



TRAYOSTAMBH (THREE PILLAR OF LIFE); AN AYURVEDA PHILOSOPHY TOWARDS THE HEALTHY REGIMEN

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ABSTRACT

The Ayurveda term *Trayostambh* represents three vital pillars of healthy regimen including *Ahara* (Diet), *Nidra* (Sleep) and *Bramhacharya* (Abstinence). The consideration of these three pillars is very important in day to day life to maintain normal physical and mental health status. These three pillars helps to balances *Vata*, *Pitta* & *Kapha* thus harmonizes *Triguna*, *Rajas*, *Sattva* and *Tamas* therefore helps to regulate normal physiological functioning of body. Improper dietary habits, disturbed sleeping pattern and avoidance of *Bramhacharya* (unethical indulgence) can leads several health problems. In a view to explore this concept present article summarizes various aspects of *Ahara*, *Nidra* and *Bramhacharya*.

KEYWORDS: *Ayurveda*, *Trayostambh*, *Ahara*, *Nidra* and *Bramhacharya*.

INTRODUCTION

The optimal state of health can be achieved by following rules of *Trayopastambha* concept of Ayurveda. The term *Trayopastambha* can be represents as “Three Pillars of Life” which means three vital aspect of healthy living;

diet, sleep and abstinence. It is believe that proper management of these three pillars offers healthy long life span free from diseases. The consideration of rules of diet, sleep and abstinence establishes harmony amongst body, mind and soul.^[1-4]

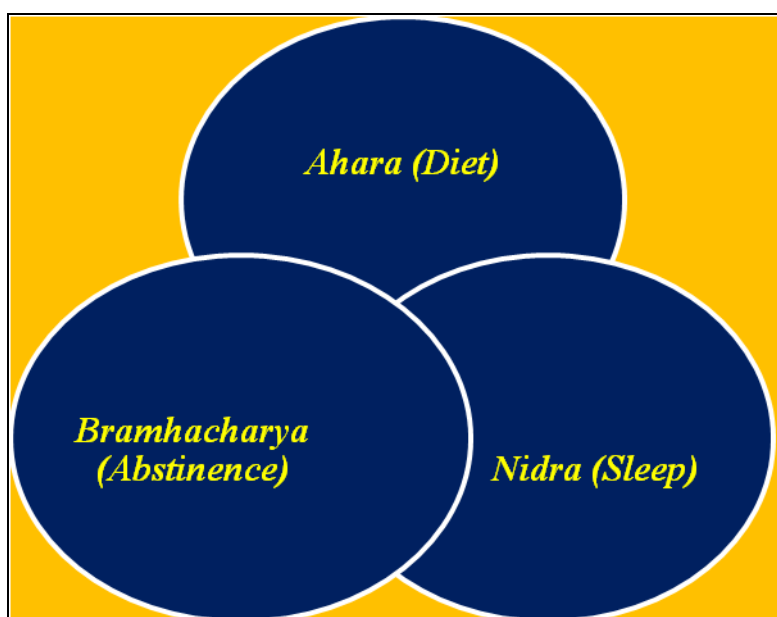


Figure 1: Trayopastambha “Three Pillars of Life” as per Ayurveda.

AHARA

Ahara means balanced diet which is considered as foremost pillar of Ayurveda, the diet must contain

adequate amount of carbohydrate (energy), proteins (body building), fats (integrity and strength) and vitamins (for biochemical process). Ayurveda believe

that consumption of nutritional diet help one to remain healthy and protect from illness. *Kashyapa* classified five types of food articles i.e; *Akasheeya*, *Agneya*, *Vayavya*, *Apya* and *Parthiva*. While *Bhavaprakasha* classified six types of food articles; *Bhojya*, *Charvya*, *Bhakshya*, *Lehya*, *Chusya* and *Peya*. There are various factors such as; *Doshika*, emotional effect, quantity, quality, taste, combination & method of preparation of food articles, *Prakriti* of person, time & place, etc. which need to be consider to acquire maximum beneficial effects of *Ahara*. Ayurveda described various rules to take *Ahara* which are as follows:

- One should consume *Ahara* not too cold and not too warm
- One should consume food when previous meal get digested
- *Ahara* should be consumed in proper quantity
- Unctuous food should be preferred
- Food posses contradictory potency need to be avoided
- Food should be consumed in relaxed condition without any mental anxiety
- Time and place of meal play vital role
- One should not eat too fast or too slowly
- Talking, laughing and excessive physical activities should be avoided during meal
- One should consume meal as per his/her constitution (*Prakriti*) considering environmental conditions.

Ayurveda mainly recommended two *Aharakala*; morning and evening when one needs to take his/her meal. Food need to take after proper evacuation of bowels, when hungry at appropriate time. It is believed that food should not be consumed within 3 hours of taking previous meals. Similarly one should not remain hungry for more than 6-8 hours. There are some food materials that can be consume regularly (*Nitya Sevaneeya Ahara*) and some food materials that to be avoided for regular consumption (*Nitya Asevaneya Ahara*). *Shali*, *Godhooma*, *Yava*, *Shashtika*, *Jangala*, *Sunishnaka*, *Jivanti*, *Ghruta*, *Bala Mulaka* and *Ksheera* etc. are considered as *Nitya sevaneeya Ahara* while *Dadhi*, *Kilata*, *Sukta*, *Aama mulaka*, *Kuchika*, *Pishta*, *Nishpav*, *Shushka shaaka* and *Yavaka* etc. are considered as *Nitya Asevaneya Ahara*.

