

## TRAYOUPASTAMBHA

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## ABSTRACT

Ayurveda deals with every aspect of life which guides the mankind with various principles to be healthy and stay away from diseases throughout. One among such principle is Trayopastambha (Aahara, Nidra and Brahmacharya). Trayopastambha, the fundamental tool in Ayurveda, is essential for preserving a healthy lifespan. In today's world, due to more urbanization and up-gradation of civilization there has been an erratic variation with reference to Aahaara, Nidra and Brahmacharya resulting in many diseases. Trayopastambha has an intimate relation with the three Stambhas of life through which it maintains the Swastya and protects the Ayu.

**KEYWORDS:** Trayopastambha, Aahara, Nidra, Brahmacharya.

## INTRODUCTION

Trayopastambha, the fundamental tool in Ayurveda, is essential for preserving a healthy lifespan. Tridanda (Satva, Aatma and Shareera) act as a main pillar according to Charaka and Tridosha (Vata, Pitta and

Kapha) act as main pillars according to Acharya Sushruta and these two will be supported by the sub pillars called Trayopastambha. Hence the sub-pillars (Trayopastambha) have been given equal importance as the main pillars (Tridanda and Tristoota) and considered as one of the fundamental factors to stay healthy.

According to Ayurveda, the universe is formed from the Panchamahabhuta or five basic elements, namely Akash, Vayu, Teja, Jala and Prithvi. Similarly, Ahara is categorized as Akashiya, Vayavya, Agneya, Apya, and Parthiva. When consumed in appropriate proportions, these elements contribute to nourishment of the body tissues (Deha dhatus),

support growth and development, and enhance Ojas (Vitality). Aahar and Nidra are dominant & essential regimens in entire lifespan. They compensate the wear and tear phenomenon which is inevitable part of human physiology. Acharya Vagbhat has placed the word Abrahmacharya<sup>[1]</sup> through the practical point of view, which is meant for disciplined and impassionate indulgence of sex which is natural regimen in human being at particular lifespan of the age. These three regimens have been highly emphasized and considered basic supportive factors for maintenance of physical and mental health. Hence they are collectively termed as Trayopastambha i.e. supportive to the healthy state of Tridosha and consequently Sukha i.e. Arogya.

They are essential part of routine life and indulgence of the same provides freshness and satisfaction both physically and mentally. According to Ayurved Sharir and Mana both have been considered seat of Sukha and Dukha, in other words Arogya and Roga respectively. These three regimens inevitably affect both Sharir and Mana.

### **Aahara**

It is the first amongst Trayopastambha. The etymology of word Sharir is “kshane kshane shiryaate tat shariram” i.e. which gets deteriorated on each moment. The Ahar is a medium for supplementation of nourishing material by which body remains able to sustain its static and functional normal form. So, obviously Aahar is the most vital regimen in entire life-span. As it has been kept first among three Upastambha, it is to be studied that which type of Aahar should be indulged that can be proved vital supportive to the body & body health. 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 lead to pathological progression.

### **Ahara and Its relation with various diseases**

1. Continuous consumption of Viruddha Ahara affects immune system, digestive system, nervous and circulatory system.
2. Milk taken with certain fruits may aggravate asthmatic attack.
3. Consumption of curd at night can cause more morning stiffness in rheumatoid arthritis patients.
4. Rancid oils can increase risks of degenerative diseases, cardiovascular disease, Alzheimer's disease, liver disorders and cancer.

5. Inappropriate time of meal consumption can cause immune suppression.
6. The Ahara deprived of nutritional value can cause Shukra Dhatu Dushti.
7. High carbohydrate content can cause heart attacks & stroke.

### Nidra

Nidra (Sleep) is second Upastambha. Charakacharya has indicated phenomenon of Nidra as:- When Mana and Indriya get exhausted and remain unable to perform their normal function of receiving own Vishaya /Artha (Lacking in acuity) which results into the state of sleep.<sup>[2]</sup> It is fulfilment of rest and relaxation to Sharir, Mana, & Indriya. Charakacharya has distinctly stated the advantageous results of regular and disciplined indulgence of sleep as; Sukha (Arogya), Pushti (Well nourished state of body), Bala (Strength, stability and immune power), Vrushata (Sound sexual ability), Gnyana (Healthy form of mental and intellectual performance) and Jivitam (Life span).

All these vital factors depend upon proper practice of Nidra. The Sharir and Mana both get re-energized by timely, sufficient and peaceful sleep. It also facilitates all the physiological processes running in the body. The normalcy of secretion of many vital hormones and even digestive enzymes can be maintained through proper and regular sleep. Thus, ideal Nidra is highly and inevitably a supportive factor to both the physical and mental health, throughout the life.

### Nidra and Diseases

1. Disturbance in sleep can cause neuromuscular fatigue.
2. Sleep disturbance can also lead to deficient mental concentration.
3. Hypopnea, restless, increased risk of stroke and seizures.
4. Lack of proper sleep can affect immune system and hormonal system.
5. Thyroid diseases and high blood pressure in case of insomnia.
6. Excessive sleep leads to weight gain, loss in thinking, hallucinations and lethargy.
7. Nidransha is also related to diabetes, impaired glucose tolerance and increased alcohol use.

### Brahmacharya

Brahmacharya is a Sanskrit word meaning refraining indulgence in sex and sex related behaviors of 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. It is the philosophical

aspect to attain Moksha (An ultimate goal of life for all human beings i.e. liberation from all the earthly bondages). Acharya Vagbhat has placed the word Abrahmacharya through the practical point of view. Sex is inevitable natural urge while ideal celibacy is rare and not applicable to common people. The practical meaning of Abrahmacharya is disciplined indulgence in sex. Kama is one of the Purushartha Chatushtaya and considered as a root of continuity of generations. It is basic instinct which arises at adolescence.<sup>[3]</sup>

### **Brahmacharya & Disease**

1. Avoidance of concept of Brahmacharya can cause loss of Shukra which lead to emaciation.
2. Excessive loss of semen causes weakness, dryness of mouth, anemia, body pain and fatigue.
3. Impotency, laziness, drowsiness, gloominess, dyspnea and palpitation of the heart.
4. Back pain, pain in genital organs and lacks of enthusiasm.
5. Erectile dysfunction and decreased life span.
6. Loss of memory, short sightedness, pain in the testes, lack of thinking power and restlessness of mind.

### **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. Aging is an inevitable process, but its early onset can be delayed through a healthy lifestyle. Among various factors, Ahara (Diet), Nidra (Sleep), and Brahmacharya (Controlled lifestyle) are particularly significant in maintaining the health of Dhatus (Bodily tissues), which is essential for healthy aging. By diligently following these three pillars, the Dhatus can be kept in excellent condition, thereby promoting healthy aging and longevity.

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