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## A HOLISTIC APPROACH TOWARD MANOVAHA STROTAS IN VIEW OF ANIDRA

Kamble P.<sup>1</sup>, Deshpande P.<sup>2</sup>, Dawre M.<sup>3</sup>

1. PG scholar, Rachana Sharir Department, Government Ayurvedic College Nanded, Maharashtra, India.
2. Associate professor Rachana Sharir Department, Government Ayurvedic College Nanded, Maharashtra, India.
3. HOD and Professor Rachana Sharir Department, Government Ayurvedic College Nanded, Maharashtra, India.

### ABSTRACT:

*Aahar* (food), *Nidra* (sleep), and *Bramhacharya* (celibacy) are three pillars of life (*Tryopstambha*); <sup>(4)</sup>*Nidra* (sleep) is one of them. Ayurveda recognizes the importance of *Nidra* for health. It considers *Nidra* a basic instinct of life. Sleeping is essential for all living beings. *Anidra* is called Insomnia in modern science. *Nidranasha* arises from *Vatadosha* imbalance, often aggravated by stress, overstimulation, poor lifestyle habits, or internal dysfunctions. In *Anidra*, there is an imbalance in *Tarpakaa* Kapha, prana, vyau, sadhak *Pitta*, and *Tapaka* kapha, which is a sub-*Dosha* of kapha nourishing brain cells and facilitating good sleep at night. *Nidra* results from factors that lower the body's levels of Tama and Kapha guna. *Vata-Pitta* vridhi, as mentioned by Acharya *Vagbhatta* and *Sushruta*, is a cause of *Anidra* in Ayurveda. *Anidra* is regarded as one of the *Vatavyadhi* *Nanatmaja*.<sup>(6)</sup> Sleep is crucial for maintaining good health. Acharya *Charaka* correctly states that proper and improper sleep determine happiness and misery, proper and improper growth, strength and weakness, potency and sterility, wisdom and ignorance, and life and death. *Nidra* can also be a sign of today's lifestyles, including anxiety disorders, stress, pathological, and psychological conditions. Therefore, with the help of Panchkarma procedures, Yoga, medication, and diet plans, one can reduce such issues of *Anidra*.

**KEYWORDS:** Ayurveda, *Nidra*, *Nidranash*, Insomnia, *Anidra*.

### CORRESPONDING AUTHOR:

**Dr. Pratiksha Kakasaheb Kamble**

PG scholar, Rachana Sharir Department,  
Government Ayurvedic College Nanded, Maharashtra, India.  
Email: [kamblepratiksha218@gmail.com](mailto:kamblepratiksha218@gmail.com)

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**INTRODUCTION:**

*Anidra*, i.e., *Nidranash*, is generally defined as the loss of sleep or abnormalities in its quantity and quality. Ayurveda mentions three pillars of life: *Aahar* (diet), *Nidra* (sleep), and *Brahmacharya* (celibacy), which maintain a person's health. Among these, *Nidra* (sleep) plays a crucial role in the mental and physical health of healthy individuals. According to *Acharya Charak Sukha, Dukha, Pusti, Karshya, Bal, Abala, Guna, Aguna, Jivan, and Maran* (death) all depend on proper or improper *Nidra*<sup>(8)</sup>. *Acharya Sushruta* states that sufficient sleep at night prevents diseases, promotes a pleasant mind, strength, and a good complexion. Adequate sleep fosters freshness and reduces fatigue. Never deny sleep, as doing so can lead to *Jrambha, Angamarda, Tandra, Shirshoola, Akshigouravam*, and other issues. *Sukha-Dukha, Dala-Abala, Vrushta-Klibata, Dnyana-Adnyana, Ajivan-Maran, and Pustikasharya* all rely on getting enough sleep. Sleep occurs when *Tamas* covers the seat of *Chetana* or *Hrudaya*. Any factor reducing *kapha* and *Tama guna* can lead to *Anidra*. *Nidra* originates from *Sharirika Dosha, kapha*, and *Mansika Dosha, Tama*<sup>(5)</sup>. *Anidra* can be clinically correlated with insomnia. It is the most common sleep disorder worldwide and may cause psychosomatic symptoms like fatigue, high blood pressure, and concentration issues, significantly impairing quality of life. Recently, *Anidra* has been included in *Ayurveda's* classification of lifestyle disorders. The prevalence of insomnia in India is estimated to range from 13.8% to 33% of the population. Ayurveda offers the best approaches for understanding and managing this condition via panchakarma therapies like *Nasya, Shirodhara, and Murdhni Chikitsa* for *Mana* and *Indriya Vikaras*. *Anidra* (Insomnia) is a

sleep disorder that is characterized by difficulty falling asleep or staying in sleep. There Secondary insomnia. Primary insomnia means that a person is having sleep problem that are not directly associated with any other health problem. Secondary insomnia means that a sleep problem is caused of some health problem.

