INTRODUCTION
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Ayurveda, the science of life has mentioned various principles, for well being of the humans. There are two basic aims of Ayurveda, which are mentioned in the following quote –

प्रयोजनं चास्य स्वस्थस्य स्वास्थ्य रक्षणम् आतुस्य
विकारप्रशान्तं च । च.सू.३०/२६

Ayurveda has mentioned the main aims as, to maintain the healthy status of a human being and secondly to cure the diseased ones. On observing these two aims, we can understand that, Ayurveda has given priority to keep the person healthy first and besides these efforts, if disease occur then cure it. This means that Ayurveda believes in maintaining good health, free from diseases. Because if the immune system of the body remains strong then the treatment of the disease will be short.

That means if someone wants to prevent his life from the disease then he should follow the principles mentioned by Ayurveda. These principles are mentioned in the form of various preventive measures as like yoga, sadavrutta (good behavior), Achara rasayana (good treatment), Dincharya (rules for daily regime), Rutucharya (rules for bi-monthly regime) etc.

अहार: उपस्तम्भा इत्याहारः, स्वप्नो, ब्रम्हचर्यमिति। च.सू.११/३५
त्रितयं चेदमुपपेत्यमनाहारः स्वप्नो ब्रम्हचर्य च । अ.स.९/९८

Ahara (diet), swapna (sleep) and bramhacharya, these three pillars hold the body as like the house supported by the pillars. Out of these, ahara (diet) is one of the useful pillar of the life of human being. Ahara (diet) taken at proper time and in proper quantity maintains the health and power of man.

Nidra is the second useful pillar amongst this trio because it holds and enhances the man to remain active and fresh next day, as he was in past. Nidra gives rest to sensory organs, mind and body also.
In Ayurveda, obstruction or untimely generation of urges is said to be a prime cause i.e. Hetu of many diseases. A separate chapter is written in the three prime Samhitas (Brihttrayee) mentioning the vegas and their symptoms as well as their treatment.

In today’s era of industrialization advanced techniques and research methods are applied for better economic gains. Due to this unwanted, unhealthy competition everyone is struggling to stay in the race. Naturally attention towards maintaining health is reduced.

For better economic gain man is neglecting towards his body needs as proper food at proper time, proper sleep at proper time i.e. at night etc.

Several million Indians work a shift work other than regular day shift. They have to face the problems of sleeping during the day and being alert on the job at night. Working schedule is different from most of the world. It would be challenging but following some simple guidelines may help to shift worker. It will be easier to live and safer too.

Two particular sleep related problems are associated with the sleepless nights. One is, difficulty for sleeping during the day and second is, difficulty staying alert at night. There is evidence that sleepless night (Satat Jagaran) can result in significant social & family problem and in an increased incidence of illness. Shift workers most affected are those who work nights (Generally between 11 PM to 7 AM).

The body’s circadian rhythm is its alternating cycle of sleeping and waking. In healthy adults, sleep tends to occur during a particular phase of the circadian rhythm. Those who work in night shift must attempt to sleep when that person body wants to awake resulting in a contradictory relationship between sleep and the circadian rhythm.

Some researchers believe that complete adjustment to permanent irregular shifts may take as long as three years and other believe that the
body never fully adjusts to an abnormal sleep-awake schedule. Whichever is true, night worker tend to be continuously sleep deprived. The average sleep cycle for a shift workers sleeping during the day & night is two to four hours shorter than that of a day worker sleeping at night. Day sleep is light, fragmented and more likely to be disturbed. Sleep deprivation and associated health complaints can be severe in shift workers.

Shift work sleep disorder (SWSD), a newly recognized medical problem. SWSD is a latest edition to mankind’s worries. It recognized lately that such individuals are at an increased risk of cardiovascular problems, gastrointestinal tract problems like irritable bowel syndrome, peptic ulcer and reproductive problems. They also suffers behavioral and psychiatric problems like anxiety and depression, even road accidents and difficulty in concentrating at work. They are more prone for vulnerable infections because of the suppression of the immune system which is due to the deficiency of sleep. Because of sleepless night (Satat Jagaran) man is either neglecting the natural urges like appetite, thirst, sleep flatus, fasces, urine etc or generating these urges voluntarily at his own convenience.

Many emergency services like Hospital, Police dept., Milk dairy, Electricity dept., Transport dept. and such other services has to work round the clock. The staff working in these dept. suffers lot of mental stress and strain along with physical. They have to work in shift. Being from medical profession it is our social & moral responsibility to care of these persons. No one can suggests to stop shift work but definitely one can guide them by giving various suggestions so that the health (professional) hazards can be minimized.