

CHAPTER 8

AYURVEDIC KRIYA SHARIRA

Doctoral Theses

01. TANWAR (Ankur Kumar)
Study to Evaluate the Association of Samyak Nidra, Nidra Viparyaya and Anidra with Heart Rate Variability (Hridya Karya Vaishmaya) - An Observational & Clinical Study.
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Abstract

Presents study aimed to evaluate the association of normal sleep cycle (Samyak Nidra), desynchronized sleep circadian rhythm (Nidra Viparyaya), and insomnia (Anidra) with heart rate variability (HRV) and assess the effect of the herb Jatamansi (*Nardostachys jatamansi*) on HRV in insomnia patients. The study was conducted using Ayurvedic and modern parameters. In the observational study, 495 participants were divided into three groups based on their sleep patterns: Samyak Nidra (n=165), Nidra Viparyaya (n=165), and Anidra (n=165). In the clinical study, 100 insomnia patients were administered Jatamansi Choorna (3 gm twice daily) for one month. HRV analysis revealed that the Anidra group had the most maladaptation compared to the Nidra Viparyaya and Samyak Nidra groups. Nidra Viparyaya and Anidra were found to cause autonomic balance divergence towards the sympathetic side. Kapha-Pitta Prakriti individuals were found to be more vulnerable to cardiovascular disorders due to lower vagal tone and greater sympathovagal balance. Vata-Pitta Prakriti individuals were more susceptible to Anidra. Jatamansi significantly improved insomnia severity index, sleep quality, blood pressure, and heart rate in the clinical study. The herb was found to balance the sympathovagal balance towards the parasympathetic side in HRV findings. The study concludes that HRV analysis may serve as a biomarker for sleep quality, potentially preventing cardiovascular illnesses in vulnerable populations. Future research using objective sleep measures like polysomnography and actigraphy could further substantiate the link between sleep and autonomic activity

Contents

1. Introduction 2. Review of Literature 3. Drug Review 4. Material and Methods 5. Observation & Result 6. Discussion 7. Conclusion. Summary. Bibliography. Publications and Presentations. Annexures.