

A CRITICAL EVALUATION OF EFFECTS OF KALA-BHOJANA IN VISHAMASHANA-JANIT VYADHI

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ABSTRACT

Vishamashana is one of the methods in unhealthy dietary habits mentioned in our *samhitas*. It means taking meals *Aprapta-kale* (before) or *Atita-kale* (after) the actual time of hunger. According to *Ayurveda*, one should have meal only after *jirna kale* i.e complete digestion of the previous food. Ingestion of food without proper hunger & untimely meals always leads to improper digestion following *Agnidushti* causing many lifestyle disorders. Lifestyle disorders are defined as diseases linked with the way people live their life. This is commonly caused by unhealthy dietary habits, lack of physical activity, alcohol, drugs, smoking etc. In a study done to determine prevalence of unhealthy lifestyle patterns among overweight & obese

adults, it is seen that unhealthy lifestyle patterns in diet, exercise & coping were highly prevalent among the population. *Vishamashana* being one of the reasons for *agnidushti* is an ultimate cause of such lifestyle disorders. To prevent vitiation of *agni*, one should follow the food etiquettes which are explained in *samhitas*. *Kala-bhojana* is one of the important *ahara* etiquettes in *samhita* which can counteract the effects of *vishamashana*. Having our meals at actual time of hunger can help in proper digestion of food & avoiding *agnidushti*. So, the topic was selected to study *kala-bhojana* as preventive and clinically applicable *siddhanta* in case of *vishamashana-janit vyadhi*.

KEYWORDS: *Vishamashana, kalabhojana, kala.*

INTRODUCTION

In today's fast paced life, we have gotten us very near to ill health by our own hands. There are many factors which involves in damaging our health like unhealthy food, exercise, addictions, work holism etc.

In a study done to determine prevalence of unhealthy lifestyle patterns among overweight & obese adults, it is seen that unhealthy lifestyle patterns in diet, exercise & coping were highly prevalent among this population.^[1] Major health issues are related to food these days. Junk food, Protein rich diet, Vegan diet all these food trends have different ways of dealing with our body by healthy or unhealthy way.

As an *Ayurveda* saying goes by – that every purusha is different^[2] Not every food trends are healthy to each and each every individual as everyone is different in *Prakruti*. It's not only important that what we eat but also when we eat is as important concern of today's lifestyle.

Nowadays, People working in private sectors, doctors, police, students, drivers, housewives most part of the population have one thing in common that they always miss their meal times due to heavy schedules and work despite of their hunger.

It may be seen as a very small issue and can be easily ignored but continuity in this habit may put us at severe risk of lifestyle disorders.

This habit is explained as *Vishamashana* in our *samhitas*. *Vishamashana* means taking meals *aprapta-kale* (before) or *atita-kale* (after) of the actual time of hunger. It causes *agnidushti* due to improper digestion of taken meal leading to production of *Ama* which is byproduct of digestion of *apachit ahara rasa*. To prevent vitiation of *dosha* due to *vishamashana*, one should follow the *ahara* codes and conducts given in our ancient science. One of the important *ahara* etiquette is *kala-bhojana*. The relation between *ahara* & *kala* is mentioned time to time in *samhita* in order to imply the importance of it.

According to *Ayurveda*, *Bhojana vidhi* just resembles as the *Agnihotra homa vidhi*. So, as *Agnihotra home vidhi* can only be practised exactly at morning and evening every day and no other timings of the day, *Bhojana vidhi* should be followed the same.^[3]

Kala – bhojana is a best method of maintaining health as explained in *Agrya sangraha*.^[4] Here, *kala* is preferred as having meal after proper digestion of previous food. This habit can help in digestion of food, maintaining condition of *agni*. That's why *kala-bhojana* is preventive and clinically applicable way of dealing *vishamashana-janit vyadhi*.

METHODOLOGY

Materials

References mentioned in *Samhita* about *Vishamashana & Kala-bhojana*.

Literature Review

A] *Vishamashana*

In *grahani chikitsa*, *Acharya charaka* has explained concept of *pathya-apathya* in general.

In this, *Vishamashana* is one of the type of *Apathya* i.e unhealthy dietary habits.

It is also one of the cause of vitiation of tridosha as mentioned in *sarva roga nidan* (*Ashtang Sangraha*).^[5]

Here, *Vishama* means - Irregular, unbalanced.

Ashana means – To consume or diet.

This means that *Vishamashana* is the type associated with meal timings and irregular quantity of food.

