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## Role Of Tamas In The Manifestation Of Nidra And A Study On Incidence Of Sleep Patterns In Health And Disease

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### INTRODUCTION

Nidra is one amount of Trividha Upastanbha found essential for the healthy status of body and mind<sup>1</sup>. Charka describes sleep as a phenomenon which occurs due to Klama, originated due to physical and mental activities. At this level mind gradually detaches from objects and a person sleeps.

**Sleep is further classified into 6 varieties**

1. Tamobhava,
2. Sleshma Samudbhava,
3. Mana Sharira Shrama Sambhava,
4. Agantuki,
5. Vyadhi Anuvartini and
6. Ratri Swabhava Prabhava.

These varieties of sleep, better known as patterns are seen in the different condition of health and diseases.

### OBJECTIVES OF THE STUDY

- To analysis role to Samjnavaha Srotas and Tamas in the manifestation of sleep.
- To reassess types of sleep in health and diseases
- To study the prevalence of types of sleep in healthy individual and patients.

### NIDRA-AYURVEDIC-VIEW

Ayurveda has recognized Nidra as one of the most important dimensions of health associated with happiness and good health and is an outcome of relaxing 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. The psychosomatic constitution (Prakriti) of an individual plays an important role in progression and prognosis of disease and response to the treatment also. Since the dawn of the civilization, the thinker of various countries in the world has tried to study the sleep, its nature, and causes. In India, from the Vedic and Upanishadika period, the Yogis have studied the Yogic phenomena pertaining to various stages

associated with Atma. They have termed these stages as Jagritavastha (waking phase), Svapnavastha (dream phase), Sushuptavastha (sleep phase) and Samadhi Avastha (the conscious sleep phase having a detachment from the external world in different degrees).

### CONCEPT OF THE PHENOMENON OF NIDRA

- **Different Interpretations**

There is a natural relation of sleeping and waking. During 24 hours the sleep comes naturally during the night but it is not a necessary consequence of darkness, as is proved by those persons who have to work at night, sleeps in the day and readily adopts themselves to this condition. Our ancient sages and Acharyas had crystal clear view regarding the physiology of sleep, but explained in different ways, according to their working field. The different explanations regarding the phenomena of Nidra may be classified into four groups.

1. Upanishad Theories
2. Yogic Theories
3. Ayurvedic Theories
4. Recent Concept

### MATERIALS AND METHOD

- **SOURCE OF DATA**

**Literally source:** Literally data shall be taken from Brihtraye, Laghutraye and Kashyapa Samhita. Relevant contemporary literally sources shall be incorporated to substantiate the hypotheses to prove the role of Tamas with special reference to types of Nidra and their prevalence in health and diseases. Published articles from periodicals, journals and other magazines, the selected source of data from the electronic media will be considered.

**Source for pilot study:** Healthy individuals and Patients attending IPD and OPD of Bhagawan Mahaveer Jain Ayurvedic Medical College and PG Centre, Gajendragad, Gadag, Karnataka are evaluated for occurrence of types of Nidra. In these individuals, the incidence of sleep patterns is evaluated.

### CONCLUSION

*Ayurveda* is the science of life which includes all the factors which are essential to make a man not only healthy but also happy. *Acharya Charaka* says that life always exists, and so people always try to know about life and medicines and follow the principles of *Ayurveda*. The main aim of *Ayurveda* are 1)  $\text{xuÉxjÉxrÉ xuÉÉxjrÉU}\varpi\text{ÉhÉqÉ}$  (prevention of disease) 2)  $\text{AÉiÉÑUxrÉ ïuÉMüÉU mÉëzÉqÉlÉqÉ}$  (cure of disease). To fulfill the aim of life (prevention of disease) of *Ayurveda*, the theory of triupastambha has a great place, as acharya caraka says that ahara, nidra and brahmacharya are the three upastambhas of life and play a key role in the maintenance of health and long lifespan. Being supported by these three upastambhas, the body is endowed with strength, complexion, and growth up till the full lifespan. But when a person is indulged in unwholesome behavior or ignorance of health principles, three upastambhas cannot perform their functions successfully.