

# Diwaswapna Unraveled: Why Daytime Sleep May Be Damaging Your Health?

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## ABSTRACT

*Nidra* is a vital factor for maintaining overall health and well-being. Improper sleep patterns can lead to various health issues, especially in today's fast-paced environment people's sleep patterns have shifted significantly. This often results in fatigue and a tendency to engage in day sleep without knowing its effect on their health. Sleep other than night time, excessive sleep or not sleeping will lead to deprivation of benefits of sleep. *Diwaswapna* is one of the *akala nidra*. Following *diwaswapna* causes *tridosha* and *rakta dushti*. Following *diwaswapna* leads to *klinnata* in the *srotas* and *srotorodha* thereby acting as a contributing factor for various diseases. This article explores about the *Diwaswapna* and its ill effects, examining its risks and its implications for health practices.

**Keywords:** *Diwaswapna*, day time sleep, *Nidra*, *Kapha Dosha*.

## INTRODUCTION

*Nidra* is considered one of the three pillars of health<sup>1</sup>. *Nidra* is responsible for both positive and negative effects on health like happiness, sorrow, nourishment, emaciation, strength, weakness, virility, impotence, knowledge, ignorant, life and death<sup>2</sup>. Proper sleep at night is essential for maintaining the balance of *Tridoshas* and promoting overall well-being. Timely sleep at night is important factor, excessive or insufficient sleep can lead to various health ailments. The current sleep patterns is influenced by modern lifestyles, technology, work schedules, and societal changes due to which the sleep pattern is changed. One of those sleep pattern is *diwaswapna*. "*Diwaswapna*" refers to the practice of sleeping during the daytime.

## Aim and objectives

### Aim:

To comprehend the ill effects of *Diwaswapna* on health.

### Objectives:

1. To review the information on *Diwaswapna* from *Bruhathrayee* and *Laghutrayee*.
2. To analyse the impact of *Diwaswapna* on health.

## MATERIALS AND METHODS :

Literary materials were collected and compiled from *Brihatrayee* and *Laghutrayee* along with its

commentaries. Previous research articles, journals were referred to frame the literature. The collected data is analysed and interpreted.

## REVIEW OF LITERATURE

### Nidra:

Nidra plays an important on the health status of an individual. How the *Ahara* is essential for maintenance of health similarly *Nidra* is essential for the body<sup>1</sup>. When the mind including sensory and motor organs is exhausted and they dissociate themselves from their objects, then the individual sleeps. *Acharya Sushruta* mentioned that sleep occurs when the *Tamas* covers the *Hrudaya*, which is seat of *Chetana*<sup>3</sup>.

### Triguna in nidra:

*Tamoguna bahulata* is seen in *nidra*<sup>4</sup> both during day and night. *Tamoguna* tend to cause *Nidralutva* and *Akarmasheelata*.

### Nidra and Dosha:

Proper *nidra* helps in maintaining the *tridosha*<sup>5</sup>.

### Status of Hrudaya during Nidra:

When the person is in *jagruta avastha*<sup>6</sup>, the *hrudaya* will be *vikasita* (open), while when the person is sleeping the *hrudaya* gets constricted (*nimilana*). And also the *srotas* will be *klinna* in the state of *nidra*.

### Benefits and ill effects of Nidra:

Benefits of *Nidra* are it gives nourishment to the body, maintain physical and mental health, happiness, nourishment, strength, virility, knowledge, longevity.

The ill effects of improper *nidra* includes sorrow, emaciation, weakness, impotence, ignorance and death. When the person sleeps other than at night, has excessive sleep, or not sleeping will not avail the benefits of *nidra*<sup>2</sup>.

### Diwaswapna:

Nirukti of *Diwaswapna*-

“*diwaa diwase swapnaha*” (*Vachaspatya*)

Sleeping during daytime is *Diwaswapna*.

### The effect of diwaswapna on doshas:

According to *Acharya Charaka* *diwaswapna* increases *kapha* and *pitta*<sup>7</sup>. According to *Acharya Sushruta* *Diwaswapna* increases *Tridosha* and *Rakta*<sup>8</sup>.

### Effect of Diwaswapna on Dushyas:

*Acharya Sushruta* mentioned that the *raktadhatu* is effected by *Diwaswapna*. *Diwaswapna* is one of the cause for *Medovaha Sroto Dushti*. Eating just after having food will lead to *Mamsavaha Sroto Dushti*<sup>9</sup>.

