

KRIYATMAKA ANVESHANA ON VAISHNAVI MAYA (NIDRA)**Kamath Nagaraj¹ Kulkarni Pratibha²**¹P.G.Scholar, ²Associate.Professor & Head, Department of Shareera Kriya, Sri Dharmasthala Manjunatheshwara College of Ayurveda & Hospital, Hassan, Karnataka, India**ABSTRACT**

Ayurveda has recognized *Nidra* as one of the most important dimensions of health associated with happiness and good health and is an outcome of relax mental state. *Nidra* looks like a glimpse of *Pralaya*, which carries peace but in darkness. After this glimpse of *Pralaya* – man awakens fresh like *Srujana*. For the living beings in the world, it is an essential phenomenon for maintenance and restoration of both – body and mind.

Pradeha (after *Suryastha*) and *Paschima Yama* (before *Suryodaya*) these are the *Kala* for *Vidyabhyasa*. The *Kala* between these two *Kala*, which is about two *Yamas* is the proper time for *Nidra* and it leads towards the *Moksha*. The another opinion is that *Ratri* is of three *Yamas*, in this three *Yamas*, *Suryastottara Yama* is excluded and next two *Yamas*² are considered as proper time for *Nidra*. *Nidra* is mentioned as one among the thirteen *Adharaneeya Vegas*. The happiness, nourishment, strength, virility, knowledge and life depend on the proper or adequate sleep. Sleep is called as *Bhuta Dhatri* which occurred by nature of Night, that nourishes all the living beings and being mentioned as *Swabavika Roga*. *Nidra* can be classified under two broad headings namely *Prakrutha* and *Vaikrutha*. The subdivisions of *Vaikrutha Nidra* are *Sharera Shramaja*, *Mano Shramaja*, *Kaphabhava*, *Tamobhava*, *Amayaja*, *Agantuki*. *Prakrutha Nidra* can be considered as physiological sleep and other types on *Nidra* can be considered as sleep due to various other causes like excess body strain resulting in accumulation of some chemicals, like lactic acid, acetylcholine, bromide or specific fatigue toxins during the waking hours suppression of Sympathetic system; mental strain resulting in suppression of sympathetic system. The others is due to the predominance of *Kapha Dosha*, *Tamas*, due to various diseases and various accidents etc.

Keywords: *Kriyatmaka, Vaishnavi Maya, Anveshana***INTRODUCTION**

Ayurveda is not only a system of medicine rather it is the way of life. It includes physical, mental and spiritual well being. *Ayurveda* is becoming more and more acceptable globally as it is eco-friendly, toxicity free and cost effective due to its holistic approach. Its objective is to promote and preserve physical and mental health and cure of

disease too. *Nidra* is a harmonious feature gifted by nature. The man of this technoworld is trying to get overcome such harmonious features by elaborating his mental dimensions. But the biological clock which is mandatory for the well being of human life's rhythm is not ready to recognize these upsetting created by him. Once this harmony is violated his sleep as well as total health will

be hampered, because sleep exactly runs according to biological clock. The importance of sleep is well accepted by modern science also because of its restorative, recuperative and resting actions to the living organisms. We spend at least 1/3rd of our lives asleep.^[1] *Pradeha* (after *Suryastha*) and *Paschima Yama* (before *Suryodaya*) these are the *Kala* for *Vidyabhyasa*. The *Kala* between these two *Kala*, which is about two *Yamas* is the proper time for *Nidra* and it leads towards the *Moksha*. The another opinion is that *Ratri* is of three *Yamas*, in this three *Yamas*, *Suryastottara Yama* is excluded and next two *Yamas* are considered as proper time for *Nidra*.^[2]

When the mind as well as soul gets exhausted or becomes inactive and the sensory and motor organs become inactive then the individual gets sleep.^[3] Sleep occurs when

the *Hridaya* – seat of *Chetana* is covered by *Tama*.^[4] The *Srotas* become accumulated with *Sleshma* and the mind is devoid of sense organs because of fatigueness, so individual gets sleep.^[5]

Nidra is mentioned as one among the thirteen *Adharaneeya Vegas*.^[6] The happiness, nourishment, strength, virility, knowledge and life depend on the proper or adequate sleep.^[7] Sleep is called as *Bhuta Dhatri* which occurred by nature of Night,^[8] that nourishes all the living beings and being mentioned as *Swabavika Roga*.^[9] The timely taken sleep is an indicator of good health because it brings the normalcy in body tissues and relaxes the person. Like *Ahara*, the adequate sleep is essential for maintenance of the body.^[10] Type of *Nidra* is mentioned below:

Table 1: Types of Nidra

According to Charaka	Sushruta classifies as follows	As per Vagbhata
<i>Tamobhava</i>	<i>Tamasi</i>	<i>Tamobhava</i>
<i>Shleshmasamudbhava</i>	<i>Svabhavika / Vaishnavi</i>	<i>Kaphabhava</i>
<i>Mana Shrama Sambhava</i>	<i>Vaikarika</i>	<i>Chittakhedaja</i>
<i>Shareera Shrama Sambhava</i>		<i>Dehakhedaja</i>
<i>Agantuki</i>		<i>Agantuki</i>
<i>Vyadhyanuvaritini</i>		<i>Kalavabhava</i>
<i>Ratri svabhava</i>		<i>Amayaja</i>

Sleep is defined as unconsciousness from which the person can be aroused by sensory or other stimuli. It is to be distinguished from coma, which is unconsciousness, from which the person cannot be aroused.^[11]

Over the last few years researchers have made great headway in understanding some of the brain circuitry that controls wake-sleep states, but no single explanation can be accepted as the final word for the understanding of physiology of sleep. The views regarding the phenomenon of the sleep throw light upon the phenomenon occurring

during the rest and refreshing effect. There are various theories of sleep, few are enlisted below:^[12]

Vascular Theory: Probably the oldest theory is that sleep is induced by a reduction in the blood supply to the brain or at least to the conscious centers. This is the so called ischemic theory.