**Aim-** To study *Manovaha Strotas* in view of *Anidra*.

**Objectives-**

- 1) To study *Manovaha Strotas* in the *Ayurvedic* aspect in detail.
- 2) To study insomnia according to modern science.

**Material and method -**

Data collected from Classical literature - *Ayurvedic Samhita* and its commentary, Modern textbooks - Google Scholar, PubMed, and other data analyses.

**DISCUSSION:****Review of literature -****Concept on Nidra:**

**According to Charak-** is essential for mental and physical restoration, nourishment of tissues (*Dhatus*), and homeostasis. Proper *Nidra* helps promote happiness, strength, virility, knowledge, and longevity.

**According to Sushruta-**Mental calmness, physical strength, good complexion, and longevity through proper and adequate sleep.

*Sushruta* also emphasizes that: Sleep should occur naturally at night, and the body should be active during the day.

**According to Vagbhata-**

The quality and quantity of sleep *Sukha-Duhkha, Bala-Abala, Pushti Karshya, Jivita-Ajivita*. It occurs naturally when *Kapha Dosha* increases and senses withdraw from their objects due to fatigue. It is influenced by *Tamas guna*.



**Effect of sleep-**

*Pushti* (Enhances tissue growth and rejuvenation; nourishes Dhatus, i.e., body tissues), *Bala* (Restores physical energy and builds immunity, i.e., Ojas), *Sukha* (Happiness/Well-being) brings emotional calmness, mental stability, and a sense of pleasure, improves memory, clarity, decision-making, and concentration.<sup>(8)</sup> *Varna* (Maintains a healthy glow and skin tone by supporting internal balance), *Agni Deepana* (Balances Agni), digestive fire, aiding proper digestion and metabolism. *Ayu* (Contributes to a long and healthy life through cellular repair and regeneration).

**Concept of Anidra :**

'Anidra' or *Nidranasha* is a term used for loss of sleep. *Nidranasha* is the difficulty in maintaining sound sleep or waking up early without complete sleep and being unable to sleep again, or waking up with a feeling of tiredness and exhaustion. According to the *Ayurvedic* perspective, the disease is attributed to *Tarpaka kapha*, *Sadhak Pitta* or *Prana vata*. An aggravated state of conditions of the bodily *Vata* and *Pitta*, an aggravated state of mind, loss of vital fluid or an injury may bring on insomnia. Insomnia is characterized by poor sleep and typically presents as difficulty initiating or maintaining sleep. Affected individuals often experience fatigue, decreased mood, irritability, malaise, and cognitive impairment. The disease is attributed to *Tarpaka kapha*, *Sadhak Pitta*, or *Prana vata*. *Tarpaka kapha* is a sub-Dosha of *kapha*; it nourishes the brain cells and facilitates a good sleep at night time. Imbalance of *Tarpaka kapha Dosha* causes poor nourishment of brain cells, leading to insomnia. *Sadhak Pitta* is a sub-Dosha of *Pitta* and controls the emotions, desires, and spirituality. *Prana Vata* is a subtype of *Vata* and is linked to insomnia, worry, anxiety, etc.

*Prana Vata* causes the nervous system to be sensitive; this nervous system, coupled with an aggravated *Prana vata*, leads to insomnia. According to *Acharya Charaka*, *Nidra* is considered one of the essential pillars (*Trayopastambha*) of life, alongside diet (*Ahara*) and a regulated lifestyle (*Brahmacharya*). Its significance is highlighted by the fact that proper sleep contributes to happiness, strength, knowledge, and even life itself. *Anidra* is broadly defined as the loss of sleep or the derangement in the quality and quantity of sleep. It is often a consequence of various diseases and can also lead to or aggravate numerous ailments. The underlying causes often involve vitiation of *Vata* and *Pitta Doshas*, mental exhaustion, lifestyle irregularities, and dietary imbalance.

**Classification of insomnia** - Types of Insomnia include two main categories:

**Based on cause -**

Primary insomnia and Secondary insomnia. However, there are also other types described below.

