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# Theoretical study and physical effect of *Tandra* (Drowsiness) and its treatment as per Ayurveda

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## ABSTRACT

Sleepiness has been described in every place in our Ayurveda literatures, such as *Charak Samhita*, *Sushrut Samhita*, *Astanga Hridaya* and *Madhav Nidan* etc. It is described in every chapter of these literatures. In the *Samhita*, drowsiness is considered to be a phlegm-based disease, which is accompanied by *Gaurav*, weakness, lack of appetite and other *Phlegm* related symptoms. And this drowsiness is considered to be mainly of the *Tama Guna*. This drowsiness gives rise to Obesity, Diabetes, BP (HTN) etc. in the body. For this, the treatment and diet for drowsiness is also described in the Ayurved *Samhita*. When we commonly speak of drowsiness, we a range of term interchangeably such as fatigue, tiredness or sleepiness. Sleepiness or drowsiness is a state of strange desire for sleep or sleeping for unusually long periods (compare hypersomnia). It has distinct meaning and causes, It can refer to usual state preceding falling asleep, the condition of being in a drowsy state due to circadian rhythm disorders or a symptom of other health problem. It can be accompanied by lethargy, weakness, and lack of mental agility. Drowsiness can be dangerous when performing task that require constant concentration such as driving a vehicle. when a person is sufficiently fatigued, microsleeps may be experienced.

**Key words:** *Tandra*, *Samhita*, *Drowsiness*, *Kapha*.

## INTRODUCTION

In modern life, man is suffering from many diseases. Due to which the lifespan of man is decreasing, one of these diseases is drowsiness (sleepiness), which we can consider as the cause of many diseases.

It is having a great impact on the general lifestyle. The disease may cause various psychosomatic manifestations such as generalized weakness,

hypertension, restlessness, lethargy, etc., which severely reduce the quality of life.

### *Nirukti*

*Tat dratiti (tat+dra+kah) (Shabdakalpadruma)*<sup>[1]</sup>

*Doshas = Vata-Kapha, Tamas* (by Acharya Sushrut)

If the *Vata* and *Kapha* doshas are mixed with *Tamas Guna*, then the symptom that arises is drowsiness.

Sleepiness is a psycho-somatic disorder involving (*Vata, Kapha*) and *Tamas*.

In modern science, we can consider drowsiness as sleet.

### (1) According to Acharya Charaka

हृदय व्याकुली भावो वाक्चेन्द्रियगौरवम् । मनो बुद्धप्रसादश्च तन्द्राया लक्षणं मतम् ॥ (च०सि०१/२३)<sup>[2]</sup>

In this, restlessness in the heart, heaviness in the voice and senses, unpleasant experiences in the mind and intellect (not feeling good about anything), these are the symptoms of drowsiness.

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## (2) According to Acharya Sushruta

इन्द्रियार्थेष्व सम्प्राप्तिगौरवं जृम्भणं क्लम। निद्रार्तस्येव यस्येहा तस्य तन्द्रा विनिर्दिशेत् ॥ (सू.शा.4/49)<sup>[3]</sup>

In this, one experiences heaviness in the senses, excessive yawning, tiredness, the person's activity becomes like that of a sleeping person, such a condition is called drowsiness.

General symptoms of drowsiness (described in *Acharya Sushrut*)

- Lasts for an indefinite period of time.
- Does not get up even after waking up.
- Even after waking up there is no knowledge of the senses.
- There is no shine.
- There is increase in fatigue.

## Ayurvedic treatment

### *Acharya Charak -*

कफघ्नं तत्र कर्तव्यं शोधनं शमनानि च। व्यायामो रक्तमोक्षश्च भोज्यं च कटुतिक्तकम् ॥ (च०सि० 9/24)<sup>[4]</sup>

It should be removed by *Kapha*-reducing foods, *Kapha*-pacifying measures such as physical exercise, bloodletting, bitter and pungent foods.

- (1) *Sandhyam*: *Ashwagandha* etc.
- (2) *Shodhana*: Head massage, body massage, *Panchakarma*, etc.
- (3) Diet: Reduce the intake of *Vata* and *Kapha* predominant diet according to the season and time.
- (4) *Vihar*: Exercise, *Yoga*, *Pranayam* etc.

## Diagnosis of drowsiness:

मधुर स्निग्ध गुर्वन्नसेवनाच्चिन्तनाच्छमात्। शोका द्वयाध्यनुषंगश्च वायुनोदिरितःकफः ॥

यदाऽसौ समवस्कन्ध हृदयं हृदयाश्रयान् । समावृणोति ज्ञानादीस्तदा तन्द्रोपजायते ॥ (च०सि० 9/21-22)<sup>[5]</sup>

Due to consumption of sweet, smooth and heavy substances, excessive worry, grief and suffering from

any one disease for a long time, the aggravated air increases the phlegm and enters the heart region and covers the sources of knowledge dependent on the heart and then the disease of drowsiness originates.

## According to Acharya Madhava

Symptoms of drowsiness are not being able to perceive objects through the senses, feeling of heaviness in the body, excessive yawning even without physical exertion, weakness, the person feeling as if he is sleeping.

## Diseases caused due to drowsiness

Daytime sleepiness can be a form of excessive sleep disorder, and refers to feeling more sleepy during the day than is normal, and can be caused by a number of mental disorders such as

- (1) Depression,
- (2) Anxiety,
- (3) stress,
- (4) insomnia,
- (5) Unexplained weight gain.

## Relation of sleepiness with other diseases:

Many diseases arise from drowsiness in the human body, and *Tandra* also becomes the cause of many diseases such as -

- *Madhumeha*
- *Udar Roga*
- *Motapa (Sthaulya)*
- *Klum*
- *Jrimbha*
- *Gaurav*
- *Aalasya*
- *Nidra*

Drowsiness is symptom of various diseases -

- Type 2DM (Hypo-Hyper glycaemia)
- Anemia
- Hypertension

- Obesity
- Hallucination, etc.

## CONCLUSION

In our Ayurveda, drowsiness has been seen in many ways, such as it is a symptom, a disease and also a catalyst of other diseases in which Kapha and Tamas are predominant. Acharyas have told that drowsiness can be controlled by better routine and by following *Dinharya*, *Ritucharya*, (*Katu* and *Tikta* Meals) and *Sadvratta*. In which, in the context of modern sleep, drowsiness is controlled by-

- Get quality sleep
- Avoid alcohol, nicotine d drugs
- Don't forget to Healthy eat
- Drink enough water
- Exercise,

With medication set manageable goals. etc. we can get rid of sleepiness in our life. And diseases like obesity, heart disease, respiratory problems etc. can be controlled. In our life, sleepiness is such a disease and symptom due to which serious diseases arise in human life, due to which our life is in danger. For this, we can control sleepiness by following the rules of Ayurveda through exercise, yoga, diet and lifestyle.

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