

A CONCEPTUAL STUDY ON AETIOPATHOGENESIS OF DIWASWAPNA IN THE MANAGEMENT OF PCOD (POLYCYSTIC OVARIAN DISEASE) - A REVIEW

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ABSTRACT

Ayurveda, the ancient science is a unique heritage of India. With the changing concepts of diseases, lifestyle health needs utmost care in present times. Hence there has been arousal of newer diseases. *Swasthavritta* branch of Ayurveda which plays an important role in practice and maintenance of healthy lifestyle, it mainly emphasizes on *Dinacharya*, *Rutucharya*, *Acharya Rasayana* etc. Polycystic Ovarian Disease is a hormonal disorder causing enlarged ovaries with small multiple cysts on periphery. Approximately 75% of anovulatory women of any cause have polycystic ovaries and 20-25% of women with normal ovulation demonstrate USG findings typical of polycystic ovaries¹. Sedentary lifestyle, food habits, hormonal imbalance are the causative factors. The main process of Ovulation occurs by a proper hormone balance. According to *Ayurvedic Classics*, *Diwaswapna* i.e. day sleep also forms the causative factor which leads to vitiation of *kapha dosha* mainly *medha dhatu vriddi* causing abnormality in *ritu chakra*. Hence, this study is taken to assess the role of diwaswapna in the management of Polycystic Ovarian Disease.

Keywords: *Diwaswapna*, PCOD

INTRODUCTION

Swasthavritta is the branch of *Ayurveda* dealing with cumulative aspects of maintaining health of a healthy person. It is the pioneer in the field of *Ayurveda*. According to *Acharya Charaka*, it has been given second most importance among *Saptachatushkas*². In present era, people are more likely affected with various diseases by following sedentary lifestyle. The robotic life activities have made man so busy that she is unable to focus on her health. In addition to this, Global warming, Industrialization and urbanization, deforestation etc are

playing its key role in causing diseases like Asthma, skin problems, Cancer, etc. The immunity level of a person is getting lower due to above all factors were an acute infection will become chronic within short time. Hence, people are moving towards aids of maintaining healthy lifestyle for betterment of life.

In *Ayurveda*, Sleep has been given prime importance as it is one of the *Trayopastambha* of Body². These forms the basic pursuits of living system, any disturbances in the normal functioning may become

harmful to life. Therefore, one should maintain proper time to sleep.

Polycystic Ovarian Disease has been included in the burning issues in the society which is one of the factors causing Primary Infertility. The incidence rate is increasingly high day by day; the young generation is more prone to this disease. It is a heterogeneous endocrine disorder characterized with irregular menses, hyperandrogenism and multiple cysts. As though there is no direct references available in *Ayurveda* it can be correlated based on signs and symptoms as *Arthava Kshaya*³, *Lohitakshara*⁴, *Jathaharini*⁵, *Ksheenarajas*³, and *Nashtartava*³.

AIM AND OBJECTIVES:

1. To assess the role of *Diwaswapna* in Polycystic Ovarian Disease.
2. To review in detail about *Diwaswapna*

REVIEW OF LITERATURE:

1. Description about *Diwaswapna*, indications and contraindications in *Ayurvedic* Classics.
2. Description about Polycystic Ovarian Disease in *Ayurvedic* Classics.
3. Description about Polycystic Ovarian Disease in Modern Science.

MATERIALS AND METHODS:

NIDRA:

The word *Nidra*⁷ is derived from the root word “*Dra*” which means undesired. Therefore, it is considered as a state of mind in which there will be absolute no desire.

*Acharya Charaka*² defines *Nidra* is a state when the *manas* and *indriyas* get exhausted; they withdraw themselves from *indriyarthas* and leading the person to sleep. The sleep which is caused by *Ratriswabhava* that sleep is called as ‘*Bhutadhatri*’ which nourishes the body as Mother nourish her children. It is one among non suppressible urge. *Acharya Sushruta*³ opines, as *Hrudaya* is the seat for *chetana* and when it is getting dominated by *Tama guna* it induces sleep.

EFFECTS OF SLEEP ON HEALTH:

*Acharya Charaka*² quotes that the individual’s happiness, misery, nourishment, strength, weakness, virility,

sterility, knowledge are all dependent on proper or improper sleep. *Acharya Sushruta*³ also opines the same as sleep will increase the well being of a person and maintains his health. So, the scope and importance of sleep is directly proportional to the health of a person. If a person fails to attain good sleep he may land up with some psychosomatic disorders like depression, delusions, hallucinations etc.

DIWASWAPNA (DAY SLEEP):

INDICATIONS:

According to *Acharya Charaka*², sleeping during day time is contraindicated as it increases *kapha dosha* in the body leading to various diseases but it does not holds good for those who are emaciated by singing, study, alcoholic drinks, suffering from phthisis, wasting, thirst, sexual act, persons carrying heavy weights, insanity, those who have become too old, weak, emaciated, injured, *grishma rutu*, exhausted by journey, anger, grief, those who are habituated to day sleep. In summer season as nights are shorter than day, *Vata dosha* gets vitiated leading to *rukshata* in the body. Hence, day sleep is indicated for all.