**Primary insomnia** is when the individual experiences sleep problems not directly linked to any other health condition or issue.

**Secondary insomnia occurs** when sleep problems are caused by health conditions such as asthma, depression, arthritis, cancer, or heartburn.

**Based on duration**-Acute insomnia is a common type that lasts for a few days or weeks. It may result from stress or life events, and most people recover naturally.

**Chronic insomnia**- lasts for a month or more and can lead to problems like fatigue, difficulty concentrating, or mood changes.

**Nidana**- According to *Sushruta*, *Anidra* is caused by aggravated conditions of the bodily *Vayu* or *Pitta*, an aggrieved state of the mind, and wasting of the Dhatus and Trauma<sup>(7)</sup>

**Aaharaja nidana-**

Excessive consumption of Aahar such as Rukshanna, Ratriprabhutashana, Upavasa Visamashana, Adhyashana, Alpashana, Viruddhashana, Atimadhyapana (Alcohol), and drug withdrawal effects (including alcohol) can raise the Anidra.

**Viharaj Nidan-**

Ati Dhumpana Sewan, Ratri Jagarana, Adhika Sharirika Shrama, Adhika Diwaswapna, Ativyavaya, and an uncomfortable sleeping environment (Asukha Shayya), and Vegavidharana are responsible factors for Anidra.

**Rupa-Table no1.**

The cardinal feature of Insomnia is Loss of Sleep. Due to lack of sleep, symptoms usually appear in the table-

Rupa	Ch.	Su.	A.H.	A.S.
Jrumbha	√	√	√	√
Angamarda	√	√	√	√
Tandra	√	√	√	√
Shiro rog	√	-	-	-
Shirogaurav	√	√	√	√
Akshigaurav	√	√	-	-
Jadya	-	-	√	√
Glani	-	-	√	√
Bhrama	-	-	√	√
Apakti	-	-	√	√
Vatarog	-	-	√	√

**Samprapti-**

• Anidra is considered as Vata Nanatamaj Rog. If an individual falls asleep when his mind including the sensory and motor organs, gets exhausted, and they dissociate themselves from their objects.

• Mansik **Dosh Raja** plays an important role in pathogenesis.

Vatavitiations occur due to both kinds of etiological factors, i.e., Sharirik and Mansik.

• Impairment of psychosomatic functions of the mind restricts the detachment of

**Mansika nidana-**

Chinta, Bhaya, Shoka, Krodha, Manastapa, etc.

**Improper treatment-**

Atiyoga of Vaman, Virechana, Dhumapana, Raktamokshana, Vyayam, etc. Cause of the vitiation of Vata.

**Purvarupa-**

There is no mention of Anidra's purvarupa in any of the Ayurvedic texts. Since this is a Vata-predominant Vyadhi, Avyakta is purvaroopta.

Mann from **Gyanendriya** and **karmendriya**.

• This ultimately results in the pathological stage of Anidra.

**Management of Anidra-****Ayurvedic Management of Anidra:**

Ayurveda employs a holistic and personalized approach to managing Anidra, focusing on restoring the balance of the Doshas and promoting restful sleep. In the treatment of Anidra, one should depend upon the measures having Vata shamaka, Vedanashamaka and Roga

*Nivaraka* effects as well as pacifying effects on mental activities. The treatments which are described for *Anidra* in Ayurvedic Samhitas are mostly the same. It is described in form of *Ahara*, *Vihara*, *Aushadh* and *Panchakarma* as follows.

### 1. *Nidana Parivarjana* (Avoidance of Causative Factors)-

The first and foremost step in managing *Anidra* is to identify and avoid the factors that trigger or aggravate it. This includes:

#### Dietary Factors (*Aaharaja Nidana*)-

- Excessive consumption of dry, light, and spicy foods (*Rukshanna*),
- Eating large meals late at night (*Ratriprabhutashana*),
- Excessive intake of caffeine, alcohol, and nicotine,
- Fasting (*Upavasa*).

#### Lifestyle and Behavioral Factors (*Viharaja Nidana*)-

- Excessive smoking (*Ati Dhumpana Sewan*).
- Staying awake late at night (*Ratri Jagarana*).
- Eating large meals late at night
- Excessive physical and mental exertion (*Adhika Sharirika Shrama*).
- Sleeping during the day (*Diwaswapna*).
- Uncomfortable sleeping environment.
- Mental and Emotional Factors (*Manasika Nidana*):
- Worry (*Chinta*), fear (*Bhaya*), grief (*Shoka*), anger (*Krodha*).

