



ISSN: 0975-833X

Available online at <http://www.journalcra.com>

International Journal of Current Research  
Vol. 15, Issue, 03, pp.24179-24184, March, 2023  
DOI: <https://doi.org/10.24941/ijcr.44989.03.2023>

INTERNATIONAL JOURNAL  
OF CURRENT RESEARCH

## RESEARCH ARTICLE

# ANIDRA – AN AYURVEDIC APPRECIATION

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### ARTICLE INFO

#### Article History:

Received 27<sup>th</sup> December, 2022  
Received in revised form  
09<sup>th</sup> January, 2023  
Accepted 15<sup>th</sup> February, 2023  
Published online 30<sup>th</sup> March, 2023

#### Key words:

Trayopastambha;  
Nidra; Anidra; Nidra – Nasha.

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### ABSTRACT

Nidra is considered as one of the basic pillars of Health. Proper sleep helps an individual keep Energetic, Enthusiastic and does **Brumhana**, increases the **Bala**, vigour and vitality and keeps the Mind in stable state for gaining knowledge. The Ojus which is responsible for our body (immune system) also relies on sleep. Hence, Nidra is very important regimen of day to day life. Anidra or Nidranasha is one of the most prevalent health complaints, with approximately 10 to 15% of the general population suffering regularly from it and about 25 to 35% presenting transient or occasional insomnia. Anidra is the perception or complaint of inadequate or poor quality of sleep. Estimates of insomnia prevalence have varied widely, from 10–40%. The reasons could be difficulty in falling asleep, difficulty in maintaining sleep or waking too early in the morning. The prevalence of Insomnia increases steadily with age and reported by up to one in 3 people aged 65 years and above and the incidence in women is 1.3 times greater than in men. Chronic Insomnia can lead to severe fatigue, anxiety, depression and lack of concentration. It comes under Vata nanatmaja vikara. There is no direct reference regarding the causative factors of Nidranasha. Scattered reference can be seen about Anidra in Ayurvedic Classics in different contexts. However, detailed description of Nidra and Nidranasha along with the different treatment modalities is given in Ayurvedic Samhitas and also in the works of later periods.

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Citation: Dr. Prasad, P.V.N.R. 2023. "Anidra – an ayurvedic appreciation". *International Journal of Current Research*, 15, (03), 24179-24184.

## INTRODUCTION

Sleep was given importance by Ayurvedic Scholars who considered it as one of the *Trayopastambha* (biological pillars of life)<sup>1</sup> and it was also mentioned as one of the *Adharaneeya Vegas*<sup>2</sup>. Ayurveda holds that Happiness, Nourishment, Strength, Virility, Knowledge and Life depend on proper and adequate sleep<sup>3</sup>. Acharya Charaka has called sleep as *Bhudhatri*<sup>4</sup> which occurs by the nature of night and nourishes all the living beings. Sushruta has named it as *Vaishnava Maya* which is a physiological process that provides nourishment to physical body and maintains the health<sup>5</sup>. Nidra cannot be explained in concise form and there were many un-answered questions about sleep, how it happens and its role in health or otherwise. Though there are diversified theories like Tamoguna, Kapha dosha, Shrama sambhava and Swabhava theory on Nidra, everyone considers it as one of the essential function for all living beings.

### SYNONYMS OF SLEEP

- *Shayanam* b) *Svapah* c) *Svapnah* d) *Samvesh*<sup>6</sup>
- *Sambhashah* b) *Suptih* c) *Svapanam*<sup>7</sup>

### TYPES OF SLEEP

CHARAKA <sup>8</sup>	SUSHRUTA <sup>9</sup>	VAGBHATA <sup>10</sup>	MODERN
<ul style="list-style-type: none"> <li>• Tamobhava</li> <li>• Sleshma Samudbhava</li> <li>• Manah Shrama Sambahava</li> <li>• Shareera Shrama Sambahava</li> <li>• Agantuki</li> <li>• Vyadhyanuvarini</li> <li>• Ratri Swabhava</li> </ul>	<ul style="list-style-type: none"> <li>• Tamasi</li> <li>• Vaishnavi (Swabhavika)</li> <li>• Vaikariki</li> </ul>	<ul style="list-style-type: none"> <li>• Tamobhava</li> <li>• Kaphabhava</li> <li>• Chitta Khedaja</li> <li>• Deha Khedaja</li> <li>• Agantuki</li> <li>• Kaala Swabhava</li> <li>• Amayaja</li> </ul>	<ul style="list-style-type: none"> <li>• Transient (Less than 1 Wk.)</li> <li>• Acute (Less than 1 Month)</li> <li>• Chronic (More than 1 Month)</li> </ul>

