

DIVASVAPA: A COMMON YET OVERLOOKED FACTOR IN DISEASE FORMATION

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Abstract

Maintenance of Health and treatment of the Diseases are the two main goals of *Ayurveda*. To maintain the health, the person must follow the instructions given by ancient *Ayurveda* scholars. Day time regimen, night time regimen, seasonal regimen and code of conduct are given to prevent the ailments and to stay healthy. *Nidra* is one of the important factors to sustain the health. In Today's fast era, most people are neglecting their health as they don't have much time to think about their health due to busy schedule. They knowingly or unknowingly do the things which are the cause for the disturbance in health. Like eating fast food, suppressing the natural urges, indiscipline in following sexual activity, over exercise at gym, staying awake till late night, sleeping in day time etc. *Divasvapa* is the day sleeping, which is not ideal for maintenance of *Swasthya*. *Divasvapa* creates imbalance in *Dosha* and further causes the diseases. So, one must know about the demerits of day sleep and make efforts in preventing probable diseases. In this article, an attempt has been made to study the concept of *Divasvapa* and understanding its role as *Nidana* of Roga.

Keywords: *Divasvapna, Nidra, Vyadhi, Arogya, Dosha, Swasthya*

Introduction

The three main pillars mentioned by *Acharya Charaka* are *Ahara, Nidra* and *Brahmacharya*.¹ *Nidra* plays an important role in maintaining health of a person.² Disturbance in sleep causes physical and mental ailments. In today's world, people are neglecting their health both consciously and unconsciously. Most diseases have direct or indirect connection with sleep pattern. *Nidra* must be taken at appropriate time with appropriate method.³ As *Acharya* told to have a sleep at night and instructed to wake up before Sunrise. Indiscipline in sleeping can cause diseases. *Pragyaparadha* is knowingly perform the act which are harmful for the body and mind, which is caused by the indiscipline of *Dhi, Dhriti* and *Smriti*.⁴ Today, people having night duty, mostly have a sleep schedule of sleeping in day time. Also, the youngsters using digital devices stay awake till late night and then sleep in day time. Their whole ideal schedule of sleep is disturbed. Day time sleep is called as *Divasvapa* in *Ayurveda*

texts. *Divasvapa* causes imbalance in *Dosha* and further causes *Roga*.

Aim: To review the Literature of *Divasvapa* given in *Ayurveda* Texts.

Objective: Understanding *Divasvapa* as *Vyadhighataka* by studying *Ayurveda* Literature

Materials and methods:

Charaka Samhita, *Sushruta Samhita*, *Ashtanga Hradaya*, other available previous work and available *Ayurvedic* literature related to *Divasvapa* is studied.

Observations:

Divasvapa is mentioned under *Nidra* concept in *Charaka Samhita*.⁵ When the sense organs get tired by doing excessive work, then *Mana*(mind) also gets exhausted and then follows sleep. *Nidra* (Sleep) is a natural process. *Nidra* gives proper relief from exhaustion and refills the energy to work again. This way, sleep nourishes the body.⁶

Labha of *Nidra*:⁷ Sleep plays a crucial role in various factors such as happiness (*Sukha*), unhappiness (*Dukha*), good physique (*Pushti*), emaciation (*Karshya*), sexual strength(*Vrshata*), impotence (*Klibata*), knowledge (*Gyana*), lack of knowledge (*Agyana*), long life (*Jivita*), and death (*Mrtyu*). Proper sleep (*Samyak Nidra*) contributes to happiness, good physique, strength, sexual vitality, knowledge, and longevity, while improper sleep (*Asamyak Nidra*) leads to unhappiness, weakness, lack of strength, impotence, and lack of knowledge.

Acharya Charaka described sleep as a therapeutic tool for treating conditions like leanness and anxiety.

Divasvapa Yogya:⁸ Emaciation brought on by singing, study, drinking alcohol and other beverages, sexual intercourse, purificatory treatments, weight carrying, and People who travel a lot, have indigestion, injuries, or muscular wasting, elderly, women, or children, have polydipsia, diarrhoea, colic, dyspnoea, or hiccups, lean, have been hurt in a fall or assault, psychotic, exhausted from traveling and being vigilant, or have a habit of day sleeping are allowed to have day sleeping.

Effects of Day-sleep:⁹ *Divasvapa* produces *Snigdghata* by vitiating *Shleshma Dosha*. When a person sleeps by sitting, it doesn't increase *Shleshma Dosha*. It is *Aruksha* and *Anabhishtyandi*.