### 2. *Ahara Chikitsa* (Dietary Interventions)-

A balanced and nourishing diet plays a vital role in restoring *Doshic* balance and promoting good sleep. Recommendations include:

#### • *Vata and Pitta Pacifying Diet*:

- Consume warm, grounding, and easily digestible foods.
- Include foods with sweet, oily, and nourishing qualities, such as milk, ghee, and rice.
- Use of Shali rice, curd, milk, wheat, sugarcane, grapes, jaggery.
- Have dinner before 8 PM.

#### Foods to Avoid-

- Stimulants like coffee, cold drinks, fried, and spicy foods.
- Heavy meals close to bedtime.

### 3. *Vihara Chikitsa* (Lifestyle Modifications)-

- Regular and disciplined lifestyle practices contribute significantly to managing *Anidra*.
- Establish a Consistent Sleep Routine: Go to bed and wake up at the same time daily to regulate the body's natural circadian rhythm.
- Calming Evening Routine: Engage in relaxing activities like reading, light yoga, or meditation before bed.
- Create a Sleep-Conducive Environment: Ensure the bedroom is dark, quiet, and cool, with comfortable bedding.
- Limit Screen Time: Avoid electronic devices (phones, computers, TV) at least an hour before bed to reduce exposure to blue light.
- Regular Physical Activity: Engage in moderate exercise during the day, but avoid vigorous workouts in the evening.

#### *Manasika Chikitsa*-

- *Acharya Charaka* mentioned ; *Mano Anukula Vishaya Grahana*,

- *Manoanukula shabda Grahana*, and *Manoanukula gandha Grahana* as *Mansika upachara*.

#### **Shamana Aaushadhi-**

- According to *Ayurveda* some single herbs and compound medicine
- used in Insomnia the are-

#### **Single Drugs-**

- *Sarpagandha churna*
- *Ashvagandha churna*
- *Jatamamsi churna*
- *Vacha churna*
- *Brahmi churna*
- *Mandukparni churn*
- *Shankhapushpi churna*
- *Parsikayavani churna*
- *Jatiphaladi churna*

#### **Compound formulation-**

1. *Saraswatarista*
2. *Ashavagandharista*
3. *Mustarista*
4. *Drakshasava*
5. *Apamarga kashaya*
6. *Punarnavastaka kwatha*.
7. *Nidrodaya vati*
8. *Sarpagandhaghan vati*
9. *Manasmitra vati*

#### **Panchakarma chikitsa-**

- *Virechana*- Expels toxins, *Pitta Dosha*, and *Dusti kapha*, therefore, balances normal *Doshahar*.
- *Abhyanga* -*Abhyanga* with medicated *Vatahara* oil.
- *Padaabhyanga* -Foot massage with *Vatahara* oil .
- *Akshi Tarpana* - Retaining oil over the eyes.

- *Shiro pichu*-with *Kshirabala taila*, *Brahmi taila*.

- *Shiroabhyanga*- (massaging oil results in a calm mind & induces sleep).
- *Shirobasti*,
- *Shirodhara*,
- *Shirolep*

#### **CONCLUSION:**

*Nidra* is one of the important aspects of life. Disturbed sleep causes a high risk of a lot of physical and mental abnormalities and most of the patients suffering from insomnia have negative emotions like *krodha*, *Bhaya*, *Shoka*, and *Chinta*, etc. Insomnia is a common sleep disorder that can significantly impact quality of life if left untreated. However, with the right combination of lifestyle changes, behavioral therapy, and, if necessary, medication, it is possible to improve sleep quality and insomnia symptoms. The problem of insomnia is currently increasing day by day due to stressful life. *Ayurveda* literature established various therapeutic measures in the management of *Anidra*, such as avoiding causative factors, administration of drugs in single or compound form, *Shodhan chikitsa*, *Panchakarma chikitsa* and regulation of *Ahara-Vihara*, etc are the best way to treat *Anidra*. *Medhya* herbal formulations contain drugs having anti-anxiety and anti-stress activity and also provide beneficial results to keep the patient anxiety-free and stress-free to induce normal sleep to lead to a healthy and happy life. In modern science, it is treated with sleeping pills, sleeping pills cause many sides effect like tingling, dizziness, peripheral neuritis, etc., so *Ayurveda* has great potential to treat Insomnia.

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