



THE IMPACT OF SOCIAL NETWORKING ON NIDRA(SLEEP): A REVIEW OF THE LITERATURE

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ABSTRACT

Social networking sites (SNSs) are virtual spaces where users can connect with others based on shared interests, create public profiles, and interact with real-life friends. They offer a variety of benefits, such as access to academic resources, learning opportunities, entertainment, social connection, news and information, and networking opportunities. However, SNSs can also have harmful effects, such as addiction, cyberbullying, body image issues, reduced productivity, and increased risk of depression. Ayurveda considers sleep (nidra) to be one of the three pillars of health, along with diet (ahara) and exercise (vyayama). Nidra is essential for physical and mental well-being. It helps to restore the body's energy, improve cognitive function, and boost the immune system. There are four types of nidra: tamasika, swabhaviki, vaikarika, and kalaswabhavaj. The physiology of sleep is explained by four theories: tamoguna theory, kapha dosha theory, depression theory, and svabhava theory. The text provides a comprehensive overview of social networking and sleep in the context of Ayurveda. It discusses the benefits and harmful effects of SNSs, as well as the importance of nidra for physical and mental health. The text also provides an overview of the four theories that explain the physiology of sleep.

SOCIAL NETWORKING USAGE refers to the ways in which people use social networking sites and apps to connect with others, share information, and build relationships. Social Networking Sites are virtual communities where users can create individual public profiles, interact with real-life friends, and meet other people based on shared interests. SNSs are online platforms that allow users to create public or private profiles, within a limited scope connect with other users, and view their connections.^[1]

Primarily, SNSs were used for making friends online, fostering interpersonal relationships and building business networks.^[2] Lately, due to its enriching quality, greater reach and huge accessibility, youngsters utilizing these websites for academic purposes, like sharing assignments and online discussions, extending their reach to mass gatherings for political propagandas, and voicing for social causes, and entertainment like streaming online, playing games and listening songs.^[3]

Specifically, one of the study argues that there are five different types of cyber addiction, namely computer addiction (i.e., gaming addiction), information overload (i.e., internet surfing addiction), net compulsions (i.e., online betting or shopping addiction), online sexual addiction, and online-relationship addiction.^[4] SNS appears to come under last category since their

main purpose is to build and maintain relationships, both online and offline.

The internet has created a global village where people from all over the world can come together to learn, share, and grow. A number of social networking sites have created dynamic social contexts that make it easy for users to form and maintain online communities. These sites facilitate communication and social connections, which helps groups, communities, and people with shared interests stay connected. (E.g. Live streaming: Users can broadcast live video to their followers, which allows them to connect with others in real time. Shared groups and communities: Users can join groups and communities based on their interests, which gives them a way to connect with others who share their passions).

BENEFITS

Academics: Social networking sites can provide access to research papers, articles, and other academic resources. For example, researchers can use Twitter to follow experts in their field and stay up-to-date on the latest research.^[5] **Learning:** Social networking sites can be used to learn new things. For example, students can use YouTube to watch educational videos or follow experts on Twitter who share educational content.^[6] **Entertainment:** Access to entertainment: Social networking sites can provide access to entertainment content, such as movies, TV



shows, music, and games. For example, users can watch videos on YouTube or listen to music on Spotify.^[7] Socializing: Social networking sites can be used to socialize with friends and family. For example, users can chat with friends on Facebook or Instagram or play games with friends on Discord.^[8] Information: Access to news and information: Social networking sites can provide access to news and information. For example, users can follow news organizations on Twitter or join groups on Facebook that share news and information.^[9] Networking: Social networking sites can be used to network with people who share similar interests. For example, users can join groups on LinkedIn that are relevant to their industry or follow people on Twitter who work in their life.^[10] Socialization: Connecting with friends and family: Social networking sites can be used to connect with friends and family who live far away. For example, users can chat with friends on Facebook or Instagram or send messages on WhatsApp.^[11] Making new friends: Social networking sites can be used to make new friends who share similar interests. For example, users can join groups on Facebook or Discord that are relevant to their interests or follow people on Twitter who have similar interests.^[12]