### Diwaswapna as Ashtamahadoshakarahava<sup>10</sup>:

- *diwaswapnena shleshmajaha*. (*chakrapani*)

*Diwaswapna* is mentioned as one of the *ashtamahadoshakara bahava*. The following symptoms are seen when *diwaswapna* is done after *shodhana arochaka*, *avipaka*, *agninasha*, *sthaimitiya*, *pandu*, *kandu*, *pama*, *daha*, *chardi*, *angamarda*, *hrudstambha*, *jaadya*, *tandra*, *nidra*, *granthi*, *dourbalya*, *mutra* and *netra* become *raktavarna*, *talulepa*.

### Contraindications of Diwaswapna<sup>11</sup>

*Medaswina* (corpulent), *Snehanitya* (one who intakes unctuous substances daily), *Shleshmala* (person with *kapha pradanyata*), *Shleshmarogi* (suffering from *Kaphaja roga*), *Dushivishartha* (toxicity), *Bhuktavata* (Just after having food). Following *Diwaswapna* is considered as

*Adharma and Vikruti*. Kapha Imbalance: Daytime sleep increases *Kapha dosha*, leading to feeling of heaviness and lethargy.

#### **Diwaswapna as Nidana in various diseases:**

Digestive Issues: *Arochaka* (Anorexia), *Agninaasha* (Loss of appetite), *Sthoulya* (obesity), *Halimaka* (a type of jaundice), *Shirahshula* (headache), *Staimitya*, *Gurugatrata* (heaviness of the body), *Angamarda* (malaise), *Agninasha* (loss of digestive power), *Hridaya Pralepa*, *Arochaka* (anorexia), *Hrullasa* (nausea), *Pinasa* (rhinitis), *Ardhavabhedaka* (Migraine), *Kotha*, *Pidaka* (abscess), *Kandu* (pruritus), *Tandra* (drowsiness), *Kasa* (coughing), *Galamaya* (diseases of the throat), *Smriti-Buddhi Pramoha* (impairment of the memory and intelligence), *Jwara* (fever), *Indriyanam Asamarthya* (weakness of sensory and motor organs), increase in the *Visha Vega* (toxicity)<sup>11</sup>, *Sthaulya*, *Medasvi purusha*, *Santarpanajanya roga*<sup>12</sup>, *Vatavyadhi*<sup>18</sup>, *Kaphaja Jwara*<sup>19</sup>, *Kaphaja Gulma*<sup>20</sup>, *Kaphaja Arsha*<sup>21</sup>, *Kaphaja Madatyaya*<sup>22</sup>, *Urustambha*<sup>23</sup>, *Vatarakta*<sup>24</sup>, *Vranda*<sup>25</sup>, *Ashmari*<sup>26</sup>, *Kushta*<sup>27</sup>, *Panduroga*<sup>28</sup>, *kasa*, *shwasa*, *pratishyaya*, *shirogourava*, *angamarda*, *arochaka*, *jwara*, *agnidourbalya*, *pidaka*, *kota*, *kandu*, *agnidourbalya*.

#### **Sleep:**

Sleep is a natural, reversible state of reduced mental and physical activity where the consciousness is altered and certain sensory activity is inhibited. Sleep is essential for physical health, mental well-being, and overall quality of life, playing a critical role in various bodily functions. Healthy sleep pattern supports cognitive functions such as memory, focus etc.

#### **Circadian Rhythm:**

Circadian rhythm is the pattern that our body follows based on a 24-hour /day, it keeps the body operating on a healthy sleep-wake cycle. The sleep wake cycle refers to the regular pattern of alternating between periods of wakefulness and sleep that occurs over a 24-hour period. It influences the body's processes like hormone production, digestion and body temperature regulation.

#### **DISCUSSION:**

Healthy individual is supposed to wake up in the *Brahmi Muhurta*. Sleep during any time in a day or if one goes back to sleep after waking up in *Brahmi Muhurta* is considered as *Diwaswapna*. *Diwaswapna* is considered as one of the *akala nidra*. Any disturbance in this sleep-wake cycle will significantly hamper the circadian rhythm. Disruption of Melatonin Secretion occurs, Melatonin is a hormone released in response to darkness that signals it's time to sleep. If the person sleeps at day times, melatonin production is delayed or suppressed, which pushes the body's clock later and disrupts circadian alignment.

