



## STUDY OF MAMSAWAHA SROTODUSHTI WITH SPECIAL REFERENCE TO BHUKTOTTARA DIWASWAP

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### ABSTRACT

*Ayurveda* states its versatility in *Vyadhimidana* (diagnosis). It has also stated important and unique feature of *Ayurveda Sharir* (anatomy) i.e. *Srotas* (channel) which is of immense use in *Vyadhimidana*, *Vyadhikriti* (examination) and *Vyadhikriti* (treatment). *Mamsawaha Srotas* (channels carrying components of muscle tissue) is one of the important *Srotas* which get vitiated by wrong habits of eating and sleep. It is observed that in *Vyadhimidana*, *Vihar Hetu* (behavioral cause) usually gets neglected. So to study the role of *Bhuktottara Diwaswap* (sleep after lunch) in *Mamsawaha Srotodushti* (vitiating of channels carrying components of muscle tissue) survey study was carried out. Taking into consideration questionnaire was given to experimental and control group. It was found that many of the *Mamsawaha Srotodushti* symptoms are statistically significant. By use of this survey people can be educated about rules of sleep and many diseases can be prevented.

**Keywords:** *Mamsawaha Srotodushti*, *Bhuktottara Diwaswap*, *Hetu*.

### INTRODUCTION

*Ayurveda* the ancient Indian system of living is derived from the Vedas. The aim of *Ayurveda* is not only healing of the sick but also prevention of its occurrence and promoting health aspects-preservation of life.<sup>1</sup> In *Ayurveda*, *Ahara* (proper diet), *Nidra* (proper sleep) and *Bramhacharya* (abstinence) have got very much importance as they are responsible for one's life as well as death. These are called as '*Trayopstambha*' i.e. these are the three *Upstambha* means poles which do the work of supporting life. *Trayopstambha* are responsible for *Swasthya* (healthiness) similar to *Prakrut Dosh*, *Dhatu* and *Mala*. As the pillars are the backbones for building a home, similarly these *Trayopstambha* are backbone for building a healthy body.<sup>2</sup> Out of these, *Nidra* has got much importance in life. If *Nidra* is not taken properly *Swasthya* cannot be maintained. All major aspects of life are dependent on *Nidra*.<sup>3</sup> When this *Nidra* is taken at day time after lunch/meal it is called *Bhuktottara Diwaswap*. Only in some conditions *Diwaswap* plays the role of *Swasthya* maintenance otherwise it is the most important *Viharhetu* in *Vyadhisamprapti* (pathogenesis). *Charakacharya* told that *Bhuktottara Diwaswap* causes *Mamsawaha Srotodushti*.<sup>4</sup>

### AIMS AND OBJECTIVES:

- To study the concept of *Diwaswap*.
- To study the relation of *Bhuktottara Diwaswap* with *Mamsawaha Srotodushti*.
- To study the other symptoms of *Mamsawaha Srotodushti* due to *Bhuktottara Diwaswap* which are not mentioned in the text.

### MATERIALS AND METHODS:

- *Ayurvedic* texts like *Charakasamhita*, *Sushrutasamhita* and *Ashtanghrudayam* along with available commentaries were referred.
- The questionnaire prepared was related to the complaints of an individual, duration of complaints & gradation &

severity of the complaints, duration of time of *Bhuktottara Diwaswap* in a day & in a week, position of sleeping, etc.

- To achieve more preciseness of the results of survey, experimental group (B.D. group, having *Bhuktottara Diwaswap*) 'E', sample size-100 and control group-(Non B.D. group, not having *Bhuktottara Diwaswap*) 'C', sample size-100 were done.

