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An observational study of the effect of *nidravega nigraya* on different *doshaj prakruti*.

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ABSTRACT

In running life for some reasons like workload ,nightshift duties etc. peoples suppress sleep natural urge(Nidra-adharniyavega) which leads to pathological states or disease , Nidra veganigraha is most important problem occurring in present lifestyle. In this study we have to observe the effect of nidraveganigraha in different doshaj prakruti. In this study we collected the literature regarding nidra, prakruti, adharniya vega nidra from ayurved and modern texts. In this study we were taken 100 volunteers age group 20-50 irrespective of gender and social economic status. Volunteers having sleep less than 2 hours in between 10:30pm – 04:30am. And this volunteers examined by specially designed questionnaire and prakruti parikshan was done. and we observed There has been significant relation between effect of Nidraveganigraha and different doshaj Prakruti. Nidra vega nigraya mostly affects Pitta-Kapha and Kapha Pitta Prakruti persons. Pitta Pradhan prakruti having mild and moderate effect of

Nidraveganigraha. Kapha Pradhan Prakruti having mild moderate and severe effect of Nidraveganigraha.

KEY WORDS- *Prakruti, Nidraveganigraha, Nidra, Ayurved, Parikshana, Kapha, Pitta.*

INTRODUCTION

AYURVEDA-which means science of long life, is at least a 5,000-year-old system of Indian medicine (1500–1000 BC) designed to promote good health and longevity rather than to fight disease and was practiced by physicians and Surgeons (called bhesaja or vaidya). Aayurveda always guide the human being towards the healthy and disease free state of life .it always focuses on prevention is better than cure. *ayurveda* has detail explanation about swasthavrutta ,sadavrutta, dinacharya and mainly how to avoid the pradnyaparadh the root cause of disease these all things guide us about healthy lifestyle and prevention of disease .aayurveda also has detail management of chronic, degenerative disease.

The term of Ayurveda consist of two words viz.'Ayu' means life and veda means knowledge.thus the term Ayurveda means the knowledge of life.

KRIYA SHARIR- The term sharir kriya is constituted with two words sharira and kriya

Kriya sharira deals with the normal metabolism of dosha, dhatu and mala it provide ground base knowledge of body functions and disfunctioning which helps in critical understanding disease process and insight to disease management and prevention also.

Prakruti parikshan is one of them dashvidhparikasha so it is very important factor deal with symptoms of Nidravega nigraha.

ADHARNIYAVEGA-

In aayurveda describing concept of Adharniya vega means suppression of natural urges like Thirst, hunger, sleep etc. if making the suppression of urges leads to pathological state.

There are 13 Adharniyavega-

1. Mutravega	2. Purishvega	3. Retasvega
4. Apanvayuvega	5. Chhardivega	6. Kshvathuvega
7. Udgaravega	8. Jrumbhavega	9. Kshudhavega
10. Trushnavvega	11. Ashruvega	12. Nidravega
13. Shramaj Shwasvega		

From these 13 Adharniya vega we have to study the Nidra as Aharniya vega. There are many things describe in Ayurveda which comes under pathyakara ahar and vihara. Nidra is one of the most

important thing which come under the vihar.

Nidra is one of the support of healthy life from three support of life i.e. Aahar, Nidra, Bramhacharya. Nidra is the backbone of healthy life it helps to keep body healthy and fit.

Mind and body have perfect correlation and this correlation is maintained by Nidra. To have healthy mind and body a person should get healthy Nidra. According to modern science an adult should sleep minimum for 7-8hours.at each night regularly. For restoring energy and for good health. Today people's life is changing. In running life for some reasons like workloa, nightshift duties etc.peoples suppress sleep natural urge(Nidra-adharniyavega) which leads to pathological statesor disease , Nidra veganigraha is most important problem occurring in present lifestyle.

Prakruti represent the physical and mental constitution of an individual..Prakruti manifest itself in individuals differently depending on the proportion of the three gunas,viz. satva ,rajas,tamas.which a state of disease occure whenever then is deviation from the normal physical or mental constitution of a humanbeing.

Ayurveda belives that the temperament of a human being is genetic in origine predominance of the three doshas, the five element and the three gunas at that time of fertilization determines our physical and mental traits different individual have different combination of these doshas and gunas and hence each individual will have a unique Prakruti ,just like each of us has unique fingerprint. Once formed Prakruti

remain constant for every individual for his or her lifetime this Prakruti also decides the disease tendency of an individual.

Every individual subjected to constant interaction with his or her environment which will affect the person's constituent at any time the body will try to maintain a dynamic equilibrium or balance with the environment although it reflects our ability to adjust life influences and is always changing it should match our Prakruti or inborn constituent as closely as possible.

In this research survey study is done. Logically and scientifically to understand the effect of Nidra-vegānigraha in different dosha Prakruti.