#### **Relation of Nidra with Triguna and Panchamahabhuta:**

Individual falls asleep when the tamoguna is predominant. Tamoguna is having the property of *nidralutva* and *akarmasheelata*. The *prithvi* and *jala mahabhuta* dominance is seen in tamoguna. The predominance of *prithvi* and *jala mahabhuta* can be seen in the individuals who do *diwaswapna*. The *prithvi mahabhuta* has *guru*, *katina*, *sthira*, *saandra*, *sthula* guna and *jala mahabhuta* has the *drava*, *snigdha*, *sheeta*, *manda*, *mrudu*, *picchila* guna these gunas can be appreciated in the tamoguna. By these gunas we can interpret these karma's in the body like *upachaya*, *sanghata*, *gaurava*, *sthairya*, *upakleda*, *sneha*, *bandha*, *vishyandha* in the body. Based on the above understanding we can interpret the variation of guna's of the dosha's in *diwaswapna*.

## Effect of Diwaswapna on Gunas of Tridosha:

Diwaswapna	VATA	PITTA	KAPHA
	Ruksha ↓	Sasneha ↑	Snigda ↑↑
	Laghu ↓	Teekshna ↓	Sheeta ↑↑
	Sheeta ↑	Ushna ↓	Mridu ↑
	Khara ↓	Laghu ↓	Manda ↑
	Sukshma ↓	Visra ↑	Slakshna
	Chala ↓	Sara -	Sthira ↑
	Vishada ↓	Drava ↑	Picchila ↑
	-	-	Guru ↑↑
Tama	tara		

## Effect of Diwaswapna on Dushyas:

Rakta vitiation is seen in diwaswapna as told by acharya sushruta. Diwaswapna causes srotorodha and also klinnata in the srotas which hampers the uttarottara dhatu poshana starting from the rasa till shukra dhatu.

## Effect of Diwaswapna on Srotas:

Diwaswapna is one such condition where the constriction of srotas and klinnata in the srotas happens, thereby hampering its proper functioning.

## Mamsavaha Sroto Dushti Hetu:

Sleeping just after having food is one of the reason for mamsavaha srotodushti. The prithvi mahabhuta dominance can be seen here as it is imparting guru, sthira, sandra guna and also sluggish movement in srotas leading to mamsavaha sroto dushti.

## Medovaha sroto dushti:

Diwaswapna is one of the causative factor for medovaha sroto dushti. the jala mahabhuta dominance can be seen here imparting snigda, picchila guna and also the sluggish movement in the srotas leading to medovaha sroto dushti.

## Contraindications:

Table.No.1

Contraindications of Diwaswapna	Probable reasons
Medasvi, Shleshmanitya, Shleshmala.	Due to the snigda, sheeta, drava, picchila, guru guna samanyata with the meda, kapha involved in these conditions.
Ajirna, agnidourbalya, arochaka	The guru, drava, sthira, snigdha, picchila, sheeta Guna and decrease of ushna guna by increased sheeta guna leading to agnimandya and ajirna.
Dushivisharta	It increases the guru, sthira, picchila guna, which act as a aiding factor for accumulation of Dushivisha.
Bhuktavata	Sleeping just after havig food is mentioned as one of the mamsavaha sroto dushti nidana.

## Diwaswapna as Nidana in various Diseases:

**Table.No.2**

<b>Diwaswapna as Nidana in different Vyadhi's</b>	<b>Probable reasons</b>
<i>Vatavyadhi, angamarda</i>	<i>Vataprakopa occurs due to dhatukshaya and margavarodha. diwaswapna aids in the margavarodha.</i>
<i>Visha Vega</i>	<i>As the tamoguna is jala mahabhuta predominant it helps in increasing the Visha yoni that is Jala ,through this property it spreads quickly.</i>
<i>Sthoulya, guru gatrata</i>	<i>According to Samanya Vishesh Sidhanta, the Divaswapna exacerbates sthira, snigda, manda guna there by acting as Santarpaka Nidana.</i>
<i>Urustambha</i>	<i>the sthira, picchila, guru, sheeta guna of diwaswapna are samanya to kapha and meda and also it is one of the saanikrushta nidana for vata avarana/chala guna of vata is hampered by sthira guna thereby aiding in the development of urustambha.</i>
<i>Vatarakta</i>	<i>Here the Avarana of vata is done by rakta. the snigda, ushna, guna by diwaswapna aids in the vitiation of rakta.</i>
<i>Vrana</i>	<i>As Diwaswapna aids in the increase of Kledata by snigda guna ,it further hampers the healing of Vrana by its manda ,sthira guna.</i>
<i>Ashmari</i>	<i>Diwaswapna acts as a contributing factor to the formation and increase in the size of Ashmari as the picchila guna does the Upalepana (coating) of the Ashmari .</i>
<i>Kushta</i>	<i>As there is involvement of Tridosha, rakta ,mamsa, ambu. the drava, sara and snigdha gunas increases by diwaswapna and also rakta dushti leading to Kushta.</i>
<i>Kasa, shwasa</i>	<i>Kasa and shwasa are amashayodbhava vyadhi ,the drava, snigda, upakleda, sheeta, gourava, sthairyra guna of diwaswapna does the agnidushti and further causing srotorodha also. the shleshma varana can be seen in chinna shwasa where diwaswapna acts as a contributing factor .</i>
<i>Pratishyaya</i>	<i>Due to increase in drava, kledata by the increased jalamahabhuta.</i>
<i>Pandu roga , Halimaka</i>	<i>Diwaswapna does the raktadushti acting as a contributing factor for pandu. Diwaswapna is one of causes for pandu roga. When panduroga is not treated properly, it results in halimaka.</i>
<i>Ardhavabedaka, Shiroruja</i>	<i>It is mainly caused by avarana of vata by kapha due to snigda, ruksha, sheeta, picchila guna of diwaswapna aids in the manifestation of ardhavabedaka.</i>
<i>Galamaya</i>	<i>Most of all the galarogas are of tridosha dominant ,diwaswapna tend to aggravate the tridosha.</i>
<i>Smrutibuddhipramoha</i>	<i>Due to tamoguna pradhanyata the akarmasheelata in samjnavaha srotas.</i>
<i>Hrudayapralepa</i>	<i>Due to picchila guna doing the upalepana and klinnata of srotas.</i>
<i>Kandu</i>	<i>Due to increase in the kleda guna in the srotas.</i>



