



Concept of trayopstambha in preventing autoimmune disorders

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Abstract

Three supporting factors of life i.e., *Ahara*, *Swapan* and *Brahmacharya* are known as *Trayopstambha*. These are the three major pillars which balance the *Vata*, *Pitta* and *Kapha dosha* in our body. Auto immune disorder is a disease of immune system in which our immune system attacks healthy cells. Indefinite approach of *Ahara*, *Swapan* and *Brahmacharya* is the root cause of these havoc phenomena. By following the basic rules of *Trayopstambha* one can cure the upcoming disease and restore the tissue distress caused due to auto immune disorder. It also improves immunity of the body. *Ama* is one the major cause of many auto immune disorders e.g., ankylosing spondylosis, rheumatoid arthritis, IBD etc., *Ama* increases the oxidative stress on the body tissues. So, to eliminate the oxidative stress, healthy diet, sleep, and gentle lifestyle is necessary. Ayurveda says one should take *Shadrasas* in their diet and also include *Laghu Ahara* in daily routine e.g., *Mudaga*, *Shali Dhanya*, *milk*, *Amla*, *Ghrit*, *Saindhav Lavan* etc. it improves metabolism and health. *Nidra* is the key element to resolve stress from the body. *Acharya Charaka* has described *Ratrisvabhav Sambhava* type of *Nidra* best for healthy beings. Sleeping during day time, except *Grishma Ritu*, vitiates the *Ama* which ultimately suppresses our immunity. *Brahmacharya* improves *oja* in our body. Ayurveda also describes pattern for *maithuna* as per *Ritu Charya* which helps in balancing the *Oja* in our body which directly correlates with body's immune system.

Key words: *Ahara*, *Swapan*, *Brahmacharya*, *Ama*, *Oja*, *Laghu Ahara*, *Ritu Charya*, *auto immune disorders*.

Introduction

Blood cells in our body's immune system helps by protecting us against harmful substances but, when the body's immune system attacks and destroys own healthy tissues than it is known as auto immunity. It is a condition when our immune system is unable to distinguish between healthy tissues and antigens. As a result the body sets off a reaction that destroys normal tissues. The immune system produces antibodies against the antigens that enable it to destroy these harmful substances but in auto immune disorders own healthy tissues are destructed. Auto immune disorders can be correlated with *Ama*. Undigested food turns into *Ama*, which is sticky, cloudy, smelly substance that can spread from the gastrointestinal tract to other parts of the body (Madhava Nidana, 1996). *Ama* is said to be responsible for 90% of the diseases and *Ama* according to *Asthanga Hridaya* and *Madhukosha* is due to improper functioning to *agni* which leads to *Amaras*, *Amadhatu*, and *Amavisha*. When this *Ama* gets accumulated in the body for a very long period of time it acts as *Dushivisha* which

cannot be excreted from the body completely due to its chronic and cumulative nature. This *Ama Vish* left over a long period of time inside the body, when gets favourable conditions leads to several disorders. *Trayopstambha* i.e., *Ahara*, *Swapan* and *Brahmacharya* as per name are three major sub pillars of the body, they support in the maintenance of equilibrium of *Tridoshas* (*Vata*, *Pitta* and *Kapha*) which are said to be the basics of life. According to *Asthanga Hridaya* *Trayopstambha* are as important to the body as pillars are to a building (Asthanga Hridaya, 2010).

Preventive approach through ahara

It is a wonderful saying- "A person is what he eats" food has a direct impact on our health i.e., why it is described before *Swapan* in *Bhramacharya* in *Trayopstambha*. It is undeniable that a well-balanced diet goes hand in hand with a healthy lifestyle. What you choose to eat, and what you choose not to eat, are factors in warding off many leading chronic illness and diseases. Food choices make huge impact on how you feel today, tomorrow and what the future holds in terms of promoting and maintaining good health (Kasyapa Samhita). Auto immune disorders are of unknown

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eiteology but food can act as a triggering factor in increasing the risk of auto immune disorders. The healthy body as well as the diseases are nothing but the outcome of *Ahara*. *Acharyya Kashyap* gives it a name of “*Mahabhaisajya*” *Acharya Charaka* has described the aims of *Ayurveda* i.e., “*Swashthasya swasthya samrakshanam Athurasya vikaraprasamanam*”⁵ which can be fulfilled through *Ahara*. *Ahara rasa* which is formed from digested diet nourished not only our body but also our mind. *Ayurveda* describes *Deha* is made up of *Ahara* and *Vyadhi*. To prevent diseases one should take healthy *Ahara*, follow the discipline mentioned by the *Acharya's*. *Astha Ahara Vidhi Visheshayatan* includes eight discipline of eating which shows that *Ahara dravya* have different *prakirti*, found in different *desh* in different *kala* prepared with different *Karan* with different *Sanyog* have different impact on every individual “(Shastri Padmabhusan, 2013). *Acharya's* has also mentioned *Dwadhas Asana Vidhi* which includes twelve discipline of eating which everyone should know following these twelve disciplines of eating keeps us healthy. *Ayurveda* has described a huge classification of *Ahara*. *Acharya Charak* has itself described sixty four types of *Ahara kalpana*. For a disease free life there are some preventive rules which everyone should know and apply in their daily life:

- *Ahara* should be taken in a limited quantity (*Matravat Ahara*). *Matravat Ahara* is that does not disturb the *prakirti* of a person and digest in an appropriate period of time.
- One should take *Shadrasas* in daily regime. *Madhur ras* in the starting then *amala, lavana, katu, tikta, kashaya* in sequence.
- *Ahara* should be taken according to *ritucharya* like *guru evum snidigha ahara* in *shishir* and *hemant ritu*.
- *Sathi chawal, shali dhanya, mudag, sendha namak, yava, antriksha jala, dugdha, janghama mansa, and madhu* should be used in daily means.
- Do not eat more than your capacity as it causes diseases.

