



# ANALYTICAL STUDY OF NIDRA IN KAPHA PRAKRUTI

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## ABSTRACT

**Nidra** is one of the factor of Trgyopastambha stated in Ashtang Hriday Sutrasthan 7/12. Nidra is described according to Prakruti, Nidra is the vitality of life. It was necessary to search about nidra in Ayurvedic prospect. Nidraluttva is observed in kapha Prakruti 100 persons were observed between 18-30 Years. Person in coma and having psychological problems or organic lesions leading to insomnia are excluded. Persons are examined by darshan, sparshan and prashna pariksha. Temperature, B.P. Pulserate are observed before sleep and after sleep. The B.P. is increased in Vataj Pittaj and Vat-Pittaj persons. There is no signification relation between **Kapha parkruti** and Nidralutva. Body Temperarture, Pulse rate, Alertness and Tandra these factors did not depend on Prakuti type.

**Key point-** Nidra, Kaphaprakruti.

## INTRODUCTION

Every human being is the conglomeration of mind ,body and soul.Biological rhythms of which light and dark,wakefulness and sleep genuine properties of living. The vitality of life is due to Nidra. There is enormous variation in individual habits adapted by people while going to bed. These habits are often associated with routines and rituals right form childhood, which the individuals finds necessary while go to bed and maintainence of sleep.

Trouble mind have trouble sleep and trouble sleep causes trouble minds, thus mind and sleep are interdependent In Kriyashrir individual's study is

came out by observation and his or her response to nature.

**Aim-** To Study Nidraswaroop in Kapha Prakruti.

**Objective-** To co-relate and reestablish the facts about Nidra and Kaphaprakruti.

## Review of Literature

The word Nidra has synonyms like shayanam, supti, Vichetantum (su. Su. 46/505), Sushupti, Vaishnavi (Su. Shu 4/33)

Acharya Charka has described 6 types of Nidra.

- 1 Tamobhava
- 2 Shleshmasamudbhava
- 3 Manssharirsambhava
- 4 Aagantuki
- 5 Vvyadhyanuvartins
- 6 Ratriswabhavprabhav

All the wise men described Nidra as Bhootdhatri which occurs during nighttime naturally.

Aacharya Sushruta described 3 types

- 1 Tamasi 2 Swabhaviki 3 Vaikariki

Aacharya Vaghata has stated different types of Nidra

There are 4 types of Nidra

- 1 Swapna 2 Sushupti 3 Dhyan 4 Samadhi **Nidra** is one of the chittavrutti.

When the mind including sensory and motor organs get exhausted and they dissociated themselves from their object then, nidra occurs.

## Materials and Methods

A complete literature review related to subject present in Ayurvedic samhitas. Various Books and Articles written by and relevant modern literature have been taken.

Persons of different prakrutis are observed while sleeping and different types of questionnaires are asked. Every Person was observed by Trividha

Pariksha. Prakruti is determined according to Prakruti Parikshan chart.

Sample Size – 100

### Inclusion Criteria-

Sex – Male and Female

Age 18 to 30 Years

**Exclusion criteria-** Persons having psychological problems and which make use of appliances for Nidra.

### Observations-

All the measures were taken to minimize the bias of selection and observations.

Observation related B.P., Pulse rate and temp. were recorded.

Data related to 103 students was conducted into a master table . Data was presented and analysed.

Statistical test of significance (Chi-square) was applied depending upon the type of data, value of observation and no of subjects.

