



ISSN 2456-3110

Vol 6 · Issue 6

Nov-Dec 2021

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

**JAIMS**

An International Journal for Researches in Ayurveda and Allied Sciences



**Maharshi Charaka**  
Ayurveda

**Indexed**

# Nidranash (insomnia) and its Ayurvedic management review

Snehal Rathod<sup>1</sup>, Brijesh Mishra<sup>2</sup>

<sup>1</sup>First Year Post Graduate Scholar, Post Graduate Department of Basic Principles and Ayurved Compendia, Shri Ayurved Mahavidyalaya, Nagpur, Maharashtra, India.

<sup>2</sup>Professor & HOD, Post Graduate Department of Basic Principles and Ayurved Compendia, Shri Ayurved Mahavidyalaya, Nagpur, Maharashtra, India.

## ABSTRACT

Aahar (food), Nidra (sleep), and Bramhacharya (celibacy) are three pillars of life (Tristambha), Nidra (Sleep) is one of them. It is a state that replenishes our energy reserves that we deplete in our daily routine. Happiness, good health, nourishment/ Emaciation, mental and physical wellbeing depends on Nidra. People that don't get enough sleep experience many health issues. Hence sleep is essential part of life. Nidranash can be a sign of today's modern lifestyles, anxiety disorders, stress, pathological and psychological conditions. It can cause predominance of Vata and Kapha Kshaya. Panchkarma procedure, Yoga, meditation, diet plans, healthy regimen can help in Nidranash.

**Key words:** Ayurveda, Nidra, Nidranasha, Insomnia, Anidra, sleep deprivation.

## INTRODUCTION

Nidranash is nothing but a lack of sleep. There are three pillars of life mentioned in Ayurveda. i.e., Aahar (diet), Nidra (sleep) and Brahmacharya (celibacy) that keeps person healthy. These three supports of life are intake of food, sleep and observance of Brahmacharya. Being supported by these three well-regulated factors of life, the body is endowed with strength, complexion and growth, and continues up till the full span of life.

These supports are designated as Upastambhas which literally mean sub - posts. A house is mainly supported by posts but there are certain sub posts which add to

the supporting strength of such posts. Similarly, body is mainly supported by the acts performed in the previous life which determine the present life span. But such acts are further supported by regimen like intake of food, sleep and Brahmacharya, so they are known as Upastambhas i.e., secondary supports of life. Brahmacharya includes control of senses and spiritual bliss.

Nidranash causes difficulty in falling asleep. It causes due to underline disease, Lifestyle, persons Prakruti (Constitution). Lack of sleep leads to health problems. Nidranash nothing but the falling asleep initially getting up in the middle of the night, waking earlier than usual. In present era many causes including environment, physiological and psychological aspects can contribute to development of Anidra.

Excessive using of electronic devices close to the bed time, consumption of alcohol, caffeine, tobacco, chronic medical illness, excessive stress etc. are responsible for sleep deprivation.

## CONCEPT OF NIDRA

### According to Charak

When the mind (as well as soul) become exhausted or inert, the sensory and motor organs become inactive

### Address for correspondence:

Dr. Snehal Rathod

First Year Post Graduate Scholar, Post Graduate Department of Basic Principles and Ayurved Compendia, Shri Ayurved Mahavidyalaya, Nagpur, Maharashtra, India.

E-mail: dr.snehalrathod123@gmail.com

Submission Date: 18/11/2021 Accepted Date: 21/12/2021

### Access this article online

#### Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

Published by Maharshi Charaka  
Ayurveda Organization, Vijayapur,  
Karnataka (Regd) under the license  
CC-by-NC-SA

and when person becomes inactive individual falls asleep.<sup>[1]</sup>

#### According to Sushruta

The heart is said to be the primary set of consciousness (*Chetana*) in the animated beings. When this is enveloped by illusive effect of *Tamas*, *Nidra* comes to the living beings<sup>[2]</sup>

