

**OBSERVATIONAL STUDY TO EVALUATE EFFECT OF
DIWASWAPNA ON JATHARAGNI****Vd. Sangeeta Lotlikar* and Vd. Deepa Kale**

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ABSTRACT

Ayurveda opines like proper diet, proper sleep is also essential for the maintenance of life. In general Nidra is Ratri Swabhava means a person should sleep minimum 6 -8 hours during night to lead a healthy life. Nidra is a very important regimen of day to day life if not followed properly can cause severe diseased condition, which was affect, the physical and mental health. Diwaswapna means sleeping during the daytime. Diwaswapna is contraindicated in the concepts of Ayurveda. Sleeping during daytime in the season other than summer is not advisable as it causes vitiation of Kapha and Pitta. Diwaswapna increases the Snigdha Guna, which inturn is a cause for the vitiation of Kapha and finally this leads to Angimandya. According to Ayurveda

Agnimandya is considered as a chief cause for all the diseases. Hence this study is an attempt to revalidate the relation between Jatharagni and Diwaswapna.

KEYWORDS: Nidra, Sleep, Jatharagni, Agni, Divaswapna.

INTRODUCTION

Charakacharya has mentioned factors like life, complexion, strength, health, metabolic process, growth and development, Ojas, Tejas and Prana are due to Agni. When the digestive fire is completely lost, the person dies. Hence Agni is described as root of life. The factors or cause which alters the normalcy agni are aahara, nidra, etc. Nidra is one of the Traya Upasthambha of our Life. Like a proper diet, proper sleep is also essential for the maintenance of life. In general nidra means sleep and a person should sleep minimum 6 hours during night to lead a healthy life. Nidra is a very important regimen of day to day life if not followed properly can cause severe diseased condition, which was affect, the physical and mental health. Diwaswapna means sleeping during daytime. It is contraindicated according

to the concepts of Ayurveda. Sleeping during daytime in the season other than summer is not advisable as it causes vitiation of Kapha and Pitta. Diwaswapna increases the snigdha guna, which inturn is a cause for the vitiation of Kapha and finally this leads to Angimandya. According to Ayurveda Agnimandya is considered as a chief cause for all the diseases. Hence this study is an attempt to revalidate the relation between Jatharagni and Diwaswapna. Jatharagni was be assessed by the score obtained with the help of specially designed questionnaire method. Therefore an observational study to evaluating the effect of diwaswapna on jatharagni was carried out.

AIM

To analyze the Jatharagni of individuals who follows Diwaswapna.

OBJECTIVES

To analyze the jatharagni of an individual who takes adequate sleep at night with those who indulge in diwaswapna.

MATERIALS AND METHODS

- Ayurvedic classical texts
- Journals
- Internet
- Literary Review
- Questionnaire

Inclusive	Exclusive
<ul style="list-style-type: none"> • 16 volunteers who are apparently healthy, having night duties for at least 15 days in amonths from a period of not less than 6 months are in group A. • 16 volunteers who are apparently healthy, who take adequate sleep at night are in group B. • Age group: 20 – 40 years. • Gender – 16 male and 16 female volunteers 	<ul style="list-style-type: none"> • Pregnancy. • Subjects with known cases of any major systemic illness. • Those who are under medications. • Smoking and alcohol intake • Subjects with known sleeping complaints

DISCUSSIONS

अि म ऱ ेतुज रणश्या।

च.वि. ४/८

उदगारशुद्धि साहो बेस गयथोचताः । लघुता मुषिपासा च जीणाहार यत्नः ॥

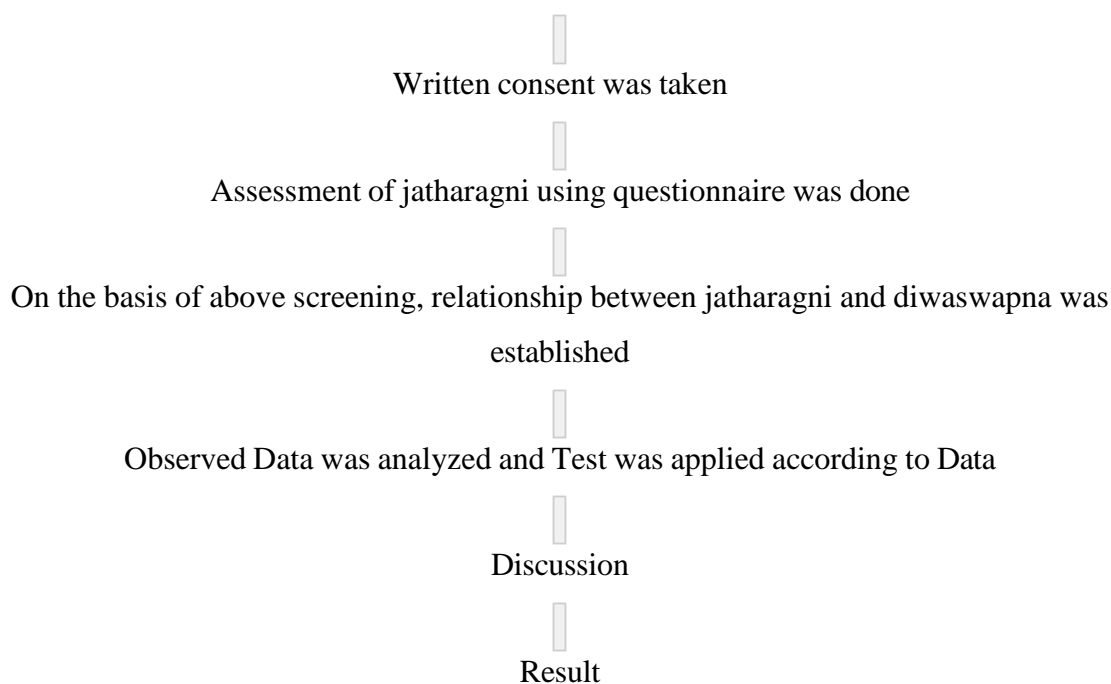
मार्धव निदान.

