

## 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 ovaries<sup>1</sup>. 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*<sup>2</sup>. 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 Body<sup>2</sup>. These forms the basic pursuits of living system, any disturbances in the normal functioning may become