



## Dietary Regimen in Sleeping Disorders

Himani G<sup>1\*</sup>, Swati R<sup>1</sup>, Beena B<sup>1</sup>, Sharma KK<sup>2</sup> and Shukla GD<sup>3</sup>

<sup>1</sup>PG Scholar, Department of Panchakarma, Uttarakhand Ayurved University, India

<sup>2</sup>Professor and Head, Department of Panchakarma, Rishikul Campus, Uttarakhand Ayurved University, India

<sup>3</sup>Associate Professor, Department of Panchakarma, Gurukul Campus, Uttarakhand Ayurved University, India

### Research Article

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**\*Corresponding author:** Gupta Himani, PG Scholar, Department of Panchakarma, Uttarakhand Ayurved University, India, Email: himsingh291994@gmail.com

### Abstract

Sleep is a basic human need, important for good health & therefore considered as one of the *Trividh Upastambhas*. "Early to bed & early to arise makes a man healthy, wealthy & wise." This proverb has a great significance. *Ayurveda* believes in saying it. Sleep is a natural phenomenon of giving adequate rest to the body and mind. An improper diet and lifestyle cause aggravation of *Vata* that travels through the channels of the head causing sleeplessness. Suppressed emotions, disturbed sleeping patterns, worries, anger, overexcitement and ill health may be other responsible factors for sleep disorders. It focuses on daily regimen (*Dincharya*) that can avoid lifestyle disorders. *Nidra* plays an important role in physical and mental health. *Ayurveda* has prescribed certain rules, in regard to diet and sleep, called seasonal regimen (*Rutucharya*). Present article emphasized on role of Dietary Regimen in Anidra in promotion of maintenance of health and well-being and prevention of lifestyle disorders.

**Keywords:** *Upastambhas; Ayurveda; Daily regimen; Dincharya; Ritucharya; Nidra; Sleep*

### Introduction

In *Ayurveda Aahar, Nidra, Bramchrya* are support system of life by these pillars body gets strength, good complexion, proper growth. Sleep is one of the essential for healthy life. *Nidra* provides nutrition to living body and maintain the health like lord *Vishnu* who nourishes and protect the world. *Nidra* is one of the important pillars (*Upstambha*) among them [1]. It comes under *Adharniya Vega* (Unsurpassable urge) [2]. If it is suppressed then it causes headache, body pain, heaviness of eye etc. Getting enough sleep at right time supports well-being and good quality of life. Proper *Nidra* protects growth and development of body. It helps to get proper learning capacity (*Gyan*) [3]. According to *Ayurveda, Nidra Viparyaya* (improper sleep), *Prajagrana* (whole night awaking), *Divaswapna* (Daysleep) these are some important

causes of *Vatavyadhi*. In *Ayurvedic* classics, *Vatavyadhi* gets prime importance and covers almost 50% of diseases. Some lifestyle disorders like hypertension, *Madhumeha* (diabetes mellitus), *Sthoulya* (obesity) etc. occurs due to improper sleep [4]. Researchers have observed direct correlation between poor sleep quality and increased physical and psychiatric morbidity, decline in cognitive function, and impaired quality of life (QOL). Most common factors cited for sleep disturbances are lack of sufficient physical activity, poor sleep-related hygiene & excessive daytime napping [5].

The difference of proper health (Happiness) and unhealth (Unhappiness) is based on the difference between wholesome *Ahara* and unwholesome *Ahara*. Unwholesome *Ahara* (*Viruddha Ahara*) is a unique and important concept described in *Ayurveda*. The diet, which disturbs the balance

among the body elements, is called as *Viruddha Ahara*. The second meaning of *Viruddha* indicates about the combination of two substances which are not similar to each other. *Viruddha Ahara* is main cause of disturbed sleep [6].

## Physiology of *Nidra*

### Modern Aspects

The internal biological clock, which controls the circadian rhythm during a 24-hour period, is a key factor in determining how well people sleep. Any interference with this pattern can lead to disturbed sleep and a host of issues, such as weariness, mental alterations, cognitive challenges and physical changes. The internal structure of sleep is also managed by various brain regions. Two brain functions govern and control this rhythm. The length of time spent awake affects the restorative process. The desire to sleep grows stronger the longer one goes without getting any quality rest. The time of sleep and waking during the day-night cycle is controlled by the second step [7].

