

AYURVEDA PERSPECTIVE ON CONCEPT OF *TRAYOSTAMBHA*, CORRELATION
WITH DISEASES AND THEIR MANAGEMENT

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Article Received on 18/02/2020

Article Revised on 08/03/2020

Article Accepted on 29/03/2020

ABSTRACT

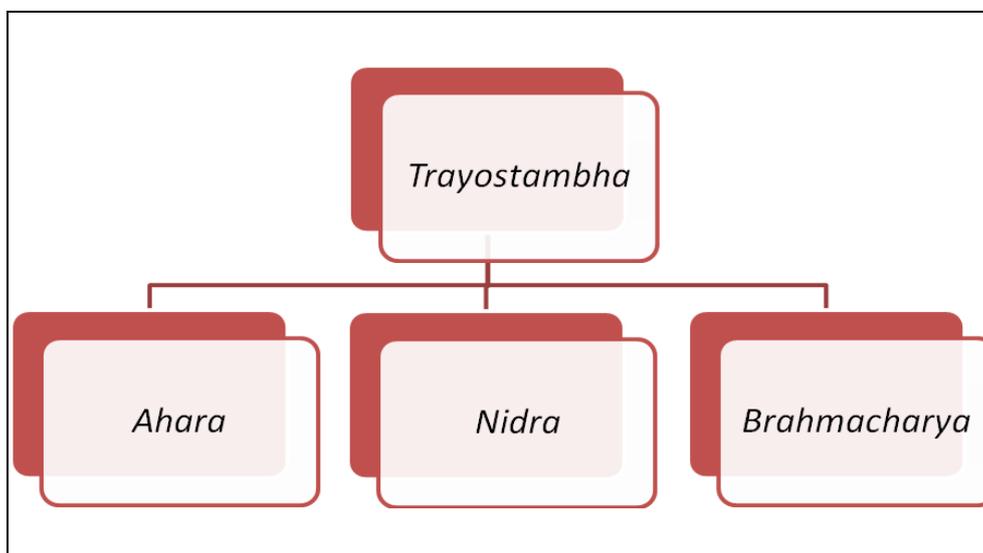
Ayurveda is a science which aims to live healthy life and curing of ailments. In this modern era, due to pollution, excessive work pressure, faulty eating habits, improper lifestyle, prevalence of many diseases is increasing in the population. According to Ayurveda our *Swasthya* depends on three *Upsthambas* 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 mainly focuses to follow the principles of *Trayastambha*; *Aahara*, *Nidra* and *Brahmacharya* (Figure 1) which helps to maintain disease free life. According to Ayurvedic text these three pillars plays

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.

Present article summarizes ayurveda and modern perspective on concept of *Trayostambh* and its correlation with diseases.

Ahara

Ayurveda describe term *Ahara* as food for solids, semi solids and liquid diet and our body is considered as supreme product of *Aahara*. *Aahara* is considered as *Upasthambas* which supports the three main *Sthambas* of the body. According to Ayurveda *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. The avoidance of concept of *Ahara* can leads pathological progression as mentioned in **Figure 2**.

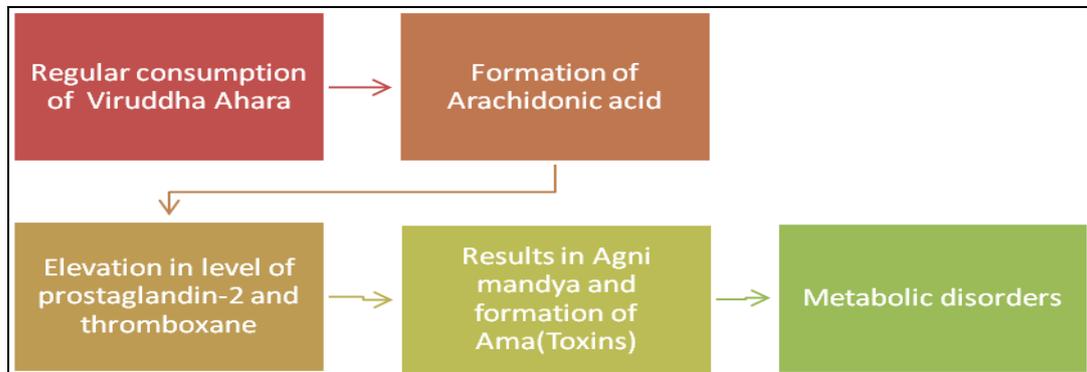


Figure 2: Pathological progression of *Viruddha Ahara*.

***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 increases 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 leads bullus, ascitis, insanity, fistula in ano, abdominal distention, anemia and gastritis.
- ❖ High carbohydrate content can cause heart attacks & stroke.

- ❖ Food consume in excess can leads obesity, diabetes and lethargy.
- ❖ Malnutrition can cause anemia, fatigue, lack of enthusiasm and infertility.

Nidra

Nidra is the result of relaxed physical and mental state, when *Mana* along with *Indriyas* is exhausted and they dissociate themselves from their objects then sleeps induces. *Nidra* offers following benefits:

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

As per ayurveda during the period of sleep *Hridaya* gets contracted, *Srotasa* and *Koshtha* also gets contracted, and other body elements get softened. Sleep relaxes the body and brings comfort. The overall physiology before and after sleep depicted in **Figure 3**.

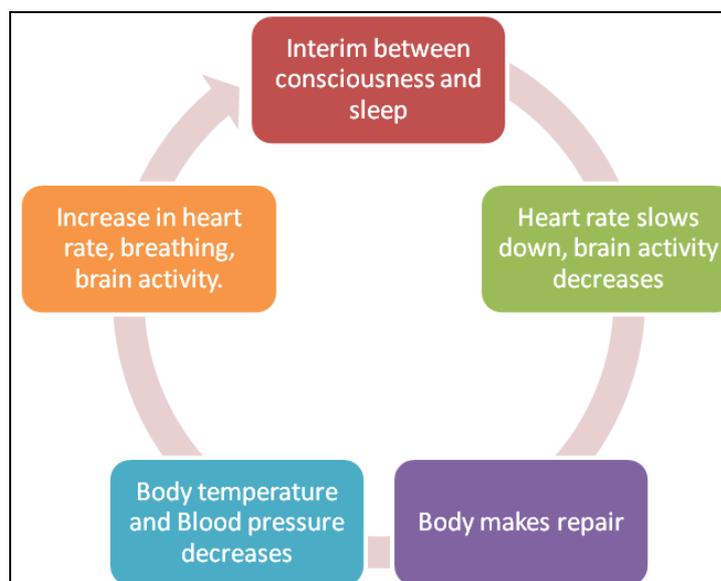


Figure 3: Physiological events before and after sleep.

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

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 in the form of *Grihastha Ashram* is permitted but excessive indulgence is prohibited as it results in the disturbance of the normal physiological functions of the body by causing imbalance in *Vatta*, *Pitta* & *Kapha*. It aims to preserve *Shukra Dhatu*, helps to maintain *Dhairya*, *Preeti* and *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.

CONCLUSION

Ayurveda believes in the principle of "*Ati Sarvatra Varjaye*", 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.

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