



# CHAKRAPANI AYURVEDA

## Ayurvedic Perspective Of Nidra

### Editors' Note

Dear Readers,

Sleep is a physiological process occurring in every individual. Restful sleep is the foundation for your mental and physical well-being. After a day of stimulating activity, your body needs deep sleep when your mind and body can rest and reset. When you're well rested, you're more alert, able to process new information more efficiently, and you make better decisions. On the other hand, when you're sleep deprived, you're more likely to make mistakes and it takes longer to complete tasks. Sleep is the time when the body is able to repair and heal itself. The mind and emotions also become balanced through sleep.

In today's world, millions of people of all ages are affected by sleep problems, many with severe, chronic sleep deprivation. A round-the-clock activity-driven society has meant that many individuals habitually defer sleep to get other things done. Recent research indicates that pervasive sleep deprivation can lead to more serious health problems than just a dull clouded feeling the next morning - including obesity, high blood pressure and diminished resistance to infections. According to Ayurveda, sleep is one of the supporting pillars of life. Along with diet and lifestyle, sleep is critical to good health and well-being. Quality sleep acts as a rejuvenator of the mind and body, enabling us to function at peak levels during our waking hours. Sleep is important because it enhances Ojas - considered in Ayurveda to be the master coordinator between the mind, body and the inner self. Ayurveda does not dictate eight hours of sleep every night for everyone, but quality of sleep and quantity of sleep required are by an individual to completely recharge the mind and body are considered crucial for health, bliss and longevity. In this newsletter we shall see the Ayurvedic approach to Nidra or Sleep.



We welcome your suggestion and submissions

Enjoy reading and get benefited by Ayurveda.

Vaidya Lakshmi Anoop

### Ayurvedic Perspective of Nidra

Good Night, Bonne nuit, Gute Nacht, Subha Ratri we do wish our near and dear ones a good night sleep but do we really know the importance of sleep? Every one of us might have gone through sleepless nights once or a while or have stayed awake all night for a movie or for studies. Do we know we have broken the rules of natural detoxification of our body?

In Ayurveda Nidra or Sleep is one of the 3 sub pillars of the body, which is necessary for the life sustenance as well as to maintain the natural equilibrium of doshas as per one's body constitution or Prakruti. As Dalai Lama has quoted Sleep is the best meditation. Ayurveda also agrees that sleep at the right time and for right duration is necessary for the growth and well being of body as well as mind. A good night sleep will makes our mind and senses more clear and helps in better cognition. Once by exhausts your body and senses the fatigue due to exertion and Kapha obstructs the body channels and towards the nightfall the Tamo guna in our body increases which paves way to sleep. The aspects of happiness, nourishment, strength, virility, knowledge and longevity of life are attained by timely sound sleep while improper sleep leads to sorrow, emaciation, weakness, impotence, ignorance and early aging. Sleep is a best elixir anabolic event which is a time to rebuild and reconstruct the body.

Researchers have proved that the growth hormone secretion reaches the highest during night sleep and also your brain remains awake during the sleep and it does biological maintenance to prepare your system for the next day with increase energy and productivity. So skimming on the shut eye will only cause drowsiness.

### Ayurvedic approach to Nidra / Sleep

#### Duration of sleep

Different individuals require different duration of sleep as per their body constitution, health status and age factor. For example people who are predominantly Kapha constitution requires only 6-7 hrs sleep during night, pitta person -7-8 hrs sleep and Vata person 8-9 hrs sleep. As per age factor newborns upto 1 yr age - 18 hrs sleep 1-3 yrs - 12-15 hrs sleep 3-5 yrs - 11-13 hours sleep 5-12 yrs 9-11 hours Adolescent 9-10 hrs & Adults 6 - 9 hrs depending on body constitution. 8-9 hrs sleep is required during pregnancy.