### *Nidra* Concept:

*Charakacharya* has mentioned six types of *Nidra*<sup>5</sup> and *Sushrutacharya* has mentioned three types of *Nidra*.<sup>6</sup> *Diwaswap* comes under *Tamobhava* type of *Nidra*. *Nidra* should be taken at night time only. One should not take *Diwaswap* except when it is necessary. *Ayurveda* doesn't give the permission to have *Diwaswap* in all *Ratus* (seasons) except *Grishma Ratu*.<sup>7</sup> *Sushrutacharya* has mentioned the duration for *Diwaswap* for whom it is necessary and it is 48 minutes.<sup>8</sup> But one should not have *Diwaswap* after meal because that leads to *Vikruti* (abnormality). To nullify the effect of *Ratri-jagarana*, *Diwaswap* which should be specifically *Abhuktawata* (before meal) is suggested. It means to compensate the *Ratri-jagarana*, half the time period of *Ratri-jagarana*, *Abhuktawata Diwaswap* can be taken and if it is taken after meal it could be *Doshprakopaka*.<sup>8</sup> *Diwaswap* plays important role in some diseases & maintains *Swasthya*. In such situations *Abhuktawata Diwaswap* helps to achieve *Dhatu-samya* (maintenance of the equilibrium of tissue elements) and *Sharirpushti*.<sup>9</sup> *Granthakaras* has stated the conditions where the *Diwaswap* is strictly prohibited because it causes diseases.<sup>10</sup> According to *Charaka*<sup>7</sup> and *Vagbhata*<sup>11</sup> *Diwaswap* is *Kaphapitta Prakopaka* and according to *Sushrut* it is *Sarvadoshaprakopaka*.<sup>8</sup> When *Diwaswap* is taken after lunch it leads to *Kaphaprakopa* and *Agninaasha*.<sup>12</sup> *Charakacharya* states that *Bhuktottara Diwaswap* causes *Mamsawaha Srotodushti*.<sup>4</sup> *Kaphaja Grahani*<sup>13</sup>, *Shonitprabhava Vikara* (diseases caused by Rakta Dosh)<sup>14</sup> and *Sanyadushti* (vitiating of breast milk).<sup>15</sup>

**Table 1: Association Of Bhuktottar Diwaswap with Multiple Symptoms.**

No. of symptoms	P	'E' group	'C' group	Total
0	Count in %	04	63	67
1	Count in %	14	30	44
2	Count in %	41	03	44
3	Count in %	19	02	21
4	Count in %	17	02	19
5	Count in %	04	00	04
6	Count in %	01	00	01
	Total count	100%	100%	200%

**Table 2: Association Of Time Bhuktottar Diwaswap with no. of Symptoms**

no. of symptoms	Time to sleep after lunch				Total
	Within 15 min.	After 15 min	After 30 min.	After 1 hour	
0	00	01	02	01	04
1	00	00	10	04	14
2	05	02	27	05	39
3	01	02	16	00	19
4	03	01	08	05	17
5	00	00	00	04	04
6	01	00	00	00	01
Total	10	06	63	19	98

**Table 3: Association Of Bhuktottar Diwaswap Duration with no. of Symptoms**

No. of symptoms	Duration			Total
	1 hr.	2 hr.	3 hr.	
0	00	03	01	04
1	04	09	01	14
2	14	20	05	39
3	04	10	05	19
4	04	06	06	16
5	00	03	01	04
6	00	01	00	01
	26	52	19	97

**Table 4: Association Of Bhuktottar Diwaswap for no. of yrs. with no. of Symptoms**

No of symptoms	Bhuktottar Diwaswap for no. of years			Total
	<4	5-<10	>=10	
0	01	01	02	04
1	07	01	06	14
2	16	12	13	41
3	06	06	07	19
4	05	04	08	17
5	01	00	03	04
6	00	01	00	01
Total	36	25	39	100

**OBSERVATIONS & RESULTS:**

The survey was carried out for sample size of 200 for 'E' & 'C' group. Subjects were equally distributed in both groups. The subgroup wise distribution of the population according to age, sex, education, occupation & marital status were also equal. The association between the symptoms by 'E' & 'C' group with that of *Bhuktottar Diwaswap* was tested using chi-square( $X^2$ ) test. Out of all *Mamsawaha Srotodushti* symptoms *Kila* (pile), *Granthi* (tumour like growth), *Dhamani Shaitihilya*, *Udarvrudhi* (enlargement of abdomen), *Gurugatrata* (heaviness of body part), *Pratishyaya* (cold), *Twachavikara* (skin diseases), *Sphik-Oshtha-Upastha-Uru-Ura-Kaksha-Pindika-Udara-Gala-Ganda Vriddhi* (enlargement of buttocks-lips-penis-thigh-chest-axila-calf-abdomen-neck-chick) found statistically significant [16]. Though  $X^2$  tells about the association, the strength/magnitude of association can't be said. For that relative risk (RR) of those symptoms were calculated. It was found that *Kila*, *Granthi*, *Udaravrudhi*, *Pratishyaya*, *Twachavikara* & *Sphikadivrudhi* are at high risk.

