



### Editor's Note

Dear Readers,

The mysterious question, "Why do we dream?" is rather easy to ask but difficult to answer. Dreams are also one of the functions of the human body in both physiological condition as well as pathological condition. Dreaming is considered a form of thinking during sleep. Although scattered references are found in various Ayurvedic treatises, there is a separate chapter explained in Susrutha Samhita on the knowledge of auspicious and inauspicious dreams. In this newsletter we will see in detail the concept of Svapna (Dreams) in Ayurveda.

We welcome your suggestion and submissions.

Enjoy reading and get benefited by Ayurveda.

Vaidya Lakshmi Anoop

### Concept of Svapna (Dreams) in Ayurveda

Svapna is one of the unexplored concepts in Ayurveda. Svapna literally means loss of touch or ignorance. As in Svapna the most important requisite of Jnana or knowledge i.e. the contact of sense organs with their objects is absent, it is also described as one of the Avidhya or Ignorance. During the waking phase that which is seen and heard created wishes and desires in the mind of the person and are expressed as factual illusions in sleep. They are called as Svapna or dreams.

### Genesis of Svapna

In the genesis of Svapna, all the four components of life or Ayu (Atma, Manas, Indriya and Sharira) play an equal part. Just like in a chariot, the charioteer binds the horses, here the chariot is compared to the Sharira (Physical body), Manas (Mind) to be the reins, which lie in the hands of the charioteer, i.e. the Atma (Soul or Self), it binds the horses, which are the Indriyas (Sense organs). So it can be understood that though the soul controls the functions of the sense organs and the body, it is only through the mind. Hence at times it is the mind, which is seen to perceive knowledge through the sense organs. Similarly in case of Svapna, though the initiator is the Atma or Soul, it is the mind that is responsible for creating the dream images.

### Types of Svapna

Svapna experienced either himself or by others also indicate the good or bad. They are classified into seven types as below.

1. Drstam – Visual perception / matters that are seen
2. Srta – Auditory perception / matters that are heard
3. Anubhutam - Experienced
4. Parthivam – One's own desire
5. Kalpitam – Imaginary
6. Bhavikam – Natural premonitions
7. Doshaja – Produced because of aggravation of doshas



The first five types of dreams, dreams due to one's constitution depending upon the influence of the doshas viz. Vata, Pitta and Kapha, those dreams that are experienced during the day, which are either too short or too long, which are forgotten and which have occurred when the person is not fully asleep are not meaningful for a physician as they are ineffective and cannot be regarded as having any premonitory value.

The imaginary dreams and dreams which occur as premonitions are meaningful. The dreams that occur as natural premonitions may have auspicious or inauspicious results depending upon the nature of the dream. The doshaja type may be responsible for the causation of diseases as a result of the aggravation of the same dosha.

### Effects of Svapna

Effects of Svapna can be broadly classified into two types – those that do not have any impact on a person's health or life and those, which have an impact on the person's health or life. In Harita Samhita, the duration of result after seeing a dream is mentioned. If a person sees a dream in the first part of night, the result occurs in one year. If a person sees a dream during the second part of night or during daytime or in rainy season, the effect occurs in six months. Similarly the effect of dreams seen in third part of night occurs in three months and the effect of dream, which is seen in the fourth part of night or in early morning, occurs in ten days.

### Dusvapna Phala Nivarana (Getting rid of effects of bad dreams)

The person who has visualized by either dreadful or pleasant dreams, should take bath on the following morning and if offers black gram, white yellowish sesame seeds or mustard seeds with some ghee, iron and gold to the Brahmanas, chanting auspicious hymns such as Tripada Gayatri Mantra, will be relieved of sin and also from all the ailments.

### Prasata Svapna (Auspicious dreams)

Seeing the following kinds of auspicious dreams can be interpreted as having long life.

Dream Interpretation / Decoding

Dream	Interpretation / Decoding
Seeing Gods, Brahmanas, Cows and bulls which are living, companions, king, priests, ascetics or burning fire or water ponds which are pure	Bestows good health, happiness and wards off diseases
Seeing articles such as mirror, umbrella, poison, fresh meat, fish, garlands, white clean cloth and fresh fruits	Indicates acquiring of wealth and warding off of diseases
As if climbing up hills, lofty palaces, trees with fruits, an elephant or a mountain, moving in forward direction, got away from troubles, touching the star, shining objects, mountains, etc	Indicates prolonged life, health and wellness.
Seeing of rivers, lakes, ocean or as if swimming in turbulent rivers, seas with turbid water	Indicates acquiring of wealth and cure of diseases.
As if bitten by a snake, leech or bee	Indicates health and acquisition of wealth.
Visualizes winning over enemy or overcoming a disease	Indicates prolonged life, health and wellness in excess.