Diseases due to the unwholesome diet (*Viruddahara*)

Suppression of natural hunger or fasting leads *Pachakagni* that assimilate *Doshas*, *Dhatu*s & *Rasa* that finally resulted disease manifestation. The lack of nutritious diet, fasting, excessive eating, consumption of unwholesome diet and *Viruddahara* can trigger pathogenesis of diseases like; sterility, fainting, anemia, skin diseases, acidity, infections (due to the lack of immune power), impotency, fatigue, diabetes and lack of enthusiasm, etc.

NIDRA

Ayurveda described complete resting state of mind and body as sleep (*Nidra*), it is stated that when *Tamoguna* at

night affects mind due to the *Kapha Dosha* predominance then natural sleep get induced. When there are conditions like; anxiety, depression, anger and grief then asleep is induced due to the increase level of *Vata* which ultimately affect *Tamoguna*.

As per general principles of sleep *Tamas* & *Satva* can be considered responsible for sleep and awakening respectively; when *Tamas* increases then sleeps induces, when *Satva* increases then sleep breaks therefore qualities of *Tamas* & *Satva* play important role in sleep and awakening cascade. *Utpatti* of sleep is from *Tamas* through *Hridaya*/psychic centers, the *Sanjavaha srotas* in *Kapha* predominance & suppress *Indriya* that induces sleep. Similarly *Kapha* with *Tamas* induces sleep through sensory channels.

Excessive sleep, inadequate sleep, late night awakening, day time sleep and rising late in morning can induces several health problems including; indigestion, constipation, headache, lethargy, eye problems, body ache, lack of enthusiasm, anxiety and obesity, etc.

Ayurveda suggested some rules of proper sleep to acquire maximum health benefits of *Nidra*:

- One should avoid stimulation at night
- One should take meal at least three hours before go to the bed.
- Consumption of excessive hot, sour, salty and spicy foods should be avoided at night time to suppress stimulating activities.
- It is required to have minimum 7-8 hrs. sleep at night.
- Anger, anxiety and grief to be avoided before bed time so to achieve a complete rest.
- Sleeping in extended position relax whole body.

Health benefits of sleep as per Ayurveda

- ❖ Proper sleep provides *Bala* (strength)
- ❖ It restores life span (*Ayushya*)
- ❖ Adequate sleep balances body tissues (*Dhaatu Saamya* effects)
- ❖ It nourishes body (*Sleshma Pushnati Changani*)
- ❖ Vitalizing effects, person feel rejuvenated
- ❖ Enhance physical and mental stability
- ❖ Remove symptoms of fatigue and lethargies
- ❖ Provides complete mental and physical relaxation

Health problems associated with improper sleep (*Anidra*)

- *Kaphaja vikara* and *Meda vikara*
- *Dukha*, *Karshyata*, *Abala* and *Kleebata*, etc.
- *Prameha*
- Loss of luster and complexion
- Fatigue and lethargies
- Imbalanced state of *Dhaatu* and *Dosha*
- Mental impairment and learning difficulty

BRAMHACHARYA

The word Bramhacharya containing two words Brahman (the divine) and Charya (path/conduction) means conduction of divine path. Brahmacharya represents Achara that realizes Brahman character. It involves control of semen & sexual seed by avoiding excessive sexual indulgence, study of Vedas and god contemplation. Brahmacharya establishes self-restraint, help to control sexual organs, make mind free from lustful thought, imparts sexual purity, enhances spiritual belief and inculcate divine thoughts. The Brahmacharya promotes helps to preserves normal health, promote longevity, boost Ojas and immunity. Conduction of rule of Brahmacharya potentiates Shukra and ovum thus enhances fertility and libido.^[5-8]

Health problems associated with avoidance of Brahmacharya

- Loss of *Tejas* or *Ojas*.
- Diminishes strength, patience and *Dhriti*
- Lack of glory, vigour and lust
- Loss of immunity and vitality
- Sterility and sexual disturbances

CONCLUSION

Proper diet provides vital force of life (*Prana*) that help in building blocks of our bodies components. Improper dietary conduction may results disease conditions. Similarly proper rest/sleep (*Nidra*) is essential for well-being since the natural healing or repair mechanism work properly in resting state. Less sleep can vitiate *Vata dosha*, while excessive sleep can disturbs *Kapha dosha* and improper way of sleeping can leads body ache. The concept of *Bramhacharya* (Abstinence) also play vital role towards the healthy life status. Sexual energy (*Shukra*) help to build *Ojas*, that provides stability to body and mind, improves strength and immunity therefore disciplined conduction of sexual behaviors is require to maintain harmony amongst the biological humor of body.

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