



International Journal of Indian Medicine

www.ijim.co.in

ISSN: 2582-7634

Volume - 4, Issue - 2

February 2023



IJIM

INDEXED



International Journal of Indian Medicine

Access the article online



International Category Code (ICC): ICC-1702

International Journal Address (IJA): IJA.ZONE/258276217634

AN OBSERVATIONAL STUDY TO ASSESS THE SYMPTOMS OF SUPPRESSION OF SLEEP IN NIGHT DUTY DOCTORS, NURSES AND ENGINEERS.

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Abstract:

Introduction: Ayurveda explains the adverse effects of *Vegadharana*, i.e. the urges which are suppressed by force. Suppression of sleep is one among them. There are certain professions where suppression of sleep becomes inevitable, which includes night duty doctors, nurses and engineers. Hence this study is intending to understand the health status of these professionals. **Objectives:** To evaluate the concept of Suppression of sleep and its effect in Night duty workers. **Materials and methods:** In this observational study 30 samples were selected randomly based on above mentioned profession. Questionnaire was framed and sent through google form. The data collected was analysed using Graphpad software. **Results :** Out of 30 samples, statistical significant results were obtained in factors of *Apakti*(Indigestion), *Angamarda*(Body pain) and *Akshigourava*(Heaviness in the eyes). **Conclusion :** The study shed light on the relevance of *Vegadhara* concept which in turn would help to treat these symptoms as per the principles of *Vegadharana*. Hence the symptoms formed are due to sleep suppression at night, inspite of many these individuals covering up the loss of sleep during day. It indicates that their nature of work must be considered seriously and steps to be taken to improve their health.

KEY-WORDS: *Nidra, Vegadharana, Bhootadhatri, Trayopasthambha*

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INTRODUCTION:

Nidra is considered as *Bhootadhatri* as it is an absolute necessity of all living beings¹ and is one of the *Trayopasthambha*.² Ayurveda highlights the significance of *Adhaaraneeyavegas* in general which means: the urges not to be suppressed by force. “*Vegasandharanam Anarogyakaranam*”³ i.e. suppressing natural urges is responsible for manifestation of disease. Concept of *Vegadharana* is explained by *Bhrihatrayees* in detail. Acharya Charaka mentioned it in *Navegandharaneeyam Adhyaya*⁴, Acharya Sushruta mentioned in *Udavarta Pratishedha Adhyaya*⁵ and Acharya Vagbhata mentioned it in *Rogaanutpadaneeya Adhyaya*.⁶ There are certain professions where *Nidravegadharana* becomes inevitable, which includes night duty doctors, nurses and engineers. Hence this observational study is intended to analyse the relation between Suppression of sleep and its *lakshanas* which are mentioned in our classics.

Objectives : To study the effect of Suppression of sleep in Night duty Doctors, Nurses and Engineers.

Hypothesis

H₀ : There is no statistical significant relation between effect of Suppression of sleep and its symptoms in Night duty Doctors, Nurses and Engineers.

H₁ : There is a statistical significant relation between effect of Suppression of sleep and its symptoms in Night duty Doctors, Nurses and Engineers.

Materials and Methods**Source of data :-****Literary source**

Ayurvedic literatures, journals were reviewed and documented for the planned study.

Sample source: Total of 30 samples were selected randomly from professions like Night duty Doctors, nurses and Engineers.

▪ **Study design** – Observational study
 ▪ **Selection** - Selection was done irrespective of gender, religion, marital status and those fulfilling the inclusion criteria were selected.

▪ **Total sample size**- 30 subjects

▪ **Assessment criteria**- A set of questionnaires were framed in Google form on the basis of *Lakshanas* of Suppression of sleep and sent to the subjects who were fulfilling the inclusion criteria.

Statistical analysis :

▪ Parameters of symptoms were scored and analysed statistically by Pearson's Correlation using Graphpad software.

Inclusion criterias :

1. Subjects of both genders.
2. Subjects working daily at night time for a minimum duration of 15 days.

Exclusion criterias :

1. Subjects working daily at night time for less than 4 hours.

Assessment of subject :**Subjective parameters**

- *Angamarda* (Body pain)
- *Shirogurava* (Heaviness in the head)
- *Jrumbha* (Yawning)
- *Jadya/Alasya* (Laziness)
- *Glani* (Tiredness)
- *Bhrama* (Giddiness)
- *Tandra* (Fatigue)
- *Akshigurava* (Heaviness in the Eyes)
- *Ajeerna /Apakti* (Indigestion)

Questionnaire

- NAME AND DESIGNATION.
- Total work duration at night time.
- Total sleep duration in day time.
- Total sleep duration at night time.
- Do you feel pain all over the body?
- Do you yawn during day time?
- Do you prefer sitting during day time?
- Do you feel exhausted during day time?
- Do you feel giddiness during day time?

How to cite this article : Bhat Prithvi, P.S. Swathilakshmi, Purohit Rohini, Shetty Susheel. An observational study to assess the symptoms of suppression of sleep-in night duty doctors, nurses and engineers. Int J Ind Med 2023;4(2):21-30

- Are you suffering from indigestion ?
- Whether you are taking food on time?
- Do you suffer from constipation?
- Do you suffer from gastritis?

