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Assessment of Nidra in Different Deha Prakriti in Healthy Individuals -A Cross-Sectional Study

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***Abstract*:**

Nidra is one of biological three pillars. The other two pillars are *Aahara* and *Brahmacharya*, which are self-control and celibacy practice. *Nidra* is commonly acknowledged as essential for maintaining both physical and emotional well-being. When properly enjoyed, *Ahara* (eating), *Nidra* (sleep), and *Abhrahmacharaya* (non-celibacy), according to *Acharya Vagbhata*, maintain the body continuously in the same way as the house (is maintained) by the pillars (*Trayo-Upsthambha*). Ayurvedic therapies: Ayurvedic interventions provide a holistic approach to the treatment of sleep disorders and have the potential to correct underlying imbalances in both the body and the mind. A number of Ayurvedic treatments, including Shirodhara, Abhyanga, and Svedana, have been demonstrated to be helpful in enhancing the quality of one's sleep.

Keywords: *Ayurveda*, *Deha Prakriti*, *Nidra*, PSQI, Sleep Physiology, Sleep quality.

Introduction

"यदा तु मनसि क्लान्ते कर्मात्मानः क्लमान्विताः ।

विषयेभ्यो निवर्तन्ते तदा स्वपिति मानवः ।। " (च.सू. 21/35)

According to the verse that was given above, *Acharya Charak* says that *Nidra*, also known as sleep, is nothing more than the state of having a mind and body that are both exhausted. It simply indicates that when an individual's intellect becomes exhausted and when their *Indriyas* get so overworked that they retreat from their objects, then the individual sleep[1].

The quantity of sleep one gets affects all elements of one's existence, including contentment or sorrow, physical health (including a healthy body), muscular ability or weakness, sexual potency or impotence, intellectual capacity or ignorance, and life itself or its absence (death).

Prakriti, according to *Ayurveda*, is the factor that determines both the quality and duration of one's sleep. For example, those with a *Vata Prakriti* may have difficulties going asleep due to a busy mind, whereas those with a *Kapha Prakriti* may have problems awakening in the morning due to a natural proclivity toward lethargy. Both of these disorders are caused by the body's natural inclinations. Sleep disruptions are a serious public health issue that affects millions of individuals worldwide. According to the American Sleep Association, 50-70 million people

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[1] Sharma P.V., Ashtauninditiyaadhyaya, Chapter 21 in Sutrasthana of Charaka Samhita. Vol-1, Edition-2011, Editors: Sharma Priyavrat. Varanasi, Chaukhambha Orientalia. 2011: 21/35

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in the United States have problems sleeping. In India, 73% of the population suffers from sleep problems, with more than 50% experiencing sleeplessness.[2]

Health impact of sleep disorders: Sleep disturbances harm health by reducing productivity, impairing cognitive function, and increasing the possibility of chronic diseases including diabetes, hypertension, and depression.

Limited conventional treatments: The conventional treatments for sleep disorders such as pharmacological therapies have limitations such as side-effects and habit-forming tendencies. Nidra has been regarded by all of the great Ayurvedic philosophers as being absolutely necessary for all living things. According to Acharya Charaka, inadequate Nidra (Nidranasha) consumption causes a number of issues, including *Dukha, Karshya, Abala, Klibata, and Agyan*, as well as mortality [3]

Table 1: Various types of *Nidra* according to different *Acharyas*

A brief discussion about different types of *Nidra* according to different *Acharyas*:

According to *Acharya Charak*[4]	According to *Acharya Vagbhatta*[5]	According to *Acharya Sushrutaa*[6]
1.Tamo~bhava	1. Kala~svabhawajanya Nidra	1. Vaishnavi Nidra
2.Sleshma smudbhava	2. Aamayajanya Nidra	2. Vaikariki Nidra
3.Manah~shari~-shrama sambhava	3. Chitta-khedajanya Nidra	3. Tamsi Nidra
4 Vyadhyanuvartini.	4. Dehakhedajanya Nidra	
5. Agantuki	5. Kapha Doshajanya Nidra	
6. Ratrisvabhava- prabhava	6. Aagantuki Nidra	
	7. Tamobhava Nidra	

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To assess *Nidra* in different *Deha Prakriti* in healthy individuals

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[2] https://sleepvert.com/sleep-statistics-india/

[3] Sharma P.V., Ashtauninditiyaadhyaya, Chapter 21 in Sutrasthana of Charaka Samhita. Vol-1, Edition-2011, Editors: Sharma Priyavrat. Varanasi, Chaukhambha Orientalia. 2011: 147.

