



# Importance Of Nidra In Present Time In Relation With Tri-Upastambha Of Ayurveda: A Literature Study.

<sup>1</sup>Dr.PAWAR NANDLAL BANSILAL.

PROFESSOR, Samhita Siddhant.

Matoshri Ayurved College Dhanore, Yeola.

<sup>2</sup>Dr Prasad Shivajirao Kadam

Professor

Rognidan Department

Matoshri Ayurved College, Dhanore, Tal Yeola, Dist- Nashik.

<sup>3</sup>Dr Vaishali Ashok Gholap

Designation- Professor

Dept - Dravyagun

College- Matoshri Ayurveda College, Dhanore , Yeola

## Abstract

Sleep (*Nidra*) is one of the foundational pillars supporting life in Ayurveda, classified under *Tri-Upastambha* along with diet (*Ahara*) and regulated conduct (*Brahmacharya*). In the present era, sleep disturbance has become a global health concern due to lifestyle changes, increased stress, and digital dependence. This literature study explores the classical Ayurvedic perspective on *Nidra*, its physiological and psychological role in health maintenance, and its relevance to modern lifestyle challenges. A comparative view bridging Ayurvedic principles with contemporary sleep science is provided, emphasizing the preventive and therapeutic implications of *Nidra* within the framework of *Tri-Upastambha*.

**Key words:** Nidra, Tri upstambha. Sleep.

## Introduction

Sleep (Nidra) is universally recognized as a vital biological need. Ayurveda elevates Nidra to a foundational life support system (Upastambha) alongside Ahara (diet) and Brahmacharya (regulated conduct), together known as Tri-Upastambha. While Ahara provides nourishment and Brahmacharya governs energy and behavior, Nidra restores physiological balance and mental equilibrium. The disruption of these pillars predisposes individuals to disease (Dukhāyu), whereas their harmonious state fosters health (Sukhāyu). This article reviews classical Ayurvedic texts and modern evidence to highlight the importance of Nidra—especially in contemporary lifestyles marked by sleep deprivation and circadian misalignment.

Ayurvedic classics define Nidra as a state in which the mind and sensory faculties withdraw from external objects due to fatigue and repose (Shamana), allowing restoration of bodily and mental functions. It is one of the three pillars of life (Tri-Upastambha), essential for stability and longevity.<sup>1</sup> (Ch. Su. 11/9–12).<sup>1,2</sup>

**Aim:** To study of importance of nidra in present time wsr to tri upstambha.

## Material And Methods:

### Nidra :

Nidra is the natural, restful state of the mind and body, essential for rejuvenation and health.

**Significance:** It is often called Bhutadhatri (nourishes all living beings) and is crucial for healing, repair, and tissue normalization.

**Impact:** Sound sleep (Samyak Nidra) brings happiness, nourishment, strength, and knowledge. Conversely, lack of sleep (anidra) or excessive sleep causes illness, weakness, and premature aging.

**Rules:** Sleeping at night (specifically 6-8 hours for adults) is advised, while daytime sleep (except in summer) is generally discouraged.

### Functions of Nidra:<sup>2, 3</sup>

#### 1. Body Restoration and Tissue Nourishment

Nidra facilitates metabolic regulation, tissue formation (Dhatu nourishment), and immune competence. Classical texts state that adequate Nidra leads to strength (Bala), complexion (Varna), and bliss (Ananda)—attributes of optimal health.

#### 2. Psychological Equilibrium

Ayurveda recognizes Nidra as crucial for mental clarity (Buddhi) and emotional balance. Deprivation contributes to unwanted mental states like anxiety (Chinta), irritability (Krodha), and cognitive decline.

### Modern Correlates of Sleep:

#### a. Sleep Deprivation and Lifestyle Disorders:

Sleep disturbance is linked to metabolic syndrome, obesity, cardiovascular disease, diabetes, depression, and impaired immunity (Hirshkowitz et al.).<sup>6</sup> Modern lifestyles—extended work hours, shift work, screen exposure, and stress—compromise sleep quality and duration.

## Nidra and Tri-Upastambha in Preventive Healthcare<sup>4</sup>

Ayurveda emphasizes lifestyle regulation for preventive care: Routine (Dinacharya): Regular sleep times reinforce circadian alignment. Seasonal regulation (Ritucharya): Sleep adjustments align with environmental changes. Prakriti assessment: Personalized sleep guidance based on constitutional types.

These interventions restore Tri-Upastambha harmony, thereby reducing the risk of lifestyle diseases.

## Workplace and Community Health<sup>5</sup>

Promoting sleep education in workplaces and communities can improve productivity, reduce chronic disease risk, and enhance overall quality of life.

## Discussion:

The Ayurvedic conceptualization of *Nidra* as a life support pillar aligns with modern sleep science demonstrating the physiological necessity of restorative sleep. Sleep disturbance is a modifiable risk factor for numerous chronic conditions—making *Nidra* a critical target for health promotion and disease prevention. By integrating Ayurvedic sleep hygiene with evidence-based practices, healthcare systems can better address current sleep-related health challenges.

## Conclusion

1. *Nidra*, as one of the Tri-Upastambha, holds vital importance in maintaining health and preventing disease.
2. The classical Ayurvedic framework provides valuable insights into the restorative and regulatory functions of sleep.
3. In the context of contemporary lifestyle stressors and rising incidence of sleep disorders, revisiting Ayurvedic principles of *Nidra* can inform holistic, preventive healthcare strategies.

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