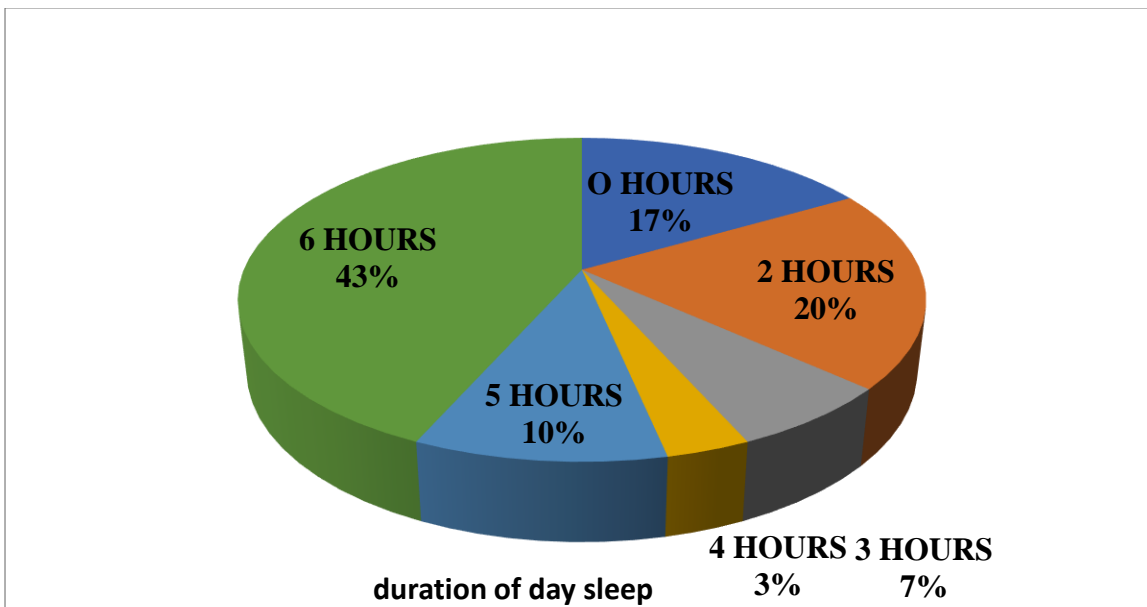
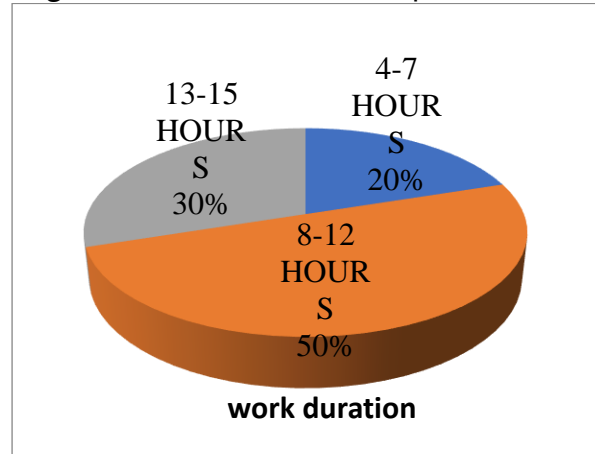
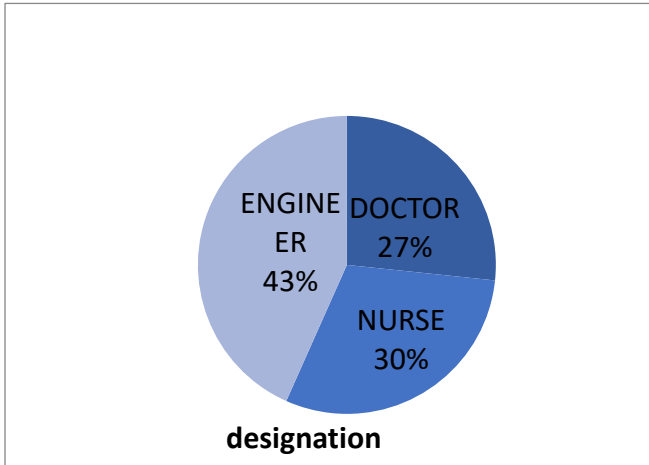
