



AYURVEDIC VIEW ON THE CONCEPT OF TRAYOSTAMBHA-A SHORT COMMENTARY

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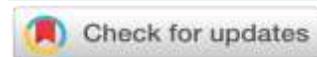
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ABSTRACT

Ayurveda is a discipline that strives to promote a healthy lifestyle and provide remedies for various ailments. In this contemporary age, the rise in pollution, excessive work demands, unhealthy eating habits, and improper lifestyle have contributed to the increasing prevalence of numerous diseases among the population. According to *Ayurveda*, our well-being depends on three pillars, namely *Ahara* (diet), *Nidra* (sleep), and *Brahmacharya* (celibacy). *Ayurveda* greatly emphasises *Ahara*, as it believes that a nutritious diet nourishes the body and mind and promotes overall well-being. Additionally, *Nidra* is crucial in influencing our physical and mental states. Lastly, *brahmacharya* aids in maintaining disease resistance and psychological and physical strength.

Keywords: *Ahara, Nidra, Brahmacharya, Trayostambha.*

INTRODUCTION

Ayurveda primarily emphasises adhering to *Trayostambha*, *Ahara*, *Nidra*, and *Brahmacharya* principles to sustain a life free from disease. *Ayurvedic* teachings say these three pillars are crucial in achieving a healthy lifespan. Proper implementation of *Ahara*, *Nidra*, and *Brahmacharya* concepts can help

prevent the need for medication. This article provides an overview of *Ayurveda* and the contemporary understanding of the concept of *Trayostambha* and its relationship with diseases.

DISCUSSION

1. AHARA

Ayurveda defines *Ahara* as the intake of solid, semi-solid, and liquid food, considering our body as the ultimate result of this nourishment. *Ahara* is the supporting pillar (*Upasthambas*) for the body's three main pillars (*Sthambas*). According to *Ayurveda*, *Ahara* should encompass all six tastes: sweet, sour, salty, pungent, bitter, and astringent. These tastes play a crucial therapeutic role in our body and help balance the *Vata*, *Pitta*, and *Kapha Doshas*. Consuming incompatible foods can lead to metabolic disorders. Neglecting the importance of *Ahara* can contribute to the progression of pathological conditions.

2. NIDRA:

Nidra is the outcome of a state of relaxation in both the physical and mental aspects. It occurs when the mind and the senses become exhausted and detach themselves from external stimuli, leading to sleep induction. *Nidra* provides several advantages, including promoting happiness in life, enhancing strength, relaxing both the body and mind and rejuvenating the body. According to *Ayurveda*, during sleep, the heart (*Hridaya*), channels (*Srotas*), and tissues (*Koshtha*) undergo a contraction, while other bodily elements become softened. Sleep serves to relax the body and bring about a sense of comfort.

3. BRAHMACHARYA:

Brahmacharya, a Sanskrit term, refers to abstaining from sexual indulgence and behaviours related to sex, both physically and mentally. It encompasses the complete control of the senses and essential aspects of human life. In *Ayurveda*, sexual intercourse is permitted within the institution of marriage, known as *Grihastha Ashram*. Still, excessive indulgence is discouraged as it disrupts the body's normal physiological functions, leading to imbalances in *Vata*, *Pitta*, and *Kapha*. The practice of *Brahmacharya* aims to preserve *Shukra Dhatu* while also helping to maintain qualities such as *Dhairya*, *Preeti*, and *Yash*, ultimately focusing on promoting a healthy life. Neglecting the *Brahmacharya* concept can result in *Shukra* loss, leading to emaciation. Excessive loss of semen can cause weakness, dryness of the mouth, anaemia, body

pains, and fatigue. Other potential consequences include impotence, laziness, drowsiness, gloominess, dyspnoea, palpitation of the heart, back pain, pain in the genital organs, lack of enthusiasm, erectile dysfunction, decreased lifespan, loss of memory, short-sightedness, pain in the testes, lack of thinking power, and restlessness of mind.

CONCLUSION

Ayurveda upholds the "*Ati Sarvatra Varjayet*" principle, which emphasises that excess of anything in life is detrimental, whether food, sleep, or sex. This philosophy places great importance on maintaining a harmonious functioning of the three vital elements. As per the first pillar, *Ahara*, food selection should align with an individual's *Prakriti*. Their *Dosha Prakriti* determines the most suitable *Ahara* for each person. A well-balanced intake of all six *Rasas* is essential for good health. An imbalance in the consumption of these six tastes can disrupt any of the three *Doshas* - *Vata*, *Pitta*, and *Kapha* - resulting in the onset of diseases. The second pillar, *Nidra*, refers to the natural function of the body - sleep. *Ayurveda* advocates that proper and comfortable sleep aids in restoring strength and vitality. Untimely and insufficient sleep can lead to fatigue, weakness, dulled senses, and infertility. *Brahmacharya*, or practising celibacy, is encouraged to prevent sexually transmitted diseases and enhance overall health. Thus, maintaining a balance among the *Trayostambha* (three pillars) is the key to a happy and disease-free life.

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