Anidra implies sleeplessness or absence of sleep. However, in practice when used routinely it can have different meanings. It usually refers to the following three particular problems namely:

S.N.	Synonym	CS <sup>21</sup>	SS <sup>22</sup>	AH <sup>23</sup>	Sa. Sam. <sup>24</sup>	YR <sup>25</sup>	MN <sup>26</sup>
1.	Alpanidra	--	+	+	+	--	--
2.	Aswapna	+	+	+	--	+	--
3.	Jagarana	+	--	+	--	--	--
4.	Nidra Nasha	+	+	+	+	+	--
5.	Nidra Vighata	+	--	--	--	+	--
6.	Nashta Nidra	+	--	+	--	+	+
7.	Nidra Daurbalya	--	+	--	--	--	--
8.	Nidra Bhramsa	--	--	+	--	--	--
9.	Nidra Kshaya	--	+	+	--	--	--
10.	Prajagarana	+	--	+	+	+	--

#### ANIDRA AS NIDANA

S.N.	Disease	CS <sup>27</sup>	SS <sup>28</sup>	AH <sup>29</sup>	AS <sup>30</sup>	MN <sup>31</sup>
1.	Ajeerna	Prajagarana	Swapna Viparyaya	--	--	Prajagarana Swapna Viparyaya
2.	Apana Vayu Dushti	--	--	Jagarana	Prajagarana	--
3.	Kshaya	Prajagarana	--	--	--	--
4.	Pratisyaya	Prajagarana	--	Prajagarana	Prajagarana	Prajagarana
5.	Rakta Pitta	--	--	Prajagarana	--	--
6.	Shotha	--	--	Prajagarana	--	--
7.	Udana Vata Dushti	--	--	Nidra Vegadharan	Prajagarana	--
8.	Udavarta	--	Nidra Vegadharan	--	--	Nidra Vegadharan
9.	Urusthambha	Prajagarana	--	--	Prajagara	Prajagarana
10.	Vata Prakopa	Anidrata	Ratri Jagarana	Nishi Jagarana	Ratri Jagarana	--
11.	Vata Rakta	Prajagarana	Jagarana	--	Prajagarana	Prajagarana
12.	Vata Vyadhi	Prajagarana	--	--	--	Prajagarana
13.	Vataja Madatyaya	Nishinidra Nihatya	--	--	--	--
14.	Vataja Siro Roga	Prajagarana	--	--	--	--
15.	Vatika Prameha	Jagarana	--	--	--	--
16.	Yakrit Vriddhi	--	--	--	--	Ratri Jagarana

#### ANIDRA AS PURVA ROOPA

S.N.	Disease	CS <sup>32</sup>	SS <sup>33</sup>	AH <sup>34</sup>	AS <sup>35</sup>	MN <sup>36</sup>
1.	Apasmara	--	Nidra Nasha	Nidra Nasha	Nidra Nasha	--
2.	Jwara	Prajagarana	--	--	--	--
3.	Vata Vyadhi	--	--	--	--	Nidra Nasha
4.	Vrikka Roga	--	--	--	--	Anidra

