



## Review Article

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### AN AYURVEDIC REVIEW ON ANIDRA

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#### ABSTRACT

Ayurveda describes Nidra as one of the most essential factors responsible for a healthy life. It is one of the trayopastambhas or (three supporting pillars) on which the health of a person is depended. Every country had great scientists who tried to study the sleep, its nature and causes. Anidra is neither explained as a separate disease in Ayurveda, thus nor the Samprapti available. Depending upon the Dosha, dushya involvement Anidra is explained. Sleep is the absence of thought waves or knowledge non-deliberately. Dreamless sleep is state of consciousness in which the sense of existence is remained. In sleep, the senses of perception rest in the mind; the mind rest in the consciousness and the consciousness rest in the being.

**Keywords:** Ayurveda, Nidra, Anidra, Sleep, Classification of Anidra, Nidana Panchaka.

#### INTRODUCTION

By studying the previous description, it is quite understood that Nidra is not only an important but an essential phenomenon of life, which affects the body and mind equally; when it is enjoyed in a right manner. Otherwise the improper Nidra (Anidra) leads many problems like dukha, karshya, abala, klibata, ajnana at last leads to death also<sup>1</sup>.

Charaka<sup>2</sup> tells Nidra and Nidranasha in context of ninditiya purusha at sutra sthana which is included in 80 nanatmaja Vata vikaras<sup>3</sup>; but having no explanation of management at either in Chikitsa sthana or elsewhere. Susruta<sup>4</sup> explains it under the chapter of garbhavyakaranashariram may be – of Nidra plays a role in nutrition and development for the body.

He also explains vaikarika Nidra (sleep disorders) in the same chapter along with Chikitsa (treatment). Vriddha Vagbhata<sup>5</sup> of Astanga sangraha mentions Nidra and Nidra vikara along with treatment in viruddhaannavijnaniya adhyaya and in Vagbhata<sup>6</sup> of Astanga hridaya tells the same in annaraksha adhyaya, while explaining trayopastambha. Sarangadhara<sup>7</sup> describes the Anidra in vatajananatmaj vikara, Alpa Nidra in pittajananatmaj vikara and ati nidra under kaphajananatmaj vikara.

#### Deprivation of Anidra

It is composed of two words: 1<sup>st</sup> word is 'A' + another word is 'Nidra'. The suffix 'A' gives negative meaning to the act of Nidra<sup>8</sup>. Anidra means less sleep or no sleep; Ayurveda Vishwakosha part Ist<sup>9</sup> explains Anidra as Nidranasha. In

Ayurvedic texts the term 'Anidra' term is used for indicating a pathological condition in which A+ is devoid of sleep.

#### Synonyms of Anidra

##### Alpa Nidra

Alpa means less which refers to reduction in sleep time.<sup>10</sup>

##### Jagarana

Jagarana means awaken; Nidra rahita, Nidra abhava which refers to the loss of sleep or no sleep.<sup>11,12</sup>

##### Nidrakshaya

Kshaya means harsa, bhanga so; Nidrakshaya term refers to disturbances in sleep reduction in sleep time.<sup>13</sup>

##### Nidrabhanga

The word bhanga means breaking, splitting; this term shows disturbances of sleep.<sup>14</sup>

##### Nidrachheda

Chheda means cutting off, a section, which shows disturbances during sleep.<sup>15</sup>

##### Nidrabhramsha

The term 'bhramsha' means to drop, fall down, cessation; which refers to reduction in sleep time.<sup>16</sup>

##### Vigata Nidra

The term 'vigata' means disappear, ceased which can be correlated with loss of sleep or reduction in sleep time.<sup>17</sup>

##### Nasta Nidra

Nasta means lost and disappeared deprived of which convey the meaning of loss of sleep.<sup>18</sup>

By going through all these synonyms Nidra nasha can be considered as difficulty in initiation of sleep reduction in sleep time and disturbances during sleep.