### Doshaja Svapna

Vata prakriti (Vata body type) people commonly experience dreams as if flying or moving in the sky, climbing trees or mountains, wandering about in land, riding camels or other animals, dried and crooked trees and rivers, hearing rumbling voices, whirling of wheels of chariots, etc. Pitta persons have adventurous dreams, often characterized by conflict situations. Their dream is commonly seeing fire, flash, lightning, sun, meteors, golden mountains, entering into fire, embracing flames, gold, red flowers of Butea monosperma (flame of the forest) and trees which are red in color, fire, lightning and falling meteors, red colored sky, sun, bright flames or light in dreams. Dreams of Kapha persons include those dreams that are pleasing to the mind, clouds, water reservoirs, ponds and calm lakes with blooming lotus flowers, swans, ruddy Sheldrake and other water birds, swimming in the sea water or sea of milk, sprinkling with shower of rain, silver mountains, etc.

### Dreams during pregnancy

Svapna heralding the sex of the foetus is explained in Susrutha Samhita. The objects seen in the Svapna can be evaluated and classified as having masculine and feminine gender on the basis of which dreams can be classified as signifying a male gender and female gender. If a pregnant lady sees in her dream as doing activities as that of male, taking food and drinks as that of a male, sees flowers (Lotus, Water lily) or fruits (Mango) denoting male gender, signifies the male gender. If a pregnant lady sees in her dream as doing activities as that of female, taking food and drinks as that of a female, sees flowers (Rose, Hibiscus) or fruits (Banana) denoting female gender signifies the female gender.

### Viphala Svapna (Ineffective dreams)

Dreams, which are usual to one's constitution, those that are forgotten quickly or forgotten after the next dream, those seen when the person is worried, those seen during day sleep are ineffective.

It was rightly said by Carl Jung - "The art of interpreting dreams cannot be learnt from books." Each detail of the dream matters and is necessary for decoding a dream.

Proper interpretation of dreams helps to learn more about the person's personality, mental attitudes, health status, disease predisposition and fatal signs of his illness. It only requires attention for exploration, decoding and application, sincerely with patience and devotion.

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### Nidrakar Tea (Sleep enhance tea)

**Benefits:** Nidrakar (Sleep enhance) tea enhances a better and deeper sleep. It helps to achieve sound sleep at night rendering freshness during the day. It helps in falling asleep easier. It relaxes nerves and muscles, improves sleep quality thereby rejuvenating mind and body and restoring Ojas (Vital energy). It prevents conditions triggered by poor night's sleep like depleted energy, headache, impaired cognitive functions, daytime sleepiness and fatigue.

<p>food items suitable for Ayurveda body types. Contact at Toll Free: 1 - 888 - 98 - HERBS</p> <p>Garry and Sun <a href="http://garrysun.com">http://garrysun.com</a></p> <p>France CENTRE AYURVEDA D'AQUITAINE (Ass P.P.A) <a href="http://www.massages-ayurvedique.com">www.massages-ayurvedique.com</a></p> <p>AYUSHKAR DIFFUSION SAS <a href="https://produits-ayurvediques.com">https://produits-ayurvediques.com</a></p> <p>Ireland The Samadhi Centre <a href="http://thesamadhicentre.com">http://thesamadhicentre.com</a></p> <p>Colombia Ms. Gisele Dupuis <a href="mailto:kamalacentroayurveda@gmail.com">kamalacentroayurveda@gmail.com</a></p> <p>Curacao Ms. Soraida <a href="http://www.enlightengroup.org">http://www.enlightengroup.org</a></p> <p>Brazil Jorge Farias <a href="mailto:fariasjh@hotmail.com">fariasjh@hotmail.com</a> Ph: (21) 2261.5352</p>	<p><b>Indications:</b> Insomnia and sleep deprivation.</p> <p><b>Ingredients:</b> Brahmi (Bacopa monniერი), Shankhapushpi (Convolvulus pleuricaulis), Pippalimool (Piper longum root), Jatiphal (Myristica fragrans), Yavani (Carum copticum)</p> <p><b>Recommended use:</b> Daily one serving before going to sleep.</p> <p>For more details on tea please <a href="#">click here</a></p> <hr/> <p style="text-align: center;"><b>CONTACT US</b></p> <p style="text-align: center;">Chakrapani Ayurveda Clinic &amp; Research Center, Chakrapani Global Center for Training &amp; Research in Ayurveda 8, Diamond hill, Behind Birla Temple, Tulsi circle, Shanti path, Jaipur-302004, India. Telefax : +91-141-2624003 Phone: +91-141-2620746 E-mail: <a href="mailto:chakrapani.ayurveda@gmail.com">chakrapani.ayurveda@gmail.com</a> <a href="http://chakrapaniayurveda.com">http://chakrapaniayurveda.com</a> , <a href="http://LearnAyurveda.com">http://LearnAyurveda.com</a> , <a href="http://ayu.in">http://ayu.in</a> <a href="http://PanchakarmaEquipment.com">http://PanchakarmaEquipment.com</a></p> <hr/> <p>Chakrapani Ayurveda Clinic &amp; Research Center located in Jaipur is the largest wellness center in North India providing genuine services in the field of Ayurveda from the past 17 years.</p> <hr/> <p>Would you like an advertisement of your health services and products to be read by the largest on - line audience of Ayurveda in the whole world? Or would you like to sponsor a newsletter ? For all information about our newsletter and sponsorship details, <a href="#">click here</a> For Archives of our earlier published Newsletters, please <a href="#">click here</a></p>
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