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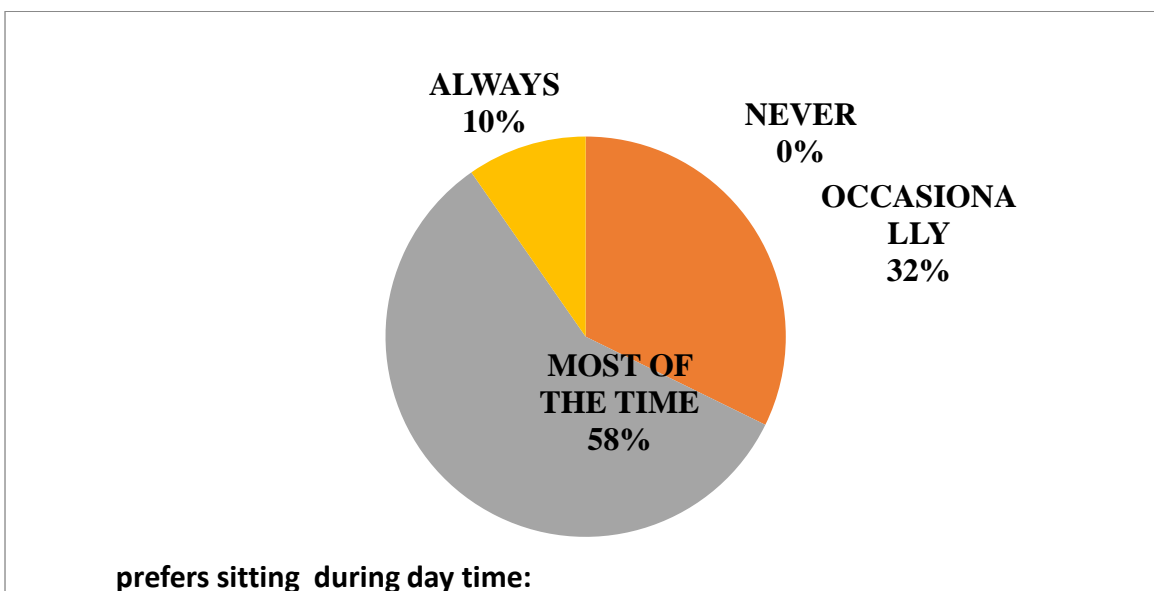
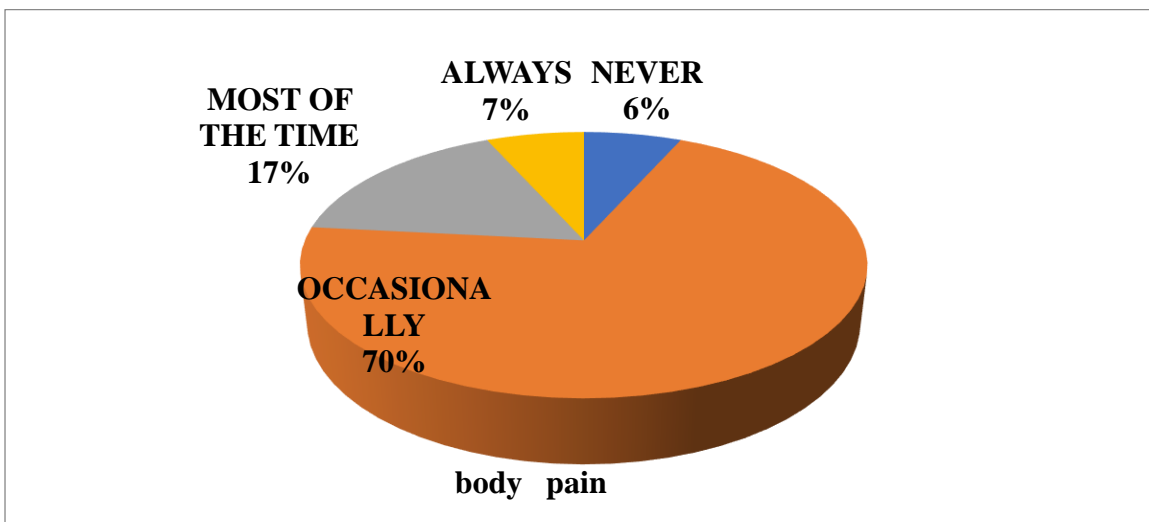