## Nidana Panchaka

### Nidana

**Table 1: Anidra Ahara Nidana**

Ahara	CS	SS	AS	AH	BS	HS	BP
Rookshanna	-	-	+	-	-	-	-
Yavaanna	-	-	-	-	+	-	-

(CS- Charak samhita; SS- Susrutha samhita; AS- Ashtanga sangraha; AH- Ashtanga hridaya; HS- Hareeta samhita; BS- Bhela samhita; BP- Bhava prakasha)

**Table 2: Anidra Vihara Nidana**

Vihara	CS	SS	AS	AH	BS	HS	BP
Vyayama	+	-	-	+	+	-	+
Upavasa	+	-	-	+	-	+	-
Asukhasaiyya	+	-	+	-	-	-	-
Kshudha	-	-	+	-	-	-	-
Atimaithuna	-	-	+	-	-	-	-

(CS- Charak samhita; SS- Susrutha samhita; AS- Ashtanga sangraha; AH- Ashtanga hridaya; BS- Bhela samhita; HS- Hareeta samhita; BP- Bhava prakasha)

**Table 3: Chikitsa Atiyogajanya Nidana of Anidra**

Chikitsa Atiyogajanya	CS	SS	AS	AH	BS
Vamana	+	-	+	+	-
Virechana	+	-	+	-	+
Nasya	+	-	+	-	+
Raktamokshana	+	-	+	-	-
Dhoomapana	+	-	+	+	+
Sveda	-	-	-	+	-
Anjana	-	-	-	+	-
Langhana	-	-	-	+	+

(CS- Charak samhita; SS- Susrutha samhita; AS- Ashtanga sangraha; AH- Ashtanga hridaya; BS- Bhela samhita)

**Table 4: Anidra Manasika Nidana**

Manasika	CS	SS	AS	AH	HS	BP
Bhaya	+	-	-	-	+	+
Chinta	+	-	+	+	+	+
Krodha	+	-	-	+	-	+
Manastapa	-	+	-	-	-	-
Shoka	-	-	+	+	-	+
Vyatha	-	-	+	-	-	-
Harsha	-	-	+	-	-	-
Lobha	-	-	-	-	+	-

(CS- Charak samhita; SS- Susrutha samhita; AS- Ashtanga sangraha; AH- Ashtanga hridaya; HS- Hareeta samhita; BP- Bhava prakasha)

Including all above causative factors, Susruta has explained abhigata and kshaya as Nidana of Anidra<sup>19</sup>.

### Purvarupa

Purvarupa is not described for Anidra in any Ayurvedic classics.