HARMFUL EFFECTS

Addiction: Social media addiction is a real problem, and it can have a number of negative consequences for mental and physical health. People who are addicted to social media may experience anxiety, depression, and loneliness. They may also neglect their work, school, or relationships.^[13] Cyberbullying: Cyberbullying is a form of bullying that takes place online or through electronic devices. It can be just as harmful as traditional bullying, and it can lead to a number of negative consequences, including depression, anxiety, and even suicide.^[14] Body image issues: social media can be a breeding ground for body image issues, as people are constantly bombarded with images of idealized bodies. This can lead to low self-esteem and eating disorders.^[15] Reduced productivity: social media can be a major distraction, and it can lead to reduced productivity at work or school. People who are constantly checking their social media accounts may find it difficult to focus on their tasks.^[16] Increased risk of depression: Studies have shown that excessive social media use can increase the risk of depression, especially in young people. This is likely due to the fact that social media can lead to social comparison, loneliness, and a distorted sense of reality.^[17] Sleep deprivation: Excessive social media use can lead to sleep deprivation, as people may stay up late at night scrolling through their feeds or checking notifications. This can lead to a number of health problems, including fatigue, difficulty concentrating, and mood swings.^[18]

NIDRA (Sleep)

Ayurveda regards *Nidra* as one of the most essential factors responsible for a healthy life. It is one of the *Trayopastambhas* or three great supporting pillars on which the health of a person is firmly balanced.^[19]

When the mind is exhausted or inactive, the sense organs are unable to perceive their objects. This results in a lack of stimulation for the mind, which leads to sleep.^[20] So, When the mind is exhausted, it is no longer able to process information as effectively. This can lead to a decrease in alertness and concentration.

Nidra is mentioned as one among the thirteen *AdharaneeyaVegas*.^[21] The happiness, nourishment, strength, virility, knowledge and life depend on the proper or adequate sleep.^[22]

Acharya's have called the Sleep as *BhutaDhatri* which occurs by nature of *ratri* (night), that sustains all the living things. Some quoted it as a *SvabhavikaRoga*.^[23] The getting enough sleep is a sign of good health because it allows the body to the adequate repair itself and restore its normal functions.^[24] Like *Aahara*, Sleep is key to keeping the body healthy and functioning at its best.^[25]

Sleep is often referred to as "*Vaishnavimaya*" in a metaphorical sense. It is a physiological process that provides nourishment to the body and helps to maintain health.^[26] Human beings have four basic instincts or needs: hunger, thirst, sleep, and sexual satisfaction.^[27] *Acharya's* have described the importance of sleep during fetal life. they have emphasized The fetus in the womb is able to get a better rest and feel more comfortable when the mother sleeps during pregnancy.^[28] *Nidra* (sleep) is described as a state in which the *Atma* doesn't have desire for anything and also doesn't dream anything and this condition is called *Sushuptavastha* of *nidra*(sleep).^[29] *MaharshiPatanjali* has defined *Nidra* to be the mental operation having the absence of cognition for its grasp. A commentator noted that sleep is a state of unconsciousness, but there is still a level of awareness present. This awareness is of the unconscious state itself.^[30]

SYNONYMS OF NIDRA

In *Amarkosha*, four synonyms have been mentioned; *Shayanam*, *Svapah*, *Svapnah*, *Samvesh*.

Similarly in *VaidyakaShabdaSindhu*, three synonyms are available; *Sambhashah*, *Suptih*, *Svapanam*. In *CharakaSamhita*, *Bhutadhatri* has been used as a synonym and in *SushrutaSamhita* the word *VaishnaviMaya* is used.

TYPES OF NIDRA

Nidra has been classified in the following manner according to causes.^[31]

Tamobhava- caused by *tama*, *Shleshmasamudbhava*- caused by vitiated *kapha*, *Manah-sharirshramasaambhava*- caused by mental and by physical exertion, *Agantuki*-indicative of bad prognosis leading imminent death, *Vyadhyanuvartini*- caused as a complication of other disease like *Sannipatajajwara* etc., *Ratri-svabhavaprabhava*- caused by the very nature of the night.



Acharya Dalhana has classified *Nidra* into three types on the basis of *SushrutaSamhita*.^[32]

Tamasik- when *sangyavahastrotas* become filled with *shleshma* dominated by *tamoguna*, *TamasiNidra* is produced. *Swabhaviki*- this type of *Nidra* occurs naturally and daily in all living beings.

Vaikariki- If there is any disturbance in *mana* and body, *Nidra* does not occur. But if *Nidra* is occurred, it is *vaikarikiNidra*.