#### According to Vagbhata

*Manovahastrotas* pile with *Shleshma* and due to exhaustion devoid of sensory organs, when individual falls asleep.<sup>[3]</sup> One of the 13 *Vegas* (urges), sleep is one urge, sleep deprivation can have a number of negative consequences in the body.<sup>[4]</sup>

#### Effect of sleep

Happiness, misery, nourishment, emaciation, strength, weakness, virility, sterility, knowledge, ignorance, life and death all these occur depending on the proper or improper sleep. Like the night of destructions, untimely and excessive sleep and prolonged vigil take away both happiness and longevity. The same sleep, if properly enjoyed brings about happiness and longevity in human beings as the real knowledge brings about *Siddhi* (spiritual power) in a yogi.<sup>[5]</sup>

#### Physiology of Sleep

When the mind including sensory and motor organs is exhausted and they dissociate themselves from their objects, then the individual sleeps. When the mind (as well as the soul) gets exhausted or become active and the sensory and motor organs become inactive then the individual gets sleep. Sleep is nothing but the location of the mind in a place unconnected with the sensory or motor organs. In the event of the exhaustion of the mind, the individuals also get exhausted because action of individuals is dependent on that of the mind when mind dissociates itself from the objects, individuals also dissociate themselves from their objects. The sensory and motor organs are not active because of the inaction of individuals.<sup>[6]</sup>

#### Anidra/Nidranash/insomnia

An aggravated state conditions of the bodily *Vata* and *Pitta*, an aggravated state of mind, loss of vital fluid and hurt or an injury may bring on insomnia.<sup>[7]</sup>

Insomnia is the complaint of poor sleep and usually present as difficulty initiating or maintaining sleep. People with insomnia are dissatisfied with their sleep and feel that it impairs their ability to function well in work, school, and social situations. Affected individuals often experience fatigue, decreased mood, irritability, malaise, and cognitive impairment.<sup>[8]</sup>

#### Aetiology of Nidranash

Elimination of *Doshas* from the body and head through purgation, emesis, fear, anxiety, anger, smoke, physical exercise, bloodletting, fast, uncomfortable bed, and predominance of *Satwa* and suppression of *Tamas* go a long way towards overcoming the sleep in excess. The above - mentioned factors along with overwork, Old age, disease, especially these due to the vitiation of *Vata* like colic pain, etc. are known to cause sleeplessness even in normal individuals. Some are insomniac even by nature. Old age usually causes sleeplessness some people suffer from alert sleeplessness by nature.<sup>[9]</sup>

According to *Sushruta*, *Nidranash* (loss of sleep) is caused by aggravated conditions of the bodily *Vayu* or *Pitta*, an aggrieved state of the mind, wasting of the *Dhatus* and *Trauma*. It may be cured by adopting the measures antagonistic to those which cause loss of sleep.

The loss of sleep is not found in all *Vata - Rogas*, but it is found in those diseases where the *Shula* (pain) exists. These are *Pindakodvestana* (cramps), *Grdhrasi* (sciatica), *Udavarta* (flatulence in stomach or intestine) and *Akṣepaka* (convulsions). From *Manastapa* (all the psychic conditions are included) like worry, anger, fear, etc.<sup>[10]</sup>

#### Signs and Symptoms

Loss of sleep leads to squeezing pain in the body parts,

1. heaviness of the head,
2. too much of yawning
3. lassitude,
4. exhaustion (even without strain),
5. giddiness,

6. indigestion,
7. stupor
8. Diseases of *Vata* origin.
9. *Shiroroga*
10. *Akshi gaurav*
11. *Jadya*
12. *Glani*
13. *Bharama*
14. *Apakti*
15. Laziness etc.<sup>[11]</sup>

### Samprapti

Indulgence in causative factors, causes *Kapha Dosha Kshaya* and *Vruddhi* of *Vata Dosha*. Even those causative factors will also lead to *Rajo Guna Vruddhi* which subdues the effect of *Tamas*. These vitiated *Doshas* hampers the normal sleep, leading to a pathological one.