Vishamashana can be defined as 4 conditions.^[6]

1. Having quantity of meal more than actually required.
2. Having quantity of meal less than actually required.
3. Having meal *Aprapta-kale* i.e. before the digestion of previous meal.
4. Having meal *Atita-kale* i.e. after the digestion of previous meal.

B] Effects of *Vishamashana*

❖ *Vishamashana* is said to be the eminent cause of vitiation of *Agni* mentioned in *Agrya sangraha*.^[7]

As *vishamashana* is one of the classic causes of *grahani dosha* or *Agni dosha*^[8], the vitiated *agni* is unable to digest even *laghu ahara* taken.

This vitiated *agni* also worsens the state of food. Due to *apachit ahara rasa* of the previous food, the food taken afterwards, even being *laghu* leads to ill digestion of meal. It also brings

acidity to food nature. This leads to production of *Ama* causing *Ajirna* which is common cause of all other diseases.^[9]

This pathophysiology is explained in *Grahani chikitsa*.

❖ In *Rajayakshma Nidana – Vishamashana* is one of the classic cause of it.

Pathophysiology described is as follows

I. There are 4 types of food:

Pana - Which we can drink.

Ashana - Which we can eat.

Bhakshya - Which we can chew.

Lehya – Which we can have by licking.

These should be taken by following *Ashtau-Ahara vidhi visheshayatane*.

But when one have meal by without following these rules, it vitiates *Vata-Pitta-Kapha dosha*.

II. These vitiates *dosha* spreads all over the body leading to obstruction of the openings of *srotasa's*.

III. Whatever meal a person consumes after this obstruction forms greater amount of *mootra-purishadi mala* than nutritive part.

IV. This diet does not provide for nutrition of body or *sapta-dhatu*, instead the person's body have to depend on *mala* for living. That's why, a person developing *Rajayakshma* or who is extremely emaciated / exhausted should protect *mala*. (विशेषण पुरीषमनुरक्ष्यं)

V. Due to *Vishamashana*, *Rasa-Raktadi Dhatu* of body does not get enough nutrition to hold strength of the body leading to extreme emaciation. This further causes many complications.^[10]

C] Effects of Akala-bhojana

❖ In *vimanasthana –Trividhakukshiya adhyaya*, the concept of *amapradoshaj vyadhi* has been explained.^[11]

Acharya charaka states here that not only intake of high amount of food than required causes the production of *Ama*. But the other factors like *guru*, *ruksha*, *shita*, *shushka* etc. including *Akale annapanam upasevanam* i.e.untimely meals also causes production of *ama* and then vitiates it.

❖ Also in *Strotovimaniya*, *acharya charak* mentioned *Akale bhojana* is cause of *agnidushti* leading to vitiation of *Annavaha srotas*.^[12]

D] Vishamashana-janit vyadhi

- Jwara - Cha.Ni. 1/28
- Gulma - Cha.Chi. 5/9
- Prameha - Cha.Ni .4/24-26
- Shosha - Cha.Ni 6/3
- Rajayashma - Cha.Chi. 8/13
- Grahani - Cha.Chi. 15/42
- Hikka - Shwasa - Cha.Chi.17/11
- Kasa - Cha.Chi.18/24
- Vatashonita – Ash.Hri.Ni. 16/25

E] Kala –Bhojana**❖ What is kala?**

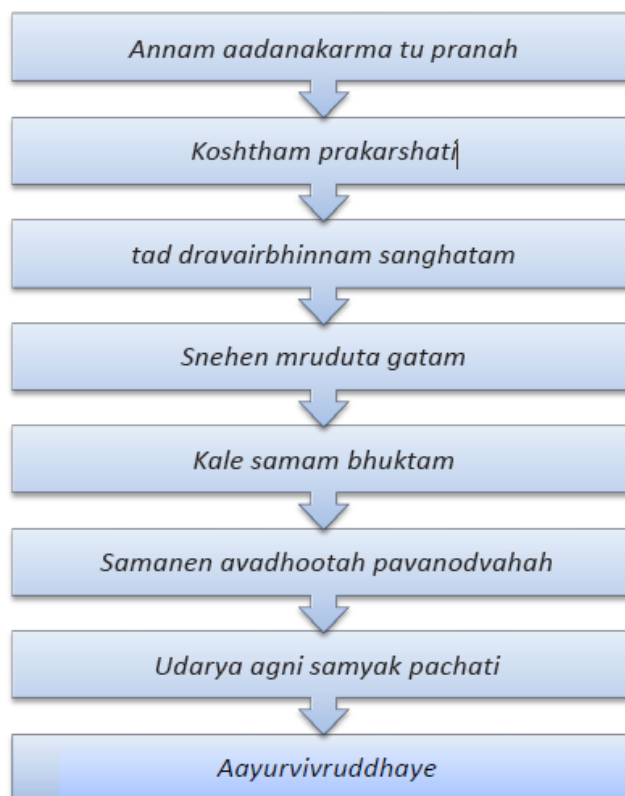
Kala is the constant factor which is the basic cause for the *parinamana* of immature substance to get its maturity leading to its destruction.^[13]