<i>Madatyaya</i>	In Kaphaja madatyaya the diwaswapna acts as a contributing factor by increasing the snigda,drava,picchila guna.
<i>Tandra</i>	Due to increase in the <i>tamo guna</i> .
<i>Kotha</i>	<i>Divaswapna</i> being a contributory factor will facilitate the further <i>dushti</i> of <i>kapha</i> and <i>pitta</i> by <i>usha,snigda,kleda guna</i> resulting in flaring up of the condition.
<i>Prameha</i>	Due to increase in <i>jalamahabhuta</i> and <i>sluggish movement in the srotas</i> .
<i>Pidaka</i>	The vata-kapha dominance along with mamsa involvement can be seen in <i>pidaka</i> . <i>diwaswapna</i> aids in the increase of <i>guru;picchila,ushna guna</i> leading to exacerbation of <i>pidaka</i> .
<i>Shopha</i>	<i>Shopha</i> is generally of <i>tridoshaja</i> ,the increase in use of <i>ruksha,sheeta,snigda,picchila guna ahara</i> and <i>vihara</i> does increase the <i>shopha</i> .
<i>Jwara</i>	Due to <i>guru,sthira,picchila guna</i> the <i>rasa</i> and <i>swedavaha srotorodha</i> occurs.
<i>Kaphaja grahani</i>	Due to <i>drava,picchila,snigda guna</i> dominance seen in <i>prithvi</i> and <i>jala mahabhuta</i> aiding in the <i>agnimandya</i> .
<i>Kaphaja arsha,chardi</i>	Due to <i>agnimandya</i> caused by <i>diwaswapna</i> .

### ***Diwaswapna as Ashtamahadoshakara bhava:***

Following *Diwaswapna* after any *Shodhana*/purificatory therapy would lead to *Shleshmaja Rogas* and in turn it would hamper the benefits of the *Shodhana* being done .

### ***Diwaswapna contraindicated after siravyadha:***

After the *Siravyadhana* procedure the *agni* gets reduced. Due to *snigda,sthira,picchila,drava guna* the further hampering of the *Agni* occurs hence *Diwaswapna* must be avoided after *Siravyadha*.

### **CONCLUSION:**

Sleep during daytime particularly after waking up at *Bramhi Muhurta* ,if one goes back to sleep or continues to sleep after this period can be considered as *Diwaswapna*. The dominance of *jala* and *prithvi mahabhuta* seen in *tamoguna* can be understood in the individual by the karma's like *gaurava,sthairya,upachaya* etc.*Diwaswapna* does the vitiation of the *tridosha,rakta,mamsa,meda* and *srotorodha*.Sleeping immediately after meals or in excess can lead to further disruption of *Agni*, leading to conditions like obesity. It acts as contributing factor to various diseases. Sleep has the influence over *tridosha* and *triguna*,hence at proper time is very much essential for balance of *shareerika* and *manasika doshas*..As the *srotas* are *klinna* during *diwaswapna* it aids in the *srotorodha* and hamper the normal functioning of *srotases* leading to various diseases.*Diwaswapna* is generally told under *apathya vihara* which has to be avoided unless advised under certain conditions.

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