### Rupa

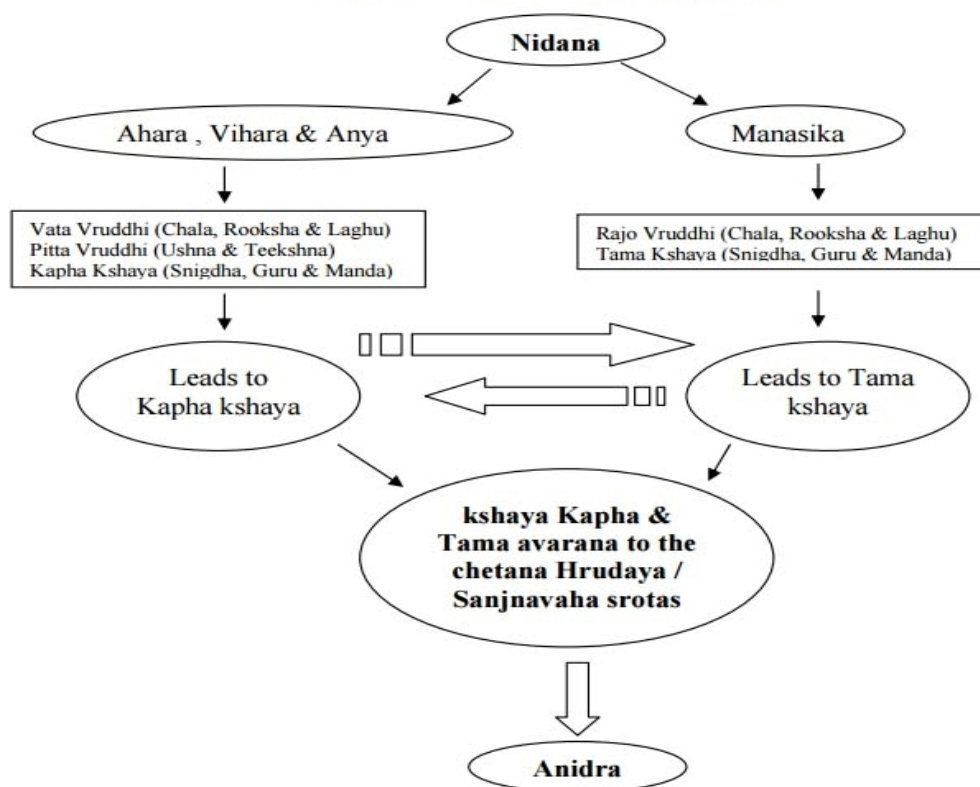
**Table 5: Symptoms of Anidra**

Rupa	CS <sup>20</sup>	SS <sup>21</sup>	AH <sup>22</sup>	AS <sup>23</sup>
Jrumbha	+	+	+	+
Angamarda	+	+	+	+
Tandra	+	+	+	+
Shiro-roga	+	-	-	-
Shiro-gourava	-	+	+	+
Akshi-gaurava	+	+	-	-
Jadyata	-	-	+	+
Glani	-	-	+	+
Bhrama	-	-	+	+
Apakti	-	-	+	+
Vata roga	-	-	+	+

(CS- Charak samhita; SS- Susrutha samhita; AH- Ashtanga hridaya; AS- Ashtanga sangraha)

**Samprapti**

**Figure – 1**  
Schematic diagram of Anidra Samprapti



**Figure 1: Schematic Diagram of Anidra Samprapti**

**Types of Samprapti**

**Sankhya**

According to Ayurveda; Anidra is of two types i.e. either due to Vata prakopa or Pitta prakopa<sup>24</sup>.

**Vikalpa**

In Anidra, mainly in Vata Prakopa; it's Chala and Laghu Guna vitiates, which supports the mind to be active and causing Anidra. In this way; the Dosha amshamsha kalpana is essential.

**Pradhanya**

In Pradhanya Samprapti; the predominance of morbid humours is described in terms of the comparative degrees. As Anidra is of Vataja Nanatmaja Vyadhi, vitiation of Vata

occurs and Pitta dominance is not seen. In this way; the validation of the Dosha pradhanyata is essential.

**Bala**

Bala of Anidra i.e. Vyadhi can be well explained by the strength of manifestation of symptoms, severity and duration etc; which will surely help as a prognostic tool.

**Kala**

Kala is an essential factor; while considering Nidra as well as Anidra. Charaka<sup>25</sup> describes the Nishi Kala cause Nidra naturally. Sleeping in day time is contra indicated and not advised. Not sleeping in night time; indicating that Kala interferences with cause the Anidra – thus the time factor are having an influential effect on Anidra and Nidra.

**Samprapti Ghataka**

**Table 6: Anidra – Sampraptighataka**

Dosha	Vata and Pitta (Vriddhi), Kapha (Kshaya)
Dushya	Rasa
Srotas	Manovaha and Rasavaha Srotas
Srotodushti Prakara	Atipra vritti (Over indulgence)
Adhsthana	Hridaya
Agni	Jatharagni

### Upadrava

In Ashtanga Sangraha, it is explained that aggravated Vata is due to Anidra produces Kapha kshaya. The decreased and dried Kapha sticks in Dhmanis walls and causing Srotorodha.

This finally results in so much exhaustion that eyes of the patient remain wide open and causing watery secretion from eyes. This dangerous exhaustion is Sadhya up to three days after that it becomes Asadhya.<sup>26</sup>

### Upashaya and Anupashaya

As upashaya and anupashaya are not described in texts so they can be evolved. Mamsasevana, madya, ksheera and ksheeravikaras, abhyanga, utsadana, tarpana and snehasevana etc., may be considered as upashaya of Anidra; whereas rukshanna, yavanna, dhoomapana, krodha, shoka etc., may be considered as its anupashaya of Anidra.

### Management of Anidra

There is no specific line of treatment explained for Anidra in our Ayurvedic texts. Depending upon the treatment mentioned; is in different contexts, for Anidra can be mainly divided into 2 types 1. Bahya Chikitsa 2. Abhyantara Chikitsa. Abhyantara Chikitsa would be again sub divided into (a) ahara pradhana Chikitsa (b) aushadha pradhana Chikitsa.

Our ancient acharyas have given more importance to bahya upacharas such as moordhni taila, abhyanga etc. and manasika upacharas such as manonukulavatavaranamanonukulavishayagrahana etc., including all these; therapeutic measures are also explained along with some specific aharas for patients of Anidra.

All these therapeutic measures in the different contexts can be divided into the following groups' i.e. Bahyau pachara, Manasika upachara, Ausadha upachara and Ahara upachara.