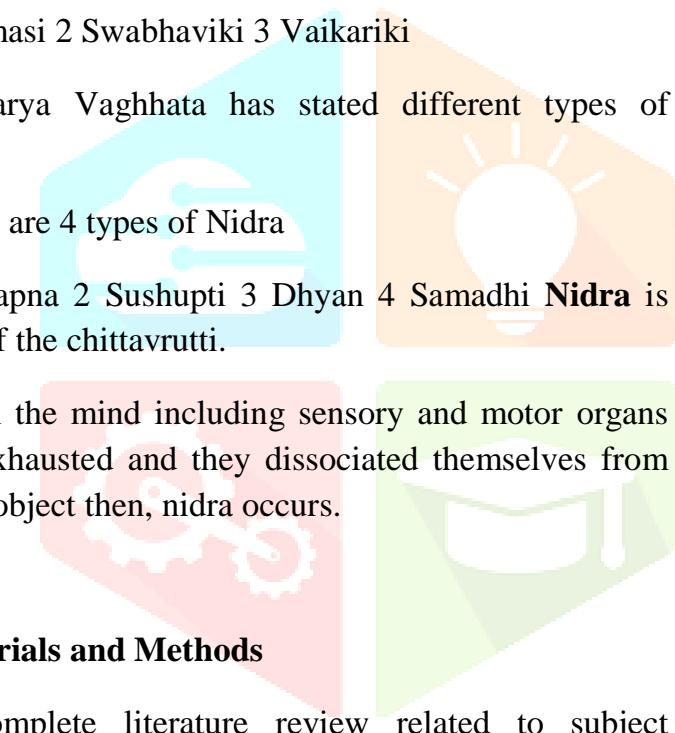


Table No-1 Frequency distribution of persons by type of prakruti

Sr.No	Type of Prakrti	Frequency	Percentage
1	Vatal	9	9
2	Kapha	11	11
3	Pittal	13	13
4	Kapha-Pitta	36	35
5	Vata-Pitta	18	17
6	Vata-Kapha	16	15
	Total	103	100

It is observed that 11% of persons having pure kapha prakruti and 50% of persons are of other Vata-Kapha and Kapha-Pitta prakruti.

Graph of 1 Frequency distribution of persons by type of prakruti

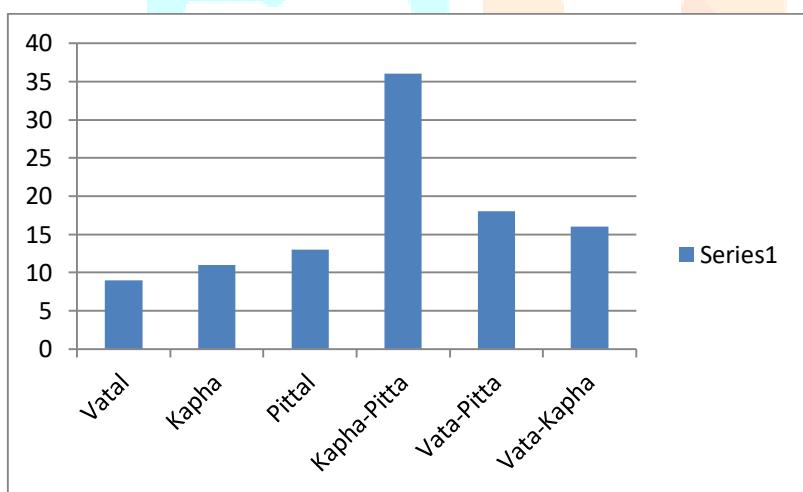


Table No-2 Comparison of fogginess and alertness in pure Kapha and other prakruti

Type of Prakruti	Fogginess	Alertness	Total
Pure Kapha	5	8	13
Others	19	71	90
Total	24	79	103

$\chi^2 = 1.91$  d..f.= 1

The association between pure kapha, others and fogginess was significant.

#### Fogginess and Alertnesss

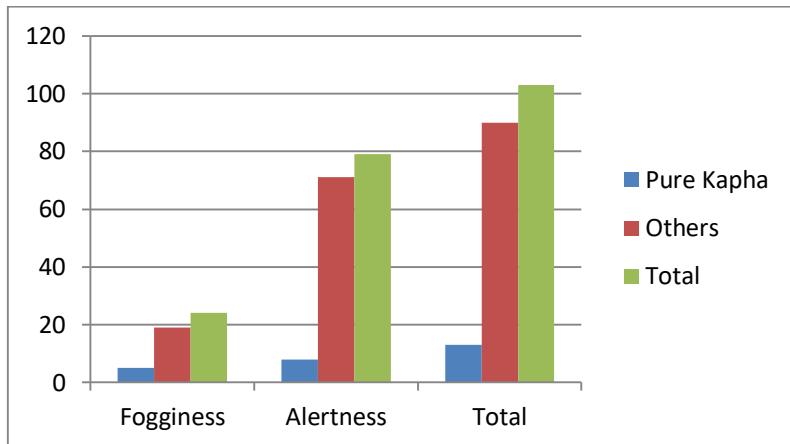


Table No-3 Comparison of sleep period of seven hours between pure kapha and other prakruti

Sr.No	Type of Prakruti	Sleep > 7 hrs.	Sleep < 7 hrs.
1	Pure Kaphaja	6	7
2	Others	25	65
	Total	31	72

The Association was not found to be significant among pure kapha others and sleep period of seven hours.

