



SUMMARY

The dissertation “Study of Nidra as Adharniya Vega & its Management with Bhramari Pranayam” comprises following parts:

1. Introduction
2. Objectives of the dissertation
3. Review of literature
4. Methodology
5. Observation and results
6. Discussion
7. Conclusion

The volume begins with the conceptual part which deals with literary aspects of the study collection of all subject related topics. Unlike other disorders, this entity has both – physiological and pathological importance. In physiological normalcy, it maintains the health and in pathological condition it hampers the health. Hence, before going to the disease review, a detailed description regarding *Nidra* – from Ayurvedic and modern point of view has been discussed. *Nidra* with its physiology, importance, function and its untoward effect– when it is not taken in proper quality and quantity and by holding up of it have been discussed. Various phenomena on occurring of sleep from Upanishadik, Yogic, Ayurvedic and modern point of view has been presented and concluded. As *Manasa* is playing a key role in *Nidra*, relation between *Manasa* and *Vata* and its importance in the context of *Nidra* have been dealt together. In the disease contrive, *Anidra* – according to Ayurvedic point of view with its *Nidana*, *Rupa*, *Samprapti* vis-à-vis pathogenesis, *Samprapti* Ghataka and *Chikitsa* with

the consideration of psychic level have been critically analyzed and presented. Insomnia with up to date modern perspective has been discussed after discussing *Anidra*.

Introduction:

It includes brief knowledge about *Adharniya Vega*, *Nidra*, *Anidra* and *Bhramari Pranayam* followed by need of study is described. After that prevalence of Insomnia and Hypothetical role of *Bhramari Pranayam* over *Anidra* is mentioned.

Objectives of the dissertation:

It includes Aim, Objective and literary study of *Adharniya Vega*, *Nidra*, *Anidra* and *Bhramari Pranayam* from various text is mentioned.

Review of literature:

This part includes the conceptual part which deals with literary aspects of the study collection of all subject related topics. Unlike other disorders, this entity has both – physiological and pathological importance. In physiological normalcy, it maintains the health and in pathological condition it hampers the health. Hence, before going to the disease review, a detailed description regarding *Nidra* – from Ayurvedic and modern point of view has been discussed. *Nidra* with its physiology, importance, function and its untoward effect – when it is not taken in proper quality and quantity and by holding up of it have been discussed. Various phenomena on occurring of sleep from Upanishadik, Yogic, Ayurvedic and modern point of view has been presented and concluded. As *Manasa* is playing a key role in *Nidra*, relation between *Manasa* and *Vata* and its importance in the context of *Nidra* have been dealt together.

Methodology:

This comprises the selection criteria, study design, plan of the study, physiology, subjective and objective parameters and grading for assessment criterion.

Observation and Result:

It includes observation on all demographic data's with their graphical representation about the same, regarding the observation Age, Sex, *Prakrutī*, and results of individual symptoms followed overall response of the treatment.

Discussion:

This includes Discussion About Clinical Study, Patients, Disease, Treatment and Lakṣanaa, Management of *Anidra* followed by Discussion regarding probable mode of action of *Bhramari Pranayaon Anidra*. In the end of Discussion Probable *Samprapti Bhang* of *Anidra* and Mode of Action of *Bhramari Pranaya* is mentioned.

Conclusion: Thus it can be concluded that Yogic therapies when combined with behavioral therapy like Sleep Hygiene plays a very major role in providing relief to patients suffering from *Anidra* especially as an *Adharneeya Vega*.