

A STUDY OF NIDRAJANAN DRAVYAS AND THEIR KARMA W.S.R. TO
MANOVAHASROTASA

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ABSTRACT

According to Ayurveda, Aahara , Nidra , Bramhacharya are supposed to be the Trayopstambha i.e central factors for healthy and long life .Among them Nidra or sleep is necessary for maintaining proper psychosomatic health as it rejuvenate both mentally and physically.

Nidrajanan dravya means drug which induces and maintain sleep.It is a need of time to study and explore Nidrajanan Dravyas due to change in lifestyle and increasing stress factor which create disturbances in manovaha srotasa causing Nidralpata , Nidranasha Due to manovikara .

So in this article I tried to compile the Nidrajanana Dravyas and their related action on manovaha srotasa .These dravyas are like Aahara dravyas , Aushadhi dravyas , and Vihara.

Key words – Nidrajanan Dravyas Manovaha srotas .

INTRODUCTION

Now a days, in day to day clinical practice there is an increase in number of patients which complain about improper sleep or sleep disturbances and insomnia .[Nidralpata, Nidranasha]

Due to increased stress in todays life style with hectic work schedule , compitition , ambition people feel stress on their mentle and physical health .Change in lifestyle and food habits vitiates sharir and manas doshas. Which causes sharir manas vyadhis t.e. psychosomatic disorders . Nidra is very much related to sharir and manas dosha samya . when sharir and manas doshas are vitiated, nidra gets affected .vatprakopa ,pittaprakopa , manastapa , dhatukshaya these are some causes of nidra vikara .

According to Ayurveda Aahara , Nidra , Bramhacharya are supposed to be the Trayopstambha t.e central factors for healthy and long life.A good samyaka nidra is “ SUKHAYUSHI PARA KURYAT “ helps to achieve sukha and ayu t .i.e happy long life .

So there is need to study Nidrajanan dravyas , their karma on manovaha srotasa to give relief in psychosomatic diseases and manovikaras (pscchological problems).Many metabolic disorders such as diabetes ,hypertension ,cardiac diseases , psoriasis ,Irritable bowel syndrome ,Eczema ,skin diseases ,gastric ulcers ulcerative colitis , rheumatoid arthritis.

In Charaka Samhita Grahani chikitsa adhyaya, grahani dushti causes manovahasroto dushti lakshanas.So to treat these psychosomatic disorders manas swasthya is needed. For this good sound sleep