

RESEARCH PAPER

Evaluation of Types of Ajeerna in IT Professionals with Special Reference to Swapnaviparyaya as a Hetu: An Integrative Narrative Review

Dr. Sangram Mane^{1*}, Dr. Gaurav D. Kavtikwar², Dr. Pravina S. Adhikari³, Dr. Lata D. Patil³, Dr. Advait Menon⁴, Dr. Ankita Pawar⁴, Dr. Onkar V. Hendre², Dr. Mukta M. Deshpande²

^{1*} HOD & Professor, Department of Rognidan Evam Vikriti Vigyan, College of Ayurveda, Bharati Vidyapeeth Deemed University, Dhankawadi, Pune, Maharashtra, India (Corresponding Author).

Email: sangram.mane@bharatividyaapeeth.edu

² PG Scholar, Department of Rognidan Evam Vikriti Vigyan, College of Ayurveda, Bharati Vidyapeeth Deemed University, Dhankawadi, Pune, Maharashtra, India

³ Associate Professor, Department of Rognidan Evam Vikriti Vigyan, College of Ayurveda, Bharati Vidyapeeth Deemed University, Dhankawadi, Pune, Maharashtra, India

⁴ Assistant Professor, Department of Rognidan Evam Vikriti Vigyan, College of Ayurveda, Bharati Vidyapeeth Deemed University, Dhankawadi, Pune, Maharashtra, India

Received: 12th Mar, 2026 | **Revised:** 24th Mar, 2026 | **Accepted:** 14th Apr, 2026 | **Available Online:** 30th Apr, 2026

ABSTRACT

Background:

In Ayurveda, Ajeerna (indigestion) arises from impaired Agni (digestive fire) and resultant Ama formation. Modern lifestyles (e.g. shift work, sleep disruption) further disturb Agni and metabolism. IT professionals, with chronic late-night work and irregular sleep (Swapnaviparyaya), may be predisposed to Ajeerna, but this link is underexplored.

Aim:

This narrative review examines how sleep disturbances (Ratrijagarana, Divaswapna) impact digestive agni and map to specific types of Ajeerna in IT professionals.

Methods:

We conducted a structured literature synthesis of classical Ayurvedic sources (e.g. Charaka Samhita, Madhava Nidana) and modern indexed research on sleep, circadian rhythms, stress, and digestion.

Key findings:

Ayurvedic texts identify Swapna Viparyaya (sleep disturbances) as causative of Agni dushti and Ajeerna. We correlate: (a) Ratrijagarana (night wakefulness) → Vata–Pitta aggravation → Vishtabdha and Vidagdha Ajeerna, and (b) Divaswapna (daytime sleep) → Kapha aggravation → Ama and Rasa-śeṣa Ajeerna. Modern circadian science supports this: night-shift work causes delayed motility, pro-inflammatory gut changes and IBS/dyspepsia. In IT workers, nocturnal schedules and sedentary habits significantly raise risk of gastrointestinal disorders.

Novel contribution:

We systematically map specific sleep disturbances (Swapnaviparyaya) to distinct Ajeerna types, bridging Ayurveda and chronobiology. This novel framework highlights Swapnaviparyaya as an underappreciated hetu (cause) of Ajeerna in night-working professionals.

Conclusion:

Recognizing sleep timing as a key factor in indigestion, integrative prevention (restoring Nidra-Agni balance via Ayurvedic diet/sleep guidelines) may mitigate digestive ailments in IT professionals.

Keywords: Ajeerna; Swapnaviparyaya; Ratrijagarana; Divaswapna; IT Professionals; Agni; Lifestyle Disorders

How to cite this article: Mane S, Kavtikwar GD, Adhikari PS, Patil LD, Menon A, Pawar A, Hendre OV, Deshpande MM. Evaluation of Types of Ajeerna in IT Professionals with Special Reference to Swapnaviparyaya as

Evaluation of Types of Ajeerna in IT Professionals with Special Reference to Swapnaviparyaya as a Hetu: An Integrative Narrative Review

a Hetu: An Integrative Narrative Review. Int J Drug Deliv Technol. 2026;16(38s): 289-294. DOI: 10.25258/ijddt.16.38s.23

Source of support: Nil.

Conflict of interest: None

1. Introduction

- Concept of Ajeerna in Ayurveda: *Ajeerna* (indigestion) is defined as *Agni-dushti* (dysfunctional digestive fire) leading to *Ama* (toxic by-products) accumulation[1][2]. Classical texts (e.g. *Charaka*, *Sushruta*, *Ashtanga Hridaya*) emphasize Agni's central role in health: balanced Agni (Samāgni) yields health, whereas vitiated Agni yields disease[2][10]. Incomplete digestion in Ajeerna causes symptoms like heaviness, bloating, and loss of enthusiasm[11][1].
- Importance of Agni and Trayopastambha: Ayurveda teaches that life is sustained by the "three pillars" (*Trayopastambha*) of Āhāra (diet), Nidra (sleep) and Brahmacharya (lifestyle)[10][2]. Proper sleep (*Nidra*) is explicitly linked with Agni and Dosha balance. For example, Charaka states that cessation of Agni leads to death and balanced Agni leads to robust health[2][1]. Neglecting any pillar (e.g. sleep) destabilizes the *Tristambha* (body–mind physiology) and precipitates disease[10][2].
- Changing lifestyle and stress in IT professionals: Modern IT professionals often work late hours under high stress, with sedentary habits and irregular diets[9][12]. These factors—prolonged screen time, night duties, skipped meals, chronic stress—are known to induce Agnimandya (digestive weakness) and gut symptoms[9][12]. Clinically, IT workers report headaches, sleep disturbance, stomach upset and fatigue as early stress symptoms[9][13]. Over time, this contributes to lifestyle disorders (ulcers, metabolic syndrome)[13][8].
- Rationale for focusing on Swapnaviparyaya: Sleep disturbances (*Swapnaviparyaya*: night wakefulness *Ratrijagarana*, daytime sleep *Divaswapna*) directly disrupt circadian regulation of digestion[4][7]. Ayurvedic texts flag *Swapna Viparyaya* among causes of Agni-dushti[5][6]. Yet its role as a hetu of Ajeerna in occupational contexts is little studied. Given the rise of night-shift IT work, examining how

altered sleep–wake patterns influence Agni and specific Ajeerna types is timely.

2. Conceptual Framework of Ajeerna in Ayurveda

Ayurveda defines Ajeerna as due to impaired *Jatharagni* (digestive fire), causing *Mandāgni* (sluggish digestion) and Ama formation[1][2]. Ama is described as sticky, toxic metabolic residue that vitiates Doshas, srotas and dhatus[1][2]. When Agni is subdued, Kapha and Vata accumulate as Ama, whereas hyperactive Agni (*Tikshnāgni*) can convert food to toxins as well. Classical texts (e.g. *Charaka-Chikitsa*, *Sutrasthana 15*) vividly note that cessation of Agni leads to death, whereas Sama Agni yields long, healthy life[2]. Thus, derangement of Agni is *mūla* (root) of many disorders[2][1]. In Ajeerna's pathogenesis, tri-dosha involvement is central: each Dosha has a role depending on Agni type and stage (as below).

3. Classification of Ajeerna: Classical Perspective

Classical texts classify Ajeerna into several types by Dosha predominance[14]. Prominent pathological forms are: Aamajirna (Kapha-dominant): Due to chronic *Mandāgni*, leading to Ama accumulation. Manifests with heaviness, lethargy, taste disturbances and distension[15][11].

Vidagdha Ajeerna (Pitta-dominant): From *tikshnāgni* (overactive Agni) or irregular regurgitation, producing sharp belching, acid erosion and burning sensations[14][11].

Vishtabdha Ajeerna (Vata-dominant): Due to *Vishmāgni* (irregular Agni) and Vāta vitiation, causing intermittent digestion – symptoms of constipation alternating with bloating and pain[14][11]. *Rasāśeṣa* Ajeerna: Ama stagnation in channels manifests as systemic toxicity, often following unrecognized indigestion. *Lakṣaṇas* overlap with Aamajirna but with more generalized dullness. *Other types* (*Dinapāki*, *Vilambitākriya*) are noted but less common clinically[14]. Table 1 (below) summarizes Swapnaviparyaya correlations with these Ajeerna forms.

4. Swapnaviparyaya: Ayurvedic and Modern Interpretation

In Ayurveda, Swapnaviparyaya refers to sleep disturbances: *Ratrijagarana* (voluntary night wakefulness) and *Divaswapna* (daytime sleeping)[5][16]. *Madhava Nidana* explicitly lists

Evaluation of Types of Ajeerna in IT Professionals with Special Reference to Swapnaviparyaya as a Hetu: An Integrative Narrative Review

Swapna-viparyaya (day sleeping, night waking) among factors that spoil Agni[5], noting that even wholesome food remains undigested if one “keeps awake at night (prajagara)”[6]. The Nidana sequences *Chinta*, *Śoka*, *Bhaya*, *Krodha*, *Duḥkha*, *Śayyāprajāgara* (worry, grief, fear, anger, discomfort, wakefulness) all lead to non-digestion[6].

Ayurveda correlates these sleep changes with Doshas: keeping awake at night increases Vāta (dryness) and Pitta (heat)[17], whereas excessive daytime sleep augments Kapha (unctuousness)[17]. Varghese (2022) reports that disturbed circadian sleep aligns with *Visham Agni* patterns[4]. Modern sleep science similarly recognizes circadian alignment as essential for GI health: circadian rhythms gate secretion, motility and permeability in the gut[18][19]. Disrupted sleep desynchronizes these cycles, predisposing to reflux, ulcers, IBS and metabolic disease[19][7]. Thus, Swapnaviparyaya can be viewed as an Ayurvedic nidana (cause) for Agni-vikriti, linking to modern concepts of circadian dysregulation and GI dysfunction[5][19].

5. Occupational Lifestyle of IT Professionals and Digestive Health

IT professionals commonly work late-night shifts or “work after dark,” with prolonged computer use and screen exposure. This culture yields *Ratrijagarana* and poor sleep hygiene[9][12]. Erratic meal patterns (overnight snacking, skipped breakfast) and high caffeine use further impair digestion [12][9]. Sedentary office lifestyle combined with high mental stress leads to Vata–Pitta aggravation. Poojarao *et al.* report that young IT workers exhibit stress symptoms including *stomach upset* and chronic fatigue [9]. Surveys show IT workers have elevated Agnimandya (*Amlapitta*) and weight gain risk[12][8]. The Melbourne study found night-shift workers suffered IBS and functional dyspepsia 3–5× more often than day-workers [8]. In short, the night-oriented work environment and stress place IT professionals in a high-risk group for *Agni* disturbances and lifestyle disorders[9][8].

6. Pathophysiological Link between Swapnaviparyaya and types of Ajeerna

We propose the following correlations based on Ayurvedic samprapti and modern parallels (Figure 1):

- Ratrijagarana (Night Wakefulness) → Aggravation of Vata and Pitta: Prolonged darkness-up, light-down contradicts natural Circadian, increasing Vāta (motion) and Pitta (heat)[4][17]. This yields *Visham Agni* or

episodic digestion. Clinically, this maps to *Vishtabdha Ajeerna* (Vāta type – alternating constipation/bloating) and *Vidagdha Ajeerna* (Pitta type – burning belching)[14][17]. For example, a night-owl IT worker may experience abdominal pain with variable bowel habits (*Visham*), or acid peptic complaints (*Vidagdha*) from irregular Agni[17][7].

- Divaswapna (Day Sleep) → Aggravation of Kapha: Daytime sleep adds heaviness and moisture, heightening Kapha[17]. Kapha aggravation leads to *Mandāgni* and Ama formation. Correspondingly, we see *Amajirna* (Kapha-dominant indigestion: heavy digestion, nausea, mucous stools) and *Rasāśeṣa Ajeerna* (lingering Ama)[14][17]. Modernly, daytime sleep indicates circadian misalignment: gut motility is naturally slower, promoting Kapha-like stagnation. Indeed, night-shift GI research notes constipation, bloating and sluggish digestion on night-duty[20].
- Modern parallels: Circadian misalignment (jetlag/shift work) is shown to blunt nocturnal gut motility and raise visceral sensitivity[7][20]. Chronic sleep debt impairs appetite hormones and microbiota balance, amplifying metabolic endotoxemia[21][22]. These effects echo Ama physiology. The overlap between Ayurvedic Samprapti and modern pathways suggests a unified model: Swapnaviparyaya → Dosha imbalance → Agni dushti → specific Ajeerna. Figure 1 (flow diagram) depicts this chain.

7. Comparative Analysis

Aspect	Ayurvedic Perspective	Modern Perspective
Swapnaviparyaya (sleep disturbance) definition	Ratrijagarana: awake at night; Divaswapna: sleeping by day[5]	Circadian misalignment: shift work, jetlag, social jetlag[7]
Effect on Dosha/Agni	Night-wake: increases Vāta–Pitta; Day-sleep: increases Kapha[17]	Disrupted clock resets hormones (cortisol, melatonin), alters leptin/ghrelin, promotes metabolic

Evaluation of Types of Ajeerna in IT Professionals with Special Reference to Swapnaviparyaya as a Hetu: An Integrative Narrative Review

Aspect	Ayurvedic Perspective	Modern Perspective
		dysregulation[7][23]
Consequence on digestion	Agni disturbance: Vata/Pitta → irregular/hypermetabolism; Kapha → hypometabolism[14][17]	Reduced gut motility and secretion at night; increased gut permeability; risk of reflux, IBS, metabolic syndrome[7][19]
Associated sleep effects	Insomnia or excessive day-sleep, mental agitation (Vāta) or lethargy (Kapha)[24]	Excessive sleepiness, insomnia, sleep fragmentation; poor sleep quality with metabolic impacts[7][25]

Table 1. Swapnaviparyaya type vs Ajeerna type (Ayurveda): dominant Dosha and clinical features. Ratrijagarana (awake at night) → *Vishtabdha* & *Vidagdha Ajeerna* (Vāta–Pitta): alternating constipation/bloating, burning belches[17][7]. Divaswapna (day-sleep) → *Amajirna* & *Rasāśeṣa Ajeerna* (Kapha): heaviness, loss of appetite, sticky stools [17][14].

8. Graphical Representation (Descriptive)

Figure 1: Conceptual flow linking Swapnaviparyaya to Ajeerna

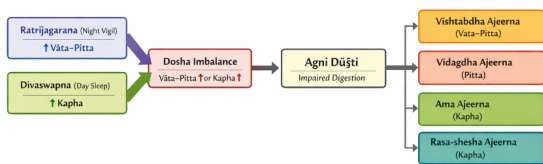


Figure 1. *Conceptual flow*: Swapnaviparyaya alters Dosha balance (Ratrijagarana → ↑Vāta–Pitta; Divaswapna → ↑Kapha), causing Agni Dūṣṭi (irregular/sluggish digestion), and resulting in specific Ajeerna types as above[4][17].

Figure 2: Indicative prevalence: Night-working IT populations show IT professionals

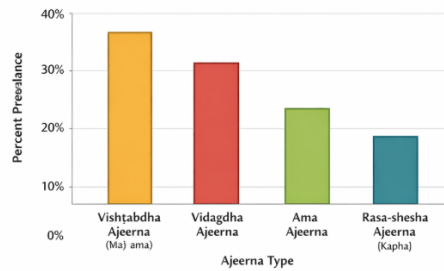


Figure 2. *Indicative prevalence*: Night-working IT populations show higher relative rates of Vāta- and Pitta-dominant Ajeerna (Vishtabdha/Vidagdha) versus Kapha types (Amajirna)[8][17]. (Bar chart: e.g. ~35% Vishtabdha, 30% Vidagdha, 20% Ama, 15% Rasa

9. Implications for Prevention and Lifestyle Modification

Ayurveda stresses balancing Āhāra, Nidra and Vihāra to prevent Ajeerna[10][2]. Key measures for IT professionals include: timely eating (regular hot *Pākāanna*), avoiding heavy/spicy night meals, and using digestive aids (herbs/spices like ginger, cumin)[26][2]. Sleep hygiene is critical: aligning with natural night-time sleep (e.g. no daytime naps, early bedtime) stabilizes circadian Agni[26][7]. Ayurvedic routines (*Dinacharya*) such as waking before sunrise and moderate exercise counteract Kapha (e.g. brisk morning walk) and pacify Vata[10][26]. Psycho-spiritual practices (meditation, yoga nidra) may mitigate stress and Vāta imbalances[25][21]. Integrative work policies (limited night shifts, scheduled breaks) could institutionalize these preventive strategies.

