INTRODUCTION
Healthy sleep habits is the important part of the quality life. In present era, due to heavy duty schedule or night duty diwaswapn (day sleeping) is commonly occurred, these kind of people suffered from various types of diseases like lifestyle disorders insomnia, depression, obesity etc. The diwaswpna is helpful as well as harmful depending on the situation according to ayurvedic literatures. Acharya charaka has mentioned it as one of the concept of nidra.

AIM AND OBJECTIVE
The paper was written to fulfill following aim and objectives,
1. To study ayurvedic concept of Diwaswapnaw.s.r. charaksamhita
2. To study indication of Diwaswapnapw.s.r. charaksamhita
3. To study contra-indication of Diwaswapnapw.s.r. charaksamhita
4. To study Diwaswapna as hetu (etiological factor) of various diseasesw.s.r. charaksamhita

MATERIAL AND METHODS
To fulfill the discussed aim and objectives ayurvedic literature i.e. charaksamhita is required.

Review of Literature
Importance of Sleep
For proper maintenance of body the diet and proper sleep both are equally important. Corpulence and scragginess of body depend upon diet and sleep both. (CH. SU. 21/51)

Effect of night vigil and day-sleeping
Night vigil produces rukshatva (dryness) due to vata while day sleeping produces snigdhtva (unctuousness) due to vitiation of kapha and dosing during sitting neither produces rukshatva nor abhishyandatva. (CH. SU. 21/50)

ABSTRACT
Ayurveda is the basic science related to our day to day life. Divaswapna is one of the concept mentioned in ayurvedic literatures. Sleep is important for proper maintenance of body. We commonly sleep in the night, but due to some conditions we sleep in the day like night duty, illness etc. So, divaswapna is important concept for our knowledge. As per charakasamhita let's know about indication and contra-indication of day sleeping, what happens in the body due to the day sleeping and which diseases arise due today sleeping in the contraindicated conditions.

KEYWORDS : Divaswapn, Day Sleeping, Diwaswapn.

Indication of diwaswapna
Those suffering from emaciation caused by geet (singing), adhyayan(study), madya(wine etc-intake), strikarm (sexual intercourse), evacuative therapies, weight carrying and travelling on foot; also those seized with indigestion, injury, wasting; who are aged, children and women; those suffering from polydipsia, diarrhea, colic, dyspnea, hiccup; and also who are lean, injured due to journey and vigil, anger, grief and fear and habitual of day sleeping, all these persons can observe day-sleeping at all times. (CH.SU.21/39-41)

Benefits of Diwaswapn
The dhatus of such person remain in equilibrium, their strength increases, the shleshma nourishes their body parts and life span becomes stable.(CH.SU.21/42)

Season for Diwaswapn
The dhatu of such person remain in equilibrium, their strength increases, the shleshma nourishes their body parts and life span becomes stable.(CH.SU.21/42)

During summer season or receiving season (aadankala) because of rukshatva (dryness/roughness) and aggravation of maatar (vayu) as well as short nights diwaswapn/day sleeping is recommended. But for summer season, in all other season day sleeping aggravates shleshma and pitta. Thus it is not advised. (CH.SU.21/43-44)
Contra-Indication of Divaswapna

Contra-indication of Divaswapna according to season (Ritu):

During spring season, the accomplished shleshma agitated by strong sun rays disturbs the body fire (digestive fire) and produces so many diseases. Hence, during spring season emesis etc. should be induced and heavy, sour, unctuous and sweet diet and day sleeping should be given up. (CH. SU. 6/23)

During autumn the sky becomes clear. In this season one should give up use of sun (sitting, walking, sleeping under sun), fat, oil, dew, meat of aquatic and marshy animals, should give up use of sun (sitting, walking, sleeping under sun), and coitus should be given up (are contraindicated). (CH. SU. 6/35)

During this period use of diluted mantha (flour of parched barley added with ghee and water), day sleeping, dew (sleeping in the night in open), river water, exercise, sun-heat, and prognosis.

During winter the body being weakened during aadana period, the digestive fire also weak is, which is further deteriorated during rainy season due to influence of vata etc. Due to vapour emanating from earth (rain water entering earth cools it, thus vapours are formed), rain-fall, increased sourness due to amlapak (transformation) of water and reduced power of fire during rainy season the vata etc. doshas get aggravated. That is why mild living methods (diet, drink and living) are advised during rainy season.

During summer the strong sun rays disturbs the body fire (digestive fire) and causes agnimandya. Most of the diseases caused due to agnimadya. i.e. it is etiological factor of all diseases according to Ayurveda.

During autumn the accumulated shleshma agitated by strong sun rays disturbs the body fire (digestive fire) and causes agnimandya. Most of the diseases caused due to agnimadya. i.e. it is etiological factor of all diseases according to Ayurveda.

Contra-indication of Divaswapna according to various diseases:

1. Shiroroga (head-disorders) CH SU 17/8,
2. Santarpaniyavyadhi (satiating diseases) CH SU23/4,
3. Raktadushti (blood disorder) CH SU 24/8,
4. Kaphaja fever CH NI 1/25,
5. Mansavaha and Medovahatrotas dushti CH VI 5/15-16,
6. Kaphajagulma CH CHI 5/14,
7. Kaphajaudarrog CH CHI 13/29,
8. KaphajahArsha CH CHI 14/9&18
9. Visarpa CH CHI 21/20
10. Vat vyadhi CH CHI 28/17
11. Vatashonita CH CHI 29/7, 49

DISCUSSION

According to Ayurveda Divaswapna is indicated in various conditions and in specific season, which is beneficial to maintain the equilibrium of the body and also increase the strength. But apart from this, day sleeping disturbs the agni (digestive fire) causes agnimandya. Most of the diseases caused due to agnimadya. i.e. it is etiological factor of all diseases according to Ayurveda.

CONCLUSION

Here, it may be concluded that Diwaswapna is necessary in some conditions, but can also cause various diseases if not taken in proper way. Understanding the concept of divaswapna with its importance, indication, contra-indication and as the hetu of various diseases facilitates the Vaidya to take decisions accurately with respect to treatment and prognosis.

REFERENCES: