AIMS & OBJECTIVES
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1. To study the importance of Nidra.

In this work an attempt have made to get vivid concept about nidra, one of the Trayopstambha mentioned by Ayurveda. Alongwith this, efforts are also taken for the detail study of importance of sleep in the life of human being.

2. To study the effects of Satat Jagran (Sleepless Nights) on health.