

MONTH: JAN-FEB :2017

VOLUME: 5, ISSUE: 1

ISSN: 2348-1846



Punarna V

TITLE

CONCEPT OF DAYSLEEP (DIVASWAPNA)

SHIVAKUMAR

**AN INTERNATIONAL PEER REVIEWED AYURVED JOURNAL
ON LINE BI-MONTHLY AYURVED JOURNAL**

www.punarnav.com

Email: explore@punarnav.com, punarnav.ayu@gmail.com



CONCEPT OF DAYSLEEP (DIVASWAPNA)

SHIVAKUMAR

¹Associate Professor, Department of *Swasthavritta & Yoga*,
Sri Dharmasthala Manjunatheshwara College of Ayurveda & Hospital,
Hassan, Karnataka, India.

ABSTRACT

Ayurveda is a science and art of living. As such, it is not only concerned with the treatment and cure of the diseases but also aims to relieve one from all categories of suffering i.e. Physical, Mental, Social and Spiritual. In this modern era, due to varying factors of faulty dietary habits, work pressure, competitive lifestyles, longevity, all contribute to disease. Today in many ways people have greater opportunities of better life than ever before but life is not simple as in previous times. So, it is clear that they need to evolve some new strategies or to follow the golden old rules, which are proved for millenniums, in each and every field of life. Our life expectancy and health depend on three pillars i.e. Ahara (diet), Nidra(sleep) and Brahmacharya (regulated sex). Charaka Samhita, the ancient authoritative text of Ayurveda, emphasizes importance of them. Proper care of these is essential for healthy life. As Nidra is said to be Kapha dominant process it also maintains the equilibrium between three Doshas. This paper suggests that how Divaswapna principles help to enhancing for a longer and better quality of life.

Key words: Ayurveda, Kapha, Nidra, Divaswapna, Vata.

INTRODUCTION

CORRESPONDENT:

Dr. Shivakumar

Associate Professor,

Department of *Swasthavritta* &

Yoga,

S.D.M.C.A & H, Hassan,

Karnataka, India

Ayurveda is the science of the knowledge of *Ayu*.¹ The uniqueness of *Ayurveda* is that it value on physical, mental, social and spiritual health.² It is a science which describes what is beneficial and harmful for life. It gives directions for the life-style

Equilibrium of *Dhatus* and strength are maintained and *Kapha* nourishes the organs and ensures longevity. In summer season, nights become shorter and *Vata*

how to achieve and maintain a supreme quality of physical, mental, social and spiritual health. The old Vedic texts the following definition is given life (*Ayu*) is the constant and continuous union and conjunction of *Sharira* (body), *Indriya* (senses), *Satva* (mind), and *Atma* (soul).³

According to *Ayurveda*, the state when the mind and body both go to rest it is said that the living body is asleep. When the mind is afflicted by *Tamoguna* in the night, the *Kapha Dosha* increases and natural sleep is inflicted.⁴ *Nidra* is a special state of mind in which the mind is not associated with any type of *Indriyas*. This detachment from the *Bahya Vishaya* is result from the tiredness of the body as well as mind.⁵

Benefits of Day sleep⁶

gets aggravated in the body due to the absorption of fluid (*Adana Kala*). Therefore, during this season, sleep during the daytime is prescribed for all.

Persons for day sleep are beneficial⁷

- Singers – Singing involves a lot of *Vata* activity and causes overall *Vata* increase, which may lead to hoarseness of voice and leaves you tired. To balance *Vata*, day sleeping is advised for singers.
- Students – Sleep is related with memory. A proper sleep is very essential to have a good memory power. To digest all the read things, it is better to give brain rest so as to give time to assimilate. Students may not sleep for hours during day, but a little afternoon nap works wonders for them.
- After having alcohol – Those who take alcohol more will have temporary increase of *Vata* and suffer tiredness.
- To compensate, they should have day sleep.
- Heavy work – Those who work heavily will have temporary increase of *Vata* and suffer tiredness. To compensate, they should have day sleep.
- People having indigestion – This refers to indigestion arising due to *Vata* imbalance.
- People having injuries – To balance *Vata*.
- People having underweight problem and undernourished body – Our daily calorie intake through food should balance the calorie needs of the body for the normal daily activities. So, if