Attempt has been made in this research work to correlate the effect of Nidra-vegānigraha on different dosha Prakruti. So that this research work proves beneficial to mankind.

2. MATERIALS AND METHOD:

MATERIAL

Conceptual study (literary review)- During the study of the effect of Nidra-vegānigraha in different dosha Prakruti following materials are used.

1. All available Ayurvedic classical texts for review of Prakruti, Nidra and adharniya-vegā Nidra.
2. Previous research published, modern medicine journal. related to Nidra-vegānigraha and Prakruti.
3. Specially designed questionnaire for Nidra-vegānigraha & MUHS dosha Prakrutipariksha proforma.

4. 100 healthy volunteers irrespective of gender between age group 20 to 50 years are taken for examination purpose.

METHOD

- All the references of Nidra and symptoms of Nidra-vegānigraha will be collected from Bruhatrayi and prakrutipariksha Proforma collected from Charak Samhita.
- Consent of volunteer is taken just before the examination starts.
- Examined the Prakruti of all individual by dosha Prakrutipariksha proforma approved by MUHS.
- As per case paper format questions asked to the volunteers for Nidra-vegānigraha etc

3. OBSERVATION AND RESULT

Total of gradation of Nidra-vegānigraha and Prakruti

Shirogaurava, Jumbha, Angamarda, Tandra, Shirshula, Netragaurava, and Aalasya these symptoms are considered for Nidra-vegānigraha. There are total 7 symptoms considered for it. Each symptom is having three gradations such as mild (1), moderate (2) and severe (3).

So total of this came to be $3 \times 7 = 21$. By adding gradations of all 7 symptoms get any value between 1 to 7, 8 to 14, and 15 to 21. To apply Chi square test of correlation and to make a chi square table 1 to 7, 8 to 14, and 15 to 21 as such bifurcation was made.

Chi square test is applied to prove whether there is correlation between the Total of gradation of Nidra-vegānigraha and Prakruti.

Null hypothesis

There is no correlation between the Total of gradation of Nidra vega nigraha and Prakruti.

Alternative hypothesis

There is a correlation between the Total of gradation of Nidra vega nigraha and Prakruti.

Chi square table 26

		Total of gradation of Nidra vega nigraha			Total
		1 – 7 Mild	8 – 14 Moderate	15 – 21 Severe	
Prakruti	VP	21	0	0	21
	VK	8	0	0	08
	PV	4	3	0	7
	PK	17	12	0	29
	KV	0	6	0	6
	KP	2	19	8	29
Total		52	40	08	100

Chi square (X^2) value of the above table is 55.02.

Degrees of freedom (df) = (Column – 1)
(Row – 1)

$$= (3 - 1) (6 - 1) = (2) (5) = 10$$

Chi square (X^2) tabulated value of df = 10 is 18.31 at $P < 0.05$ i.e. at 95 % level of significance.

Conclusion:

As the calculated chi square (X^2) value is higher than the tabulated (X^2) value, we should reject the null hypothesis and accept the alternative hypothesis.

Probability of the difference occurring in Total of gradation of Nidra vega nigraha and Prakruti by chance is less than 5 out of 100 cases, i.e. probability of not getting the difference between Total of gradation of Nidra vega nigraha and Prakruti in nature is 95 %. So the Total of gradation of Nidra vega nigraha and Prakruti are associated or interdependent.

5. DISCUSSION

Any theory, before its placement in front of scientific community, must be discussed by all aspects and angles. Such discussion and scholastic deliberation let the scientific fraternity to know both, theoretical and practical problems about that work. They are acquainted with the practical problems faced during the project which may be entirely different from theoretical point of view. Such healthy discussions promote critical and lateral thinking. It guides and inspires the newcomers in the concerned field of work. Therefore, it is needless now reiterate the importance of discussion in research works. Hence the present research work has been thoroughly discussed here with all possible ways and manners.

Following Topics are discussed.

PRAKRUTI

Prakruti is defined as the body constitution or body type. It is the key determinant of how one individual is different from other. Prakruti has been established at the time of conception of Shukra & Shonita. It remains same throughout the life of an individual. It depends on 4 factors i.e Shukra Shonita Prakruti, Kala Garbhaya Prakruti, Matru Aharvihar Prakruti & Mahabhutavikar Prakruti. Prakruti Analysis by means of Tridoshas or Trienergies of body plays a very important role in diagnosis & treatment of disease. For Prakruti parikshana here we were used Prakruti parikshan proforma approved by MUHS.

NIDRA ACCORDING TO AYURVEDA-

Nidra is mention as Trayopstambhas which are pillars of life.

Charkacharya explained 7 types of Nidra. Tamobhava Nidra is caused due to tamoguna udreka (excess), shleshma-samudbhava occurs as a result of shleshma adhikya.