**DISCUSSION:**

It was found that *Diwaswap* is abnormal. The subjects for whom *Diwaswap* is indicated, some rules has mentioned & it should be taken *Abhuktawata*, for 48 mins., in *Grishma Rutu* & by *Diwaswap* indicated person. It was found that *Bhuktottar Diwaswap* is capable of producing many diseases including *Mamsawaha Srotodushti*. It was found that *Bhuktottar Diwaswap* has got more gradation for *Doshaprakopa* than *Diwaswap*. The symptoms *Galashundika* (tonsillitis), *Galaganda* (goiter), *Rauksha* (dryness), *Toda* (throbbing pain), *Gatrasada* (weakness in body parts), *Akshiglani* (weakness of eye), *Sandhivedana* (pain in joints), *Karnavikara* (diseases of ear), *Sphikadi* reduction were not found statistically significant ( $P>0.05$ ). It could not be associated with *Mamsawaha Srotodushti* due to *Bhuktottar Diwaswap*. The symptoms *Adhimamsa* (granuloma), *Arbuda* (myoma), *Galashaluka* (uvulitis), *Puimamsa* (sloughing of flesh), *Alaji* (boils), *Gandamala* (cervical adenitis), *Upjivhika* (inflammation of epiglottis) & *Snayuvikara* (diseases of ligament) were not found in 'E' & 'C' group. So in case of the symptoms which were not found statistically significant & the symptoms which were not found in 'E' & 'C' group may have need more *Hetu Bala* by accompany of other specified

Hetu (Abhishyandi, Sthula & Guru Ahara) for to be statistically significant. Though association of Bhuktottar Diwaswap & Mamsawaha Srotodushti is proved with the symptoms, there might be other Hetu (Abhishyandi, Sthula & Guru Ahara) also causing Mamsawaha Srotodushti. So it was not possible to say that Bhuktottar Diwaswap is one & only the Hetu of Mamsawaha Srotodushti. In case of other complaints, many symptoms were found but none of them was found statistically significant, so were not associated with Bhuktottar Diwaswap & Mamsawaha Srotodushti. Also it was found that the symptoms which are found to be statistically significant, in most of the subjects they are found to be started after having Bhuktottar Diwaswap. As well as it has been statistically found that relative risks in 'E' group for Sphikadi Vruddhi is maximum (11 times) & for Twachavikara is minimum (2.25 times) in associated symptoms to Mamsawaha Srotodushti than 'C' group. The relative risk of other significant symptoms is in-between. Therefore the risk factor of the subjects having Bhuktottar Diwaswap is significantly on higher side. It was found that there was association between time period of Bhuktottar Diwaswap after lunch & no. of symptoms, as the time period ( within 15 min, after 15min., 30 min., 1hr. of lunch) of having Bhuktottar Diwaswap increases the percentage of showing multiple symptoms (2 or more) decreases. Similarly as the time period (1hr., 2 hr., 3 hr.) increases percentage of showing 2 or more symptoms almost increases. As the no. of years of Bhuktottar Diwaswap increases percentage of showing more than 2 symptoms increases.

#### CONCLUSION:

- Nidra has got much importance to maintain healthy life.
- Diwaswap is abnormal. it is indicated  
Abhuktawat  
For 48 minutes  
In Diwaswap Arha  
In Grishma Rtu
- As Diwaswap plays important role in maintaining Dhatusamya of Diwaswap Arha, it also plays important role in Vikarotpatti in Diwaswap Anarha.
- Bhuktottar Diwaswap is responsible for Vyadhijanana.

- Bhuktottar Diwaswap found to be associated with Mamsawaha Srotodushti-  
Kila- (P=0.0003)  
Granthi-(P=0.009)  
Dhamanishaitihlya-(P=0.003)  
Udarvrudhi-(P=0.000)  
Gurugatrata-(P=0.000)  
Pratishaya-(P=0.0005)  
Twachavikara-(P=0.0359)  
Spikadi Vrudhi-(P=0.000)
- Bhuktottara Diwaswap is Doshaprapakopa & Raktaprapakopa but gradation for Kaphapittaprapakopa is more.

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