Anidra and Its Management by Ayurveda and Yoga

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Abstract
These days Anidra is a prevalent health complaint that is often difficult to evaluate. Ayurveda has given more importance on Nidra by considering it among Trayaupastambha. Anidra is a subjective complaint of poor sleep or an inadequate sleep. Sleep is one of the most important physiological processes responsible for maintenance of physical and mental health. For the last four decades modern science has used barbiturates and use of hypnotic agents of the benzodiazapine class. But it seems that the effect of benzodiazepine is not as ideal line of treatment for insomnia. It produces drug dependence and it is having numerous advanced effects. Those who are having trouble sleeping, sometimes turn to sleeping pills which can help when used occasionally. But in Ayurveda there are many natural remedies to treat anidra and also the positive effect of yoga can help in better sleep. Sushruta called Nidra as a vaighnaviya on a metaphoric language which is a physical process and provides nourishment to the living body and maintenance of health. Nidranasa leads to different types of diseases specially the diseases which are originated from vata and same time this may create serious health problem. Caraka has given importance to vata in the management of anidra. Due to proper and adequate sleep body tissue and doshas remains in blanch state of health both physically and mentally. So proper nidra is essential like food water and air for maintenance of good health and longevity. The present article attempts to understand the cause, pathogenesis and effect of anidra in the body and mind and its management by Ayurveda and yoga (sharbihan).

Keywords
Anidra, Aharbihar yoga, Trayaupastambha
INTRODUCTION

Anidra is a condition in which patient suffers from lack of sleep and it is very difficult for him to get sleep at night. For physical and mental wellbeing, proper sleep is essential in the human life. Ayurvedic classics have dealt with anidra and its management in details. Yet in modern era for the last half century, it becomes the most universal subject of human concern to examine its mysteries and mechanism.

Ayurveda mentioned sleep is one among the thirteen Adharaniya vegas. Like Ahar adequate sleep is essential for maintenance of the body.

AIMS AND OBJECTIVES

1. To evaluate the cause and pathogenesis of Anidra.
2. Management of Anidra by Aharvihar and Yoga.

MATERIALS

Ayurvedic textual materials were refer mainly Caraka Samhita, Sushruta Samhita, Astanga Hridaya and available commentaries of these Samhitas. For the study some modern books of medicine, psychiatry, journals etc. have also been looked over. From these books references have been collected.

DISCUSSION

According to Ayurveda Nidra is considered to be one of Trayaupastambha. Nidra is derived from the root “Dra” with a prefix “Ni” The root “Dra” means undesired. Therefore, Nidra is considered as a state in which there will be no desire. So concept of nidra and the diseases which are occurring due to improper sleep is very essential for maintenance of positive health.

CAUSES OF ANIDRA

Sushruta mentioned that vayu, pitta, manastap, kshaya and abhighat are the cause of Anidra and by its counteracting measures anidra is treated.

In modern concept Insomnia is a sleep disorder in which there is an inability to fall asleep or to stay asleep as long as desired. Insomnia is most often thought of both a medical sign and a symptom, that can accompany several sleep, medical and psychiatric disorders characterized by persistence difficulty falling asleep or staying asleep or sleep of poor quality.
DEFINITION AND PATHOPHYSIOLOGY OF NIDRA:
Nidra is a state of life where Jhanendriya and karmaendriya are not doing their functions. Nidra is a condition in which Atma does not have any desire for anything and it is caused susupti and not dream anything.
Sarangadhar mentioned that Nidra is a state where predominance of kapha and Tamas are seen.
Maharshi Patanjali states that sleep is a state in which all activities, thoughts and feelings come to an end.
Regarding Nidra several conception have been put forward by the ancient Ayurvedic Acharyas.
1) Tamaguna theory: Astanga Hriday state that at Night Tamas being powerful and the higher psychic centres being over powers by it then the living organism goes to sleep.
2) Kaphadosa theory: Vagbhata states that due to avarana by sleshma of the srotas and shrama of both types of indriya occur which dissociates from their respective senses then nidra occurs.
3) Fatigue theory: Caraka states that when the mind including Janendriya and karmenendriya are exhausted they dissociates themselves from their objects and then the individual sleeps.
According to Caraka and Sushruta by nature, the night serves as a causative factor of sleep.
SAMPRAPTI OF NIDRA:
When the srotas (Channels of circulation) of the body become covered (coated or obstructed by exertion and when the indriyas (sensory and moter organs along with mind) are not functioning, the sleep manifests in the body. This is the physiological nidra which comes at night to every individual as a swabhava.
EFFECTS OF ANIDRA:
Acharya Caraka mentioned that happiness and misery, nourishment emaciation, strength and weakness, virility, knowledge, ignorance, life and death depens on proper and improper sleep.
Deviation from normal routine of life is found to give rise to many biological disturbances along with anidra. The biological changes in the body are variable depending upon the duration, postures and states of the individual and thereby they disturb the body humors, leading of various types of diseases of the body.
Because of the tridosha theory, responsible for all types of troublesome in the body,
Ayurveda is very much particular about the disturbances in the routine life considering anidra and day sleep regimen of life. Caraka has advocated many pathophysiological changes, precipitating due to imbalanced doshas. Caraka clearly stated that vigil during night causes roughness in the body and sleep during daytime causes unctuousness and sleeps in the sitting posture neither causes roughness nor unctuousness.

**HITAKARA MEASURES FOR THE TREATMENT OF ANIDRA:**

Acharaya Caraka has said following measures for the treatment of Anidra. They are abhyanga, utsadana, snsana, take meat of gramya, anup and odaka birds as animals, rice of Sali variety, curd, milk, ghee, madhya and those substances pleasing to mind, pleasant odourand massaging of the body, tarpana of the eyes, applying of paste over head and face, comfortable bed, beautiful dwelling place proper tie for sleeping etc. such measure bring sleep well which is destroyed due to different causes.

Oil application in the head, meat soup, snigdha and madhur diet, draksa, iksu etc. also helpful for sound sleep.

Comfortable seat for journey, use of clear cloths, use of flowers, scents, pleasant talk, residing in beautiful places, listening to pleasing songs, reading of good books, newspapers, articles pleasing to mind etc. are used in the management of Anidra.

Contact with female or sex, happy life, fulfillment of desires and subjects which are pleasing to the mind are also helpful for Anidra.

Apart from the above diet and regimens some yoga and pranayama are also very effective in Anidra. These are –

1.  **Padmasana**
2.  **Anulomvilam pranayama.**
3.  **Bhramari pranayamaand**
4.  **Savasana**
CONCLUSION

Summing up the above explanation it can be concluded that there are various possible causes of anidra and these could include aharvihar, physical conditions, psychological conditions or temporary events or conditions.

Treatment of Anidra depends on the cause. Modern medications and sleeping pills do not work as a cure of anidra. Modern medications simply help to suppress the symptoms but it creates dependence and increase the severity of the problem.

Ayurveda and yoga is very helpful in dealing with Anidra. Ayurveda given more importance on ahar and vihar like snigdha and madhur diet, oil application over head, use of fresh cloths, residing in beautiful places. And above mentioned yoga and pranayama are also very effective for management of Anidra.
REFERENCES