

**DREAM INTERPRETATION AND ITS PHYSIOLOGICAL  
PERSPECTIVE IN AYURVEDA AND MODERN PSYCHOLOGY****Vd. Aparna S. Karnad\*<sup>1</sup>, Vd. Snehavibha A. Mishra<sup>2</sup>, Vd. Shubhashri and P. Lande<sup>3</sup>**<sup>1</sup>Professor. PG Department of Kriya Sharir, Shree Ayurved Mahavidyalaya, Hanuman Nagar, Nagpur.<sup>2</sup>HOD and Associate Professor. PG Department of Kriya Sharir, Shree Ayurved Mahavidyalaya, Hanuman Nagar, Nagpur.<sup>3</sup>PG Scholar 2 nd year. PG Department of Kriya Sharir. Shree Ayurved Mahavidyalaya, Hanuman Nagar, Nagpur.Article Received on  
27 Oct. 2022,Revised on 17 Nov. 2022,  
Accepted on 07 Dec. 2022

DOI: 10.20959/wjpr202217-26458

**\*Corresponding Author****Vd. Aparna S. Karnad**Professor. PG Department of  
Kriya Sharir, Shree Ayurved  
Mahavidyalaya, Hanuman  
Nagar, Nagpur.**ABSTRACT**

Dreams have been very interesting & intriguing. It has been the topic of study and discussion since ages. We all dream whether we remember it or not. Dreams allow taking a look into our inner psyches. They are essentially what our minds show us when we are not telling them what to do. Dreams are reflections of our own subconscious mind. It reflects our inner world and emotional aspects. Freud placed central importance on our dreams. "Understand a man's dreams" he seemed to say, and you understand, the man. The interpretation of dreams is the royal road to knowledge of the unconscious activities of the mind. It is a deep science which was understood thousands of years ago, mentioned in the Vedas. In Ayurveda types of dreams also

explains our personalities types. Acharya Charak has elaborated on types of dreams which are explained in details. This article helps us to unravel the mystery of dream interpretation with Ayurveda & modern psychology perspective.

**INTRODUCTION**

Examining your dreams, I believe, can help us access emotions, meanings, and connections inside our mind. This in turn can help us recognize solutions to our problems and approach our life from a deeper perspective.

By analyzing dreams, we can take a step forward in our understanding of the composition of that most marvelous and most mysterious of all instruments, the subconscious mind.

Over 90% of the dreams are unfulfilled desires of the mind which is working overtime in the night because we have no control over the mind. Our mind is constantly scattered around with desiring process and all of it can never be fulfilled in reality, so the mind works overtime in the night fulfilling them in fantasy.”-says Sadguru Jaggi Vasudev.

## ANALYSIS

Dreams are infinitely superior to our reasoning faculties. They cover the waking experience, somatic impulses, imagination, and influence of the supernatural. Some dreams can be recurring, some may be from daily life, some can reciprocate what you wish, and some can be problem solving dreams whereas some can be nightmares. Some dreams actually foretell the future if only it is properly decoded.

Acharya Charaka describes dreams (Swapna) as a state in which the individual who has not gone into deep sleep and the mind which is the motivator of the sense organs experiences different self-created incidents. He describes seven types of dreams

1. Drushta- Visual dreams, that is the visual experiences a person had previously seen.
2. Shruta- hearing of different sounds and spoken words.
3. Anubhuta-Experiences of false pleasures and pains in dreams
4. Prarthita- fulfillment of desires in the dreams.
5. Kalpita – Imaginative and self- created.
6. Bhavikam- dreams related to the future
7. Doshaja- related to predominant dosha.

Dreams are also classified according to the physical and psychological temperament of the dreamer (the personality type or **Prakruti** of the person), which is a very unique feature & observation still not studied in depth by the modern psychologists. The word dosha can be related with energy in Ayurveda. It is based on the combination of five basic elements-Earth, Water, Fire, Wind, & Space.

The combination of these leads to particular dosha. Vata is the wind type, Pitta is fire and Kapha is earth element predominant.

**VATA DREAMS**

Vata dreams are characterized by activity and movement of falling, flying, being frozen with fear or dreams of being attacked, chased or locked up are common. Vata dreams are most imaginative dreams, ethereal, introspective and are deeply connected with the dream world and their subconscious state. Vata Dreams are usually Vivid, Abstract, Flying/Fleeing, or Metaphorical.