[4] Sharma R.K., Dash Bhagwan. Chakrapani Datta's *Ayurveda* Dipika. Ashtauninditiyaadhyaya, Chapter 21in Sutrasthana of Charaka Samhita. vol.-I, Edition-2011. Editor: Sharma R.K., Dash Bhagwan. Varanasi, Chowkhamba Sanskrit Series Office. 2011: 385

[5] Rao B. Rama. Vagbhatta Sutrasthana. Viruddhanna Vigyaniya Adhyaya, Chapter 9 in Sutrasthana of Ashtanga Sangraha. Vol.-1. Edition-2006. Editor: Rao B. Rama. Varanasi, Chaukhambha Visvabharati, 2006: 177.

[6] Sharma P.V. Dalhana's Commentary. Garbhvyakaran Sharir, Chapter 4 in Sharirasthana of Sushruta Samhita. Vol-2, Edition- 2013. Editor: Sharma Priyavrat. Varanasi, Chaukhambha Visvabharati. 2013: 156.

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Objectives

1.	To assess *Prakriti* in enrolled healthy volunteers.

2.	To assess *Nidra* in enrolled healthy volunteers.

3.	Comparing the above data, to assess if there is any correlation between *Nidra* and *Prakriti* in an individual

Criteria For Selection

Inclusion Criteria

1.	Self-Declared apparently healthy subjects aged 18-30 years either gender.

2.	Individuals having no history of any apparent disease in last one month.

3.	Individuals willing to participate in this study.

Exclusion Criteria

1.	Subjects suffering from any disease (acute or chronic).

2.	Taking any medication presently.

3.	Any kind of addiction that may hamper the physiological parameters.

4.	Pregnancy and lactation.

Method Of Evaluation

●	Enrollment of apparently 100 healthy individuals was done on the basis of inclusion and exclusion criteria of the study.

●	*Prakriti* assessment was done by using "Self- Assessment Questionnaire to Determine *Prakriti* (SAQDP)" proforma.

●	Informed Consent from subjects was taken.

●	Case record proforma was filled which gave details regarding the history of the subjects.

●	Sleep quality assessment was done using Pittsburgh Sleep quality index Proforma.

●	All the data related to *Prakriti and Nidra (Sleep quality)* was statistically analyzed and results were presented in the form of thesis.

Observations And Discussion

Goals of PSQI- The Pittsburgh Sleep Quality Index was created with several different objectives in mind[7]

1. To provide dependable, valid, and standardized method for measuring the quality of one's sleep.

2. To differentiate between "good" and "poor" sleepers.

3. To produce an index that is user-friendly for both the participants and the physicians and researchers who will be analyzing the data In order to provide a concise and clinically relevant assessment of a variety of sleep disruptions that have the potential to impact sleep quality

Factors affecting the normal sleep quality-

●	S tress/pressure

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[7] https://www.psychiatry.pitt.edu/sites/default/files/inline-files/PSQI%20Article.pdf

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- Exhaustion

- Anxiety

- Late night jobs

- Late night study

Distribution of PSQI score in different *Deha Prakriti* subjects

It was observed that participants enrolled in the study having different *Prakriti* differ significantly in terms of their quality of sleep as assessed by PSQI (p-value <0.001). Majority of the participants across different *Prakriti* were having good quality sleep 62%.

However, 38% of the participants were having moderate to poor quality of sleep.

Participants having *Kapha* dominant *Prakriti* were having the best quality of sleep 54%.

Participants having *Pitta* dominant *Prakriti* were having the mostly moderate quality of sleep 15%.