#### ANIDRA AS A LAKSHNA IN A DISEASE

S.N.	Disease	CS <sup>37</sup>	SS <sup>38</sup>	AH <sup>39</sup>	AS <sup>40</sup>	MN <sup>41</sup>
1.	Agneya Visarpa	Nashta Nidra	--	Nashta Nidra	Haret Nidra	Nidra Nasha
2.	Ama Vata	--	--	--	--	Nidra Viparyaya
3.	Ati Karshya	--	--	--	Nidra Nasha	--
4.	Balagraha	--	--	Prajagarana	Prajagarana	Nishi Jagarana
5.	Darvika Sarpa Damsa	--	--	--	Nidra Nasha	--
6.	Kama Jwara	--	--	Nidra Nasha	--	--
7.	Kapha Kshaya	--	--	--	Anidra	--
8.	Mamsa – Medo Asth- Majja gata Vata	--	--	--	--	Aswapna
9.	Paittika Unmada	--	Vinidra	--	--	--
10.	Parsva Sula	--	Anidra	--	--	--
11.	Pitta Jwara	--	Nidralpata	--	--	Nidralpata
12.	Pitta Vriddhi	--	Alpa Nidra	Alpa Nidra	Alpa Nidra	--
13.	Rakshasa Unmada	Nashta Nidra	--	Nashta Nidra	Nashta Nidra	--
14.	Tamaka Swasa	Nachapi Labhate Nidra	--	--	--	Nachapi Labhate Nidra
15.	Tridosha Jwara	Nidra Nasha	Nidra Nasha	Nidra Nasha	Nidra Nasha	Nidra Nasha
16.	Tridoshaja Atisara	Nidra Nasha	--	--	--	--
17.	Vata – Pitta Jwara	--	Swapna Nasha	Anidrata	Swapna Nasha	Anidrata
18.	Vata Jwara	Prajagarana	Nidra Nasha	Jagarana	Jagarana	Nidra Nasha
19.	Vata Vriddhi	--	Nidra Nasha	Nidra Bhramsa	Nidra Nasha	--
20.	Vata Vyadhi	--	--	Nidra Nasha	--	--
21.	Vataja Hridroga	--	--	--	Alpa Nidrata	--
22.	Vataja Madatyaya	Prajagarana	--	Jagarana	Visesha Jagarana	Prajagarana
23.	Vataja Trishna	Nidra Nasha	--	--	--	--
24.	Yakrit Vriddhi	--	--	--	--	Nidra Nasha
25.	Yoni Akshepa	--	--	--	--	Nidra Alpatwam

- Difficulty in falling into sleep
- Difficulty in staying asleep

- Failing to feel refreshed after sleep

#### Modern Medicine defined Anidra as a sleep disorder characterized by

- Difficulty in falling to sleep
- Difficulty in remaining asleep
- Frequent awakening during night
- Lack of restful sleep
- Combination of all these

Anidra is not mentioned separately in Vedic literature. Acharya Charaka has detailed Nidranasha in Ashta-Ninditiya adhyaya of Sutra sthana and also mentioned about Aswapna in the context of 80 nanatmaja Vata Vikara<sup>11</sup>. Sushruta has cited in the context of Garbha vyakarana shareera as Vaikarika Nidra (sleep disorder) along with Chikitsa<sup>12</sup>. They have discussed Anidra along with its Chikitsa context of Atinidra Chikitsa. Bhela<sup>13</sup> & Haritha<sup>14</sup> have explained nidana & Chikitsa of Anidra in the context of Nidra in separate chapters. Kashyapa considered Anidra as a symptom in some of the clinical conditions and he also considered as one of the symptoms of Grahadushta and mentioned various remedies for it<sup>15</sup>. In Ashtanga Sangraha explained Anidra in the chapter Viruddha Anna Vijnaniya adhya<sup>16</sup> & Ashtanga Hridaya has given vivid description on Nidra, Nidra vikara and their Chikitsa in the chapter of Annaraksha Adhyaya<sup>17</sup>. Madhavakara considered it as a symptom of some diseases<sup>18</sup> where as Bhavaprakasha<sup>19</sup> & Yogaratnakara<sup>20</sup> considered anidra both as a symptom as well as a disease.

