



INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY HEALTH SCIENCES

ISSN: 2394 9406

A REVIEW OF CONCEPT OF NIDRA: A PILLAR AMONGST TRAYOPASTAMBHA

Dr. Vinod Patil¹,

Principal, Professor Samhita Siddhant Department,

H. S. P. M. Ayurvedic Medical College, Peth Vadgaon, Maharashtra.

Corresponding author's mail ID: vinodpatil1177@gmail.com

ABSTRACT:

Ancient authors of *Ayurveda* explained the concept of *Trayopastambha*, which means the vital tripod of life, where the three pillars of tripod are *Aahara*, *Nidra* and *Brahmacharya*. The *Acharyas* of *Ayurveda* have given the *Trayopastambha* a great importance, so that the well being and health is dependent upon the normalcy of *Trayopastambha*. Amongst the three basic needs of the life, the importance of *Nidra* i.e. sleep is on top of all. One third life of the man is spent in sleep. The sleep of a man amongst these three carries a significant value and so be treated as an important pillar amongst *Trayopastambha*. There are some benefits of the sleep to the mankind, which makes it more vital amongst the three. The other two i.e. *Aahara* and *Brahmacharya* are also important equally but the every pillar has its own value which is contributed to make them significant.

The article reviews the concept of *Nidra* as a pillar of *Trayopastambha*.

Keywords – *Nidra*, *Upastambhas*, *Trayopastambha*, *Ayurvedic*

INTRODUCTION:

The sleep of the man is a physiological requirement which make him refreshed and gives him rest and a feeling of restart. Nocturnal sleep is a natural physiological requirement of every human being. A deep and comfortable sleep indicates the good health of the person and is helpful for the nourishment of the body tissues. Sleep is an altered consciousness of the mind in which the sensory and motor activities of the man are reduced and mind goes into sedentary state¹. Sleep is featured by reduction in wakefulness, lowered ability to react to stimuli but not like the coma, as the brain remains in its active pattern.

Ayurvedic ancient authors also given detailed explanations of concept of Nidra. The Acharyas of Ayurveda has described Nidra as one of the *Trayopastambha*, so the Nidra has got described with respect to its significance amongst the *Trayopastambha*.

AIMS AND OBJECTIVES:

To understand the concept of *Nidra* as a pillar amongst the *Trayopastambha*.

MATERIAL AND METHODS:

Various literatures about *Trayopastambha* and concept of *Nidra* from various *Samhitas* and published material.

REVIEW:

To make the body and mind fresh and revived, the human beings need sleep. Life essential benefits are sought from a healthy

and normal sleep. Improper or sleeplessness yields great loss to the body.

Definition and Mechanism:

Acharya *Charaka* has given the mechanism of genesis of *Nidra*. When the body and mind gets fatigued, *Indriya* gets resolved from their *Arthas* and *Atma* along with *Manas* gets defunct, the man sleeps². The *Manas* when gets detached from various subjects, *Atma* is not being capable to get the knowledge of the subject. *Indriya* are not allowed to attach to own subjects. *Manas* gets detached from *Indriya* and goes in a place where *Indriya* can't reach.

As per modern science, the sleep is a state of mind with altered consciousness from which man can be aroused.

Sankhya:

1. As per Acharya *Susruta*³:

Three types: *Tamasi*, *Vaikareeki*, *Swabhaveeki*

2. As per Acharya *Vagbhata*⁴:

Seven types: *Kala-Swabhavaj Nidra*, *Aamaya Nidra*, *Chitta-Khedajanya Nidra*, *Deha-Khedajanya Nidra*, *Kaphajanya Nidra*, *Aagantu Nidra*, *Tamobhava Nidra*

3. As per Acharya *Charaka*⁵:

Six Types: *Tamobhava*, *Sheshma Samudbhava*, *Mana-Sharir-Shrama Sambhava*, *Agantuki*, *Vayadhi-Anuvartini*, *Ratri swabhavaprabhava*.

Mechanism of sleep described as per Acharya Susruta⁶:

When *Hridaya* gets afflicted by *Tamas Guna*, *Nidra* is induced. When *Hridaya* get afflicted by *Satva Guna*, man arouses from sleep.

Benefits of *Nidra*⁷:

Proper and timed *Nidra* gives man *Sukha* (happiness), *Pushti* (nutrition), *Bala* (strength), *Vrishata* (potency), *Dnyana* (knowledge), *Jeevita* (life).

DISCUSSION:

Man spends his one third of life in sleep. The sleep is physiologically essential phenomenon. The *Acharyas* of *Ayurveda* has described the sleep in the form of *Nidra*, which is one of the pillars of *Trayopastambha*.

The other pillars of *Trayopastambha* are *Aahara* and *Brahmacharya*. The significance of *Nidra* over other two *Trayopastambha* has been underlined by the vital functions of *Nidra* nicely explained by *Acharya Vagbhata*. Various theories inducing the sleep and explaining the mechanism of sleep has been put forwarded by the modern scientists, but no theory seems to be capable of explaining the exact cause and mechanism of sleep.

CONCLUSION:

The functions of *Nidra*, when we study them thoroughly, they are of immense importance. The *Sukha i. e.* blissful and

happy life given by sleep. Again, the *Pushti* function is the nourishment of body and mind, so that they are grown and matured. One more function of *Nidra* is *Bala* i.e. strength or power. The fitness yields the strength. *Vrishata* is nothing but the reproducibility, which is also a chief function of *Nidra*. Knowledge or *Dnyana* is the development of scientific aspect which is the maturation function of *Nidra*. *Jeevita* is nothing but life with lengthy span, a significant function of *Nidra*.

Due to all these benefits of *Nidra*, it remains outstanding amongst the *Trayopastambha* and has a vital role as a pillar of *Trayopastambha*.

REFERENCES:

1. <https://en.wikipedia.org/wiki/Sleep>
2. Agnivesh, *Dridhabala*, Charak, Charak Samhita with commentary by Chakrapanidutta, Vd. Yadavji Trikamaji Acharya, Fourth Edition, Chaukhamba Sanskrit Sansthan, Varanasi, Sutrasthan 21/35.
3. Acharya Sushrut, *Sushrut Samhita*; *Ayurveda Tattva Sandipika* Hindi Commentary; Edited by Kaviraj Ambikadutta Shastri; Chaukhamba Sanskrit Sansthan, Varanasi, Edition: Reprint Sharir Sthana, 2013; 04/32
4. *Ashtanga Sangraha*, hindi Vyakhya sahit, dwitiya bhaga, vyakhyakara Kaviraj

Atridev Gupt, Krushnadas Academy,
Varanasi, 1993, Sutra Sthana 6/6.

5. Agnivesh, Dridhabala, Charak, Charak
Samhita with commentary by
Chakrapanidutta, Vd. Yadavji Trikamaji
Acharya, Fourth Edition, Chaukhamba
Sanskrit Sansthan, Varanasi, Sutrasthan
21/58.

6. Acharya Sushrut, Sushrut Samhita;
Ayurveda Tattva Sandipika Hindi
Commentary; Edited by Kaviraj
Ambikadutta Shastri; Chaukhamba
Sanskrit Sansthan, Varanasi, Edition:
Reprint Sharir Sthana, 2013; 04/34, 35

7. Ashtanga Sangraha, hindi Vyakhya
sahit, dwitiya bhaga, vyakhyakara Kaviraj

Atridev Gupt, Krushnadas Academy,
Varanasi, 1993, Sutra Sthana 7/41.