Participants having *Vata* dominant *Prakriti* were having the mostly poor quality of sleep 3%.
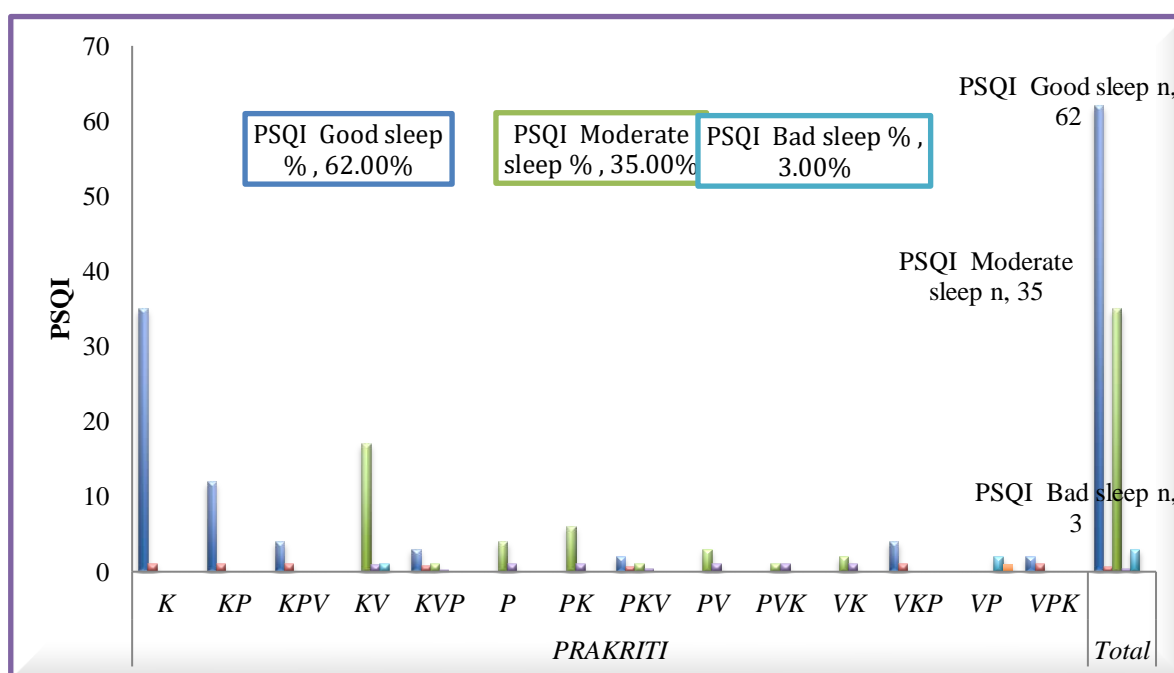

Figure 1: Bar chart distribution of PSQI score in different Deha Prakriti subjects

Discussion & Conclusion

This research work was done to assess the Nidra (sleep quality) in different Deha Prakriti volunteers. The results of the present research revealed the following conclusion by comparing the two. The findings of the investigation demonstrated beyond a reasonable doubt the existence of a connection between Prakriti and Nidra.

- Here we conclude that the association of Nidra with Prakriti, PSQI score was statistically significant indicating that the *Vataja Prakriti* is more prone for poor quality of sleep.

- Majority of the subjects showed stressful attitude.

- *Vata-Prakopaka, Ruksha Aahar*, excessive intake, and *Mithya Aahar (Virudha Aahar),* now days junk food, irregular food habits, and overeating habits, suppression of natural urges, polluted environment, stressful life, and emotional disturbances all play a major role in the manifestation of sleep disorders.

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● Sedentary lifestyle, lack of exercise, intake of spicy, fried and salty food precipitates the issue due to vitiation of *Vata Dosha*. So, factor responsible for *Vata Dushti* leads to disease of *Vata Dosha* especially *Nidranasha* (sleep disorders).

● *Prakriti* is the main diagnostic method mentioned in *Dashavidha Pariksha*. In today's era, when technology has its own loopholes, this unique concept not only gives idea about healthy status but also acts like a diagnostic tool and therapeutic device without causing any harmful effects like that of modern diagnostic tools.

● The core concept of *Prakriti* can be implemented is not only health maintenance but also in disease prediction, prevention and planning personalized treatment protocol.