#### It's not always clear what triggers insomnia, but it's often associated with

- Stress and anxiety
- Poor sleeping environment – such as an uncomfortable bed, or a bedroom that's too light, noisy, hot or cold
- Lifestyle factors – such as jet lag, shift work, or drinking alcohol or caffeine before going to bed
- Mental health conditions – such as depression and schizophrenia
- Physical health conditions – such as heart problems, other sleep disorders and long-term pain
- Certain medicines – such as some antidepressants, epilepsy medicines and steroid medication

#### RISK FACTORS

#### Insomnia affects people of all age groups but people in the following groups have a higher chance of acquiring insomnia

- Individuals older than 60
- History of Mental Health disorder including depression, etc.
- Emotional stress
- Working late night shifts
- Traveling through different time zones
- Chronic diseases such as Diabetes, Kidney, Lung, Heart disease, Alzheimer's,
- Alcohol or drug use disorders
- Gastrointestinal reflux disease
- Heavy smoking
- Work stress

#### ANIDRA NIDANA

CS <sup>42</sup>	SS <sup>43</sup>	AS <sup>44</sup>	BP <sup>45</sup>
<ul style="list-style-type: none"> <li>• Atiyoga of Vamana</li> <li>• Atiyoga of Virechana</li> <li>• Atiyoga of Nasya</li> <li>• Atiyoga of Rakta Mokshana</li> <li>• Atiyoga of Dhumapana</li> <li>• Ati Chinta</li> <li>• Ati Krodha</li> <li>• Ati Bhaya</li> <li>• Ati Vyayama</li> <li>• Ati Upavasa</li> <li>• Asukha Sayya</li> <li>• Satvaudaarya</li> <li>• Tamo Jayee</li> <li>• Karya</li> <li>• Kaala</li> <li>• Vikara</li> <li>• Prakruti</li> <li>• Vayah</li> </ul>	<ul style="list-style-type: none"> <li>• Vata Vriddhi</li> <li>• Pitta Vriddhi</li> <li>• Manastaapa</li> <li>• Kshaya</li> <li>• Abhighata</li> </ul>	<ul style="list-style-type: none"> <li>• Lobha</li> <li>• Harsha</li> <li>• Vyatha</li> <li>• Ati Maithuna</li> <li>• Ati Kshudha</li> <li>• Rukshaanna Sevana</li> <li>• Yavaanna Sevana</li> <li>• Anjana</li> </ul>	<ul style="list-style-type: none"> <li>• Atiyoga of Nasya</li> <li>• Upavasa</li> <li>• Langhana</li> <li>• Vyayama</li> <li>• Chinta</li> <li>• Dukkha</li> <li>• Bhaya</li> <li>• Kapha Kshaya</li> </ul>

Anidra generally strikes persons of nervous temperament and those who are given intellectual over-work. the vitiation of three doshas especially Vaata & Pitta either together or individually may be the cause of this condition. Most cases of insomnia are related to poor sleeping habits, depression, anxiety, lack of exercise, chronic illness or certain medication.

**SAMPRAPTI OF ANIDRA:** Since Anidra is not explained as a separate disease entity, the samprapti of Anidra is also not vividly discussed in Classics. However, it can be constructed basing on the etiology and in correlation with Dosha, Dushya and other factors involved. Since Shariraka dosha Kapha, Manasika dosha Tamas, Chetana sthana Hridaya and Sanjnavaha srotas are responsible for causing sleep in an individual, any disruption taking place in their function leads to Anidra.

1.	Dosha	Vata & Pitta Vriddhi and Kapha Kshaya
2.	Guna	Satwa & Rajo Vriddhi and Tamo Kshaya
3.	Dushya	Rasa
4.	Agni	Jatharagni
5.	Srotas	Rasavaha Srotas and Manovaha Srotas
6.	Sroto Dushti prakara	Ati Pravritti
7.	Adhishtana	Hridaya
8.	Udbhava sthana	Hridaya

**PURVARUPA:** Purvarupa of Nidranasha is not mentioned in any Ayurvedic classics. As Charaka included Nidranasha in 80 Nanatmaja Vata Vikaras, avyakta lakshana are the purvarupa of Vatavyadhi.

