A CONCEPTUAL STUDY ON NIDRA VEGADHARANA IN YAKSHAGANA ARTISTS

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ABSTRACT
Nidra is one among most important factors responsible for a healthy life and it has also been described as one of the Trayopasthambha. Ayurveda highlights the significance of Vegadharana and considered as a major factor in the manifestation of disease. The effects of Nidra Vegadharana has been explained in detail in Charaka Samhita. Acharya Sushruta describes Nidra Vegadharana lakshanas as Jrumbha, Angamarda, Shiro-akshi gourava, Tandra and it leads to disease Udavarta. Some of the traditional arts of South Karnataka, such as Yakshagana artists are inevitably undergo night vigilance due to their profession. Yakshagana, a popular traditional folk art and it is to be conducted overnight. Because of this Yakshagana Artists go for long practice sessions and continuous rehearsals during night. They do not have adequate time for rest, which will have impact on sleep and overall health. On addressing natural urges of Nidra, appropriately without suppressing them, individual can stay healthy and happily, further individual can prevent the diseases concern to Nidra Vegadharana. This study is primitive efforts to find the relation of Nidra Vegadharana and health status in Yakshagana artists. And if proper sleep is not done during night, they may go for sleep related illness. In this article an attempt is made to relate the Nidra Vegadharana lakshana in Yakshagana artists.
Keywords: Nidra, Nidra Vegadharana, Yakshagana

INTRODUCTION
Ayurveda explains Nidra (Sleep) is an important and essential phenomenon of life which effects the body and mind equally in a favorable way when it is enjoyed in a right manner. Nidra is essential for the happiness of all humans and it occupies 1/3rd of life
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and it has also been described as one of the Trayopasthambha. Ayurveda highlights the significance of Vegadharana and considered as a major factor in the appearance of disease.

The concept of Nidra Vegadharana is explained by almost all the Acharyas of Ayurveda. The effects of Nidra Vegadharana has been explained in detail in Charaka Samhita. Acharya Sushruta describes Nidra Vegadharana lakshanas as Jrumbha, Angamarda, Akshi-gourava, Shiro-gourava, Jadya, Tandra and it leads to disease Udavarta.

Yakshagana is a rare and unique traditional theatre art form of Karnataka, is a theatrical form of presenting mythological and historical stories by means of drama, dance, dialogues, and music and it is usually conducted overnight. The Yakshagana artists go for long practice sessions and continuous rehearsals during night. They do not have adequate time for rest, which will have impact on sleep and overall health. This study is primitive efforts to find the relation of Nidra Vegadharana and health status in Yakshagana artists. And an attempt is made to relate the Nidra Vegadharana Lakshana in Yakshagana artists.

OBJECTIVES OF THE STUDY
1. To study the concept of Nidra Vegadharana.
2. To study the impact of Nidra Vegadharana in Yakshagana artists.

MATERIALS AND METHODS:
The literary source for the present study was obtained from different classical text books, also Sanskrit dictionaries, Modern text books, Published articles, Reprinted journals and Internet sources.

OBSERVATION
Concept of Nidra
Nidra (Sleep) is considered as one among the Trayopasthambha and discussed its importance in the maintenance of life. It is also mentioned under the Adhaaraneeya Vegas mentioned in the classics. Nidra brings happiness, nourishment, vitality, Strength, and knowledge and a person’s life depends on the proper sleep for the maintenance of the normal health.

Charaka mentioned the Sleep as Bhuthadatri, that which arises due the normal nature of the night.
Concept of Nidra Vegadharana

Almost every Acharya has explained the importance of Nidra in various contexts, and separate chapter is mentioned for Nidra Vegadharana and its lakshanas. Acharya charaka mentioned in Navegandharaniyam Adhyaya, and Acharya Sushruta mentioned in Udavartha prathisedha Adhyaya, and Acharya Vagbhata mentioned in Roganutpadaniya Adhyaya.

Nidra Vegadharana Lakshanas (Symptoms due to Sleeping Suppressing Urges)

According to Charaka Samhitha
The symptoms of Nidra Vega Dharana(sleep) are Jrumbha(yawning), Angamardana (body ache), Tandra(drowsiness), Shiroroga(headache), Akshi Gourava (heaviness in the eyes). Treatment related to Nidra Vega Avarodha Janya Rogas Swapna –Advised to sleep and Samvahana (gentle massage of the body kneading) 10.

According to Susrutha Samhitha
Nidra Vegaarodha(Suppresion of sleep) leads to the Jrumbha (yawns), Angamardha (aches in the body), Shiro Akshi gourava (heaviness in head and eyes), Jadya (lassiness), Tandra (delutions) 11.

According to Astangha Hrudaya
Nidra Vegadharana (Suppresion of sleep) leads to Moha(insensibility), Murdhaakshigourava (feeling of heaviness of head and eyes), Alasya (absence of enthusiasm), Jrumbha (yawnings) and Angamarda (pain all over the body) are caused by the Suppresion of sleep. In this condition sleep and smooth massage are desirable12.

According to Astangha Sangraha
Suppression of Nidra (sleep) results in Moha (stupor), Murdhaakshi gourava (Heavyness of the Head and Eyes), Alasya(Lassitude), Jrumbha (repeated yawning), Angamarda (pains all over body). Sound sleep and Gentie Massage relieves the problems13.

