoga*, *Udupi*, *Dakshina Kannada* and *Kasaragod* district of *Kerala* and is considered a form of opera in western eyes. Performed as a temple art over the years.

The name, *Yakshagana* literally means song of the demi gods – *Yaksha* (demi

gods or spirits of nature) *Gana* (means song). This unique dance form is a perfect blend of dance, music, songs, scholarly dialogues and colorful costumes. *Yakshagana* performers wear huge headgears, elaborate facial make-up, colorful costumes and ornaments which together give a superhuman appearance to the character presented. The themes of the plays are taken from the epics, *Ramayana* and *Mahabharata*.

Usually the art form is presented in *Kannada*, A troupe is known as a '*Mela*': the actors are the *Mummela* and the musicians the *Himmela*.

DISCUSSION

Ayurveda, the science of life has mentioned various principles for wellbeing of the humans. There are two basic aims of *Ayurveda*, to maintain the healthy status of human being and to cure the diseased ones. On observing these two aims, we can understand that, *Ayurveda* has given priority to keep the person healthy and besides these efforts, if disease occur then cure it.

As proper *Aahara* is required for maintenance of healthy life, similarly *Nidra* is required for happiness of life.

Nidra is the second useful pillar amongst this trio because it holds and enhances the man to remain active and fresh next day, as he was in past.

In *Ayurveda*, obstruction or untimely generation of *Vega* (urges) is said to be a prime cause i.e. *Hetu* of many diseases. A separate chapter is written in the three prime *Samhithas* (*Brihattrayee*) mentioning the *Vegas* and their symptoms as well as their treatment.

The effect of *Nidra Vegadharana* stated in almost all *Samhithas*. *Ayurveda* science describes "*Vegasandharanam Anarogyakaranam* i.e. suppressing the natural urges is considered as amongst the most impactful cause responsible for the manifestation of any illness. For those person who want healthy life, one should not Suppress the natural urges as these results in the occurrence of various types of diseases. Appropriate elimination of these natural urges is essential to maintain the homeostasis of various body systems.

Nidra is one among the 13 type of *Vega* which is explained in *Ayurveda* classics. According to classics there are so many illnesses explained because of *Nidra Vegadharana*. *Apakti*,

Angamarda, Shirogourava, Jadya, Alasya, Glani, Tandra, Bhrama, Jrumbha. *Nidra Vegadharana* causes vitiation of *Vata dosha* which causes so many disease.

There are two particular sleep related problems are associated with the sleepless nights i.e. one, difficulty for sleeping during the day and second is, difficulty staying alert at night. There is evidence that sleepless night (*Satata Jagarana*) can result in significant social & family problem and in an increased incidence of illness.

In present era, people are not getting proper *Nidra* (sleep) because of busy work schedules, advancement in technologies, stress etc. As a result, work hours have engaged the time of sleep and there has been some direct or indirect impact on the quality of a healthy sleep which in turn effects the health of an individual. If a healthy person not getting proper sleep, it leads to cause for manifestation of many diseases like Hypertension, Diabetes mellitus, etc.

Now a day's people indulges in *Ratri Jagarana*(night vigilance) due to various reasons. One of such reason is night working in *Yakshagana Mela*. *Yakshagana* is one type of act which is

performing during night time (Generally between 9 PM to 6 AM).

Yakshagana is traditional Indian theatre art form. As in *Dakshina Kannada Yakshagana* is most famous and unique art. The graduates also performed during the study due to their interest and passion for *Yakshagana*. This was because majority of artists were dependent on their occupation and they were not working whole year for the show. Only 6 months they used to work. Hence, middle and lower class are more inclined towards this job.

During night time all most all are taking tea because it is stimulant in nature. Because they were spending more sleepless nights to perform in show. So to overcome the stress and strain they were taking pan tea etc. Most of the *Yakshagana* artists, it is found that after *Rathri Jagaran*, maximum use to take sleep after taking food and they are taking *Diwaswapna*(day sleep). During morning time they will travel from one place to other place by bus.

Yakshagana artists having *Satata Rathri Jagarana*, it is because of odd timing of taking food (*akala bhojana*), food in improper quantity, changing

shifts, *Vidagdha Ahara* and *Vihara*. The roaming type of work increases physical strain in *Yakshagana* artists and ultimately it increases the *Vata dosha*.

As mentioned by *Acharya Charka* whoever takes food at very odd time (*Akale*) and neglecting *Mala, Mutra, Vegas* (natural urges) additionally generating these urges voluntarily at his own convenience suffers frequent health complaints (*Sada-Atura*). Those having *Mithya, Aahara-vihara* (as suggested in *Ayurveda*) prone to have frequent illness. Same thing is observed in *Yakshagana Artists* doing *Satata Jagaran* in night time, these persons having *Ahitkara Ahara Vihara & Mal Mutra etc. Vega-Avrodha*, and *Diwaswapna*, so they get frequent health complaints.

Because *Nidra Vegadharana* (Suppression of urges of sleep) can cause many illness, therefore one can sleep proper in time and not suppressing the urge of *Nidra* which is mentioned in *Ayurveda*, which can overcome these problems.

CONCLUSION:

Ayurvedic Science attribute to the cause of various disorders by forceful Suppression of the Natural urges. In

Yakshagana artists, due to *Ratri Jagaran* (night vigilance), they may undergo sleep related disturbances. *Nidra Vegadharana* (Suppression of urges of sleep) can cause many illness and one can take proper sleep in time, which can overcome these problems. This study is primitive efforts to find the relation of *Nidra Vegadharana* and health status in *Yakshagana* artists. By this study it can be concluded that without suppressing the natural urge of *Nidra* individual can stay healthy and happy, further individual can prevent the diseases caused due to *Nidra Vegadharana*.

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Corresponding author:

Dr. Vasanth Kamath

PG Scholar, PG Dept. of Samhita and Siddhanta, Alvas Ayurveda Medical College, Moodbidri, Karnataka, India

Email: drkvk77@gmail.com

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