#### LAKSHANA OF ANIDRA

CS <sup>46</sup>	SS <sup>47</sup>	VAGBHATA <sup>48</sup>
<ul style="list-style-type: none"> <li>Jrimbha</li> <li>Angamarda</li> <li>Tandra</li> <li>Shiroroga</li> <li>Akshi Gaurava</li> </ul>	<ul style="list-style-type: none"> <li>Jribha</li> <li>Angamarda</li> <li>Sharira Jadyata</li> <li>Shiro Jadyata</li> <li>Akshi Jadyata</li> <li>Tandra</li> </ul>	<ul style="list-style-type: none"> <li>Angamarda</li> <li>Shiro Gaurava</li> <li>Jrimbha</li> <li>Jadyata</li> <li>Glani</li> <li>Bhrama</li> <li>Apakti</li> <li>Tandra</li> <li>Vataja Roga</li> </ul>

**UPADRAVA<sup>49</sup>:** In Ashtanga Sangraha, it is mentioned that increased Vayu due to Nidranasha produces Kaphakshaya, which leads to dried Kapha getting stuck in the walls of Dhamanis and causing Strotorodha. This, results in exhaustion that eyes of the patient remain wide open with watery secretion from eyes. This exhaustion is Sadhya up to three days, and later on, it becomes Asadhya.

#### UPASAYA – ANUPASAYA OF ANIDRA

UPASAYA	ANUPASAYA
<ul style="list-style-type: none"> <li>Mamsa Rasa</li> <li>Madya</li> <li>Ksheera</li> <li>Ksheera Vikara</li> <li>Abhyanga</li> <li>Utsadana</li> <li>Trpana</li> <li>Sneha Sevana</li> </ul>	<ul style="list-style-type: none"> <li>Rukshanna Sevana</li> <li>Yavaana Sevana</li> <li>Dhumapana</li> <li>Krodha</li> <li>Shoka etc..</li> </ul>

**CHIKITSA OF NIDRANASHA:** Sleep is always elusive and any attempt to force it only drives it further away. It is better to divert the mind. It is always recommended to rule out medical and psychological causes before deciding on the treatment for insomnia. The chief remedy for Anidra is removal of its cause. Ayurveda has described treatment protocol of Nidranasha in meticulous fashion. It is more or less similar in all classics, considering the involvement of Doshas. Ayurveda indicates psychological respite as key along with Vataghna treatment in managing insomnia.

It directs the rectification of diet, certain procedures in routine with or without single or compound medicine. Entire management is prescribed in the form of specific procedures, psychiatric treatment, drugs and Diet. In the treatment of Nidranasha, one should contemplate on the measures of having Vatashamaka, Vedanashamaka and Roganivaraka effects and pacifying effects on mental activities<sup>50, 51</sup>. The treatments described for Nidranasha in Ayurvedic Samhitas are almost same and the modalities can be classified under Bahya Upachara, Manasika Upachara, Ahara Upachara<sup>52</sup> as under:

Bahya Upachara	Manasika Upachara	Ahaara Upachara
<ul style="list-style-type: none"> <li>Abhyanaga</li> <li>Utsadana</li> <li>Samvahana</li> <li>Akshi Tarpana</li> <li>Shiro – Lepa</li> <li>Karna – Purana</li> <li>Shiro Vasti</li> <li>Shiro Dhara</li> <li>Murdha Taila</li> <li>Pichu</li> </ul>	<ul style="list-style-type: none"> <li>Manonukula Vishaya grahana</li> <li>Manonukula Shabda grahana</li> <li>Manonukula Gandha grahana</li> </ul>	<ul style="list-style-type: none"> <li>Gramya Mamsa Rasa</li> <li>Anupa Mamsa Rasa</li> <li>Jaliya Mamsa Rasa</li> <li>Mahisha Kshira</li> <li>Piyusha</li> <li>Shali Dhanya</li> <li>Ikshu Rasa</li> <li>Ghrta</li> </ul>