Here, *kala* is explained as one of the *Aharaparinamakar bhavas*. *Kala* helps in proper digestion of food by letting it go further in a state of *parinamana*.^[14]

Chakrapani explains it further as the process of *Paka* (digestion) does not happen by agni only, but *kala* is as important associate factor of that *parinamana*.

• Digestion process

In *grahani chikitsa*, *sthoor pachan* is described.^[15]



Pranavayu takes Ahara in the koshtha. This solid food when reached in koshtha gets separated by dravadi in body and get softens by the sneha guna of those. The food taken timely & in proper quantity gets digested due to induced jatharagni by samana vayu.

This leads to proper digestion of food by agni leading to augmentation of life.

Here, timely & proper amount of food are important factors for better digestion.

❖ What is timely meal?

Kala iti bubhukshakaleCha.Chi 15/7 Chakrapani tika

In Ashtang hridaya, Acharya vagbhat says that one should have meal in its proper kala.^[16]

So, what does it mean by proper time of having meal?

How we determine that it is time for us to have meal?

In matrashitiya adhyaya, acharya vagbhat says that meal should be consumed only when jirna lakshanas are seen.

One should acknowledge precise time for meal by these symptoms^[17]

- Proper bowel movements both defaecation & urination
- Absence of heaviness in Ura.
- Regulation of *dosha*
- Clean burps
- Sensation of hunger
- Regulation of *vata*
- Induced *agni*
- Purification of *Karana(Indriye)*
- Lightness in the body

All these symptoms are signs of the complete digestion of previous food which is the perfect time to have meal.

❖ False sensation of Hunger

When *vata* & *kapha dosha* get impaired by *pitta* vitiated by *drava guna*, these two contaminates the state of *ahara*. This food stays in *koshtha* in *lina avastha*.

As *drava guna* of *pitta* is increased, it can't get in contact with *agni* for digestion. The feeling of hunger comes at this stage is considered to be *Dushta-bubhuksha* i.e. false sensation of hunger due to vitiated *pitta*.^[18]

When a slow witted person have meal at this time, that meal becomes harmful as poison to that person.

Hence, One should always have their meal only after *jirna lakshanas*.

❖ Importance of *kala-bhojana*

- Consumption of food after digestion of previous food is not able to vitiate *dhatu* instead they help in augmentation of life.^[19]
- In *charak sutrasthana – annapanavidhi adhyaya*, *Acharya charak* said that every human being should have their meal according to quantity & meal.
- Also one should follow this as a ritual offering in *jatharagni* (holy fire) in a form of beneficial incensory food (*samidha*).^[20]

- So, the person who follows these rules & knowledgeable about their healthy food etiquettes always leads an healthy life and avoids diseases without any reason.

CONCLUSION

- *Vishamashana* is mainly based on irregular timings of meals which leads to *Ajirna* causing many severe diseases like

Gastro-intestinal: Haemorrhoids, Fissure, Fistula, Colitis etc.

Auto-immune: Rheumatoid Arthritis, Irritable Bowel Syndrome, Type 1 Diabetes Mellitus

Psycho-Somatic: Eczema, Psoriasis, Ulcers etc.

- In order to prevent these, one should always have their meal at precise time of hunger in required quantity.

That's why, *Kala bhojana* is important to maintain balance in our unhealthy life schedule.

- *Kala bhojana* can help in counteracting the effects of *vishamashana* avoiding pathophysiology of other diseases.
- Also, One should understand between true & false sensation of hunger. As food taking after false sensation of hunger is most likely to be harmful for our body.
- To differentiate between true & false sensation of hunger, one should have keen observation about their body for *Jirna lakshanas* – Feeling of lightness in the body, Proper bowel movements, Sensation of hunger, Clean burps etc.
- In the end, One should be cautious about their food timings as in our *samhitas*, Meal taking is considered as holy as *Agnihotra vidhi*.
- So, In order to lead a healthy life, One should follow *Kala bhojana* as their regular habit being thoughtful & careful about their own health avoiding at severe risks of many diseases.

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