#### Timing of sleep

As per Ayurveda the day can be classified into 3 sections of Vata pitta and Kapha predominance from 4 hrs consecutive gap with the sunset and sunrise for instance if the sunset and sunrise is at 6pm and 6am simultaneously 6 am - 10 am which is the 1st part of the day and 6pm -10pm which is the 1st part of the night will have predominance in Kapha and from 10 am -2pm and 10 pm -2am are the mid part of day and night respectively and has the predominance of pitta and from 2pm - 6pm and 2 am -6am which is the last part of night and day respectively has the predominance of Vata.

- Keeping awake during night will increase dryness in body thereby vitiating Vata. Sleeping during daytime causes abhisyaniditvam / clogging of body channels and snigdhatvam / unctuousness which inturn vitiates the Kapha & Pitta.
- Most of us tend to sleep after our lunch, which is hazardous. If you sleep after lunch it will create Kapha predominance that works against your digestive fire causing indigestion and mal absorption and eventually, deposition of toxins or Ama in the body and even promote obesity.
- It is advisable for the people who work on night shifts, to have a light breakfast followed by sleep, for half the duration they are supposed to sleep during night. Once they get up they can have their main meal and can engage in daily routine.

- During summers one can sleep during daytime since the night is shorter. For all other seasons day sleep is contraindicated.
- People who are exhausted by long time speech, travel, intoxication, physical exertion, anger, grief, aged, children, weak due to diseases can sleep during day time but before lunch. Day sleep is indicated during pregnancy and post partum (till 45 days after labor). If at all anyone wants to sleep during daytime it is better to sleep before lunch than to sleep after lunch.

### Tips for Good Night's Sleep

- Try to go to bed at least 15 min – 30 min before sleeping time, for instance 10.30 pm- 11pm will be the best time to go to bed. Try to have dinner 2 -3 hrs prior bedtime and try to do a 30 min mild walk after dinner. Avoid sleeping immediately after dinner, which will cause indigestion.
- Avoid using laptop, television or mobiles phones and caffeinated drinks (tea, coffee, green tea) during bedtime. People with sleep disorders are strongly recommended not to use any of these after dinner.
- Try to listen to instrumental music like flute or read peaceful or happy passages before going to bed for good sleep.
- Avoid doing Trataka or meditation at bedtime, which will make you more alert.
- Have a cup (250 ml) of warm milk at bedtime to promote good sleep.
- You may develop a habit of doing Abhyangam or external application of oil for whole body daily before shower to promote good sleep.
- Marma Abhyangam, Shirodhara, Shiroabhyangam etc help in good sleep. Stay physically active throughout the day and do 1 hr walk, sports, dance etc during day to have a good sleep during night.

Like Leonardo da Vinci has said "A well- spent day brings happy sleep". Likewise good sleep is inevitable for a good day too.

This article is written by Vaidya Parvathy Rajeev, Consultant Physician & Head of Research Division at Chakrapani Ayurveda

### Product of the Month - Nidrakar tea

Ingredients - Brahmi (Bacopa monniერი), Shankhapushpi (Convolvulus pleuricaulis), Pippalimool (Piper longum root), Jatiphal (Myristica fragrans), Yavani (Carum copticum)

Benefits – Nidrakar tea helps to achieve sound sleep at night rendering freshness during the day. It helps in insomnia and sleep deprivation

Recommended use - Daily one serving before going to sleep



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### Group from Italy trains at Chakrapani Ayurveda

Every year groups from Italy under the leadership of Mrs. Sadbhawana and Prof. Arya Bharadwaj, visit Chakrapani Ayurveda Center to train in Ayurveda and to explore Ayurveda. This year a group of 14 students from Italy under their guidance arrived at Chakrapani on Monday, 17th August for 2 weeks training in Ayurvedic massage techniques, beauty care therapies and pain management treatments. They were welcomed at Chakrapani Center in the traditional way with garland and tilak.



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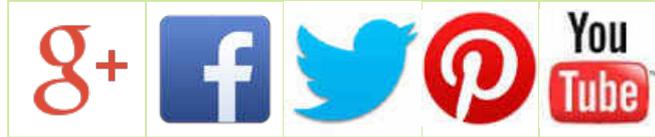
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