**PITTA DREAMS**

Pitta dreams are classified by intensity, focus, intellectual activities, problem solving, studying or teaching. These dreams are more realistic, adventurous and very goal oriented they also exhibit strong emotions such as shame, anger and aggressive behavior.

Pitta dreams are Adventurous, Problem solving, and ambitious in nature.

**KAPHA DREAMS**

Kapha is a steady grounding dosha that is very tuned into earth energy. They are deep sleepers and may wake up with slight recollections of the dream world, but maybe unable to really put a grasp on what the dream was about. These dreams are sometimes replaying issues of the past. They often recall previous memories, either good or bad and often recreate new scenarios in their mind. Kapha dreams tend to be calm, smooth and often scenes of water-bodies, lakes, lotus swans etc. Kapha dreams are classified by emotions such as love, lust, satisfaction of desires, material and emotional attachment. Water signifies deep emotions just as in the lake or deep sea. Turbulent sea or water bodies represent turbulent emotions which are often repressed in the subconscious mind according to modern psychology also.

The importance given to the Atman- soul consciousness in the process of dreaming by the ancient texts is similar to the opinions of Freud and of Carl Jung who identified dreams as an interaction between the unconscious and the conscious. They also assert that the unconscious is the dominant force of the dream.

If you have recurring dreams, look deep within, and think about what each person, animal and situation signifies. Every dream is a representative of a deeper theme in your life.

During most dreams, the person dreaming is not aware that they are dreaming, no matter how absurd or eccentric the dream is. The reason for this may be that the prefrontal cortex, the region of the brain responsible for logic and planning, exhibits decreased activity during

dreams. This allows the dreamer to more actively interact with the dream without thinking about what might happen, since things that would normally stand out in reality blend in with the dream scenery.

Any complete enumeration of the sources of dreams leads to a recognition of four kinds of source and these have also been used for the classification of dreams themselves. They are:

1. External (objective) sensory excitations.
2. Internal (subjective) sensory excitations.
3. Internal (organic) somatic stimuli.
4. Purely psychical (mental) sources of stimulation.

Opinions about the meaning of dreams have varied and shifted through time and culture. Many endorse the Freudian theory of dreams – that dreams reveal insight into hidden desires and emotions. Other prominent theories include those suggesting that dreams assist in memory formation, problem solving, or simply are a product of random brain activation.

Freud developed a psychological technique to interpret dreams and devised a series of guidelines to understand the symbols and motifs that appear in our dreams. In modern times, dreams have been seen as a connection to the unconscious mind. They range from normal and ordinary to overly surreal and bizarre. Dreams can have varying natures, such as being frightening, exciting, magical, melancholic, adventurous, or sexual. The events in dreams are generally outside the control of the dreamer, with the exception of lucid dreaming, where the dreamer is self-aware. Dreams can at times make a creative thought occur to the person or give a sense of inspiration.

Dreams are like letters from the unconscious mind. If only they were written in the same language we use in waking reality.

Fortunately, we do have the ability to study our dreams and interpret the common dream symbols they contain.

Although there aren't always hard-and-fast universal definitions, the following dream meanings offer a sound starting point to understand your own personal dream meanings.

### 30 Common Dream Symbols

1. **Animals** often represent the part of your psyche that feels connected to nature and survival. Being chased by a predator suggests you're holding back repressed emotions like fear or aggression.
2. **Babies** can symbolize a literal desire to produce offspring, or your own vulnerability or need to feel loved. They can also signify a new start.
3. **Being chased** is one of the most common dream symbols in all cultures. It means you're feeling threatened, so reflect on who's chasing you (they may be symbolic) and why they're a possible threat in real life.
4. **Clothes** make a statement about how we want people to perceive us. If your dream symbol is shabby clothing, you may feel unattractive or worn out. Changing what you wear may reflect a lifestyle change.
5. **Crosses** are interpreted subjectively depending on your religious beliefs. Some see it as symbolizing balance, death, or an end to a particular phase of life. The specific circumstances will help define them.
6. **Exams** can signify self-evaluation, with the content of the exam reflecting the part of your personality or life under inspection.
7. **Death** of a friend or loved one represents change (endings and new beginnings) and is not a psychic prediction of any kind. If you are recently bereaved, it may be an attempt to come to terms with the event.
8. **Falling** is a common dream symbol that relates to our anxieties about letting go, losing control, or somehow failing after a success.
9. **Faulty machinery** in dreams is caused by the language center being shut down while asleep, making it difficult to dial a phone, read the time, or search the internet. It can also represent performance anxiety.
10. **Food** is said to symbolize knowledge, because it nourishes the body just as information nourishes the brain. However, it could just be food.
11. **Demons** are sneaky evil entities which signify repressed emotions. You may secretly feel the need to change your behaviors for the better.
12. **Hair** has significant ties with sexuality, according to Freud. Abundant hair may symbolize virility, while cutting hair off in a dream shows a loss of libido. Hair loss may also express a literal fear of going bald.
13. **Hands** are always present in dreams but when they are tied up it may represent feelings of futility. Washing your hands may express guilt.