CONCEPT OF DAYSLEEP (DIVASWAPNA)

- people seeking weight gain sleep during daytime, it helps to save that much amount of calorie spending, which helps to weight gain.
- h) Elders and children – Need rest to keep up their energy levels.
 - i) Patients – Especially with less strength, suffering from excessive thirst, diarrhea, abdominal pain, respiratory diseases, hiccups and who are excessively tired.
 - j) People traveled long distances – Travelling causes *Vata* imbalance and tiredness, hence sleep is advised.
 - k) People with excessive anger – Sleep helps rest the brain and cool the temper. So, after the sleep, it helps to person to take another look about the issue at hand with improved patience.
 - l) People with grief – For them, sleeping during daytime helps to forget the pain and decreases depression.
 - m) People who have undergone *Panchakarma* therapy – During *Panchakarma* treatment, patients are not supposed to day-sleep. But once after it is over, usually body strength will be very less. Hence, they can have day sleep.
 - n) Patients suffering from indigestion, injuries, muscle wasting, thirst, diarrhea, colic pain, dyspnea (as in Asthma), hiccup, leanness, insanity, can have afternoon nap.
 - o) All these people above are advised to sleep during day time in all seasons. In these people, sleep helps to restore all the healthy tissues, energy, and *Kapha* will be balanced and body gains strength.

Persons for day sleep are Contra-indicated⁸

Sleeping during the daytime in the seasons other than summer is not advisable as it causes vitiation of *Kapha* and *Pitta*.

- a) Persons with excessive fat, those who are addicted to taking unctuous substances, those with *Kapha* constitution, those suffering from diseases due to the vitiation of *Kapha* and those suffering from artificial poisoning should never sleep during day time.
- b) During spring, day sleep is especially contra indicated. This is because, during spring, naturally, there is *Kapha* increase. Day sleeping will further increase *Kapha*, leading to indigestion
- c) If one violates the prescription regarding sleep during the day time, he would subject himself to *Halimaka* (type of jaundice), headache, feeling as if body is covered by wet blanket, heaviness of the body, malaise, loss of digestive power, *Hridaya-Alepa* (a feeling as if adhered to the heart), oedema, anorexia, nausea, sinusitis, rhinitis, hemicranias, urticaria, eruption, abscess, pruritus, drowsiness, coughing, diseases of the throat, impairment of the memory and intelligence, obstruction of the circulating channels of the body, fever, weakness of sensory and motor organs and enhancement of the toxic effects of

CONCEPT OF DAYSLEEP (DIVASWAPNA)

If a wrong person sleeps during daytime

- a) Swelling / edema, tastelessness, vomiting sensation, aggravation of cold, migraines, skin diseases, itching, lassitude, cough, throat diseases, lack of good memory and intelligence, fever, weakness in sense organs, throat congestion, increase in toxicity, occurs and If a person has these conditions, then it would worsen, if he / she indulges in sleeping during daytime.
- b) The person would have impaired memory and intelligence, obstruction to body channels, weak sense organs, Hence, based on suitability and timing, one should have day sleep.

Shayya and Nidra

Sleeping on a cot is *Tridosha shamaka* and is a promoter of good health. Sleeping on a bed on the ground neutralizes *Vata and Kapha*, sleeping on the ground results in

obesity, increases virility, increases *Vata* and dryness in the body and neutralizes *Rakta pitta*. Sleeping on a plank of wood increases *Vata*. Sleeping on a comfortable bed in general increases happiness, sexual desire and virility and helps in getting rid of excess of *Vata* and exhaustion.

Sleeping Posture

After taking the dinner when a person goes to sleep first he should lie down in recumbent posture taking 8 times breath. He should change the posture to right lateral till taking 16 times breath and thereafter to left lateral till taking 32 times breath and then he can sleep at any posture according to his wish.

But it is always advised to sleep in the left lateral position because *Agni* lies in the left side of the body above the *Nabhi*, which is responsible for the proper digestion.