#### Graph of Kapha Prakruti and sleep Hours

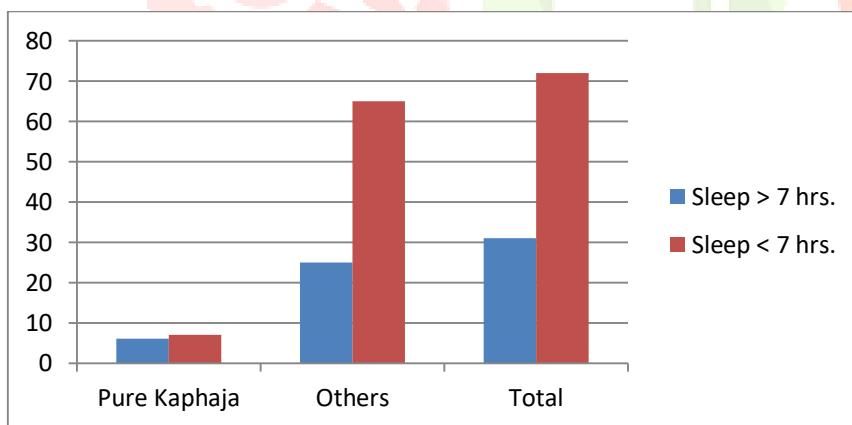


Table No-4 Comparison of change in B.P. among pure Kapha and other Prakrti

Type of Prakruti	Change in B.P.	No change in B.P.	All
Pure Kapha	6	7	13
Others	57	33	90
All	63	40	103

$\chi^2 = 1.91$  d.f.= 1

The association between pure kapha, others and fogginess was significant.

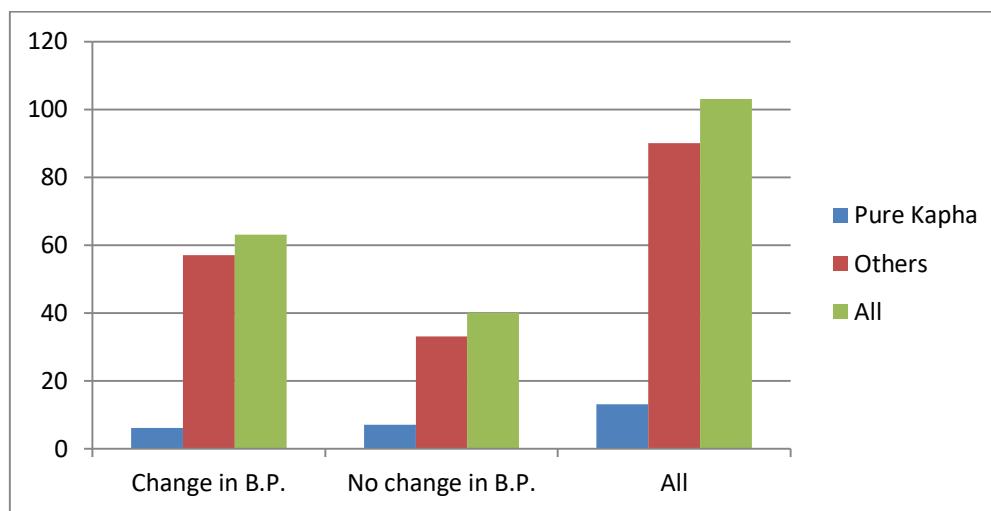


Table No-5 Comparison of change in Temperature between pure kapha and other prakrti

Type of Prakrti	Change in Temp.	No change in Temp.	All
Pure Kapha	8	5	13
Others	46	44	90
All	54	49	103

$\chi^2 = 0.5$  d.f.= 1

The association between pure kapha, others and change in temp.