### Ayurvedic Aspects

According to *Charak Samhita*, a person goes to sleep when their *Mana*, including their *Indriyas*, is spent and they are no longer connected to their surroundings. *Acharya Charaka* states that adequate and proper *Nidra* in terms of quality and quantity gives *Sukh* (happiness), *Pushthi* (nourishment), *Bala* (strength), *Gyana* (learning capacity), *Jivitam* (life). On other side inadequate and excessive, irregular *Nidra* exerts adverse effects that are *Dukha*, *Karshya*, *Abala*, *Agyanam*, *Ajivitam* [3]. *Acharya Sushruta* described *Nidra* as the state of human body in which sense organs are disconnected from grasping of their objects [8]. According to *Vagbhata Nidra* is caused by *Tama Guna* and also influenced by *Tama Guna* [9]. Hence *Nidra* occurs at night time as we see that *Tama Guna* increases at night time.

### Types of *Nidra*

In *Ayurvedic* classics sleep has been explained very deeply. *Acharya Charaka* described six types of *Nidra*. *Acharya Sushruta* mentioned three types of *Nidra* [10]. *Acharya Vagbhata* explained seven types of *Nidra* [11].

1. **Tamobhava** - This kind of sleep occurs due to *Tamas Guna*.
2. **Sleshmasambhava** - This type of sleep occurs due to vitiated *Kaphadosha*.
3. **Mana sharir shrama Sambhava** - It occurs due to mental and physical exertion.
4. **Aagantuki** - This occurs due to external causes like use of medicines, odors, any physical or a mental trauma.

5. **Vyadhianuvartini** - This type occurs as a result of complication in various disease.
6. **Ratrisvabhava Prabha** - This is physiological sleep occurs due to nature of night.

### Samyak *Nidra*

The second major pillar of life is *Nidra*. It is a physiologically resting state for the body, the mind, the senses, and the motor organs. Due to proper and adequate sleep body tissue and *Doshas* remains in equilibrium and maintain health physically as well as mentally. Happiness-sorrow, obesity-emaciation, strength-weakness, virility-impotence, knowledge-ignorance, life-death are all depend on adequate and inadequate sleep [3].

**Anidra** - Inadequate sleep leads to increase *Vatadosha*, wasting of tissue, emaciation, causes of insomnia [12].

**Atinidra** - Oversleeps leads to increase *Kaphadosha*, obesity and diseases like DM [13].

## Dietary Habits in Sleeping Disorder

### Modern Lifestyle & Factors Affecting *Nidra*

Electronic media and devices such as computer, television, use of cellular phones these are essential part of our lifestyle which interfere with normal sleep or wake patterns. Substances such as caffeine, nicotine, alcohol and drugs are commonly consumed in attempt to maintain either alertness and arousal or to achieve sleepiness and tranquility. Alternative duty schedules also affect sleep pattern in different profession such as call centers, IT jobs, policemen etc. Bright light during night time has also been found to have immediate effects on physiological and behavioral measures. Such exposure has become extremely common in various contexts in the modern world. Insufficient physical exercise, overweight, obesity are major issues in modern society which are also associated with sleep disturbance.

### Advised Food in Sleep Disorder

- Sugarcane juice, *Shali*, *Godhum*, *Mash*, milk, meat soup, sweet with rich fat, non-veg, grapes, curd of buffalo milk.
- Use of *Madhura Rasa* (sweet in taste) *Pradhana Ahara* and warm buffalo milk before bed time.
- Avoid excessive consumption of coffee, tea, soft drinks, alcohol and smoking.
- Avoid incompatible, indigestible, hot, spicy food articles.
- Avoid heavy meals at night.
- Try not to eat too late so that you aren't still digesting at bedtime and are at less risk of acid reflux. Be especially careful with spicy and fatty foods late in evening (Table 1).

Food	Benefits
Kiwi	It has numerous vitamins and minerals, most notably vitamins C and E as well as potassium and folate. It has antioxidant properties so they improve sleep.
Tart cherries	It has high concentration of melatonin, which regulate circadian rhythm and promote healthy sleep.
Malted milk and nighttime milk	Its reduced sleep interruptions.
Nuts	Its contain melatonin as well as essential minerals like magnesium and Zinc helped older adults with insomnia.
Rice	Carbohydrate rich diet improved the sleep because it has high level of tryptophan.
Barley Grass powder	It is rich in several sleep promoting compounds including GABA, calcium, tryptophan, Zinc, Potassium and Magnesium
Chamomile tea	It can also help you have a restful night. It gives soothing effect. Black tea is avoided.