CONTRAINDICATIONS:

According to *Acharya Charaka*², sleeping during daytime is contraindicated in all seasons expect *grishma rutu* as it increases *pitta* and *vata dosha* in the body and giving rise to many diseases. Person with excessive fatty accumulation, those who are addicted of taking *sneha dravyas*, *Kapha prakriti*, those suffering from *kaphaja vyadhis*, those suffering from artificial poisoning these factors will leads to diseases like *Halimaka*, headache, feeling as if body is covered with wet blanket, malaise symptoms, lack of digestive power, edema, *hrudaya alepa*, anorexia, insomnia, sinusitis, urticaria, drowsiness, fever, diseases of throat, impairment in memory, obstruction in normal channels, weakness in sensory and motor functions of body and assessing the toxic effects of artificial poisoning. Therefore, one should know proper indications and contraindications of sleep and follow the same for betterment in lifestyle.

BENEFITS OF DAYSLEEP:

*Acharya Charaka*² says it balances all the *doshas* in the body, brings equilibrium in *dhatu*s and nourishes it, and enables longevity of individual.

Table 1: Review of PCOD In Ayurvedic Classics:

Si. No.	Diseases	Clinical Features
1.	<i>Arthavakshaya</i>	Delayed menstrual cycles, Scanty flow which will not last for 3 days.
2.	<i>Kshinarthava</i>	Delayed menstruation, Scanty flow and associated with pain in vagina. It is caused by <i>pitta</i> and <i>vayu</i> .
3.	<i>Nashtarthava, Rajonasha</i>	Aggravated <i>doshas</i> will obstruct the <i>arthavavaha srotas</i> leading to impairment in normal functions. involves <i>vata</i> and <i>kapha dosha</i> . Absence of menses is the main clinical feature.
4.	<i>Lohitakshara</i>	Excessive bleeding per vagina associated with burning sensation
5.	<i>Jataharini</i>	Women who observes fruitless menstruation in appropriate time, has corpulent and hairy cheeks.

MODERN VIEW OF PCOD:

Polycystic Ovarian Disease⁸ (PCOD) is originally described in 1932 by Stein and Leventhal as a syndrome manifested by amenorrhoea, hirsutism and obesity associated with enlarged polycystic ovaries.

It is a heterogeneous disorder which is characterized by excessive androgen production by the ovaries mainly. PCOS is a multifactorial and polygenic condition. Diagnosis is based on presence of any two of the following criteria (ASRM/ESHRE, 2003)

- a) Oligo and /or anovulation.
- b) Hyperandrogenism (clinical or biochemical)
- c) Presence of polycystic ovaries.

PATHOLOGY:

Typically, the ovaries are enlarged. Ovarian volume is increased more than 10cm³. Stroma is increased. The capsule is thickened and pearly white in colour. Presence of multiple more than 12 follicular cysts measuring about 2-9mm in diameter are found crowded around the cortex.

CLINICAL FEATURES:

The patient complains of increasing obesity (abdominal 50%), menstrual abnormalities 70% in the form of oligomenorrhoea, amenorrhoea or DUB and infertility. Presence of hirsutism and acne are important features. Acanthosis nigricans is a specific sign.

ROLE OF DIWASWAPNA IN PCOD:

Nidra is a prime factor to maintain the health of a person. If it is done properly it nourishes the body and it

cures half of the disease. *Diwaswapna* is contraindicated as it increases *kapha dosha* leading to disturbance in normal functions in the body. PCOD falls under the category of *Santarpana vyadhi* where *kaphaja ahara vihara* plays an important role. The signs and symptoms indicated there will be *dravata vrudhi* of *kapha dosha* i.e. *meda dhatu* leading to obstruction in *arthavavaha srotas* and further to abnormality in *ritu chakra*. When there is increased *kapha dosha*, *vata dosha* also counteracts and there will be *apana vata drushti*. The above etiological factors play a key role in onset of a disease which is gradual process and when it is endured it do not lend itself for easy cure. It can be classified under non communicable diseases which can prove dreadful at times.

DISCUSSION

PCOD is one of the burning problems in the society leading to infertility. *Acharya Sushruta* opines that treating the *nidana* (causative factors) itself is a primary line of management. The causative factor for PCOD starts with sedentary lifestyle, food habits and therefore it should be treated first. One should follow *Sadvrutta*, *Acharya Rasayana*, *Dinacharya*, *Rutucharya* etc for healthy life. *Acharya Sharangadhara*⁶ opines that no creature is immortal on this Earth, it is impossible to overcome death, but it is possible to prevent disease causing death. Hence one should try to prevent disease.

CONCLUSION

Ayurveda is a holistic science helps in maintaining health of a person. it is based on the quote 'Prevention is better than cure'. Diet and lifestyle goes hand in hand with medicines given for a disease, in order to get successful treatment one should follow healthy life. Occurrence of PCOD can be inhibited at early stage by adapting good habits. *Acharya Charaka*² opines that person should perform activities which are beneficial to his body as an officer take care of the city and charioteer in charge of the chariot protect city and chariot respectively. Hence, one should regulate their lifestyle and habits in order to attain pursuits of life.

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