Divasvapa Labha:¹⁰ Such a person's *Dhatu* stay balanced, their strength grows, their body parts are nourished by *Shleshma*, and their lifespan stabilizes.

Divasvapa Nishedha in *Ritu*: In *Vasanta Ritu*, the buildup of *Shleshma*, aggravated by the intense sunlight, disrupts the body's digestive fire, leading to various diseases. Therefore, during this time, emesis and similar treatments should be performed, while heavy, sour, oily, and sweet foods, as well as day sleeping, should be avoided.¹¹ In *Varsha Ritu*, *Divasvapa* is contraindicated. During the *Adana Kala*, the body is weakened, which also weakens the digestive fire. This becomes worse in the rainy

season due to the influence of *Vata* and other factors. The vapours rising from the earth, as rainwater cools it, lead to an increase in sourness from the transformation of water, and the reduced strength of the digestive fire during this time causes an aggravation of *Vata* and another *Dosha*. (**may delete this sentence**) Day sleep is advised to be avoided in this season.¹² In *Sharada Ritu*, the sky clears up. During this season, one should avoid exposure to the sun (such as sitting, walking, or sleeping under it), as well as fat, oil, dew, meat from aquatic and marsh animals, alkalis, curd, day sleeping etc.¹³

Divasvapa Nishedha in *Roga*:¹⁴ A person who is obese, accustomed to consuming oily substances daily, has a predominance of *Shleshma* in their body (either by constitution or due to other factors), suffering from ailments related to *Shleshma*, and affected with *Dushivisha* (artificial poison) should never sleep during the day.

Divasvapajanya Vikara:¹⁵ Those who indulge in unhealthy day-sleeping may experience symptoms such as *Halimaka*,¹⁶ headaches, a sensation of being covered in cold, heaviness in body parts, body aches, weakened digestive fire, a feeling of pressure in the chest, oedema, loss of appetite, nausea, chronic rhinitis, migraines, rashes, eruptions, small boils, itching, drowsiness, cough, throat issues, severe memory and intellectual confusion, blocked body channels, fever, impaired sensory function, and heightened effects of poison.

Vyadhis which are having *Divasvapa* as *Rogotpatti Karana*: *Kaphaprakopak vyadhi*¹⁶, *Prameha*^{17,18}, *Urustambha*¹⁹, *Vatarakta*²⁰, *Netraroga*²¹, *Panduroga*²², *Krimiroga*²³, *Shiroroga*²⁴, *Santarpanajanya Roga*²⁵, *Raktadushti Hetu*²⁶, *Kaphaja Jvara*²⁷, *Mamsavaha Stotodushti*²⁸, *Medavaha Strotodushti*²⁹, *Kaphaja Gulma*³⁰, *Kaphodara Roga*³¹, *Kaphaja Arsha*³², *Visarpa Roga*³³, *Vataroga*³⁴, *Vatarakta*.³⁵

Divasvapa is said as *Apathya* in *Vatarakta*³⁶, *Navajvara*³⁷ and *Visarpa Roga*.³⁸

Discussion: *Divasvapa* aggravates all three *Dosha*. However, as noted by *Hemadri*, there are differing views. *Khaaranadi* suggests that *Divasvapa* primarily aggravates only *Pitta* and *Kapha Dosha*, while *Bhela* believes that it only increases *Kapha* in the *Koshtha* when performed in a lying position.³⁹ According to the *Sushruta Samhita*, *Divasvapa* can be practiced by those who stayed awake for half the night. As *Ratrijagarana* increases *Vata* so, *Divasvapa* helps in relieving *Vatavridhi*. It is also permitted during the *Greeshma Ritu* or summer season. *Divasvapa* increases *Shleshma* according to *Charaka Acharya*. So, those who are obese and have *Kaphaja Vikara* should avoid day sleep as it will increase their symptoms. In *Ayurveda*, day sleeping (*Divasvapa*) is recommended in certain conditions and specific seasons to help maintain the body's balance and increase strength. Many diseases arise from *Agnimandya*, making it a primary cause of illness according to *Ayurveda*. Many Scholars

have done research work about how *Divasvapa* causes diseases.^{40,41}

Conclusion: Here, it may be concluded that *Divasvapa* is necessary in some conditions, but can also cause various diseases if not taken in a proper way. People do *Divasvapa* without knowing it could cause diseases. *Nidana Parivarjana* of *Divasvapa* is essential for disease prevention. So, Understanding the concept of *Divasvapa* with its importance, indication, contraindication and as *Vyadhi Ghataka* of various diseases are necessary for *Vaidya* to properly plan the treatment and modification of lifestyle and laymen should also get awareness for maintaining Health for a longer period.

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