**Table 1:** Advised Food Benefits.

### Sleep Hygiene

Sleep hygiene play a critical role in your ability to sleep well. A healthy sleep environment entails finding the best mattress, pillows, sheets and décor to promote restful sleep.

- Have a fixed wake up time
- Prioritize sleep
- Make Gradual adjustments
- Don't overdo it with Naps
- Follow a nightly routine
- Dim your lights
- Unplug from electronics

### Nidra According to Dincharya

A person's daily activities from sunrise to sunset are referred to as their *Dincharya* [14]. *Ratricharya* refers to activities carried out from dusk to sleep. However, in reality, both *Ratricharya* and *Dincharya* are referred to as *Dincharya*. One should awaken in *Brahmamuhurta*, per *Ayurveda* [14]. The timing is right to get out of bed. The ideal moment to meditate is now. *Ayurvedic* texts warn against *Ratrijagan* (late-night awakening) and *Divaswap* (daytime slumber) [15]. Sleeping throughout the afternoon makes the body more sensual. Keeping watch all night results in bodily dryness. A night shift interrupted a sleep pattern. People who work at night experience symptoms like difficulty concentrating, confusion, and sleep deprivation. *Ayurveda* advises against working at night and against sleeping during the day.

### Nidra According to Ritucharya

The effects of various atmospheric changes are felt by all living things. One should adhere to the seasonal *Ritucharya* regimen to get the most out of seasonal changes

and protection from adverse effects of the environment. According to *Ayurveda* daytime sleep is recommended only in *Grishma ritu* i.e., summer season. In *Grishma ritu* duration of night time is short, dryness and roughness in atmosphere is increased which vitiate *Vata Dosha* [16]. In all other remaining five seasons *Divaswap* is contraindicated because of vitiation of *Kapha* and *Pitta Dosha* and increases the risk of diseases caused by vitiated *Kapha* and *Pitta Dosha* [16].

### Yoga Practise

- Practice of *Anuloma viloma*, *Ujjaini*, *Bhramari*, *shitali pranayama* and Meditation along with the practice of *Yama* and *Niyama* [17].
- *Suryanamaskara*, *Tadasana*, *Matsyasana*, *Mandukasanakasana*, *Bhujangasana*, *Padmasana*, *Pascimottanasana* and *Shavasana*.
- Yoga has been used as a tool for stress management that can assist in alleviating depression and anxiety disorders, insomnia and other psychological ailments [18].
- Yoga can be effective in reducing insomnia [19]. Deep relaxation techniques, *Yoga Nidra*.

### Discussion

*Alpa Nidra*, *Khandit Nidra*, and *Anidra* or *Nidranash* are a few of these. Other contributing factors may include repressed emotions, sleep issues, anxiety, rage, ageing, overexcitement, and poor health. The suprachiasmatic nucleus of the hypothalamus, which responds to light and makes people sleepy at night when it's dark, regulates the timing of sleep, which is one of the crucial variables. The physiological systems can change as a result of sleep disorders in the elderly, including a decrease in the synthesis

of necessary hormones like growth hormones and a decline in metabolic function. An ideal preventive health package for the sleep related disorders includes various components such as knowledge and awareness about disease conditions and steps for their prevention and management, good nutrition and balanced diet, *Panchkarma* procedures, physical exercise. For the promotion of a positive mindset and to create a feeling of well-being, meditation, Yoga, prayer, and strategies for motivation should also be included.

## Conclusion

The way of living back then was different from today's. People were less busy and under less stress in ancient times, although in people in today's fast-paced, materialistic world don't have time to consider their health. This is a significant stress factor. Because many stress-related issues, such as anxiety, loss of sleep, depression, inability to focus and other things happen. The youthful generation is pushed toward addictions like alcoholism, smoking, drug misuse, etc. by their hectic lives. This lifestyle causes more mental health issues and lifestyle-induced diseases like hypertension, diabetes etc. As a result, the average human lifespan is also getting shorter every day. We should follow the daily and seasonal routine advised by *Ayurveda* to increase health and lifetime. The hours and times of sleep are crucial. By adhering to the ancient wisdom of *Ayurveda*, we can improve society's health and ward off ailments. Ideal *Nidra* is important for preserving health and protecting against lifestyle problems. One should adhere to *Dincharya* and *Ritucharya* for *Samyak Nidra*.

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