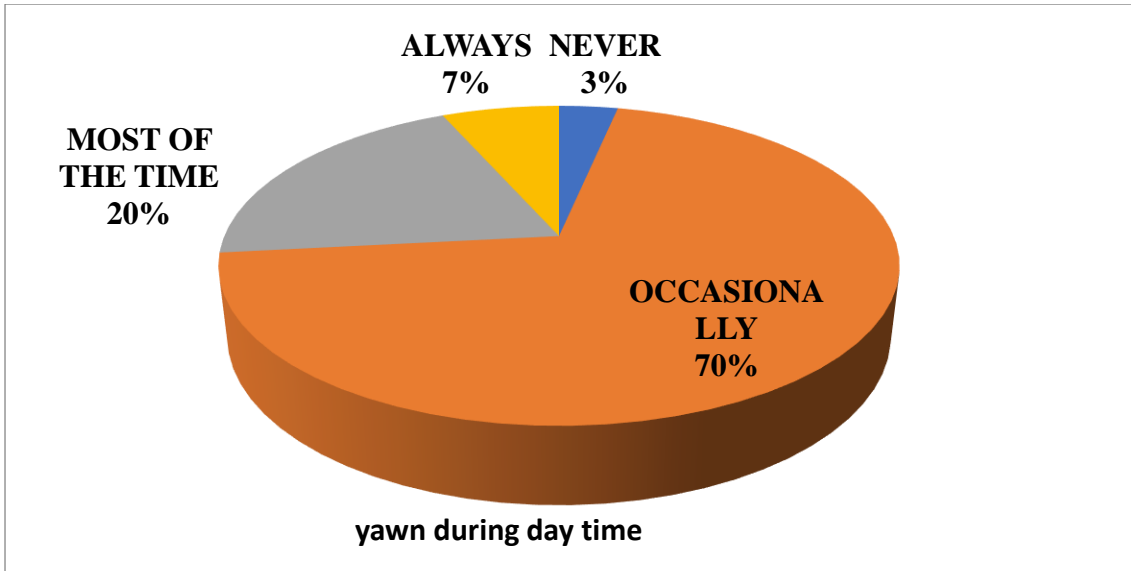
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