Concept of Ratri- Jagarana (Night Awakening) W.S.R. to Lifestyle Disorders

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Abstract:
Nidra (Sleep) is considered as one of the three pillars of healthy life in Ayurveda. Proper sleep is the key to healthy life, but in today’s era our lifestyle became too fast and busy that we don’t have time to take a proper sleep. This is the main cause of today’s Lifestyle disorders viz. Diabetes mellitus, Hypertension, Acidity, & the mental problems like Depression, Anxiety, etc. This study is the literary overview over the Concept of Ratri-Jagarana (Night Awakening), its relation with today’s Lifestyle & its study as a cause of Lifestyle Disorders.

Key words: Nidra, Ratri-Jagarana, Life Style Disorders.

Introduction:
Ayurveda is the Science of life. This mainly focuses on physical, mental, social & spiritual health; as well as explains about how to attain the supreme quality of health by avoiding harmful events in life. Nidra (sleep) has a unique role in the maintenance of health & it is explained in the concept of Trayopasthambha (Three Pillars of Healthy Life). Nidra is a special state of mind in which association of mind with Indriyas gets detached. This detachment from external objects or Indriya Vishaya results from the tiredness of mind & body. Proper sleep is the key to healthy life, but in today’s era of Competition, our life became too fast and busy that we don’t have time to take a proper sleep. This leads to the hazardous conditions viz. Diabetes Mellitus, Hypertension, Acidity & the mental problems like Depression, Anxiety etc. In this study we had a literary overview over the Concept of Ratri-Jagarana in relation with today’s Life style and how it leads to the diseases.

Disadvantages of Ratri- Jagarana:
Ratri – Jagarana is the main cause of increasing Rukshatva (dryness) in the body. This is explained as the main cause for vitiation of Vatadi Doshas; leads to the Raktadushti, hence producing different diseases in the body as well as in the mind.

Even Nidra is considered as one of the Adharaniya Vegas. Ratri – Jagarana is nothing but the Dharana of this Vega; this leads to Yawning, Body ache, Heaviness in Body & Eyes, and Headache.

Today’s Lifestyle & Ratri – Jagarana:
We need to have an overlook on today’s lifestyle in order to distinguish between Nidra Kaal (time of sleep) & Ratri – Jagarana. First of all we need to focus on the word ‘Ratri’. Ratri is nothing but the time duration between Sunsets to Sunrise. It starts after the first Prahara of Sunsets and ends at Sunrise. A person is expected to sleep after one prahara of Sunsets & woke up at Brahmi-Muhurta (before one prahara of Sunrise), in order to acquire a good health (Physically & Mentally).
As we know in today’s era our lifestyle does not allow us to sleep until mid-night. One more concept explains that the first stage of night is of Kapha Pradhanaatva, Second one is of Pitta Pradhanaatva & the last one is of Vata Pradhanaatva. By this concept we come to know that, we are expected to sleep in Kapha Pradhana Kaal so as to get sound sleep. As at this time due to Kapha Pradhanaatva in the body, we can get into the sound sleep more easily. But we don’t sleep until the second stage of night; this is the Pitta Kaal and this won’t allow us to sleep properly, leading to the Pitta Prakopa; which causes Pittaj vyadhis like Hyper-Acidity, Indigestion etc. Again we are expected to wake up in the Brahmi Muhurta which is supposed to be the Vata Pradhana Kaal. Waking up at this time supports Mala -Mutra Vegas to function properly due to the Chala Guna of Vata. But now a day people wake up after Sunrise, this is supposed to be the Kapha Pradhana kaal. This is the main cause of Vegavrodha; leading to the Vatadi Dosa vitiation causing number of disorders henceforth. Sleeping after Sunrise may be considered as Divaswapna, this leads to the further Kapha Dushti causes further vitiation of Vata Dosha, and produces Vataja & Kaphaja Vikara like Prameha (Diabetes), Sthoulya, Vatavyadhis etc.

Discussion:

Today’s life is so fast & competitive that most of the time people remain in anxious state of mind. Ayurveda gave a complete and systematic understanding about the effect of sleep on our Physical & Mental health. Sleep is the natural state of body. Ayurveda tells a comfortable sleep provides the healthy body, strength, virility, sharpened senses and longevity. While the improper sleep causes various problems like fatigue, weakness, numbed senses, even sterility and may leads to death. If we don’t follow the usual pattern of sleep, it affects Doshas. Daytime sleep increases Kapha; while Ratri – Jagarana leads to increase of Vata dosha, this leads to the dryness of body causing related health problems. Ratri – Jagarana is one of the major causes for Shirorogas (diseases of Head & Neck); leading to the Anxiety, Stress, Depression and all other mental problems. Sleep should be taken in appropriate time in order to maintain the physical and mental health. Today’s lifestyle disorders are the product of this improper sleep with respect to time.

Conclusion:

Today’s hectic lifestyle results in Ratri – Jagarana, as we could not sleep in proper time. Leading to the imbalances of the Doshas, causes many of the health hazards like Diabetes Mellitus, Hypertension, Acidity & the mental problems like Depression, Anxiety etc. In order to maintain the physical and mental health, it is necessary to follow the daily regimens of Ayurveda. Proper Nidra is the prime tool to maintain the good physical and mental health. Ratri – Jagarana (night awakening) should be understood better in relation with today’s Lifestyle and it should be avoided to live happy and healthy life.

References:


