

Correlation of Diseases with *Trayopsthambhas*

MS. Anshika Chaudhary¹

*U.G. Student, Ishan Ayurvedic Medical College and Research centre, Greater Noida

Abstract

Ayurveda is a science which aims to live healthy life and curing of ailments. In this modern era, due to pollution, Excessive work pressure, faulty eating habits, improper lifestyle, prevalence of many diseases is increasing in the Population. According to Ayurveda our *Swasthya* depends on three *Upsthambas* i.e. *Ahara*, *Nidra* and *Brahmacharya*. Ayurveda emphasizes on *Ahara* and believes that healthy nutrition nourishes the mind and soul. While *Nidra* affects physical as well as mental state. *Brahmacharya* helps to retain disease resistance, mental and Physical strength.

KEYWORDS: *Ayurveda*, *Upsthambas*, *Ahara*, *Nidra*, *Brahmacharya*.

Introduction

Ayurveda, the science of life deals with every aspect of life. In Ayurveda, three *doshas* i.e. *Vata*, *Pitta* and *Kapha* which are Described as *Tristhuna* (Three main-pillars of body). Similarly *Aahara* (Balanced diet), *Nidra* (Complete and Sound sleep) and *Brahmacharya* (Abstinence or regulated Sex) are described as *Trayopasthambas* (Three external Sub-Pillars of body). Whole life of a person is depends upon *Tristhuna* and *Trayopasthambas*. Ayurveda mainly focuses to follow the principles of *Trayastambha*; *Aahara*, *Nidra* and *Brahmacharya* which helps to maintain disease free life. According to Ayurvedic text these three pillars play Major role to complete healthy life span. The good Conduction of concept of *Aahara*, *Nidra* and *Brahmacharya* keep away from medicine.

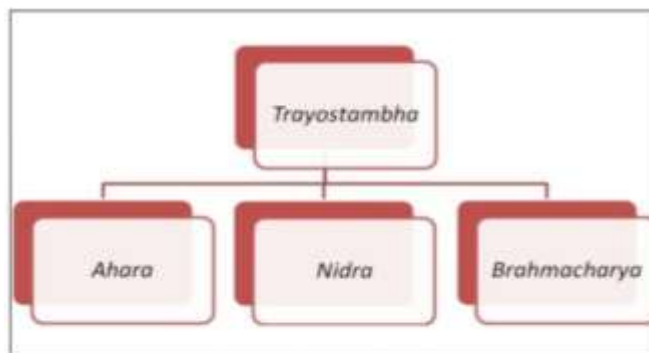


Figure 1: *Trayastambha* of life.

Ahara

Acharya Charaka states *Trayopastambha* as “*deho hi aharasambhava*”. The derivation of word *Sharir* is “*kshane kshane shiryate tat Shariram*” i.e. which gets deteriorated on each moment. According to Ayurveda, the *Aahara* which is passes through the process of “*aaharan*” is called as *Aahara*. It includes all the food items that we consume, whether it is in solids, semi – solids or Liquids form. According to *Acharya Charak*, our body is the Final and supreme product of *Aahara*. In Ayurvedic text, *Aahara* is mentioned as one among the three *Upasthambas* (Sub-pillars of body) which supports three main *Sthambas* (Pillars) of the body. The *Aahara* which consumed in proper manner helps in the proper growth of the body. But If taken in improper manner it leads to various kinds of diseases. *Aahara* is considered to be vital for a human body because it provides the basic nutrients, which are very essential to carry out basic activities of digestion and metabolism. *Aahara* must contain all *Rasas*; *Madhur*, *Amla*, *Lavana*, *Katu*, *Tikta* and *Kashaya*. These *Rasa* plays a very important role in our Body therapeutically and *Rasa* balances *Vatta*, *Pitta* and *Kapha Doshas*. The incompatible food can cause Metabolic disorders.

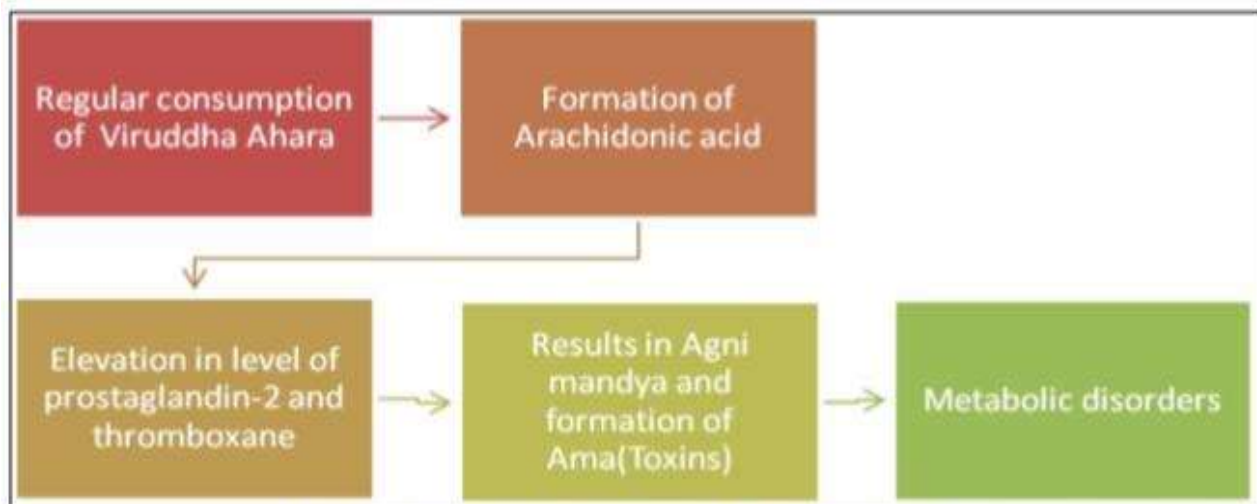


Figure 2: Pathological progression of *Viruddha Ahara*.

Classification of *ahara*. *Ahara* is generally categorized into four types-

1. *Ashita* -Which does not require to be chewed.
2. *Peya* -which is in form of liquid.as Drinks, Beverages.
3. *Lehya* -Which is to be licked because it contains a minium quantity of water.
4. *Khadya* -which are hard and to be chewed throughly, masticables

Ahara and its relation with various diseases

- Continuous consumption of *Viruddha Ahara* affects Immune system, digestive system, nervous and Circulatory system.
- Milk and with certain fruits may aggravate asthmatic Attack.
- Consumption of curd at night can cause more Morning stiffness in rheumatoid arthritis patients.
- Rancid oils can increase risks of degenerative diseases, cardiovascular disease, Alzheimer's disease, liver disorders and cancer.
- Inappropriate time of meal consumption can cause Immune suppression.
- The *Ahara* deprived of nutritional value can cause *Shukra Dhatu Dushti*.
- The spicy food stuffs can lead to bullus, ascitis, insanity, fistula in ano, abdominal distention, anemia and gastritis.
- High carbohydrate content can cause heart attacks & Stroke.
- Food consume in excess can lead to obesity, diabetes and lethargy.

Nidra

According to Ayurveda, term *Nidra* means the Physiological state of rest of human body, mind and Motor organs. When the mind including with *Atma* (soul) and Body get exhausted due to day long activities, the *Karmaindriyas* (sense organs) disassociate themselves from their objects and this makes the person to go to sleep. In short . We can say that when the mind is exhausted from the regular routine work the *Kapha dosha* increases in the body and that brings about the natural sleep. *Nidra* offers following benefits:

- It creates happiness in life.
- It increases the strength.
- Relax body and mind.
- Rejuvenate body.

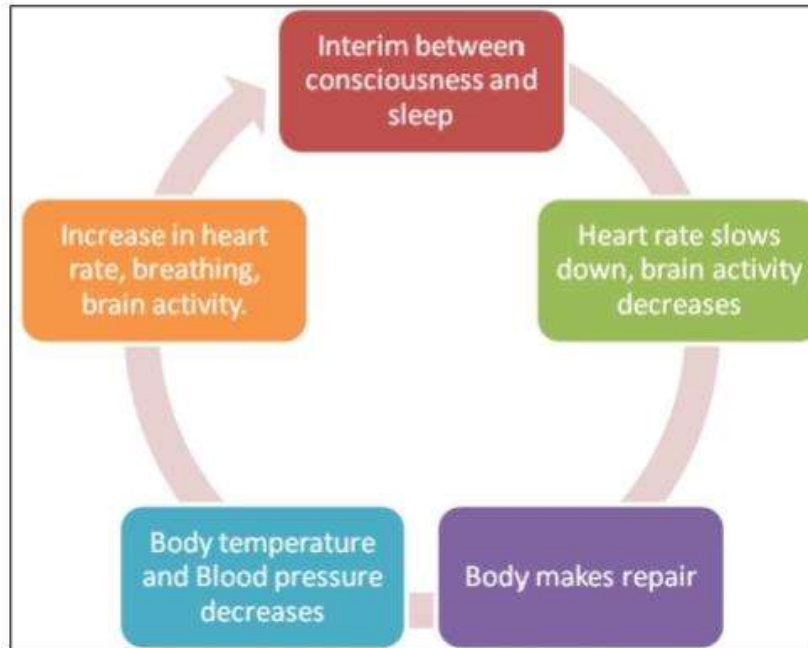


Figure 3: Physiological events before and after sleep.

Nidra ka kala: - The perfect period for *Nidra* is the *Kala* between *Pradeha* (after *Suryastha*) and *Paschima Yama* (before *Suryodaya*), which is known as two *Yama*.

Nidra and Diseases

- Disturbance in sleep can cause neuromuscular Fatigue.
- Sleep disturbance can also lead deficient mental Concentration.
- Hypopnea, restless, increased risk of stroke and Seizures.
- Lack of proper sleep can affects immune system and Hormonal system.
- Thyroid diseases and high blood pressure in case of Insomnia.
- Excessive sleep can lead weight gain, loss in thinking, hallucinations and lethargy.
- *Nidransha* is also related to diabetes, impaired Glucose tolerance and increased alcohol use.

Brahmacharya

The human body required food in substantial amounts to Sustain it. This food is processed at three levels

- *Jatharagni* (gross conversion from solid to liquid state)
- *Panchamahabhutagni* (the fluid is subjected to further

Digestion to convert it into the *Panchabhautika* Components)

- *Dhatvagni* (the tissue metabolism).

The *Dhatvagni* finally takes the fluid and converts it into a Subtle form, which can

- Replenish its own tissue
- It Form the nutrient part of the next *Dhaatu*
- It Form the waste material and

Form the *Upadhaatus* (subsidiary tissues)

Brahmacharya is a Sanskrit word which refraining Indulgence in sex and sex related behaviors from body and mind. *Brahmcharya* not only covers physical but also mental aspect, it is the complete control of senses and essential aspects of human life. In Ayurveda sexual Intercourse after marriage is in the form of *Grihastha Ashram* is permitted but an excessive indulgence is prohibited as it result in the disturbance of the normal Physiological functions of the body by causing Imbalance in *Vatta, Pitta & Kapha*. It aim to preserve *Shukra Dhatu* and helps to maintain *Dhairya, Preeti, Yash*. *Brahmacharya* focuses on retaining healthy life.

Brahmacharya & Disease

- ◆ Avoidance of concept of *Brahmacharya* can cause Loss of *Shukra* which leads emaciation.
- ◆ Excessive loss of semen causes weakness, dryness Of mouth, anemia, body pains and fatigue.
- ◆ Impotency, laziness, drowsiness, gloominess, Dyspnea and palpitation of the heart.
- ◆ Back pain, pain in genital organs and lacks of Enthusiasm.
- ◆ Erectile dysfunction and decreased life span.
- ◆ Loss of memory, shortsightedness, pain in the testes, Lack of thinking power and restlessness of mind.

Discussion

Role of *Trayopastambha* is evident that *Trayopastambhas* (*Aahara, Nidra* and *Brahmacharya*) are the supporting pillars or the external factors or nearby factors

through which the life is supported. Each *Upastambha* is linked with the internal factor of the life called *Stambhas* through which the whole life is sustained or supported or formed. Even if one *Upastambha* is not maintained properly then it will have an effect on the *Stambha* which is being supported and results in imbalance in the whole life. Hence *Upastambhas* are the tool that we have in our hand to maintain the life which is destined by the *Stambhas*. We have a reference stating life span of the individual is based on the *Poorvajanma Kruta Phala*, which in-turn depends on *Tridandas* of life. Thus by strengthening the *Tridanda* through *Trayopastambha* one can overpower the *Daivabala (Poorvajanmakrita)* by *Purusha Bala*. Through proper food, sleep and way of life, one can improve the *Purusha Bala* by strengthening the *Stambhas (Tridandas and Tridoshas)* and hence the whole life is protected and prevented from various diseases and also in the management of various diseases.

Conclusion

Ayurveda believes in the principle of “*Ati Sarvatra Varjayet*”, where *Ati* means excess of anything in life is Harmful whether food, sleep or sex. All of this gives Importance to the balanced functioning of the triads. According to the first pillar i.e. *Ahara* selection of food Should be according to the *Prakriti*. The best suited *Ahara* for every person is based on *Dosha Prakriti*. A Well balanced intake of all the six *Rasa* is necessary for Good health. These six *Rasas*, when taken in Disproportion, result in the imbalance of any of the three *Doshas* i.e. *Vatta, Pitta and Kapha* which resulted Disease pathogenesis. The second pillar i.e. *Nidra* is a Natural function of the body. Ayurveda advocates that Proper and comfortable sleep helps to restore strength and virility. Untimely and inadequate sleep can cause Fatigue, weakness, numbed sense and sterility. *Brahmacharya* to prevent sexually transmitted diseases and to improve overall health status. Thus balance of *Trayostambha* is the key to happy and disease free life.

References

1. Agnivesha, Charak Samhita, with Charak Chandrika Hindi commentary, By Dr Tripathi Brahmanand and Dr Pandey Ganga Sahay, Sutra Sthana Chapter 25, Verse No. 31, Chaukhamba Surbharti Prakashan; 2007. p. 448.

2. Dr. Mangalagouri V Rao, A Text Book of Swasthavritta, 4th chapter, Reprint 2011, Choukamba Orientalia, Varanasi, 2011; 198.
3. Jadavji T. Susruta Samhita, Dalhana Nibandha Sangraha Varanasi: Chaukhambha Subharati, 1994; 24/88:398.
4. Vidya Yadavji Trikamji Acharya, Editor, Charaka Samhitha by Agnivesha Revised by Charaka and Dridhabala, Ayurveda Deepika commentary of Chakrapanidatta, Chikithsa Sthana 1/4/30-35, Reprint 2007, Choukamba Prakashana, Varanasi, 2007;74.
5. Harishchandra Singh Kushwaha, Charaka Samhita Vol-1, Sutrasthana 21/36, Reprint Edition 2011, Choukhambha Orientalia, Varanasi, 2014.
6. Shastri Ambika Data, Sushruta Samhita Vol-1, Sharirsthana 4/33, Choukhambha Sanskrit Sansthan, Varanasi Reprint Edition, 2009.
7. Review article by Dr. Ashwini B. Jaiswal ASPM Ayurved Mahavidhyalaya, Buldhana, India, March 2020, pp-117
8. Review article by Vd. Arun Vaidya, Dr. Aparna Bagul, PIAR Parul University, August 2019, pp-226.