SELECTION OF TOPIC
Selection of Topic

Nidra (Sleep) maintains the happiness & unhappiness, nourishment and emaciation, strength and debility, sexual power and impotence, knowledge and ignorance (illiteracy), life and its absence (death). Thus the Samyak Nidra (adequate sleep) at proper time maintains physical and mental health.

Asamyak Nidra is main hetu (reason) for generating many diseases. So Nidra and its importance needs to be studied by all angles.

In our country, industrialization became very fast after our nation’s independence. Production in various industries is gradually increased. People are working round the clock & hard.

Another factor is, our nation’s population is very large and opportunity for work is very less. This is the reason that workers accept job which is getting them. People wants financial development fast and that also in short period. They do not give attention to personal health (swasthya) and family health. They are earning more money but their health (swasthya) is decreasing slowly. They do not care of Ahara and Nidra etc. People accept job which is in shift duty, permanent night shift unwillingly. They do overtime in duty for earning more money. People tries to adjust themselves in service. They do not get rest properly. Time and Duration of Nidra (Sleep) also changes as per shift and requirement.

Sleep disorders are common and upto one third of the general population is estimated to suffer from sleep disorders at some point during their lifetime. This results in impared academic or occupational
performance, accidents at work or while driving, disturbances of mood & social adjustment.

Along with other industry medical profession is also slowly recognized as medical industry. As this profession is an emergency service, peoples working in various hospitals always has to remain on toes. Any patient can become serious at any moment. Especially in night hours critical patient needs more attention & constant monitoring. Alongwith physical they suffer mental stress also. Inspite of having knowledge regarding hazards due to lack of night sleep, medical staff ignores this. In other industries also like - Sugar factory, Milk dairy, Tool factory etc.workers working round the clock. They have to remain awake in night shift. Ultimately they suffers from many health hazards. These hazards can be minimized by giving some simple suggestions as mentioned in Ayurveda.

It would be very interesting to observe if Satat Jagaran (Sleepless Nights) due to work result in a common set of symptoms and does Ayurveda have any solution to offer in the similar condition. Hence this topic “To Study the effect of Satat Jagaran (sleepless night) on health” is selected for research.