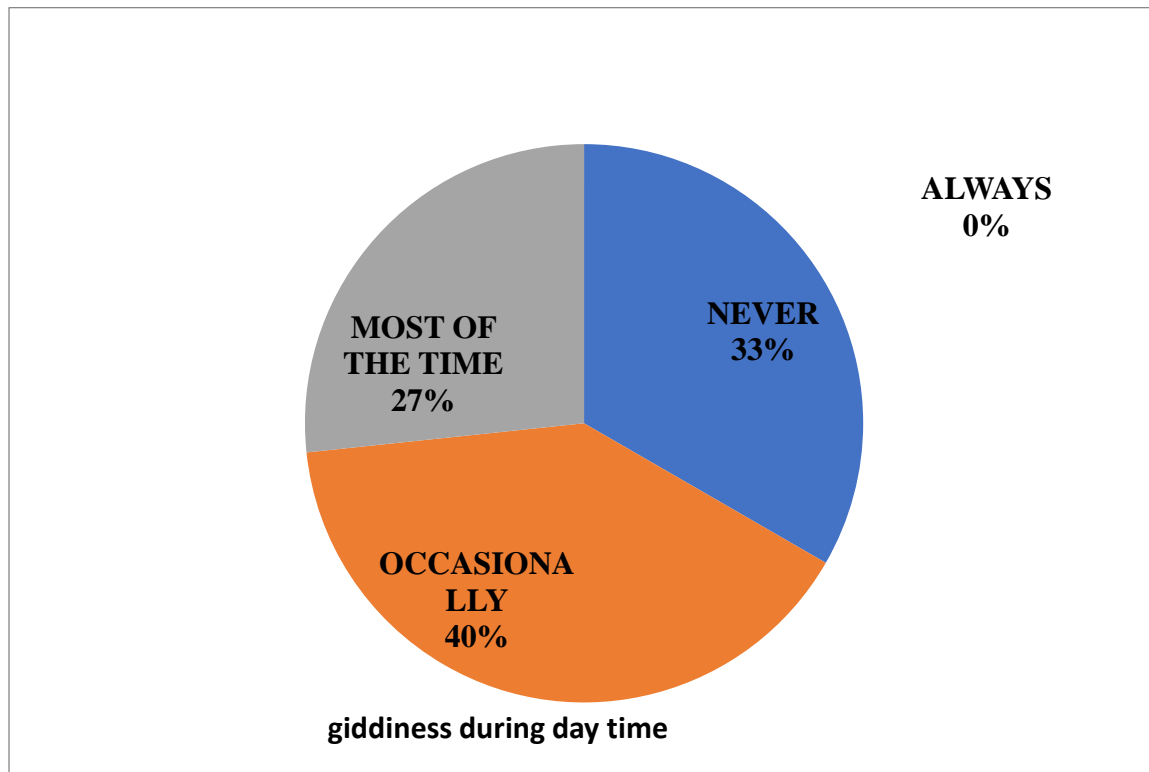
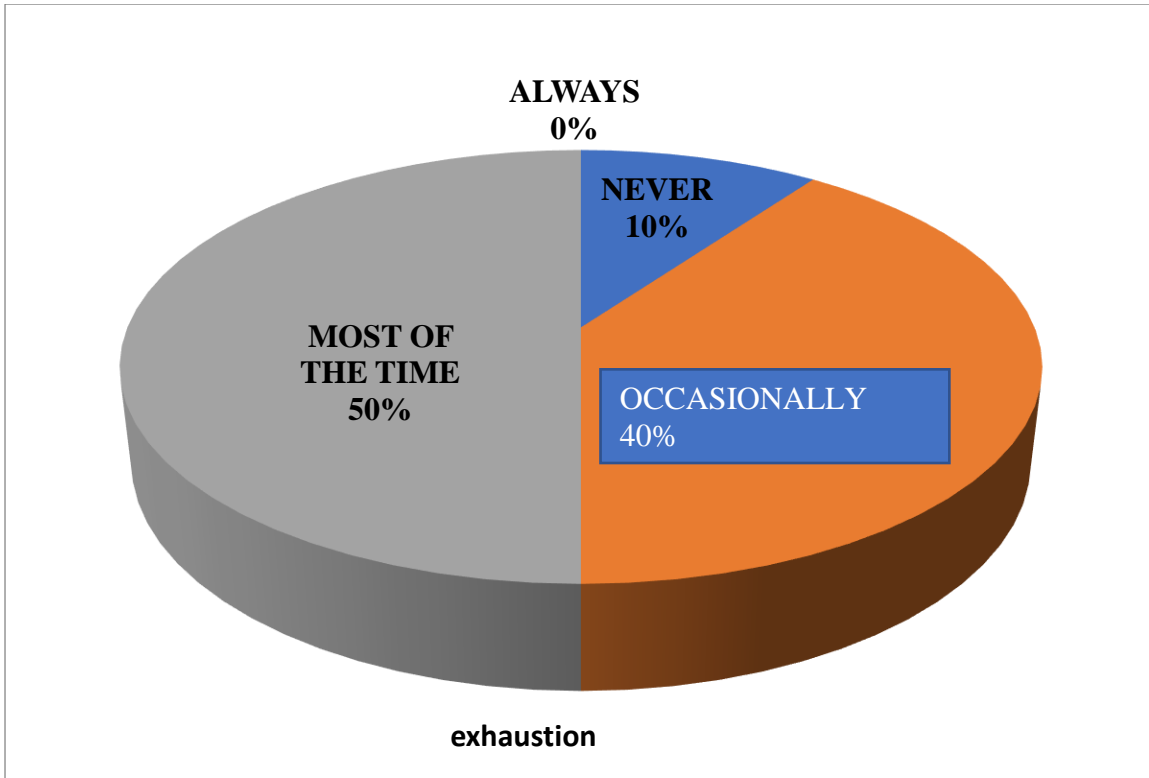
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