Concept of Yakshagana Artists

Yakshagana14 is a classical folk art of Karnataka, mostly popular in the districts of Uttara Kannada, Shimoga, Udupi, Dakshina Kannada and Kasaragod district of Kerala and is considered a form of opera in western eyes. Performed as a temple art over the years.
The name, Yakshagana literally means song of the demi gods – Yaksha (demi
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gods or spirts of nature) *Gana* (means song). This unique dance form is a perfect blend of dance, music, songs, scholarly dialogues and colorful costumes. *Yakshagana* performers wear huge headgears, elaborate facial make-up, colorful costumes and ornaments which together give a superhuman appearance to the character presented. The themes of the plays are taken from the epics, *Ramayana* and *Mahabharata*.

Usually the art form is presented in *Kannada*, A troupe is known as a ‘Mela’: the actors are the *Mummela* and the musicians the *Himmela*.

**DISCUSSION**

*Ayurveda*, the science of life has mentioned various principles for wellbeing of the humans. There are two basic aims of *Ayurveda*, to maintain the healthy status of human being and to cure the diseased ones. On observing these two aims, we can understand that, *Ayurveda* has given priority to keep the person healthy and besides these efforts, if disease occur then cure it.

As proper *Aahara* is required for maintenance of healthy life, similarly *Nidra* is required for happiness of life. *Nidra* is the second useful pillar amongst this trio because it holds and enhances the man to remain active and fresh next day, as he was in past.

In *Ayurveda*, obstruction or untimely generation of *Vega* (urges) is said to be a prime cause i.e. *Hetu* of many diseases. A separate chapter is written in the three prime *Samhithas* (*Brihttrayee*) mentioning the *Vegas* and their symptoms as well as their treatment.

The effect of *Nidra Vegadharana* stated in almost all *Samhitas*.

*Ayurveda* science describes “*Vegasandharanam Anarogyakaranam* i.e. suppressing the natural urges is considered as amongst the most impactful cause responsible for the manifestation of any illness. For those person who want healthy life, one should not Suppress the natural urges as these results in the occurrence of various types of diseases. Appropriate elimination of these natural urges is essential to maintain the homeostasis of various body systems.

*Apakti,*
Angamarda, Shirogourava, Jadya, Alasya, Glani, Tandra, Bhrama, Jrumbha. Nidra Vegadharana causes vitiation of Vata dosha which causes so many disease. There are two particular sleep related problems are associated with the sleepless nights i.e. one, difficulty for sleeping during the day and second is, difficulty staying alert at night. There is evidence that sleepless night (Satata Jagarana) can result in significant social & family problem and in an increased incidence of illness.

In present era, people are not getting proper Nidra (sleep) because of busy work schedules, advancement in technologies, stress etc. As a result, work hours have engaged the time of sleep and there has been some direct or indirect impact on the quality of a healthy sleep which in turn effects the health of an individual. If a healthy person not getting proper sleep, it leads to cause for manifestation of many diseases like Hypertension, Diabetes mellitus, etc.

Now a day’s people indulges in Ratri Jagarana (night vigilance) due to various reasons. One of such reason is night working in Yakshagana Mela. Yakshagana is one type of act which is performing during night time (Generally between 9 PM to 6 AM).

Yakshagana is traditional Indian theatre art form. As in Dakshina Kannada Yakshagana is most famous and unique art. The graduates also performed during the study due to their interest and passion for Yakshagana. This was because majority of artists were dependent on their occupation and they were not working whole year for the show. Only 6 months they used to work. Hence, middle and lower class are more inclined towards this job.

During night time all most all are taking tea because it is stimulant in nature. Because they were spending more sleepless nights to perform in show. So to overcome the stress and strain they were taking pan tea etc. Most of the Yakshagana artists, it is found that after Rathri Jagaran, maximum use to take sleep after taking food and they are taking Diwaswapna (day sleep). During morning time they will travel from one place to other place by bus.

Yakshagana artists having Satata Rathri Jagarana, it is because of odd timing of taking food (akala bhojana), food in improper quantity, changing
shifts, Vidagdha Ahara and Vihara. The roaming type of work increases physical strain in Yakshagana artists and ultimately it increases the Vata dosha.

As mentioned by Acharya Charka whoever takes food at very odd time (Akale) and neglecting Mala, Mutra, Vegas (natural urges) additionally generating these urges voluntarily at his own convenience suffers frequent health complaints (Sada-Atura). Those having Mithya, Aahara-vihara (as suggested in Ayurveda) prone to have frequent illness. Same thing is observed in Yakshagana Artists doing Satata Jagaran in night time, these persons having Ahitkara Ahara Vihara & Mal Mutra etc. Vega-Avrodha, and Diwaswapna, so they gets frequent health complaints. Because Nidra Vegadharana (Suppression of urges of sleep) can cause many illness, therefore one can sleep proper in time and not suppressing the urge of Nidra which is mentioned in Ayurveda, which can overcome these problems.

**CONCLUSION:**

Ayurvedic Science attribute to the cause of various disorders by forceful Suppression of the Natural urges. In Yakshagana artists, due to Ratri Jagaran (night vigilance), they may undergo sleep related disturbances. Nidra Vegadharana (Suppression of urges of sleep) can cause many illness and one can take proper sleep in time, which can overcome these problems. This study is primitive efforts to find the relation of Nidra Vegadharana and health status in Yakshagana artists. By this study it can be concluded that without suppressing the natural urge of Nidra individual can stay healthy and happy, further individual can prevent the diseases caused due to Nidra Vegadharana.

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