



Quality Sleep: Balancing Soma in the Physiology

By Vaidya Ram Kant Mishra

In the fast-paced, technology driven world, more and more people suffer from sleep deprivation. Some fall asleep only to wake up several times during the night. Some struggle to fall asleep, then toss and turn most of the night. Some complain about being tired in the morning even though they sleep six to eight hours.

In the worst cases, the struggle to sleep has become so daunting that people decide their time would be better spent on work or socializing. They stay up later and later, exhausting themselves and thus forcing their bodies to 'crash' into sleep.

Modern and alternative medicine has developed sleeping aids that alleviate the problem somewhat but still leave people sleep deprived because the drugs and supplements are insufficient or habit forming, or they induce artificial sleep, in which people get the satisfaction of falling asleep but they don't wake up refreshed in the morning.

Chronic sleep deprivation leads to depressed immunity, physical weakness, and decreased tolerance of mental and emotional stress, all of which ultimately lead to illness.

According to Vaidya Mishra's research and experience, the root cause of sleeplessness is the lack of *Soma* in the environment, food, water, and the body.

Soma, according to Ayurveda, is one of the three aspects of *prana*, which is the life force

or the electromagnetic vibration that keeps the body alive. The other two aspects of prana are *Agni* and *Marut*. *Soma* is the lunar energy, *Agni* is the solar energy, and *Marut* is the energy of air and space.

If we were to compare the body to a battery, *Soma* would be the minus, *Agni* the plus, and *Marut* would be the current between them. Another way of understanding *prana* is to view *soma* as the nurturing energy, *agni* as the transforming energy, and *marut* as the circulating energy.

Somo ratrihi - At night, *soma* rules. (Shathapata Brahmana)

Soma and good sleep have a reciprocal relationship. Sleeping at night enhances *soma* because lunar energy, the source of *soma*, is predominant at night. And vice versa, proper balance of *soma* ensures good sleep.

Chandrama vai Somaha The moon is full of *soma*. (Sanskrit Quote)

Unfortunately, in this modern era, *agni* and *marut* energy are predominant in the environment. They are found in the form of electromagnetic radiation from cell-phones, television, computer monitors, and from emotional challenges, bio-acidic foods, and low pH water. All these *agni* and *marut* energies dry out the nurturing and lubricating quality of *soma*, which results in poor sleep.

In treating sleep problems, the value of *soma* is greater than all existing supplements or medical alternatives.

The Brahmanas, an ancient Vedic text say:

Somo vai aushadhi namadha rajaha – - *Soma* is the emperor, the king of kings in medicine.

In daytime, the nurturing and calming effect of *soma* enhances the ability to handle mental and emotional challenges.

At night, *soma* aids in falling asleep and maintaining quality sleep.

Steps for balancing *soma* and improving sleep:

- 1) Check your salivary pH every morning. In practical terms, low *soma* can be understood as low or acidic pH. Balanced pH indicates balanced *soma*, which is necessary for quality sleep.
- 2) Favor organic vegetables and seasonal, ripe, juicy fruits. All meals should be fresh. Leftovers, canned, and frozen foods increase acidity and decrease *soma*.

- 3) Check the pH of your water. Most purified water is acidic. Favor Trinity (Gold Label) water, Mountain Valley water, or good quality spring water that shows a higher pH.
- 4) Pay attention to your breathing. Breathe slowly and deeply from the lower abdomen.
- 5) Improve elimination. Slow bowel movements contribute to sleep problems because the body reabsorbs toxins, which secrete more *agni* (higher pH) and diminish *soma*.
- 6) Go to bed before 10 pm. This is the ideal time for balancing *soma* and increasing the quality of sleep.