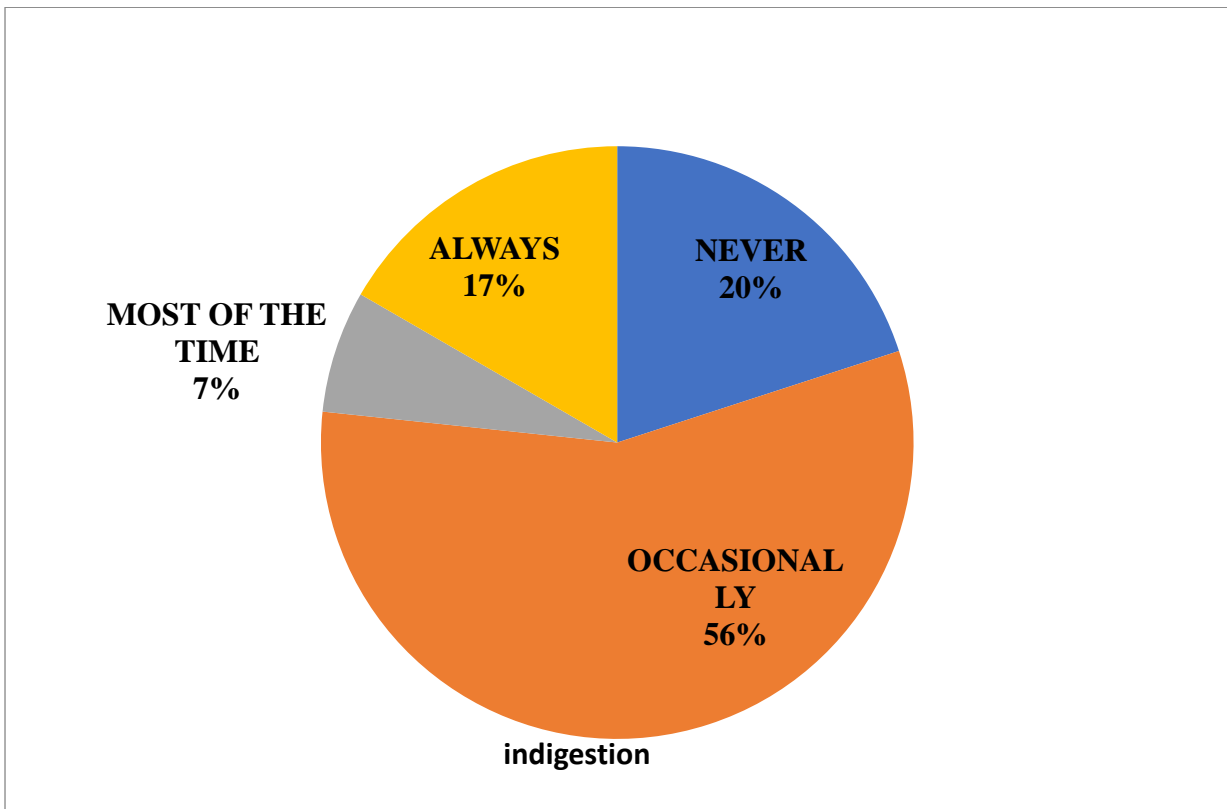
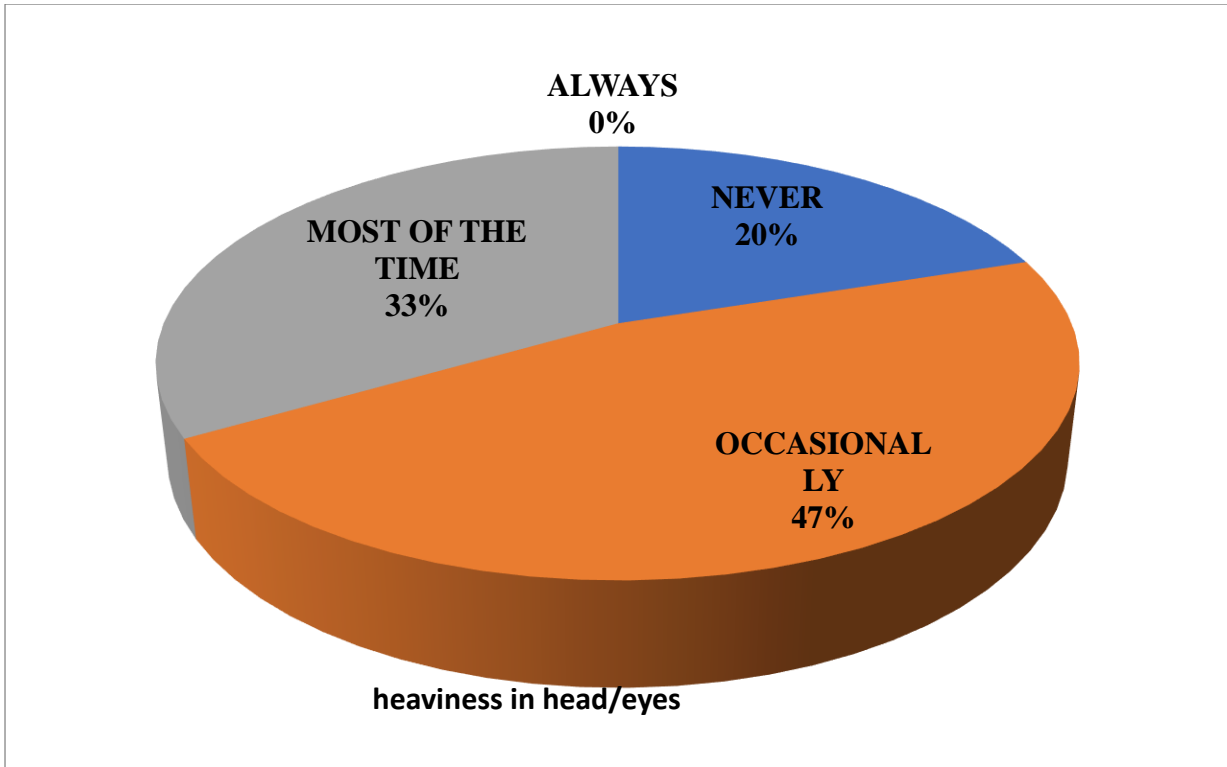
Observations and results:

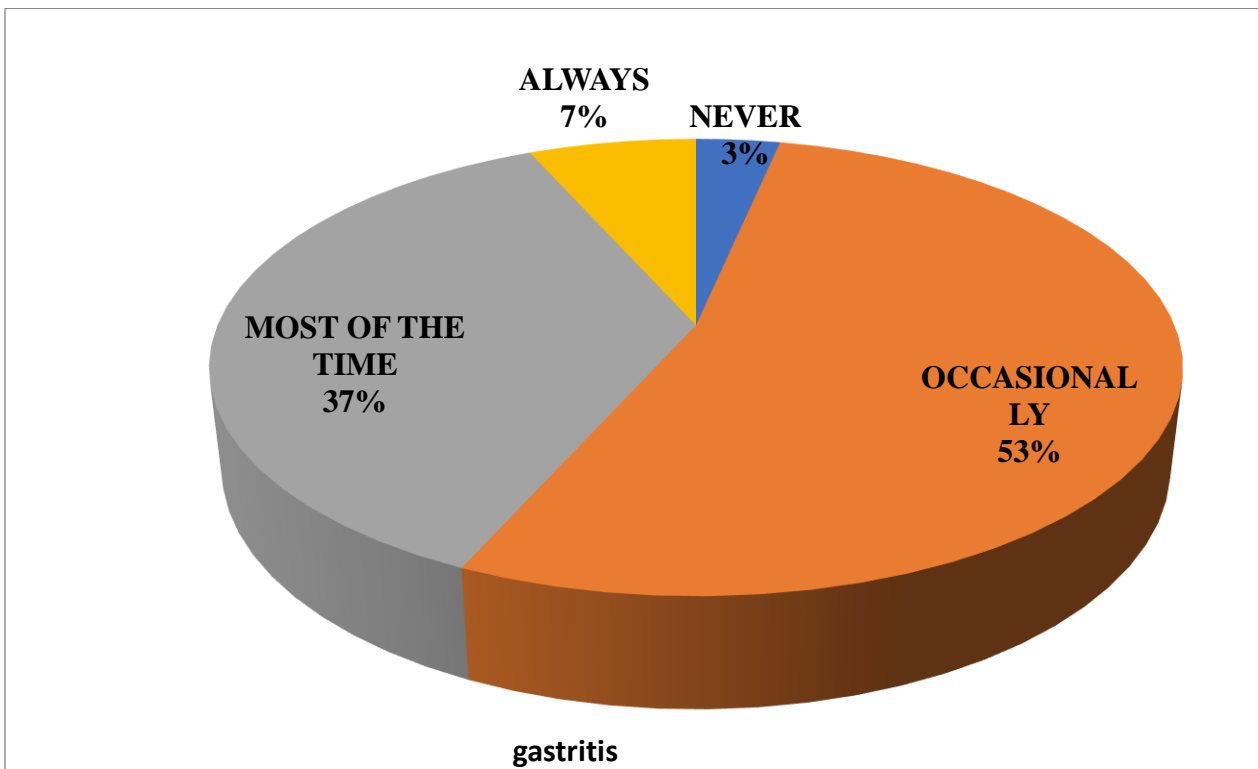
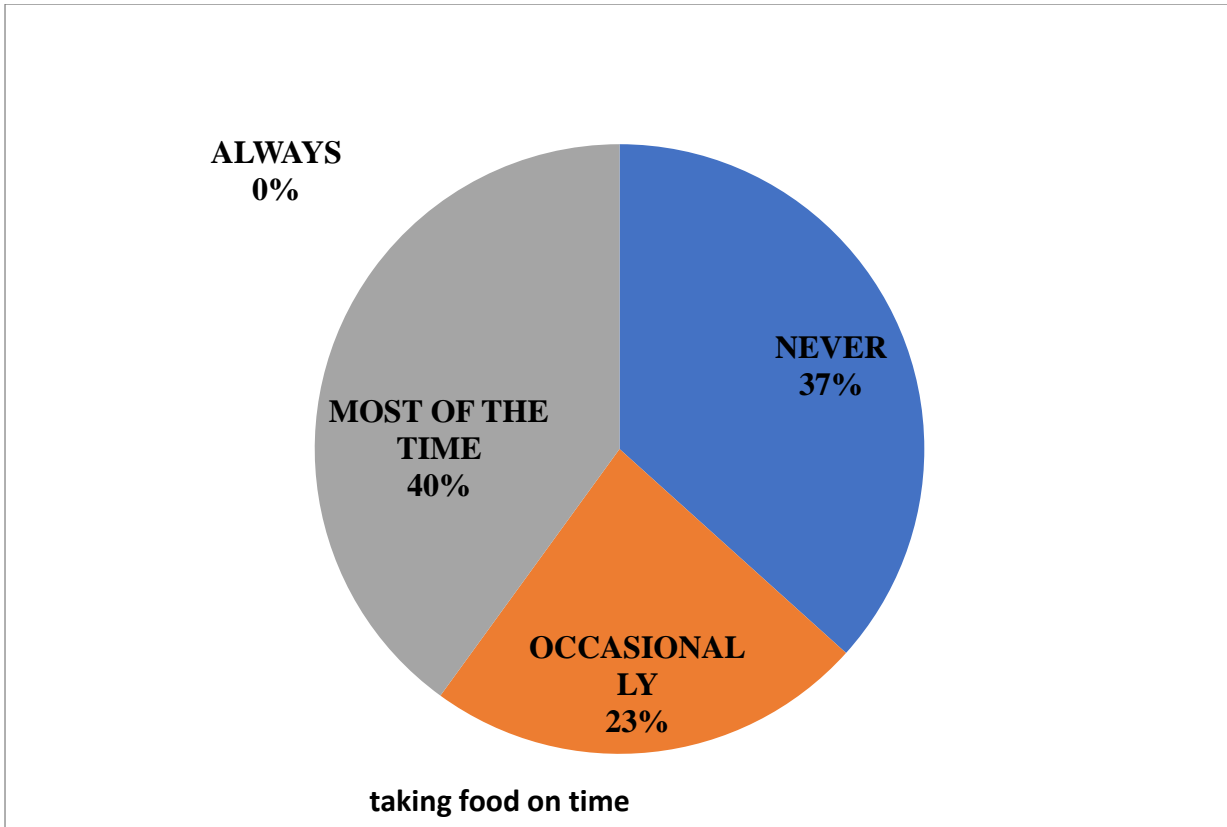
Observations related to present study is given below in the form of pie chart.

