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स्वप्न - Sleep; A concept from Sanskrit literature for healthy person

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Sleep is an important part of a daily routine and it is a vital indicator of overall health. It is one of the *trayoupasthambha*; three pillars on which a person's health is firmly balanced and it is a complex and dynamic process which affects the body functions as well as brain functions. When the mind gets exhausted the sensory and motor organs dissociated from the objects leads to an individual sleep. Sleep is a naturally recurring state of mind and body that affects almost all the types of tissue and systems in the body; especially the vital organs such as brain, heart and lungs. Sleep needs vary across ages and it is essential for survival of human being. The same sleep if proper quality and quantity brings happiness, knowledge, strength and longevity in an individual and improper sleep leads to destruction of the same individual. Busy stressful life styles loges major sleep complaints include insomnia, inability to sleep at desired time, excessive daytime sleepiness and abnormal movements or behaviours during sleep. This study is aimed to find Sanskrit literature for sleep in Ayurveda authentic books for different aspects of sleep. Ayurveda Samhitās in Sanskrit were used in the study to collect information. Samhitās elaborate comprehensive details regarding sleep. Classification, causes of insomnia, methods to induce good sleep, contra indications of day time sleep, recommendations for day sleep, role of sleep in obesity and several aspects of sleep are explained thoroughly in Ayurveda texts. Samhitās advice to uplift the quality of life of a person to obtained better physical and mental health through proper sleep. Thus, the knowledge of sleep which is in Sanskrit should be revealed to a person human with the different aspects and accurate meaning of their terminologies. A quality research outputs which help to maintenance of positive health to obtain all *Dharma, Arta, Kama* and *Moksha*.

Keywords: *Ayurveda, Insomnia, Healthy person, Sleep*