Table 7: Bahya Upacharas for Nidranasha

Bahya Upachara	CS	SS	AH	AS	YR	BP	KS	BR
Abhyanga	+	+	+	+	+	+	-	-
Utsadana	+	-	-	-	-	-	-	-
Samvahana	+	+	-	+	+	+	-	+
Shitarpana	+	-	+	+	-	+	-	-
Moordhni Taila	+	+	-	-	-	-	-	-
Udvartana	-	+	+	+	-	+	+	-
Shiro-basti	-	-	+	+	-	-	-	-
Shiras-tarpana	-	-	+	-	-	-	-	-
Karna-poorana	-	-	-	+	-	-	-	-
Padabhyanga	-	-	-	+	+	-	-	-
Angamardhana	-	-	-	-	-	-	-	-
Mardana	-	-	-	-	-	-	-	-
Shiro-lepa	+	-	-	-	-	-	-	-
Vadana-lepa	+	-	-	-	-	-	-	-

(CS- Charak samhita; SS- Susrutha samhita; AH- Ashtanga hridaya; AS- Ashtanga sangraha; YR- Yoga ratnakar; BP- Bhava prakasha; KS- Kashyapa samhita; BR- Bhaishjya ratnavali)

Table 8: Aahara Upacharas for Nidranasha

Ahara Upacharas	CS	SS	AH	YR	BP	KS	HS	BR	DN	RN
Gramyamamsa rasa	+	-	-	-	-	-	-	-	-	-
Anupamamsa rasa	+	-	-	-	-	-	-	-	-	-
Jaleeyamamsa rasa	+	-	-	-	-	-	-	-	-	-
Mahishaksheera	+	-	+	+	-	-	+	+	+	+
Peeyusha	+	-	+	+	-	-	-	-	-	-
Morata	+	-	-	+	-	-	-	-	-	-
Goodhooma	-	+	-	-	+	+	-	-	-	-
Varahamamsa	-	-	-	-	-	-	-	-	+	+
Guda	-	-	-	-	-	+	-	+	-	-
Matsya	-	-	-	-	+	+	-	+	-	-
Dadhi	-	-	-	-	-	+	-	-	-	-
Koorchika	-	-	-	+	-	-	-	-	-	-
Masha	-	-	-	-	+	-	-	+	-	-
Sita	-	+	-	-	-	-	-	-	-	-
Yoosha	-	-	-	-	+	-	-	-	-	-
Sneha	-	-	-	-	+	-	-	-	-	-
Kilata	+	-	+	+	-	-	-	-	+	+
Madhya	-	-	+	-	-	-	-	-	-	-

(CS- Charak samhita; SS- Susrutha samhita; AH- Ashtanga hridaya; YR- Yoga ratnakar; BP- Bhava prakasha; KS- Kashyapa samhita; HS- Hareeta samhita; BR- Bhaishjya ratnavali; DN- Dhanwantari Nighantu; RN- Raja Nighantu)

**Table 9: Manasika Upacharas for Nidranasha**

Manasika Upachara	CS	SS	AH	AS	HS	BP
Manonukula Vishayagrahana	+	-	-	-	-	-
Manonukula Sabdagrahana	+	-	-	-	-	-
Manonukula Gandhagrahana	+	-	-	-	-	+
Mrudushayya	-	+	-	-	-	-
Sukhashayya	-	-	-	+	-	-
Sukhasparsh	-	-	-	+	-	-
Nischinta	-	-	+	-	-	-
Nityatrupti	-	-	+	-	-	-
Bhaya tyaga	-	-	-	-	+	-
Chinta tyaga	-	-	-	-	+	-
Lobha tyaga	-	-	-	-	+	-
Swasteerna Sayana	+	-	-	-	-	-
Sukhavartalapa	-	-	-	-	+	-
Santosha	-	-	-	-	-	+

(CS- Charak samhita; SS- Susrutha samhita; AH- Ashtanga hridaya; AS- Ashtanga sangraha; HS- Hareeta samhita; BP- Bhava prakasha)

**Table 10: Anya upachara for Nidranasha**

Anya Upacharas	CS	AH	AS	BP	KS	HS	YR
Snana	+	+	+	-	-	-	-
Shirolepa	+	+	+	-	-	-	-
Varsasevana in Varsa Ritu	-	-	-	+	-	-	-
Lehana karma	-	-	-	-	+	-	-
Vastrakrutavayu sevana	-	-	-	-	-	+	-
Kamsyapatrakrutavayu sevana	-	-	-	-	-	+	-
Talapatrakrutavayu sevana	-	-	-	-	-	+	-
Kadalipatrakrutavayu sevana	-	-	-	-	-	+	-
Viewing dance and hearing humorous voice	-	-	-	-	-	+	-

(CS- Charak samhita; AH- Ashtanga hridaya; AS- Ashtanga sangraha; BP- Bhava prakasha; KS- Kashyapa samhita; HS- Hareeta samhita; YR- Yoga ratnakar)

Some other measures, which can be advised to the patient of Anidra; though are not explained in Ayurvedic literature, are as follows:

- Maintenance of regular time for going to bed.
- Avoid watching excited pictures at night.
- Not advised for smoking, tea, coffee or alcohol at night time before going to sleep.
- Avoid indulging in any type of work or reading till late night.
- Must be devoid of thoughts tensions before going to bed.
- Advised to hear soft music or favourite songs also induces sleep.

- Advised for 5-10 minutes mediation before going for sleep
- Regular offering prayer before sleep.
- Activities such as washing of hand, feet and face help inducing sleep.
- Not advised of excess coitus
- Day sleep should be prohibited
- Advised for proper evacuation of stool and urine
- Advised for mosquito control measures to avoid mosquito bites
- Maintaining of adequate privacy and free from disturbances

### Aushadha Chikitsa (Upachara)

**A. Single drug therapy:** Majority of single drugs are explained in Ayurvedic texts which give relief from Nidranasha. These single drugs are as follows:

**Table 11: Single drugs useful for Nidranasha**

Eka-moolika	BP	KS	HS	DN	RN	BR
Palandu	+	-	-	+	+	-
Ikshurasa	+	-	-	-	-	-
Potaki	+	-	-	-	-	+
Tila	+	-	-	-	-	-
Trikatu	-	+	-	+	-	-
Ketaki	-	-	+	-	-	-
Vartaka	-	-	+	-	-	-
Kakamachi	-	-	+	-	-	-
Asuri	-	-	-	+	+	-

(BP- Bhava prakasha; KS- Kashyapa samhita; HS- Hareeta samhita; DN- Dhanwantari Nighantu; RN- Raja Nighantu; BR- Bhaishjya ratnavali)

## B. Compound drugs

Sarasvata choorna	Indumarichadi vati <sup>27</sup>
Nidrakara choorna	SwarnaMakshika Bhasma <sup>28</sup>
Ashvagandh arista	Yashada Bhasma <sup>29</sup>
Shankhapushpy arista	Tungadrumadi Taila <sup>30</sup>
Chandravaleha	Dhanyamla
Chintamani Chaturmukha	Kantakaryadi kwatha <sup>31</sup>
Rasa	Kakajanghadi Kwatha <sup>32</sup>
Vatakulantaka rasa	Ghrita Bharjita Nagara <sup>33</sup>
Nidrodya rasa	Mukta Bhasma – mainly for Pitta
Sarpagandhaghana Vati	vridhi
Agasti Sutaraja Vati	Janya Nidranasha.

## C. Amayika Prayoga

- Ghrita Bharjita Bhanga + Madhu<sup>34</sup>
- Pippalimoola + Guda<sup>35</sup>
- Aswagandha Choorna + Pippalimoola Choorna + Parasika Yavani Choorna to be given with milk.
- Sarpagandha powder – 1 g + Rasa sindura ¼ g to be given with milk
- Sarpagandha powder (50 g) + Jaharamohara Pisti 6 g + Pravala Pisti (6 g) + Amrita Satva (6 g) to be given
- Dose – ½ - 1 g BID or TID with Gulab Arka to be given (mainly for Insomnia due to HTN)
- Amalaki – 2 parts + Pippalimoola – 1 part + Jatamansi – 1 part to be given; dose – 1 tsp twice daily.
- Kakajangha Twak Kwatha + Madhu to be given<sup>36</sup>
- Shalmali Nirayasa + Kiratatikta<sup>37</sup>
- Ghrita + Taila Yamaka Yusha<sup>38</sup>
- Mahisha Ksheera + Khas Khas
- Rohitamatsya Kambalika + Kutajaveeja Choorna + Guda advised to be taken.<sup>39</sup>

## CONCLUSION

Six hours sleep in the middle of the night and keeping awake during the first and last quarters as well as at day time; can be generally considered as regulated sleep and wakefulness. In the Ayurvedic texts and the later literatures; the usefulness and value of sleep and its essential role in the maintenance of health is elaborately discussed. Form the review above, we observe that Anidra has been described by different Acharyas in Ayurveda and their treatment vary according to their types and different Acharyas.

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