

INTERNATIONAL JOURNAL OF AYURVEDA360



**AYURVEDA
360**

**PEER-REVIEWED
BIMONTHLY JOURNAL**

| www.ayurveda360.in/journal

ISSN

PRINT:

3048-7382

ONLINE:

3048-7390

2024

VOLUME 1

ISSUE 2

SEPTEMBER-

OCTOBER

REVIEW ARTICLE

Access this article online

Scan Here



Website:

www.ayurveda360.in/journal

ISSN

PRINT: 3048-7382

ONLINE: 3048-7390

Publication History:

Submitted: 20-August-2024

Revised: 18-September-2024

Accepted: 30-September-2024

Published: 15-October-2024



How to cite this article:

Achar, S.S., Abhinesh, Kamath, S., & Kashikar, V. (2024). A review on Nidra: Understanding it through the lens of Vega. *International Journal of Ayurveda 360*, 1(2), 45-52. <https://doi.org/10.5281/zenodo.14033492>

A Review on Nidra: Understanding It Through the Lens of Vega

Dr. Sandeep S. Achar* Dr. Abhinesh* Dr. Surekha Kamath** Dr. Vidyadish Kashikar***

*Presently, P.G.Scholars, Department of Ayurveda Samhita & Maulik Siddhant, NIA (DU), Jaipur

**Presently, P.G.Scholar, Department of Roganidana & Vikritivijnana, NIA (DU), Jaipur

***Presently, Asst. Professor, Department of Ayurveda Samhita & Maulik Siddhant, NIA (DU), Jaipur

Abstract

Introduction:

Sleep is a crucial biological function, occupying nearly one-third of a human's life. It is essential for physical, mental, and emotional well-being, offering the body an opportunity to rejuvenate. Modern lifestyles often neglect sleep, despite its importance, posing risks to health.

Materials & Methods:

This review explores the concept of nidrā in Ayurveda, specifically in the context of Aṣṭāṅgahṛdaya. Ayurveda texts were examined for references to sleep's role in balancing the tridoṣa, focusing on conditions like anidrā and jāgaraṇa.

Results:

In Ayurveda, nidrā is regarded as one of the three pillars of health alongside food and celibacy. Improper sleep patterns lead to the vitiation of doshas, with vāta aggravated by anidrā, and kapha and pitta imbalanced by divāsvapna. Treatments for sleep disorders, such as nasya and dhūmapāna, are suggested at specific times to enhance efficacy.

Discussion and Conclusion:

Both ancient Ayurveda and modern scientific perspectives emphasize sleep's essential role in health maintenance. Improper sleep patterns are linked to various health disorders, and balancing sleep is critical for overall well-being and disease prevention. Ayurveda's comprehensive understanding of nidrā complements modern health principles, highlighting the importance of restoring proper sleep habits to maintain physical, mental, and emotional health.

Keywords: Nidra, jāgaraṇa, divāsvapna, vegadhāraṇa, udīraṇa

Address for Correspondence:

Dr. Sandeep S. Achar., PG Scholar, Department of Ayurveda Samhita & Maulik Siddhant, NIA (DU), Jaipur **Email id:** 007.sssandeepachar@gmail.com.