

AN AYURVEDIC REVIEW OF DIWASWAPN (DAY SLEEPING)**Dr. Anubhuti Singh¹, Dr. M.B. Pillewan² and Dr. Sonali Biswas^{3*}**¹P.G. Scholar, Department of Samhita & Siddhant,²Professor, Department of Samhita & Siddhant,³Lecturer, Department of Samhita & Siddhant,

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Nidra has important role in healthy life. Good and sufficient sleep is necessary for health. A sound sleep in the night regenerates the power of the mind and body to maintain health, proficiency and emotional well-being. Acharya Charak describes Nidra in Astaninditiya Adhyaya Sutrasthan in Charak Samhita. Acharya Sushruta explains Nidra in Garbhvyakaranshariram, in Sharir Sthan Susruta Samhita. He describes Vaikarik Nidra (sleep disorders) along with chikitsa in same chapter. Vridh Vagbhatta of Astang Samgraha mentioned Nidra and Nidravikar along with treatment in Viruddhanannavijiyaniya adhyay. Astang Hridaya also mentioned Nidra and Nidravikar along with treatment in Annaraksha adhyay. In ayurved texts one should not sleep in the day nor keep late hours in the night. Having known both these acts to be

injurious, the wise should observe moderation in sleep. Acharyas described Diwaswapn, indication of diwaswapn and contraindication of diwaswapn etc in samhita granthas. One should follow these rules for healthy living.

KEYWORDS: Nidra, Vaikarik Nidra, Diwaswapn, Triupstambh.**INTRODUCTION**

Ayurveda can be defined as a system, which uses the inherent principles of nature, to help maintain health in a person by keeping the individual's body, mind and spirit in perfect equilibrium with nature. As such it is not concerned only the cure of diseases but also aims to relieve the humanity from all categories of miseries-Physical, Mental, Intellectual and Spritual. Ayurveda includes all the factors which are essential for healthy and happy living. The aim of

this system is to prevent illness, heal the sick and preserve life. This can be summed up as follows.

- to protect health and prolong life.
- to eliminate diseases and dysfunctions of the body.

To fulfil the aim of prevention, Acharya Charak given the theory of triupstambh(sub pillars) in Tisraishniya Adhyaya in Sutrasthan Charak Samhita. Acharya Charak says that AHARA, NIDRA, BRAHMACHARYA is three subpillers of the body and play an important role to achive healthy and long span life. Charak Samhita emphasizes the importance of Ahara, Nidra, Brahmacharya. Proper care of these essential for healthy life. Nidra is a one of triupstambh (sub piller) on which the health of a person depend. Nidra is not only an important but essential for life which effect the body and mind equally.

Acharya Charak describes Nidra in Astaninditiya Adhyaya Sutrasthan in Charak Samhita as- Manas(Mind) along with Atma(Soul) become tired(inactive) and Karmatamanah/ Indriyas (Sense Organs) are withdrawn from their visayas(object of sense organs) then man gets sleep.^[1] In samhitas Acharyas not only described about nidra, they given the proper regime of sleep, effect of sleep, classification of sleep, good and bad sleep, methods and measures to induce good sleep. They also described about Nidranaas(Insomnia), Ratrijagran(night awakening) and Diwaswapna(day sleep). In present era hectic and stressfull life shedule a person can't concentrate on sufficient and in time sleep, so he is suffering from many problems related with mind & body.

Prescribed Kaal of diwaswapn

Day sleep is forbidden in all seasons of the year, excpt in summer. In summer season nights becomes shorter and vata gets aggravated in the body due to the absorption of fluid. Therefore, during this season, sleep during day time is prescribed for all.^[2]

Effect of Diwaswapn on Doshas

Sleeping during the day time in the season other than summer is not advisable as it cause vitiation of kapha and pitta.^[3]

Indication of diwaswapn

Sleeping during the day time in all seasons is prescribed for those who are exhausted by singing, study, alchohlic drinks, sexual acts, elimination therapy, carrying heavy weight,

walking long distance; those suffering from pthisis, wasting, thirst, diarrhea, colic pain, dysponea, hiccup, insanity, those who are too old, too young, weak and emaciated; those injured by fall and assault, those exhausted by journey by a vehicle, vigil anger, grief and fear and those those who are accustomed to day sleep. By this the equilibrium, of dhatus and strength are maintained and the kapha nourishes the organs and ensure longevity.^[4]

Those exhausted by singing etc. attain their normal health due to the nourishment of their dhatus by sleeping during the day time. Sleep during day time is specially usefull for those suffering from diarrhea, etc. Those who have accustomed to sleep during day time should not give up this habit all of sudden as it might lead to undesirable consequences. Those who have remained awake during the night should also sleep in the day time in order to alleviate vata caused by the vigil. As it has been stated by Ksarpani, "if one does not sleep properly in the night for a specified period, he should make it up by sleeping during day time for half the period spent in the night vigil." Sleep during the day time is to be enjoyed before taking lunch because as stated by Harita, "One should not sleep after taking his food, since by so doing, even a healthy person may subject himself to miseries." men suffering from the loss of fat. Kapha or blood, to those of scanty perspiration, or of dry or parched constitution; and also to those who have been suffering from indigestion may sleep for a muhurta(48 minutes) in the day time.^[5]

Contraindication of Diwaswapn

Persons with excessive fat, those who are addicted to taking unctuous substance, those who are addicted to taking unctuous substance, those with slaismika constitution, those suffering from diseases due to the vitiation of kapha and those suffering from dusivisa should never sleep during day time.^[6]

Diseases caused by diwaswapn

If one violates the prescription regarding sleep during the day time, he would subject himself to Halimaka(chlorosis), headache, cold sensation, heaviness in body parts, body ache, loss of appetite and digestion, plastering of heart, oedema, anorexia, nausea, rhinitis, migraine, urticarial patches, pustules, boils, itching, drowsiness, cough, disorders of throat, derangement of memory and intelligence, obstruction of channels, fever, incapability of sense organs, intensity in effect of poisons- these occur by indulgence in unwholesome day sleep.^[7] Day sleep is the outcome of perverted nature and all Dosas of the body are aggravated by a

sleep in the day, bringing on many a troublesome complaints such as cough, asthma, catarrh, heaviness of the body, aching or lassitude in the limbs, fever, loss of appetite etc.^[8]

CONCLUSION

So one should keep in view the merits and demerits of sleep in various seasons and situations in order that it may bring happiness to him. Happiness or misery, stoutness or thinness, strength or debility, virility or impotence, knowledge or ignorance, life or death, all depend on nidra.^[9] The wise, after knowing the wholesomeness and unwholesomeness of sleep, should sleep happily. Hence, A conformity to the preceding rule of conduct is rewarded with health, strength, healthful complexion, virility and beauty, with a frame which is neither too fat nor too thin, wealthy and a long life hundred years. A day sleep may not prove injurious to those who habituated to it and conversely keeping late hours at night may not upon the health of those to whom it is customary.^[10]

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