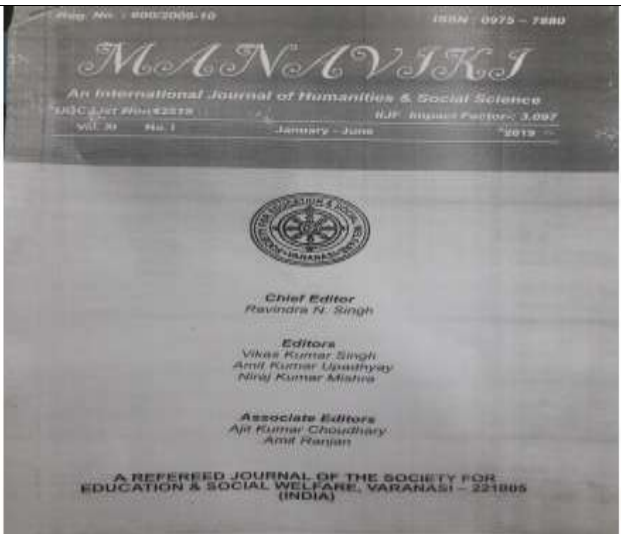
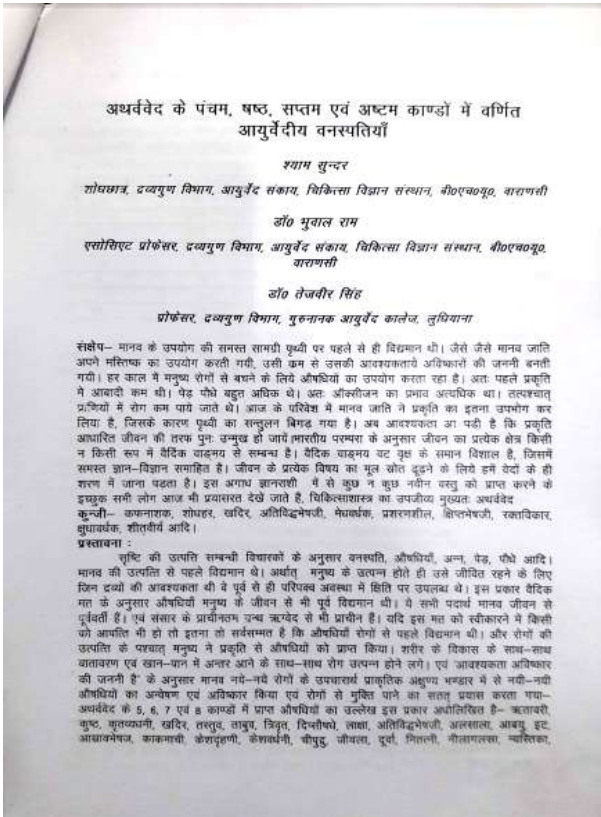


RESEARCH PUBLICATION DURING LAST ONE YEAR

SR. NO.	NAME OF PUBLISHER	DEPARTMENT	NAME OF ARTICLE	PRINT
1	DR. TEJBEER SINGH	PROFESSOR & HEAD DEPTT. OF DRAVYAGUN	MANVIKI	
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3	DR. MANISHA	PROFESSOR & HEAD DEPTT. OF ROGNIDAN	IJAHM	<p>ISSN - 2249-5748 International Journal of Ayurvedic and Herbal Medicine 9:2 (2019) 3452-3463 Journal homepage: http://www.ijahm.in DOI:10.31145/ijahm.v9i2.62 Impact Factor: 4.415</p> <p>Retrospective Clinical Survey: A Study to Show the Effect of Nidra Viparyaya on Dhātu Sarata</p> <p>Dr. Manisha Sharma¹, Dr. Bharti², Dr. Subhash Sharma³, Dr. Roman Tora⁴</p> <p>¹M.D. Ayu. Reader, Department of Rog Nidra, G.N.A.M.C., Gopalpur, Ludhiana (Pb.) ²M.D. Ayu. Reader, Department of Kriyachikitsa, G.N.A.M.C., Gopalpur, Ludhiana (Pb.) ³M.D. Ayu., Reader, Department of Panchikarma, G.N.A.M.C., Gopalpur, Ludhiana (Pb.) ⁴M.D. Ayu., Lecturer, Department of Agad Tantra, G.N.A.M.C., Gopalpur, Ludhiana (Pb.)</p> <p>*Corresponding Author: Dr. Manisha Sharma Reader, Department of Rog Nidra, G.N. Ayu. College and Research Institute, Gopalpur (Ludhiana) Pb.</p> <p>ABSTRACT Acharya Charaka has designated <i>ahara</i> (food), <i>nidra</i> (sleep) and <i>brahmacharya</i> (abstinence) as the main three pillars of life termed as <i>trayogopastambhas</i>. These, when taken in adequate aspect at the right time provide stability to the body and improve <i>bala</i> (strength), <i>varsha</i> (complexion) and <i>upchoya</i> (metabolism) in the body. Among these, <i>nidra</i> plays a major role in one's life. Adequate sleep leads to <i>arogya</i> (health), <i>bala</i> <i>nidra</i> <i>virati</i> (increase in physical and reproductive strength) and <i>ahimsacharya</i> and healthy life which is the ultimate goal of Ayurveda. On the other hand, altered sleep leads to <i>hala</i> <i>hara</i> (loss of strength), <i>raganmurta</i> (diseased state) or even death. So it can be said that abnormal or inadequate <i>nidra</i> can manifest in the form of <i>dhatuvikara</i>, making a person <i>astora</i> (diseased). For better economic gains, people are neglecting their daily needs of having proper <i>ahara</i>, <i>nidra</i> and other required <i>vitara</i> at proper time. Due to these reasons, people are becoming more prone towards diseased state. <i>Dhatuvikara-astora paribha</i>, given by Acharya Charaka is very unique and important concept of Ayurveda which is done to <i>know pramata</i> (magnitude) of one's (life), <i>dashu</i> and <i>bala</i> (strength) of one. <i>Dhatuvata paribha</i> is one among these which</p>
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