Acharya Vagbhata has classified in seven types as following manner.^[33]

Kalawsabhawaj- it is produces at the accustomed time. i.e. nights,

Amayaja- it is produced due to effect of diseases, By fatigue of

mana- when *mana* is exhausted, By fatigue of *sharira*- when body

is exhausted, *Shleshmaprabhavaj*- it is produced due to

predominance of *kapha*, *Agantuka*- this type of *Nidra* is produced

by external factors e.g. traumatic etc., *Tamobhava*- it is produced

by predominance of *Tamoguna*.

PHYSIOLOGY OF SLEEP

Four theories for explaining mechanism of sleep *Tamoguna* Theory.^[34]

- ✓ *KaphaDosh*a Theory.
- ✓ Depression Theory
- ✓ *Svabhava* Theory
- ✓ *Tamoguna* Theory

***KaphaDosh*a Theory**- when *tamas* accumulate in *chetana*, *kapha* obstructs the sensory channels in the body, leading to sleep.

Depression Theory-When the mind and the sense organs are tired to an extent that they cannot be aroused by activity, then the person goes to sleep. This can occur as a result of natural processes as well as pathological processes.

***Svabhava* Theory**-Natural instincts are the most powerful cause of sleep, and the night serves as the causative factor.

***Tamoguna* Theory**-In the *darshanik* theory of sleep, *tamas* is the *guna* (quality) that is responsible for ignorance, inertia, inattention, and sleep. At night, the higher centers of the mind are overpowered by *tamas*, which leads to sleep. Additionally, if *tamas* covers the seat of consciousness, the heart, then the person goes to sleep.

Benefits of Sleep

A good, quality sleep provides,^[35]

- ✓ *Sukha* (wellness)
- ✓ *Pushti* (nourishment)
- ✓ *Bala* (strength)
- ✓ *Vrishata* (potency)
- ✓ *Jnana* (knowledge)
- ✓ *Jiva* (life or longevity)

Sleep is a vital part for the normal functioning of the human body in Ayurveda. It is one of the three *upastambhas* or subpillars, of

health in Ayurveda, along with *bhrahmacharya* (celibacy) and *aahara* (diet). Good quality and quantity sleep provides one with wellness, strength, knowledge, potency, nourishment, and life or longevity. On the other hand, inadequate sleep leads to weakness, illness, ignorance, impotency, emaciation, and even death.

Harmful Effects of Sleep Deprivation

Reduced cognitive performance: Sleep deprivation can impair cognitive functions such as attention, memory, and learning. For example, a study by the University of California, Berkeley found that sleep-deprived students performed worse on tests of attention and memory.^[36]

Mood disorders: Sleep deprivation can also lead to mood disorders such as depression and anxiety. For example, a study by the University of Pittsburgh found that sleep-deprived people are more likely to experience symptoms of depression.^[37]

Increased risk of suicide: Sleep deprivation has been linked to an increased risk of suicide. For example, a study by the University of Pennsylvania found that people who are sleep-deprived are more likely to attempt suicide.^[38]

DISCUSSION

Social networking has become an integral part of our lives, and the amount of time we spend on social media is increasing. However, ongoing research suggests that social networking use can have a negative impact on sleep.

One study found that people who used social media for more than two hours per day were more likely to report sleep problems than those who used social media for less than one hour per day. Another study found that people who checked their social media accounts before bed were more likely to have trouble falling asleep and to wake up during the night. There are a few reasons why social networking use can interfere with sleep. First, the blue light emitted from electronic devices can suppress the production of melatonin, a hormone that helps regulate sleep. Second, social networking can be stimulating and can make it difficult to relax and fall asleep. Third, social networking can be addictive, and people who are addicted to social media may find it difficult to turn off their devices at night.

CONCLUSION

In conclusion, *Trayopastamba*, or the three pillars of health, is a concept in Ayurveda that emphasizes the importance of diet (*ahara*), sleep (*nidra*), and sexual moderation (*brahmacharya*). *Nidra* (sleep), is one of the most important pillars of health. Blue light emitted from electronic devices can suppress the production of melatonin, a hormone that helps regulate sleep. Social networking can also be stimulating and can make it difficult to relax and fall asleep. It is important to note that more research is needed to fully understand the impact of social networking on sleep. However, the current evidence suggests that it is best to limit social media use if you want to get a good night's sleep.



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