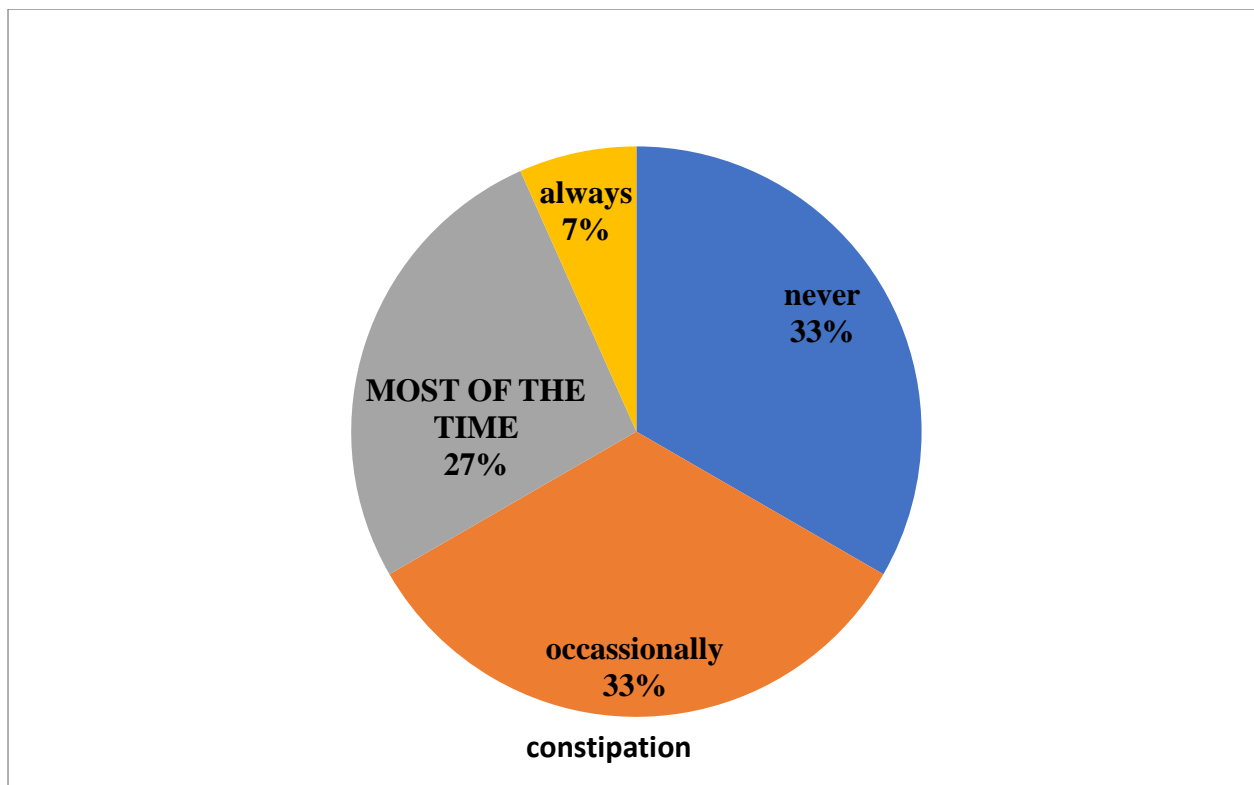












Out of 30 samples, 21 people were suffering from constipation. When we analyse their working hours during night we found that they were all working for more than 8 hours and when their food habits were observed it was found that 10 were not taking food on time.

Out of 30 samples, 13 people were working for more than 10 hours during night. When we analyse them we found that 12 members

were having gastritis and 7 members had indigestion.

Out of 30 samples, 13 people were sleeping during day time for 6 hours. When we analyse them, all were suffering from giddiness and indigestion.

Statistical Analysis

When we analysed the data using Pearson’s Correlation test, following were the results-

(Table No : 1)

Total sleep duration at night time vs Body pain	Significant
Total sleep duration at night time vs Yawn during day time	Non significant
Total sleep duration at night time vs Prefer sitting	Non significant
Total sleep duration at night time vs Exhaustion during day time	Non significant
Total sleep duration at night time vs Heaviness of eyes/head	Significant
Total sleep duration at night time vs Indigestion	Non significant
Total sleep duration at night time vs Taking food on time	Significant
Total sleep duration at night time vs Constipation	Significant
Total sleep duration at night time vs Gastritis	Significant

DISCUSSION:

Out of 30 samples, 67% of people had Constipation and 97% of people had Gastritis. *Satata Jagarana* causes *Agnimandya*, leading to formation of *Aama* where *Malasanga* is one of the *Lakshanas*.⁷ *Jagarana* is one of the most important cause of *Agnidushti*.⁸ *Satata Jagarana* also leads to *Pittadushti*. *Amla guna* of *Pitta* increases and *Vidagdha jeerna* occurs, leading to *Amlapitta*.⁹ Out of 30 samples, 96% of people had *Angamarda*. Due to *Vegadharana*, *Vataprakopa* occurs and it leads *Angamarda*.¹⁰ Out of 30 samples, 80% of people had *Akshigourava*. *Satata Jagarana* will leads to *Agnidushti* followed by formation of *Aama*. *Aama* causes *Gouravata*.¹¹

CONCLUSION:

Suppression of sleep is unavoidable part of Night duty Doctors, Nurses and Engineers. This study is a primitive effort to find the relation of effect of Suppression of sleep on health status of Night duty workers. In this study most of the workers are suffering from *Apakthi* i.e. indigestion, gastritis, constipation, not taking food on time are observed. Other *lakshanas* like *Angamarda*, *Shirogourava*, *Jrumbha*, *Alasya*, *Glanj*, *Bhrama*, *Tandra*, *Akshigourava* were also observed in this study. It is proved that the theory of Ayurveda about the suppression of sleep and its symptoms holds good in present era also. From this study, it can be concluded that without suppressing the *nidravega*, individual can stay healthy, happy and can prevent the diseases concerned to suppression of sleep.

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Source of Support : None declared

Conflict of interest : Nil

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