Relationship between *Nidra and Dosha, dhatu, malas*⁹

As *Nidra* is said to be *Kapha* dominant process it also maintains the equilibrium between three *Doshas*. In classics, it is mentioned that in *Kaphaja Vikaras Nidra* and *Tandra* are commonly seen and in *Vataja Vikaras Nidranasa* (Loss of sleep) occurs and in *Pittaja Vikaras Alpanidra* (Less sleep) manifest. By means of proper sleep the *Dhatu samya*, nourishment of the body, increase of strength and the stability of *Ayu* are

achieved. By proper sleep the digestive power is properly maintained and the *Agni* functions remains in normal condition. Evacuation of the bowel and emptying of urinary bladder take place properly if a person sleeps well. Bad habits like *Ratri-Jagarana* (waking up during night) and *Divaswapana* (sleeping in the day) have been stated to provoke all the three *Doshas*

CONCEPT OF DAYSLEEP (DIVASWA)

DISCUSSION

Today's life is so fast and competitive that most of the people always remain in a state of anxiety. *Ayurveda* provides a complete and systemic understanding about the effect of food on our physical and mental functioning. Sleep is a natural function of the body. *Ayurveda* tells that a comfortable

sleep provides a healthy body, strength, virility, sharpened senses and long life. Untimely and inadequate sleep causes various problems like fatigue, weakness, numbed sense and even sterility and many more illnesses. When don't follow the usual pattern of sleep it affect *Doshas*. Day

time sleep increases *Kapha* and make the body excessive unctuous with feeling of heaviness. Staying awoken at night increases *Vata*, making body dry. These

Doshas on vitiation causes related health problems. There balanced is the key to happy and healthy life.

CONCLUSION

Nidra affect the individual's physical, mental, ethical, social and spiritual well-being. *Ayurveda* provides a complete and systemic understanding about the effect of food on our physical and mental functioning. Sleep is a natural function of the body. *Ayurveda* tells that a comfortable

sleep provides a healthy body, strength, virility, sharpened senses and long life. Untimely and inadequate sleep causes various problems like fatigue, weakness, numbed sense and even sterility and many more illnesses.

REFERENCES

1. Charka Samhita by Chakrapnidatta, Edited by Vaidyjadavaji Trikamji Acharya- Chaukhamba Surbharati prakashana Varanasi, 2008 Sutrasthana 1/41, page no.8
2. Charka Samhita by Chakrapnidatta, Edited by Vaidyjadavaji Trikamji Acharya- Chaukhamba Surbharati prakashana Varanasi, 2008 Sutrasthana 1/42, page no.8
3. Charka Samhita by Chakrapnidatta, Edited by Vaidyjadavaji Trikamji Acharya- Chaukhamba Surbharati prakashana Varanasi, 2008 Sutrasthana 1/42, page no.8
4. Charka Samhita by Chakrapnidatta, Edited by Vaidyjadavaji Trikamji Acharya- Chaukhamba Surbharati prakashana Varanasi, 2008 Sutrasthana21/25, page no.381
5. Charka Samhita by Chakrapnidatta, Edited by Vaidyjadavaji Trikamji Acharya- Chaukhamba Surbharati prakashana Varanasi, 2008 Sutrasthana21/35-37, page no.381
6. Charka Samhita by Chakrapnidatta, Edited by Vaidyjadavaji Trikamji Acharya- Chaukhamba Surbharati prakashana Varanasi, 2008 Sutrasthana 21/39-43, page no.382
7. Susruta Samhita by Dalhana, Edited by VaidyaJadavji Trikamji Acharya- Chaukhamba Surbharati prakashana Varanasi, 2008 sharirasthana 4/37,page no.502
8. Charka Samhita by Chakrapnidatta, Edited by Vaidyjadavaji Trikamji Acharya- Chaukhamba Surbharati prakashana Varanasi, 2008 Sutrasthana 21/45-49, page no.383
9. Charka Samhita by Chakrapnidatta, Edited by Vaidyjadavaji Trikamji Acharya- Chaukhamba Surbharati prakashana Varanasi, 2008 Sutrasthana 21/36-39, page no.381