Chemical Theory: Some have favoured the chemical theory. According to this concept some chemicals, like lactic acid, acetylcholine, bromide or specific fatigue toxins were supposed to accumulated during the waking

hours which irritates the nerve cells of brain and causes sleep as a result.

Parasympathetic Theory: The depression of the sympathetic center is stated to be responsible to inducing the sleep and as such sleep is regarded as a parasympathetic function.

Lactic Acid Theory: Sleep is supposed to be caused due to accumulation of lactic acid in the nervous tissues.

Serotonin Theory: The most conspicuous stimulation area for causing natural sleep is nuclei in the lower half of pons and medulla. Ending of these nerve fibers secrete serotonin (major transmitter associated with production of sleep)

AIMS & OBJECTIVES

To critically analyse the types of sleep with sleep theories.

MATERIALS & METHODS

The *Bruhat Trayi* were scrutinised regarding the references for the mechanism and types of *Nidra*. Later, physiologico-anatomical aspects of the sleep were studied from modern physiology books. Later, supportive correlation was done between *Ayurvedic* and modern views to build valid and reliable hypothesis regarding the types of *Nidra* and Sleep theories.

DISCUSSION

Nidra can be can be classified under two broad headings namely *Prakrutha* and *Vaikrutha*. The subdivisions of *Vaikrutha Nidra* are *Sharera Shramaja*, *Mano Shramaja*, *Kaphabhava*, *Tamobhava*, *Amayaja*, *Agantuki*. *Prakrutha Nidra* can be considered as physiological sleep which may be due to reduction in the blood supply to the brain or at least to the conscious centers, so called ischemic theory or may be due to the most conspicuous stimulation area for causing natural sleep is nuclei in the lower half of pons and medulla. Ending of these nerve

fibers secrete serotonin (major transmitter associated with production of sleep), so called serotonin theory.

If there is exposure to more physical and mental strain i.e. *Sharera* and *Manasika Shrama* then there is activation of the sympathetic nervous system and increased worked load on the muscles which results in the release of more lactic acid and other chemicals. After the strenuous physical work some chemicals, like lactic acid, acetylcholine, bromide or specific fatigue toxins were supposed to accumulate which irritates the nerve cells of brain and causes sleep as a result, so called the chemical theory of sleep. After the strenuous physical or mental stress depression of the sympathetic center is stated to be responsible to inducing the sleep and as such sleep is regarded as a parasympathetic function.

Generally the sleep is due to the effect of *Tamas*, but the *Tamobhava Nidra* as particularly due to the excessive *Tamas* causing sleep. When *Satva* and *Rajasa* are diminished in excess and the seat of *Atma* and *Mana* i.e. *Hridaya* is covered by the vitiated *Tamas*, then the organization become inert or inactive. According to some scholars, the *Tamobhava Nidra* resembles with *Sanyasa* condition described by *Charaka* which is the comatose state. The sleep caused by *Tamas* is also the root cause for all sinful acts. *Tamas* always causes excessive sleep. Thus, the individual is unable to perform the virtuous files and so he subjects himself to sinful behavior.

Sleshma is the material state of *Tamas* and when the *Sleshma* increases in the body, sleep ensues. *Sleshma* and the *Tamas* are having identical properties. Therefore, it is called *Sleshma Samudbhava Nidra*.

Sometimes the cause of sleep remains obscure and the cause is not explainable. However, the sleep is followed by the death and as such and is termed as a death signal (*Arishta*). Such *Nidra* is called as *Agantuki Nidra*

Amayaja is considered as the sleep induced due to effect of disease. When a person is suffering from disease there is *Abhitapa* of *Shareera* and *Manas* as a result of which *Manas* will be not in a state to be in contact with *Indriyas* and hence the senses grasped by the sense organs will not be perceived and individual goes to sleep.

CONCLUSION

Ayurveda has recognized *Nidra* as one of the most important dimensions of health associated with happiness and good health and is an outcome of relax mental state. *Pradeha* (after *Suryastha*) and *Paschima Yama* (before *Suryodaya*) these are the *Kala* for *Vidyabhyasa*. The *Kala* between these two *Kala*, which is about two *Yamas* is the proper time for *Nidra* and it leads towards the *Moksha*.

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Prakrutha Nidra can be considered as physiological sleep which may be due to reduction in the blood supply to the brain or may be due to the most conspicuous stimulation area for causing natural sleep is nuclei in the lower half of pons and medulla

If there is exposure to more physical and mental strain i.e *Sharera* and *Manasika Shrama* then there is activation of the sympathetic nervous system and increased worked load on the muscles which results in the release of more lactic acid and other

chemicals which induces sleep as mentioned in Parasympathetic and chemical theory of sleep

Tamobhava Nidra is particularly due to the excessive *Tamas* causing sleep. *Sleshma* is the material state of *Tamas* and when the *Sleshma* increases in the body, sleep ensues. *Sleshma* and the *Tamas* are having identical properties. Therefore, it is called *Sleshma Samudbhava Nidra*.

Abhitapa of *Shareera* and *Manas* during disease condition as a result of which *Manas* will be not in a state to be in contact with *Indriyas* and hence the senses grasped by the sense organs will not be perceived and individual goes to sleep.

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