Agni parikshana was done based on jirnaahara lakshana. Jirnahara lakshana are as following

Udgarashuddhi	Malotsarga
Shariralaghava	Trushapravrutti
Utsaha	Mutrotsarga
Kshutpravru	Vatanuloman

Methodology (Plan of study)

Selection of volunteers as per inclusion criteria and they were divided into two groups as Group A (16) and Group B(16). Total 32 subjects were included in study.



Jatharagni questionnaire

It contains 8 questions: each question has 4 options. The questionnaire is presented in English. A written consent was also obtained. It was administered to everyone. In the beginning of the questionnaire instructions were given as to how questions are to be answered. To every person each question is read and explained. There are four options for each question a,b,c,d and it was marked by 1, 2 ,3, 4 accordingly. With the help of this, Avara jatharagni, Madhyam jatharagni and Pravar jatharagni were calculated in the study.

1. Jatharagni

Jatharagni of the participants was assessed by following information given by participants -

1. Udgar shuddhi

- a. Less than 3 hours → 1
- b. 3 to 5 hours → 2
- c. 5 to 8 hours → 3
- d. More than 8 hours → 4

2. Utsah

- a. Less than 2 hours → 1
- b. 4 to 6 hours → 2
- c. 6 to 8 hours → 3
- d. More than 8 hours → 4

3. Sharir Laghavam

- a. Less than 2 hours → 1
- 2. 4 to 6 hours → 2
- 3. 6 to 8 hours → 3
- 4. More than 8 hours → 4

1. Kshudha

- a. Less than 4 hours → 1
- b. 4 to 6 hours → 2
- c. 6 to 8 hours → 3
- 2. More than 8 hours → 4

1. Trushna

- a. Less than 4 hours → 1
- b. 4 to 6 hours → 2
- c. 6 to 8 hours → 3
- d. More than 8 hours → 4

2. Mala Utsarjan

- a. Less than 18 hours → 1
- b. 18 to 20 hours → 2

c. 20 to 24 hours → 3

2. More than 24 hours → 4

1. *Mutra Utsarjan*

a. Less than 4 hours → 1

b. 4 to 6 hours → 2

c. 6 to 8 hours → 3

d. More than 8 hours → 4

2. *Vatanuloman*

a. Less than 18 hours → 1

b. 18 to 20 hours → 2

c. 20 to 24 hours → 3

d. More than 24 hours → 4

- 8-16 :*pravar jatharagni*
- 17-24:*Madhyam jatharagni*
- 25-32:*Avar jatharagni*

1. *Abhyavaharan shakti*

Abhyavaharan shakti of the participants was assessed by following information shared by participants.

Sr. No.	Name of food taken	Time of food taken	Quantity of food taken	Quantity and time of water intake	Guna of food taken

Table showing scoring to evaluate the effect of *Abhyavaharan shakti*

<i>Abhyavaharan shakti</i>	Score	
<i>Avara</i>	5	Taking less quantity 1 time a day
	4	Taking less quantity 2 times a day
<i>Madhyama</i>	3	Taking moderate quantity 2 times a day
	2	Taking normal quantity 2 times a day
<i>Pravara</i>	1	Taking normal quantity 2 times a day with reduced time intervals between 2 meals
	0	Taking excessive quantity 2 to 3 times a day

DISCUSSION ON SURVEY STUDY

The present survey study was carried out to evaluate the effect of diwaswapna on jathargni.

No medicine was given by scholars to volunteers as it is only an observational study. Total number of volunteers selected for the present study was 32 healthy volunteers among them 16 volunteers who apparently healthy, having night duties for at least 15 days in a month from a period of not less than 6 months are in group A, 16 volunteers who are apparently healthy, who take adequate sleep at night are in group B and the age group was between 20 to 40 years irrespective of their gender and socio economic status.

Assessment of *jathargni* scores in two groups

- Out of 32 study participants, 0 participants from group A and 0 participants from Group B had pravar jatharagni as their total score derived from questionnaire was 8-16.
- 02 participants from group A and 06 participants from Group B had Madhyam jatharagni as their total score derived from questionnaire was 17-24.
- 14 participants from group A and 10 participants from Group B had Avara jaranashakti as their total score derived from the questionnaire was 25-32.
- Alternative Hypothesis of Significant difference is to be accepted.
- Thus, it can be inferred that diwaswapna does affect the Jaranshakti of the individual.

Assessment of *abhyavaharanashakti* scores in two groups

- Out of 32 study participants, 02 participants from group A and 02 participants from Group B had pravar Abhyavaharanashakti.
- 06 participants from group A and 09 participants from Group B had Madhyam Abhyavaharanashakti.
- 08 participants from group A and 05 participants from Group B had Avara Abhyavaharanashakti.
- Null Hypothesis of Significant difference is to be accepted.
- Thus, it can be inferred that Ratrijagaran does not affect the Abhyavaharanashakti of the individual.

CONCLUSION

- The survey study proves that jaranshakti (Jatharagni) is hampered due to diwaswapna and leads to agni dushti.
- Diwaswapna increases the incidence of time taken for jirna aahar lakshana like udgar shudhi, kshuda, vatanuloman.
- Diwaswapna affects the malapravrutti and results in an increase in incidence of irregular

and unsatisfactory bowel habits.

- Diwaswapna leads to a vicious cycle of irregular dietary habits which causes asamyaka pachana and hetu sevana.

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