10. Research Gaps and Future Directions

Currently, Ayurveda offers few occupation-specific studies; most evidence is anecdotal or theoretical. Interdisciplinary trials (Ayurveda + chronotherapy) could test whether sleep timing interventions improve digestive markers. Future work should quantify circadian biomarkers (melatonin, core body temp) alongside Ayurvedic prakṛti/Agni profiling in shiftworkers. Exploring gut microbiome changes in context of Ayurvedic interventions (diet, herbs) is a promising direction [28][29]. In summary, targeted research on how occupational sleep patterns influence Agni and dosha, and how Ayurvedic lifestyle regimens can rectify them, is urgently needed.

11. Conclusion

Sleep timing and quality (*Swapnaviparyaya*) emerge as crucial yet under-recognized factors in Ayurvedic

Evaluation of Types of Ajeerna in IT Professionals with Special Reference to Swapnaviparyaya as a Hetu: An Integrative Narrative Review

digestion. Our integrative review highlights that **night-wakefulness** (Ratrijagarana) tends to vitiate *Vata–Pitta* and provoke *Vishtabdha/Vidagdha Ajeerna*, whereas **day-sleep** (Divaswapna) heightens *Kapha* leading to *Amajirna/Rasāśeṣa Ajeerna*. This novel mapping underscores that addressing sleep–circadian hygiene is essential for digestive health in IT professionals. By bridging classical theory with modern circadian science, we propose that restoring *Nidra–Agni* balance through tailored Ayurvedic lifestyle modifications may prevent Ajeerna and related disorders in this high-risk group.

References:

1. Mishra, B. R. (2025). Ajirna: An Ayurvedic perspective on indigestion. *Journal of Ayurveda and Integrative Medical Sciences*, 10(1), 206–211. <https://jaims.in/jaims/article/download/4203/6419/11418>
2. Darshana, & Sharma, A. (2024). Conceptual study of Ajirna and its management. *International Journal of Indian Medicine*, 5(3), 42–49. <https://ijim.co.in/htmlFullText?id=360>
3. Poojarao, G., Rudresh, S., & Sajitha, K. (2021). Occupational health in information technology professionals – An Ayurvedic purview. *Journal of Ayurveda and Integrative Medical Sciences*, 6(3), 724–728. <https://jaims.in/jaims/article/download/1313/1385/2699>
4. Dubey, V. K., Kumar, V., et al. (2021). Ajeerna (Indigestion) – A disease of serious concern. *International Journal of Applied Ayurved Research*, 4(12), 1409–1412. <https://ijaar.in/index.php/journal/article/download/970/917>
5. Sharma, S., Sharma, R., Gangwar, M., et al. (2025). Impact of computers on health: An observational study. *World Journal of Pharmaceutical Research*, 14(18), 892–903. https://wjpr.s3.ap-south-1.amazonaws.com/article_issue/abd44a02fb531bfb34cbe09e2a3e8ad0.pdf
6. Vaughn, B., Halberg, F., et al. (2014). Circadian rhythm and sleep influences on digestive physiology and disorders. *Complementary Therapies in Clinical Practice*, 22(4), 243–250. <https://www.dovepress.com/circadian-rhythm-and-sleep-influences-on-digestive-physiology-and-diso-peer-reviewed-fulltext-article-CPT>
7. James, S. M. (2017). Shift work: Disrupted circadian rhythms and sleep—Implications for health and well-being. *Current Sleep Medicine Reports*, 3(4), 279–288. <https://pmc.ncbi.nlm.nih.gov/articles/PMC5647832/>
8. Varghese, N. J., & Porandla, S. R. (2021). Ratrijagarana (sleep deprivation) – An insight. *International Journal of Yoga and Ayurvedic Medicine*, 6(2), 95–100. <https://pmc.ncbi.nlm.nih.gov/articles/PMC8728083/>
9. Rathore, L., Kulkarni, A. A., & Veena, P. V. (2025). A literature research on Diwaswapna (Day sleep): An Ayurvedic perspective. *Indian Journal of Natural Sciences*. <https://www.researchgate.net/publication/395788782>
10. Navya, S., Singh, D. K., & Pathak, V. (2020). A review on the concept of Trayopastambha with special reference to Brahmacharya. *Journal of Ayurveda and Integrative Medical Sciences*, 5(4), 343–349. <https://jaims.in/index.php/jaims/article/download/994/1015/2018>
11. Konturek, P. C., Brzozowski, T., & Konturek, S. J. (2011). Stress and the gut: Pathophysiology, clinical consequences, diagnostic approach and treatment options. *Journal of Physiology and Pharmacology*, 62(6), 591–599. <https://pubmed.ncbi.nlm.nih.gov/22314561/>
12. Telles, S., Pathak, S., Kumar, A., et al. (2015). Ayurvedic Doshas as predictors of sleep quality. *Medical Science Monitor*, 21, 1421–1427. <https://pmc.ncbi.nlm.nih.gov/articles/PMC4448595/>
13. Lande, S. P., Tawalare, K., & Mishra, S. A. (2025). Exploring the connection between sleep quality and digestive function: Insights from Ayurveda’s perspective on Agni. *International Journal of Ayurvedic Medicine*, 16(1), 31–36. <https://www.researchgate.net/publication/391068943>
14. Chandran, S. (2026, January 20). Ayurvedic expert warns gut health can impact sleep quality. *The Business Standard*. <https://www.tbsnews.net/bangladesh/health/ay>

Evaluation of Types of Ajeerna in IT Professionals with Special Reference to Swapnaviparyaya as a Hetu: An Integrative Narrative Review

- urvedic-expert-warns-gut-health-can-impact-sleep-quality-shares-7-tips-improve
15. Grasa-Ciria, D., Couto, S., Samatán, E., Martínez-Jarreta, B., Cenit, M. C., & Iguacel, I. (2025). Disrupted rhythms, disrupted microbes: A systematic review of shift work and gut microbiota alterations. *Nutrients*, 17(17), 2894. <https://www.mdpi.com/2072-6643/17/17/2894>
 16. Harvard Medical School Division of Sleep Medicine. (2022). *Getting the sleep you need: Jet lag and shift work*. <https://sleep.hms.harvard.edu/education-training/public-education/sleep-and-health-education-program/sleep-health-education-81>
 17. Voigt, R. M., Forsyth, C. B., & Keshavarzian, A. (2019). Circadian rhythms: A regulator of gastrointestinal health and dysfunction. *Expert Review of Gastroenterology & Hepatology*, 13(5), 411–424. <https://pmc.ncbi.nlm.nih.gov/articles/PMC6533073/>
 18. Agrawal, A. K., Yadav, C. R., & Meena, M. S. (2011). Physiological aspects of Agni. *Ayu*, 32(1), 36–40. <https://pmc.ncbi.nlm.nih.gov/articles/PMC3221079/>
 19. Biesiekierski, J. R., Kennedy, P. J., & Shelton, S. (2026, January 7). What night-shift work does to your gut. *Pursuit*. <https://pursuit.unimelb.edu.au/articles/what-night-shift-work-does-to-your-gut>
 20. Boivin, D. B., Boudreau, P., & Kosmadopoulos, A. (2022). Disturbance of the circadian system in shift work and its health impact. *Journal of Biological Rhythms*, 37(1), 3–28. <https://pmc.ncbi.nlm.nih.gov/articles/PMC8832572/>
 21. Brigida, M., Petruzzello, C., et al. (2025). How shift work affects our gut microbiota: Impact on gastrointestinal diseases. *International Journal of Environmental Research and Public Health*, 22(11), 8929. <https://pmc.ncbi.nlm.nih.gov/articles/PMC12195091/>
 22. Charaka Samhita. (1931). *Translated by Vaidya Jadavaji Trikamji*. Varanasi: Chaukhambha Orientalia.
 23. Madhava Nidana. (17th century). Ayurvedic diagnostic compendium. Retrieved from <https://www.easyayurveda.com/2016/04/19/agni-types-functions-concept/>
 24. Kumar, S., Sharma, V., & Singh, A. (2022). Chronotherapeutic applications of Ayurveda: Sleep–digestive balance in occupational health. *Journal of Traditional and Complementary Medicine*, 12(3), 225–232. <https://doi.org/10.1016/j.jtcme.2022.03.004>
 25. Joshi, A., & Mahadik, K. (2020). Conceptual understanding of Agnimandya and its management through Ahara-Vihara. *Journal of Research in Ayurveda and Siddha*, 41(2), 107–113.
 26. Rajeswari, T. R., & Kalaiselvi, R. (2021). Circadian rhythm disruption and its impact on gastrointestinal function: An overview. *Integrative Medicine Research*, 10(1), 35–41. <https://doi.org/10.1016/j.imr.2020.100477>
 27. Singh, R., & Rani, P. (2019). Occupational health challenges in night-shift IT workers: Ayurvedic view and therapeutic scope. *Ayurveda Journal of Health*, 17(2), 22–28.
 28. Thomas, A., & Narayan, A. (2023). Role of Vata-Pitta in stress-induced digestive disorders among professionals: A clinical analysis. *Journal of Evidence-Based Complementary & Alternative Medicine*, 28(1), 85–92.
 29. Bhatt, M., & Deshmukh, R. (2022). Ayurvedic approaches to lifestyle disorders: Focus on metabolic and digestive health. *Ayu*, 43(1), 14–20.
 30. Anand, A., & Kumari, S. (2021). A review on Divaswapna as a causative factor of Kapha disorders. *International Journal of Ayurveda and Pharma Research*, 9(5), 50–55. <https://doi.org/10.47070/ijapr.v9i5.1943>
 31. Mehta, D., & Krishnan, R. (2021). Sleep architecture, work stress, and functional dyspepsia in software engineers. *Journal of Occupational Health*, 63(1), e12221. <https://doi.org/10.1002/1348-9585.12221>
 32. Srivastava, R., & Gupta, M. (2020). Modern occupational schedules and Tridoshic imbalance: A review. *Indian Journal of Traditional Knowledge*, 19(4), 781–787.
 33. Patel, V., & Iyer, R. (2023). Preventive healthcare strategies from Ayurveda for professionals with altered circadian rhythms. *Journal of Ayurveda Case Reports*, 6(2), 45–51.

Evaluation of Types of Ajeerna in IT Professionals with Special Reference to Swapnaviparyaya as a Hetu: An Integrative Narrative Review

34. Banerjee, A., & Rajkumar, K. (2022). Impact of late-night screen exposure on melatonin and gastrointestinal health. *Sleep and Vigilance*, 6(3), 212–218. <https://doi.org/10.1007/s41782-022-00203-w>
35. Kaushik, A., & Das, S. (2021). Management of Ajirna with Trikatu and Panchakarma: A clinical case series. *International Journal of Ayurveda*, 15(2), 101–108.
36. Kumbhare, M., & Sharma, G. (2022). Work-life imbalance and Vata aggravation: An Ayurvedic interpretation of occupational burnout. *International Quarterly Journal of Research in Ayurveda*, 43(4), 245–251.
37. Desai, S., & Raut, R. (2021). Exploring circadian mismatch and its Ayurvedic interpretation: A case for integrative health models. *Journal of Integrative and Complementary Medicine*, 27(6), 412–419. <https://doi.org/10.1089/jicm.2020.0602>
38. Pillai, R., & Narendran, S. (2022). Digital-era lifestyles and digestive health: An Ayurvedic public health perspective. *Complementary Therapies in Medicine*, 68, 102846. <https://doi.org/10.1016/j.ctim.2022.102846>