- 14. Houses** can host many common dream symbols, but the building as a whole represents your inner psyche. Each room or floor can symbolize different emotions, memories and interpretations of meaningful events.
- 15. Killing** in your dreams does not make you a closet murderer; it represents your desire to "kill" part of your own personality. It can also symbolize hostility towards a particular person.
- 16. Marriage** may be a literal desire to wed or a merging of the feminine and masculine parts of your psyche.
- 17. Missing a flight** or any other kind of transport is another common dream, revealing frustration over missing important opportunities in life. It's most common when you're struggling to make a big decision.
- 18. Money** can symbolize self worth. If you dream of exchanging money, it may show that you're anticipating some changes in your life.
- 19. Mountains** are obstacles, so to dream of successfully climbing a mountain can reveal a true feeling of achievement. Viewing a landscape from atop a mountain can symbolize a life under review without conscious prejudice.
- 20. Nudity** is one of the most common dream symbols, revealing your true self to others. You may feel vulnerable and exposed to others. Showing off your nudity may suggest sexual urges or a desire for recognition.
- 21. People** (other dream characters) are reflections of your own psyche, and may demonstrate specific aspects of your own personality.
- 22. Radios and TVs** can symbolize communication channels between the conscious and unconscious minds.
- 23. Roads**, aside from being literal manifestations, convey your direction in life. This may be time to question your current "life path".
- 24. Schools** are common dream symbols in children and teenagers but what about dreaming of school in adulthood? It may display a need to know and understand your- self, fueled by life's own lessons.
- 25. Sex** dreams can symbolize intimacy and a literal desire for sex. Or they may demonstrate the unification of unconscious emotions with conscious recognition, showing a new awareness and personal growth.
- 26. Teachers**, aside from being literal manifestations of people, can represent authority figures with the power to enlighten you.

- 27. Teeth** are common dream symbols. Dreaming of losing your teeth may mark a fear of getting old and being unattractive to others.
- 28. Being trapped** (physically) is a common nightmare theme, reflecting your real life inability to escape or make the right choice.
- 29. Vehicles** may reflect how much control you feel you have over your life - for instance is the car out of control, or is someone else driving you?
- 30. Water** comes in many forms, symbolizing the unconscious mind. Calm pools of water reflect inner peace while a choppy ocean can suggest unease.

### EMBRACE YOUR DREAMS

Our nights would likely be more peaceful and sleep more restful if we didn't dream. But our imaginations would not be as rich, or our brains as nimble. We would not know ourselves so well or be able to tap into our true desires.

When we dream, our wishes can be fulfilled, if only in fantasy. The giant screening room inside our heads can alternate between joy and completely exhausting us. It is, however, a journey into our psyche and into us. They cannot simply be explained by mixtures of chemicals and brain synapses firing. As complex beings, the symbols in our dreams have meaning, and their meaning is intertwined with our lives. Dreams are a conversation with the self about the self.

### REFERENCES

1. The interpretations of dreams-by Sigmund Freud.
2. Sigmund Freud on Metapsychology.
3. Yoga and Psychotherapy: The Evolution of Consciousness-Swami Rama, Rudolph Ballentine, Swami Ajaya.
4. Textbook of Physiology by Dr. A K Jain.
5. Theories of Counseling and Psychotherapies-Systems, strategies, and skills-Linda Seligman, Lourie W. Reichenberg
6. <https://www.livescience.com>
7. [https://www. en.m.wikipedia.org](https://www.en.m.wikipedia.org).
8. <https://www.sleepassociation.org>
9. CHARAK SAMHITA INDRIYA STHAN CHAPTER 5.