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A CRITICAL REVIEW ON THE PHYSIOLOGICAL IMPACT OF KALASHAYANA AND AKALASHAYANA.

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ABSTRACT

Ayurveda has unique parameters for the assessment of healthy and diseased. *Nidra* plays a very crucial role in maintaining the body in healthy condition. Health of a person depends upon the optimum level of *doshas* and *dhatu* in the body while the harmonious working of all *doshas* and *dhatu* is dependent on the nature of sleep of an individual. Sleeping at proper time (*kalashayana*) helps to maintain the health by promoting equilibrium of *dosha*, *dhatu* while sleeping at improper time (*akalashayana*) leads to produce unhealthy condition in the body by creating disequilibrium of *dosha*, *dhatu* etc. So, a thorough physiological knowledge of *kalashayana* and *akalashayana* is very essential to keep the mind and body in healthy conditions and to avoid further diseases. Keywords: *Nidra*, *kalashayana*, *akalashayana*, *dosha*, *dhatu* etc.

INTRODUCTION

Sleep (Shayana/nidra) is one of the three secondary supporters of life. They support the body constantly similar to the pillars supports a house. Being supported by these three well-regulated factors of life, the body is endowed with strength and growth, and continuous until the full span of life provided a person follows the regimen prescribed.^[1] While explaining the physiology of nidra, *acharyas* have explained various reasons for the occurrence of *nidra* as- *tamoguma*, *kaphadosha*, *mana*, *indriya* etc.

Sleep arising at night is *bhutadhatri* – protector of living beings and the remaining kinds of sleep are attributed to diseases.^[2] So, one should sleep at the proper time in the night time as much time as possible according to the individuals need and inculcate the habit of going to bed timely. Due to the profession if an individual is unable to sleep during night time, he is allowed to sleep in daytime for half of the time without taking food.^[3] Therefore, proper time and duration of sleep is important to maintain the normal physiological functioning of the body.

AIM AND OBJECTIVE

Aim: To review the physiological impact of *kalashayana* and *akalashayana*.

Objective: To study the concepts of *kalashayana* and *akalashayana* from *Ayurvedic samhitas* and textbooks.

LITERATURE REVIEW

> NIDRA / SHAYANA –

Nidra is considered as one of the pillars which give support to the body. It is the state where our body and mind both are at rest conditions. So, it plays a vital role in maintaining our physical and mental health. It is also explained in detail in the rules and regulations of *dinacharya*, *ratricharya* and *rutucharya* which are advised for good health. It is one of the *adharaniya vega* i.e., the natural urges whose suppression may result in the manifestation of diseases.

Shayana, *swapna*, *swaap*, *supti* etc. are the synonymous words used for *nidra*. *Acharyas* have given various classifications of *nidra* based on different criteria.

Timing of the sleep can be considered as one of the criteria for its classification of which one is *kalashayana* and other is *akalashayana*. *Kalashayana* is the sleeping at proper time and *Akalashayana* is the sleeping at improper time

❖ **Physiology of Nidra :**

In *Ayurveda*, *Acharyas* have explained various reasons for the occurrence of *nidra*. Physiology of *nidra* explained in *bruhatrayi* is as follow,

- *Acharya Charak* - When the mind is fatigued due to various activities

and thoughts, it withdraws its interest from the surrounding and the man goes to sleep.^[4]

- *Acharya Sushruta* - When *hrudaya* (heart) the seat of *chetana* (life) is

overlapped by *tamoguna* (darkness), the man goes to sleep.

- *Acharya Vagbhata* - Sleep was born out of *tamoguna* at the time of

commencement of this creation. So, generally sleep manifests when *tamas* is predominant in nights, when the *srotas/internal channels* (especially *manovaha srotas*) of the body becomes covered /obstructed by *kapha*, when the mind and body is fatigued by exertion, the sense organs become inactive and donot perform their normal functions due to exhaustion and then sleep manifests in the body.[5]

❖ **Nidra and Kala :**

Manu the great law maker has described the divisions of time and remarked that the 30 *muhurta* period (i.e.,24 hours) is divided by the sun into day and night periods. Day is intended for various activities and the night is designed for the rest and repose. Naturally the night is described as a proper time for sleep. The person should not sleep in day time and should not awake at night because both are *dosha prakopaka*.

So, usually night is the proper time for sleep but its duration varies from person to person. Individuals having *vata prakruti* are inclined to have less sleep than those who are having *kapha prakruti*.

It is advised to take sleep avoiding the first and last parts of night. It is a well-known concept that awakening early in morning is good for the health while,

sleep is one of the five *varjyas* of *sandhyakala* (evening). In *Bhavaprakasha* and *Yogaratanakar*, it is said that a wise person never indulges in karmas like sleep during evening as sleeping may cause poverty.[6]

➤ **KALASHAYANA –**

❖ **Proper time for Nidra –**

The great law maker *Manu* while explaining regarding the proper time for

nidra stated that, the *surya* (sun) divides *Ahoratra* (24hours) of man and God into 2 parts, of which *ratra* (night time) is designated for sleep and *aho* (day time) is designated for the daily chores and various activities. This quote highlights the basics of sleep pattern. Sleep is specified only for the night time and the day time is for various types of activities.[7]

So, one should sleep at the proper time in the night time as much time as possible according to the individuals need and inculcate the habit of going to bed timely. Due to the profession if an individual is unable to sleep during night time, he is allowed to sleep in daytime for half of the time without taking food.[3]

❖ **Impact of Kalashayana on Digestion –**

The person who sleeps happily at night has good digestive power which properly digests food and helps in the growth of the body.[8]