According to Sushrutacharya three types of Nidra tamasi, swabhaviki and vaikariki. Tamsi Nidra occurs when samdnyavaha strotas gets vyapta by shleshma and tamoguna.

Swabhaviki Nidra is classified further into tamobhuyishtha, rajobhuyishtha and satvbhuyishtha. Tamobhuyishtha occurs at night, rajobhuyishtha is present without any reason and satvbhuyishtha Nidra occurs at ardha ratra (mid-night). Vaikariki Nidra is caused due to kshina shleshma, Vatadhikya, etc.

Nidra mahatva sukh and dukha, pushti and karshya, bala and abala, vrushta and klibata, dnyan and adnyan as well as jivan and mrutyu depend on sleep.

Ratrijagaran causes (Keeping awake in the night) diminishes the viscosity of the body fluids while sleeping in the day increases it. but sleeping lightly in sitting posture does not induce either of these conditions.

for the eye head and face the use of comfortable of the usual time bring quickly to one the sleep that was last for some reason or other.

ADHARNIYA VEGA NIDRA-

Nidra is considered is adharniya vega, therefore, it should not be suppressed. According to Charkacharya in sutrasthan chapter 7 Suppression of Nidra vega leads to Jrumbha, Angamarda (body ache), Shirogaurava, Akshigaurava (heaviness of eyes) and Tandra.

According to Acharya Sushruta about Nidra veganigraha we often feel Jrumbha that is yawning Angamarda means body ache, heaviness in eyes, heaviness in head, we also often feel sleepy.

Acharya Vagbhata explained symptoms due to Nidra veganigraha. Nidra veganigraha creates moha means confused state of mind murdha and akshigaurav means heaviness in eyes and head we often feel laizeness and yawning due to Nidra veganigraha.

Acharya Vagbhata made a separate chapter on veganigraha. Veganigraha means control on natural urges is unhealthy for health, so vega nigraha should not be done.

In Sushrut Samhita Sharirasthan given the description of Jrumbha, Alasya, glani, Gaurav, Tandra etc.

RELATION BETWEEN NIDRA AND PRAKRUTI –

Each individual has a particular temperament & constitution (Prakruti) which is formed during the union of shukra & shonita. The Prakruti of an individual depends upon the working of these doshas & Prakruti is classified on the predominance of the doshas.

Nidra is leads to physiological conditions. According to Bruhatrayi in Vata Prakruti Nidra is prajagruk. While in Kapha Prakruti pragadh Nidra. No ani description of Nidra in Pitta Prakruti.

If taking proper Nidra then all doashas were live in balance condition. But if taking improper Nidra then all dosha will be imbalanced condition.

Due to taking improper Nidra Vata dosha causes rukshata in body. If sleeping during the day increases Kapha dosha and Pitta dosha.

Each person has his own Prakruti depending upon the predominance of the doshas and as a result each person may develop different abnormal conditions due to the imbalance in the doshas.

Hence it can be stated that different Prakruti has its own dosha predominance.

Different prakruti showing different Nidra pattern stated above.

Is symptom of Nidraveganigraha also differes in different Doshaj Prakruti or intensity of specific symptom are differes in different Doshaj Prakruti?

For this finding relation between smptoms of Nidraveganigraha and prakruti, this topic was studied.

OBSERVATION AND RESULT-

There has been significant relation observed between effect of Nidraveganigraha and different doshaj Prakruti. Nidraveganigraha mostly affects Pitta-Kapha and Kapha Pitta Prakruti persons.

Effect of symptoms of Nidraveganigraha on Different Doshaj Prakruti-

Effect on Vata Pradhan Prakruti- 21 person of Vata-Pitta Prakruti had mild effect of Nidraveganigraha .8 person of Vata-Kapha Prakruti had mild effect of Nidraveganigraha. because Vata pradhan Prakruti people hadalpaNidra therefore Vata Pradhan people had mild effect of Nidraveganigraha.

Effect on Pitta Pradhan Prakruti- Pitta -Vata Prakruti 4 person had mild and 3 person moderate effect of Nidraveganigraha. Pitta-Kapha Prakruti's 17 person had mild effect while 12 person had moderate effect of Nidraveganigraha. Pitta Pradhan Prakruti hadboth mild and moderate effect of Nidraveganigraha. due to increasing Pitta dosha this people awake at night there fore they had mild and moderate effect of Nidraveganigraha

Effect on Kapha Pradhan Prakruti- Kapha-Vata Prakruti's 6person havingmoderate effect of Nidraveganigraha and Kapha-Pitta Prakruti's 2 person had mild as well as 19 person had moderate and8 person had severe effect of Nidraveganigraha. Kapha Pradhan Prakruti had mild moderate and severe effect of Nidraveganigraha because these persons are Nidralu.

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