



REVIEW ON CONCEPT OF DAY SLEEPING W.S.R. TO CHARAK SAMHITA

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ABSTRACT

Ayurveda is the basic science related to our day to day life. Divaswapna is one of the concept mentioned in ayurvedic literatures. It means sleeping in the daytime (Day sleeping). Sleep is important for proper maintenance of the 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 to day sleeping in the contraindicated conditions.

KEYWORDS : Divaswap, Day Sleeping, Divaswapna.

INTRODUCTION

Healthy sleep habits is the important part of the quality life. In present era, due to heavy duty schedule or night duty diwaswapna (day sleeping) is commonly occurred, these kind of people suffered from various types of diseases like life style disorders insomnia, depression, obesity etc. The diwaswapna 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 Diwaswapna.w.s.r. charaksamhita
2. To study indication of Diwaswapna.w.s.r. charaksamhita
3. To study contra-indication of Diwaswapna.w.s.r. charaksamhita
4. To study Diwaswapna as hetu (etiological factor) of various diseases.w.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**

देहवृत्तौ यथाऽऽहारस्तथा स्वप्नः सुखो मतः।

स्वप्नाहारसमुत्थे च स्थौल्यकार्श्ये विशेषतः॥ च.सु. २१/७१

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

रात्रौ जागरणं रुक्षं स्निग्धं प्रस्वपनं दिवा।

अरुक्षमनभिष्यन्दित्वासीनप्रचलायीतम्॥ च.सु. २१/५०

Night vigil produces rukshatva (dryness) due to vitiation of 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)

Indication of divaswapna

गीताध्ययनमद्यस्त्रीकर्मभाराध्वकशिताः ।

अजीर्णानः क्षताः क्षीणावृद्धान्बालास्तथाऽबला ॥

तृष्णातीसारशुलार्ताः श्वासिनोऽहिकीनः कुशाः ।

पतिताभिहितोन्मत्ताः क्लान्तायानप्रजागरैः ॥

क्रोधशोकभयक्लान्तादिवस्वप्नोचीताश्चये ।

सर्वएतेदिवस्वप्नसेवेरन्सार्वकालिकम्॥ च.सु. २१/३९-४१

Those suffering from emaciation caused by geet (singing), adhyayan(study), madya(wineetc-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 fall or assault, psychotic, exhausted 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 Diwaswapna

धातुसाम्यंतथाहृषेणं बलं चाप्युपजायते।

श्लेष्मापुष्पातिचाडगाणिस्थैर्यैर्भवतिचायुषः॥ च.सु. २१/४२

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 Diwaswapna

ग्रीष्मेत्वादानरुक्षाणां वर्धमाने च मारुते।

रात्रीणां चातिसंक्षेपाद्दीवास्वप्नः प्रशस्यते॥

ग्रीष्मवर्षेषु कालेषु दिवास्वप्नात् प्रकृष्यते।

श्लेष्मपित्ते दिवास्वप्नस्तस्मात्तेषु न शस्यते॥ च.सु. २१/४३-४४

During summer season or receiving season (aadankala) because of rukshatva (dryness/roughness) and aggravation of maarut (vayu) as well as short nights diwaswapna(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):

तस्मात्त्वसन्तेकर्मणिवमनादीनिकारयेत्।

गुर्वम्लस्निग्धमधुरं दिवास्वप्नं च वर्जयेत् ॥ च.सु.६/२३

During spring season, the accumulated 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)

तस्मात्साधारणः सर्वविधिर्वर्षासूशस्यते।

उदमन्थं दिवास्वप्नमवश्यायं न दीजलम् ॥ च.सु.६/३५

The body being weakened during aadana period, the digestive fire also weak, 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 moderate living methods (diet, drink and living) are advised during rainy season.

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 coitus should be given up (are contraindicated). (CH. SU. 6/35)

वसांतैलमवश्यायमौदकानुपमामिषम्।

क्षारं दधि दिवास्वप्नं प्राग्वातं चात्र वर्जयेत् ॥ च.सु.६/४५

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, alkalis, curd, day-sleeping, and easterly winds.

Contra-indication of Divaswapna according to various diseases:

मेदस्त्विनः स्नेहनित्याः श्लेष्मलाः श्लेष्मरोगिणः।

दुषीविशार्ताश्च दिवा न शयीरन् कदाचन ॥

हलीमकः शिरःशूलं स्तैमित्यं गुरुगात्रता।

अंगमर्दोऽग्निनाशश्च प्रलेपो हृदयस्य च ॥

शोफारोचकहृल्लासपीनसार्धावभेदकाः।

कोठारुःपिडकाः कंडूस्तन्द्रा कासो गलामयाः ॥

स्मृतिबुद्धीप्रमोहश्च संरोधः स्त्रोतसां ज्वरः।

इन्द्रियाणामसामर्थ्यं विषवेगप्रवर्तनम् ॥

भवेन्नुणां दिवास्वप्नस्याहितस्य निषेवणात्।

तस्माद्धिताहितं स्वप्नंबुध्वास्वप्यात् सुखं बुधः ॥ च.सु.४५-४९

The person having obesity, habituated to take unctuous substances daily, having predominance of shleshma in the body (as a constitution or otherwise), seized with ailments of shleshma, and also suffering from dushivisha (artificial poison) should never sleep during day time.

The person who take unwholesome day-sleep suffer from halimaka, headache, feeling as if covered with cold (cloth), heaviness in body-parts, body-ache, subdued digestive fire, feeling as if cardiac region is plastered, edema, dislike for food/anorexia, nausea, chronic coryza/rhinitis, hemicranias, patches (urticarial), aru (eruption/postules), pidika (small boil), itching, drowsiness, cough, throat disorders, sever delusion of memory and intellect, obstruction of channels, fever, incapability of sense organs and increased intensity in

effect of poison. That-is-why clearly understanding suitability and unsuitability of sleep one should enjoy sleep happily.

Day sleepone should avoid innavajwara (acute fever) CH CHI 3/138, udarroga., CH CHI 13/100, ShleshmaAtisara CH CHI 19/7, Visarpa CH CHI 21/115, Vishmukta (after free from poisoning) CH CHI 23/228, Vrana(wound) CH CHI 25/34, 98, Urusthambha CH CHI 27/9

Day sleeping contra-indicated after Vaman-karma. CH SU 15/15

Divaswapna as hetu (etiological factor) of various diseases

Divaswapna is an Etiological factor of various diseases i.e.:

1. Shiroroga (head-disorders) CH SU 17/8,
2. Santarpaniyavyadhi (satiating diseases) CH SU 23/4,
3. Raktadushti (blood disorder) CH SU 24/8,
4. Kaphaja fever CH NI 1/25,
5. Mansavaha and Medovahstrotasdasushti CH VI 5/15-16,
6. Kaphajagulma CH CHI 5/14,
7. Kaphajaudarrog CH CHI 13/29,
8. KaphajaArsha CH CHI 14/9&18
9. Visarpa CH CHI 21/20
10. Vatvyadhi 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 Divaswapna is necessary in some conditions, but can also cause various diseases if not taken in proper way. Understanding the concept of diwaswapna 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.

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