### Samprapti Ghatak

- *Dosha: Vata and Pitta (Vridhhi), Kapha (Kshaya)*
- *Dushya: Rasa*
- *Agni: Jatharagni*
- *Strotas: Manovaha and Rasavaha*
- *Strotodushti Prakara: Atipravritti*
- *Adhithana: Hridaya*
- *Udbhavasthan: Hridaya*

### Modern aspect

People with insomnia have difficulty going to sleep. Less commonly, they may experience frequent awakenings.

Insomnia may have a variety of causes, including stressful events, health problems, emotional disturbances and drug use.

The most common form of insomnia,

### Temporary or situational insomnia

It is related to stress associated with a particular situation-loss of a job, death or illness of a loved one, a relationship that falls apart and so on. Such events cause stress or worry that may produce heightened

physical arousal, which inhibits sleep. Stress may be the most common cause of sleep loss among college students, who have been found to experience marked reductions in sleep during periods of high stress.

### Chronic insomnia

People, who suffer from long-lasting sleep loss, or chronic insomnia, are more likely to report a serious erosion of the quality of their lives. Although we are not sure exactly what causes chronic insomnia, this condition seems to be associated with anxiety or depression some chronic insomniacs have been found to have irregular sleep patterns.<sup>[12]</sup>

### Management

Following measures are useful in cases of sleeplessness such as

- Rubbing of oil on the *Murdha* (head )
- *Shirodhara*
- *Shiroabhyanga*
- *Shiropichu*
- *Shirobasti*
- *Padabhyanga* - Removes fatigue from the lower limbs and improves quality of sleep.
- *Nasya* - with *Jatamasi Tailam* it is *Vata Shamak Dravya* helps in *Nidrajanana*.
- Pleasant bed, seats and means of locomotion (vehicles) should be used.
- Soft massage of the *Gatra* (Body) and fanning.
- *Abhyanga* (anointing the body)

The *Abhyanga* (anointing) from head to toe is very beneficial in loss of sleep, as it removes the causes of loss of sleep and ultimately induces to sleep. The *Guru Ahara* produces *Kapha* and avoids *Dhatukshaya*.<sup>[13]</sup>

### Aharvihar

A diet consisting of *Shali* - rice, *Godhuma* (wheat), *Pistanna* well prepared with sugar, fat, milk, meat - juice and flesh of animals should be given. The flesh of animals of the *Viskira* or *Vilesaya* class along with *Draksha*, sugar & sugarcane are beneficial in the night.

Those suffering from very little sleep (or no sleep at all) should indulge in the use of milk, wine, meat soup and curds (as food), oil massage and mild squeezing (of the body), bath, anointing the head, ears and eyes with nourishing oils, comforting embrace by the arms of the wife, harbouring the feeling of satisfaction (of having done good deeds) and resorting to things which are comforting to the mind as much as desired; these bring about the pleasure of good sleep. For those who follow the regimen of celibacy, who are not very crazy of sexual intercourse and who are contented with happiness, sleep will not be very late than its regular time.<sup>[14]</sup>

### Yogic Practices

Yoga reduces stress and it help in better function of mind

- Deep relaxation techniques
- Meditation (*Dhyan*)
- *Yog Nidra*
- *Suryanamaskar*
- *Padmasana*
- *Pascimottasana*
- Mindfull training and breathing exercises

### Pathyapathy

Helpful Behaviours

- If you cannot sleep within 20 min, get out of bed and read or do other relaxing activities in dim light before returning to bed
- Make quality sleep a priority Go to bed and get up at the same time each day
- Ensure a restful environment (comfortable bed, bedroom quiet and dark)
- Consistent bedtime routine. For example: for sleep with 20-30 min of relaxation (e.g., soft music, meditation, yoga, pleasant reading)
- Take a warm bath

### Behaviours to Avoid

- Avoid behaviours that interfere with sleep physiology, including:
- Napping, especially after 3:00 PM

- Caffeine after lunchtime and in the 2-3 h before bedtime,
- Avoid: Heavy eating
- Smoking or alcohol
- Vigorous exercise
- When trying to fall asleep avoid
- Solving problems
- Thinking about life issue
- viewing events of the day.<sup>[15]</sup>

### Nidana Parivarjana

- Avoid using electronic devices close to bed time
- Avoid consumption of alcohol, caffeine, tobacco etc.
- Psychiatrist, chronic medical illness and any neurological condition should be treated before starting medication for *Nidranash*.

### CONCLUSION

A sound sleep is very important for our physical as well as mental health. It restores our ability to perform daily tasks. *Nidranash* is caused due to aggravation of *Vata Dosh*, *Pittavruddi* and *Kaphakshaya*. *Nidranash* is *Updrava* of some diseases. The usefulness and importance of sleep as well as its critical role in the maintaining of health, are extensively emphasised in *Ayurvedic Samhitas*. Proper *Dinacharyas* and Yoga are very important for peaceful sleep. Proper sleep can help to improve daily life.

### REFERENCES

1. Harishchandra Singh Kushwaha, Charaka Samhita Vol-1, Sutrasthana 21/35, Reprint Edition 2018, Choukhambha Orientalia,2018.
2. Shastri Ambika Datta, Sushrut Samhita Vol-1, Choukhambha Sanskrit Sansthan, Varanasi Reprint Edition 2009 Sharirsthana 4/33
3. Atridev Gupta, Ashtang Sangraha Vol-1, Choukhambha Sanskrit Series, Varanasi 1993, Sutrasthana 9/17
4. Ashtanghrudaya of shrimad vagbhata by Dr.Brahmannad Tripathi, Chaukhamba Sanskrit Pratisthan, reprinted 2017

5. Agnivesha, Charaka, Dridhabala, Charak ed. Vd. Jadavaji Trikamaji Acharya, Chaukhamba Surabharati Publications, Varanasi, 2020, sutrastana 21/36,38.
6. Agnivesha, Charaka, Dridhabala, Charaka sutrastana 21/35 Jadavaji Trikamaji Acharya, Chaukhamba Surabharati Publications, Varanasi, 2020
7. Shastri Ambika Datta, Sushrut Samhita Vol-1, Choukhamba Sanskrit Sansthan, Varanasi Reprint Edition 2009. Sharirsthana 4/41
8. Harrison's Principals of internal medicine, nineteenth Edition, volume 1, page no 190
9. Agnivesha, Charaka, Dridhabala, yadavaji Trikamaji Acharya, Chaukhamba Surabharati Publications, Varanasi, 2020. Charak sutrasthana 21/55,56,57,
10. Shastri Ambika Data, Sushrut Samhita Vol-1, Choukhamba Sanskrit Sansthan, Varanasi Reprint Edition 2009. Sharirsthana 4/42
11. Ashtang hrudaya of shrimadvagbhata by Dr. Brahmanna Tripathi, Chaukhamba Sanskrit Pratisthan, reprinted 2017. Sutrastana 7/64
12. Psychology: Science, behaviour and life/Robert I. Crooks, Jeans Stein. Chapter 5 state of consciousness -Pg 153)
13. Shastri Ambika Data, Sushrut Samhita Vol-1, Choukhamba Sanskrit Sansthan, Varanasi Reprint Edition 2009. Sharirsthana 4/42,43,44,45
14. Ashtang hrudaya of Shrimad vagbhata by Dr. Brahmanna Tripathi, Chaukhamba Sanskrit Pratisthan, reprinted 2017
15. Harrison's Principals of internal medicine, nineteenth Edition, volume 1, page no 191.

**How to cite this article:** Snehal Rathod, Brijesh Mishra. Nidranash (insomnia) and its Ayurvedic management review. J Ayurveda Integr Med Sci 2021;6:215-219.

**Source of Support:** Nil, **Conflict of Interest:** None declared.

\*\*\*\*\*