## ANYA UPACHARA

Yoga	Exercises	Other Measures
<ul style="list-style-type: none"> <li>• Ananda Baalāsana</li> <li>• Ardha - Utthānasana</li> <li>• Balsana</li> <li>• Halāsana</li> <li>• Janu – Sirshāsana</li> <li>• Parvatasana</li> <li>• Paschimottānasana</li> <li>• Sarvangāsana</li> <li>• Savāsana</li> <li>• Setu Bandhānasana</li> <li>• Sirshāsana</li> <li>• Supta Baddhākonāsana</li> <li>• Utthānasana</li> <li>• Viparītakarāni</li> </ul> <p><b>MUDRA</b></p> <ul style="list-style-type: none"> <li>• Shakti Mudra</li> <li>• Prana Mudra</li> <li>• Chin Mudra</li> <li>• Gyana/Jnana Mudra</li> <li>• Adi Mudra</li> <li>• Apan Mudra</li> <li>• Dhyani Mudra</li> <li>• Ushas Mudra</li> </ul>	<ul style="list-style-type: none"> <li>•Walking</li> <li>•Jogging</li> <li>•Skipping</li> <li>•Swimming</li> <li>•Breathing exercises</li> <li>•Gentle exercises to:               <ul style="list-style-type: none"> <li>i)Muscles of Neck</li> <li>ii)Shoulders</li> <li>iii)Spine</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>•Regular Sleep Timings</li> <li>•Sukha Sayya</li> <li>•Calming Music</li> <li>•Light Reading</li> <li>•Meditation</li> <li>•Relaxation Techniques</li> <li>•Hot-Packs to Spine</li> <li>•Cold Hip – Baths</li> <li>•Avoiding Coffee, Tea, Smoking &amp; Alcohol before Sleep</li> <li>•Cup of warm Milk added with 5 ml of Sesame Oil.</li> </ul>

## DISCUSSION

Anidra is a major health issue with a bearing in the morbidity; health related quality of life (HRQOL). In a country like India with its a huge population and work force it is practically impossible to have an accurate quantitative assessment. Sleep has an important role in the regulation of central nervous system (CNS) and the body's physiological functions, regulating metabolism, catabolism, temperature, learning and memory consolidation. The patho-physiology of insomnia is highly complex involving multiple factors that provide inputs to the sleep system. It is well known that several factors like gender, age, psychiatric disorders among several others are risk factors for insomnia. The stress of modern urban life adds to the factors responsible for an increase in the prevalence. In addition several co-morbid factors can have a significant effect on the prevalence of insomnia. However, what is important is the effect insomnia has on the quality of life of the individual, its social implications like increased loss of work days, accidents, family disorders and the economic impact of this rather common disorder. Research has shown that people with chronic insomnia almost invariably have marked deficiency of certain key nutrients B – Complex vitamins, Vitamin C & D, Calcium, Magnesium, Manganese, Potassium and Zinc. Sleep mechanism is unable to function efficiently unless each of these nutrients is present or supplemented adequately in diet. Another recent study in the U.S. has suggested that insomnia upset the body's metabolism and possibly hasten the onset of age related health disorders. There are no official guidelines about how much sleep one should get each night because everyone is different. What is important is whether one's sleep is good quality and whether one feels that he had enough sleep. If one constantly feel tired throughout the day and it's affecting everyday life, probably one is not getting enough good-quality sleep. Persistent insomnia can have a significant impact on quality of life. It can limit the individual's abilities, affect mood, and lead to relationship problems with friends, family and colleagues.

## CONCLUSION

After pain, insomnia is probably the most common symptom reported by patients. Insomnia is both a symptom and a disorder. Chronic insomnia is more prevalent than heart disease, cancer, AIDS, diabetes and several other disorders though only one third reported the problem and only 5% of them seek medical treatment. Basing on evidence that insomnia is a universal complaint being present in about 25-30% of the population in general. Among patients with co-morbid conditions this may increase further to more than 50% varying with the disease condition and their severity. In ancient science the detailed study of causes, consequences and management of Nidranasha basing on the constitution of the individual and also on the doshas that are involved. Ayurveda has a potent approach towards the treatment of Anidra by both internal and external medications. Avoiding causative factors is a must to tackle the condition. Various measures provided in Ayurveda can certainly help to overcome this situation more precisely with administration of herbs in single or compound form, having sedative activity. Ayurveda prescribes several procedures, herbs in single or compound form to overcome the situation. Ayurvedic medicines used in the treatment of insomnia, mainly acts by rejuvenating or nourishing brain cells and complete nervous system rather than causing side effects like tingling, dizziness, peripheral neuritis. So, Ayurveda has a great potential and can certainly manage anidra (insomnia) effectively, comprehensively

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