Agni has a major role in digestion food and formation of *rasa dhatu* and later the nourishment of whole body. If a person does not eat in a right manner the *agni* gets disturbed and causes *Ama* leading to several diseases (*Astanga Hridaya*,

2010). As we intake food our *Jhataragni* starts working later *dhatu agni* and *panchmahabhut agni* also starts working. The properly digested food forms *Rasa dhatu* and later on other *Dhatu's* are formed.

Preventive approach through swapan i.e. nidra-

“Each night, when I go to sleep, I die. And the next morning, when I wake up, I am reborn.”

Sleep is important because it affects our mental, physical, and emotional well-being. Sleep is defined as a state of partial unconsciousness from which a person can be aroused. Sleep is essential for normal, healthy functioning of the human body. Sleep was born at the time of commencement of the creation of the universe only, out of *tamas*. Sleep is another form of *tamas* and manifests due to predominance of *Tamas* in nights.

Nidra after *Ahara* is second most important for life. *Acharya Susruth* said that sleep is enjoyment of pleasure by body and sense organs. As it being as chief nourisher of the body, it plays important role in maintaining health and preventing diseases. For a disease free life there are some preventive rules which everyone should know and apply in their daily life:

- One should sleep early at night and wake in *brahmamuhurta* i.e., 48 minutes before the sunrise.
- One should avoid sleeping at day time as it increases *Kapha and pitta doshas* leading to *Ama* formation and finally causing diseases. Sleeping during day time is advised in all seasons to those who are singing, study, alcoholic drinks, sexual acts, carrying heavy weight, long distance walk.
- In summer seasons nights are shorter *Vata* gets aggravated due to *Adana kala* so in this season sleeping during day time is prescribed to all.
- After taking the dinner, one should take walk 100 steps before sleeping. It digests food properly.
- If a person has done *ratrijagran* then can sleep 3 hours during day.
- Obese patients should also avoid sleeping during day as it increases *meda dathu* and *kapha dosha* causing several diseases.
- Sleeping on ground reduces obesity, increases virility, increases *Vata* and neutralizes *Rakta-pitta*.



- One should sleep in left lateral position as the *Agni* lies in the left side which is responsible for digestion.

Preventive approach through brahmacharya

Brahmacharya, one of the three pillars of *Ayurveda* that has got dual meaning in the context of *Sanskrit* language, *brahmacharya* means movement in a higher awareness in *ayurvedic* system of medicine, *Brahmacharya* refers to control over physical limits. It is claimed that the practice of *brahmacharya* makes a man perfect in retaining *Virya*. *Virya* can be correlated to *oja*, *Prakrit bala*, *vyadi kshamatava*. *Vyadi kshamatava* is the immunity. *Ojas* is defined as ultimate and supreme essence of *saptadhatu* or seven tissues, starting from *rasa-plasma* to *sukra-seminal fluid*. To be precise, *ojasa* is chiefly responsible for immune system, vitality and strength. So if the immunity is good then a person lives a healthy life. Rules related to *Brahmacharya* should be followed-

- One should know about his/her physical limits that sexual intercourse is for the production of new progeny not for fulfilling desires.
- Avoid sexual intercourse just after taking meal as it does not properly digest the food.
- Sexual intercourse is contraindicated- empty stomach, during thirst, old age, pregnancy, diseased person¹⁵.
- Sexual intercourse in *Grishma Ritu* is indicated in gap of 15 days, in *sheet kaal (Hemant and Shishir)* as desired and in *Vasant and sharad ritu* it is indicated after 3 days.
- Following *Brahmacharya* increases *medha*, *smriti*, *aarogya*, *sharirik pushti*, *indriya bal*, *yash*, *sharirik evum mansik bal*.
- Following the rules of *Brahmacharya* increases longevity and delays ageing (Susruth Samhita, 2016).

Conclusion

The diseases can be cured without any medication by just following the basic principles of *Ayurveda*. *Ahara* as the source of energy, *Swapan* as a state of energy conservation and *Brahmacharya* as an act of energy consumption, all together as a *Trayopstambha*. Following these basic rules can lead to a healthy lifestyle. By following wholesome regimen disease can be cured, whereas even hundreds of medicines cannot cure a disease in

absence on wholesome regimen. As Hippocrates said- "let food be thy medicine and medicine be thy food". *Swapan* and *brahmacharya* are also equally important as they related to physical and mental health. Good sleep and *brahmacharya* helps in does not produce *Ama* and increases *Oja* in our body which reduces the risk of many diseases and keep them healthy.

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