Graph of Kapha prakrti and Temperature

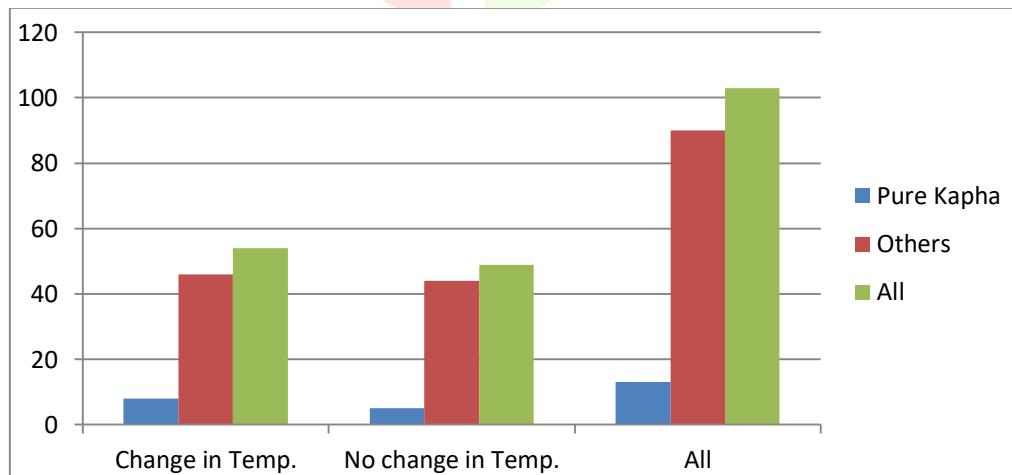


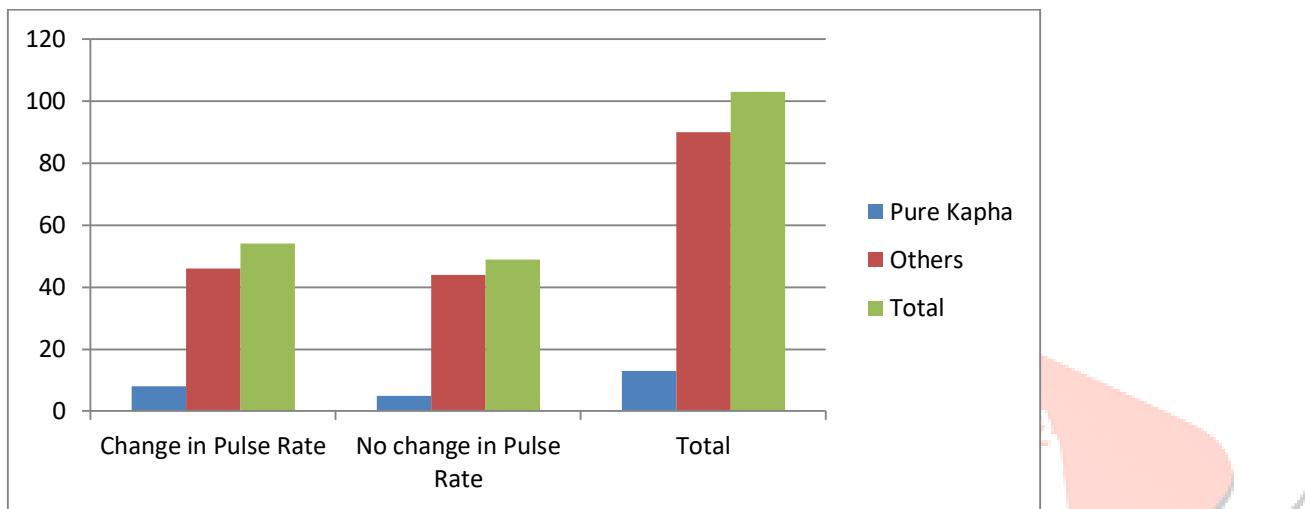
Table No-6 Comparison of change in pulse rate among pure Kapha and other prakruti

Type of Prakruti	Change in Pulse Rate	No change in Pulse Rate	Total
Pure Kapha	8	5	13
Others	46	44	90
Total	54	49	103

$\chi^2 = 26.05$  d.f. = 1

The association between pure kapha, others and change in pulse rate.

Graph of Kapha prakruti and Pulse rate



**Discussion-** In this study we did not find Nidralutva in Kapha prakruti persons. Charak and Sushrut have not stressed the nidraswaroop particularl in Kapha prakruti. Prakruti is not the main factor to determine the sleep pattern but it is one of the **parameter** among several other influencing factors like aahara, vihar, desh, vaya, rutu, kala etc.

### Conclusion

1 It is found that there is no significant relation between kapha Prakurti.

2 The change in B.P. after sleep was found to be increased prominentlyly in Vatala, Pittal and Vata-Pittal person.

3 The change in temperature was observed among kapha, Pittal and Kapha-Pittal Prakurti persons.

4 Alertness was observed in all types of prakruti except Vatal Prakruti

5 This finding leads to the hypothesis that Prakruti type is related to change in B.P.

6 Temperature, Pulse rate, fogginess and alertness are found in this study to be independent of Prakruti type.

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