❖ **Benefits of Kalashayana –**

- Sleeping in proper time promotes development, complexion, strength, enthusiasm, digestive power, non-drowsiness and equilibrium of *dhatu*s.[9]
- The person who sleeps at proper time remains free from diseases, cheerful, sexually potent, of moderate physique and glorious and lives for hundred years.[10]
- The sleep taken at proper time by following proper rules is always best for providing health to the body and it does half of the work to destroy the diseased conditions.[11]

➤ **AKALASHAYANA –**

Akalashayana is the sleep which is not taken at proper time. This is the *mithyayoga* of *nidra* i.e., wrong pattern of sleeping. Commentator *Hemadri* states that *akalashayana* is nothing but the *divaswapna*. [12]

Divaswapna is defined as, sleeping during daytime. While explaining the word an example of owl bird is given as birds like owl sleeps at daytime. [13]

❖ **Akalashayana Saatmyata :**

Acharyas while explaining about *akalashayana saatmyata* states that – the persons who are habituated to the practice of *divaswapna* (sleeping during daytime) and *ratraujagarana* (awakening during night) as per the needs (because of duties/work) such practice does not cause any harm/disorder as it has become

'*saatmya*' i.e., compatible to such people. [14]

❖ **Impact of Akalashayana on Digestion :**

- Improper sleeping pattern like if one sleeps during daytime, awakens at night causes indigestion of the food even taken in time and in light (moderate) quantity. [15][16]
- Sleeping during daytime before meal (food) increases *agni* rapidly (*tivragni*) making capable enough even to digest 'stone' like heavy substances easily. [17]
- One should restrict himself and should not sleep for a period of 1 *muhurta* (48 minutes) after food. [18][19]
- Sleeping after taking food, reduces *vata* and *pitta*, increases *kapha*. It

builds up body mass and pleasure. Taking a short nap while sitting neither dries up the body nor obstructs the channels. [20][21]

❖ **Akalashayana as a causative factor :**

In *vaidyakiyasubhashitasahityam*, *Divaswapna* and *ratraujagarana* (i.e., *akalashayana*) is mentioned as one of the six causative factors that produces diseases. The six causative factor responsible to produce diseases are – excessive intake of water, incompatible food, daytime sleep, awakening at night, suppressing natural urges like urination, defecation etc. [22]

Table no. 1 – showing references of *Akalashayana* as a causative factor to produce ill effects on the health.

<u>Sr. No.</u>	<u>Akalashayana as a Causative factor</u>	<u>References</u>
1)	<i>Kapha prakop</i>	C.Ni.1/25; S.Su.21/23; Y.R.Ni.209
2)	<i>Rakta prakop and rakta dushti</i>	C.Su.24/8-10; S.Su.21/25
3)	<i>Mamsavaha Srotas dushti</i>	C.Vi.5/15

<u>Sr. No.</u>	<u>Akalashayana as a Causative factor</u>	<u>References</u>
4)	<i>Medovaha Srotas dushti</i>	C.Vi.5/16
5)	<i>Medoroga</i>	M.Ni.34/1
6)	<i>Sthaulya</i>	C.Su.21/4; S.Su.15/32
7)	<i>Prameha</i>	S.Ni.6/3
8)	<i>Kaphaja Gulma</i>	C.Chi.5/14
9)	<i>Kaphaja Arsha</i>	M.Ni.5/7,8
10)	<i>Amlapitta</i>	K.Khi.6/6-9
11)	<i>Ashmari</i>	S.Ni.3/11
12)	<i>Kushtha</i>	M.Ni.49/4-6
13)	<i>Shiroroga</i>	C.Su.17/8-11
14)	<i>Manyastambha</i>	S.Ni.1/67
15)	<i>Vaatarakta</i>	M.Ni.23/3

❖ Complications & Treatment of Akalashayana :

Complications-

The complications arise due to sleeping at improper time are- *moha* (delusion), *jwara* (fever), *staimitya* (lassitude), *pinasa* (nasal catarrh), *Shiroruk* (headache), *shopha* (swelling), *hrullasa* (nausea), *srotorodha* (obstruction of channels), *agnimandya* (decreased digestive power) etc.

Treatment-

1. *Upavasa* (fasting) 2. *Vamana* (emesis)
3. *Swedana* (sudation therapy)

4.  *Navana nasya* (nasal administration).[23]

DISCUSSION –

- *Kalashayana* is the sleep taken at proper time by following proper rules of *nidra*.
 - *Kalashayana* is the *samyakyoga* of *nidra* (sleep taken properly) and it is the *para* form of the *nidra* (sleep having excellent impact on health).
- Sleeping at regular time schedule, maintains the equilibrium of *dosha* and *dhatu* and good digestive capacity (*vanhideepti*) are brought about by sound sleep.
- Sleeping at regular time is responsible for the happiness, nourishment, strength, virility, knowledge and life.
- Naturally the night is described as a proper time for sleep. But, if an individual is unable to sleep during night time due to his profession etc., he is

allowed to sleep in daytime for half of the time without taking food.

- *Akalashayana* is the sleep taken in wrong pattern at improper time without following proper rules of *nidra*.
- *Akalashayana* is the *mithyayoga* of *nidra* (wrong pattern of sleep) and it is the *apara* form of *nidra* (sleep having poor impact on health).
- Sleeping at improper time is responsible for the misery, emaciation, weakness, sterility (impotence), ignorance and death.
- So, the person should not sleep during daytime and should not awake at night because both are *dosha prakopaka*.

CONCLUSION –

To maintain normal physiological functions of the body and to avoid diseased condition, *kalashayana* should be followed i.e., sleep should be taken at proper time. As well as *akalashayana* should be avoided i.e., one should not keep awake in night and sleep during daytime as both these are harmful.

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