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A CONCEPT OF TRAYOPASTHAMBHA AND ITS IMPORTANCE

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ABSTRACT:

Trayopastambha is an essential instrument possessed by every individual to safeguard their predetermined existence. It maintains a close connection with the three pillars of life, which sustain well-being and safeguard existence. Ayurveda places particular emphasis on adhering to the principles of Trayastambha, Aahara, Nidra, and Brahmacharya, since these contribute to maintaining a life free from sickness. In the current era of advanced technology, the prevalence of many diseases is increasing among the population due to pollution, excessive job pressure, unhealthy eating habits, and inappropriate lifestyle choices. According to Ayurvedic texts, these three pillars play a crucial role in achieving a long and healthy lifespan. The effective practice of Aahara, Nidra, and Brahmacharya prevents the need for medication. This article provides a concise overview of Ayurveda and the modern understanding of the idea of Trayostambh, as well as its relationship with ailments. According to acharya Charaka, Tridanda (consisting of Satva, Aatma, and Shareera) serves as the primary pillar, whereas according to acharya Sushruta, Tridosha (consisting of Vata, Pitta, and Kapha) serves as the major pillars. These two pillars are further supported by the sub pillars known as Trayopastambha. Therefore, the sub-pillars (Trayopastambha) have been accorded equal significance to the main pillars (Tridanda and Tristoona) and are seen as important elements for maintaining good health. According to Charaka, Tridanda (consisting of Satva, Aatma, and Shareera) serves as the primary pillar, but according to acharya Sushruta, Tridosha (Vata, Pitta, and Kapha) serves as the major pillars. These two pillars are further supported by the sub pillars known as Trayopastambha. Therefore, the sub-pillars (Trayopastambha) have been accorded equal significance to the main pillars (Tridanda and Tristoona) and are seen as one of the essential elements for maintaining good health.

Keywords: Ayurveda, Upsthambas, Ahara, Nidra, Brahmacharya.

INTRODUCTION:

The Trayopastambha consists of Aahara, Nidra, and Brahmacharya. If these regimens are properly maintained through the use of Yukti, they serve as a foundation for sustenance and growth of the body by providing strength and enhancing complexion till the end of one's life, as long as one avoids engaging in any detrimental health practices.¹

त्रयउपस्तम्भाइतिआहार, स्वप्नो, ब्रह्मचर्यमिति;

एभिस्त्रिभिर्युक्तियुक्तैरुपस्तम्भमुपस्तम्भैः शरीरबलवर्णोपचितमनुवर्तते।

यावदायुः संस्कारात्संस्कारमहितमनुपसेवमानस्य य इहैवोपदेक्ष्यते ||ch.su.11/35.

The lifespan of an individual is determined by their Poorvajanma Kruta Phala, which in turn is influenced by the Tridandas of life. Therefore, by fortifying the threefold staff through the three pillars, one can overcome the divine force (resulting from past lives) by the power of the individual. By adopting a healthy diet, getting sufficient sleep, and maintaining a balanced lifestyle, individuals can enhance their physical strength and vitality by strengthening their body's pillars.²

OBJECTIVES:

- 1) To examine the concept of trayopstambha as described in many ancient texts of ayurveda.
- 2) To investigate and establish a relationship between trayopstambha and a state of well-being.

MATERIALS AND METHODS:

The literary sources utilized in this study were obtained from ayurvedic samhitas such as Charaka Samhita, Sushruta Samhita, Kashyapa, Amar kosha, shabdkalpa drum, and others. The study shall be aligned with the relevant modern books, literature, journals, websites, and research papers as required.

DEFINITION:

The term Trayopastambha consists of two constituent terms, namely "Traya" and "Upastamba". Traya refers to a triad consisting of three components, factors, or a combination thereof.³ Upastamba consists of the two constituent terms "Upa" and "Stambha". The prefix "Upa" denotes succession, capability, providing a brief notion, limit, or proximity. The term "Stambha" is derived from the root "Stambha-rodhane," which signifies a sturdy pillar or a resilient entity capable of enduring or exerting force.⁴

CLASSIFICATION:

Ahara (Balanced Diet)-

Consuming a balanced diet in a correct manner promotes optimal bodily development. When interpreted incorrectly, various types of disorders might arise. Nutrition is considered essential for the human body as it provides the essential nutrients necessary for digestion and metabolism.

Acharyas have also emphasized the significance of proper and improper quantities of

substances and their impact on the human body. It is understood that every component of the human body is made up of the five elements known as PanchaMahabhootas, which include the tastes of sweetness (Madhur), sourness (Amla), saltiness (Lavana), pungency (Katu), bitterness (Tikta), and astringency (Kashaya). The six Rasa should be consumed in balanced proportions in the diet as they have a crucial function in both the therapeutic effects on the body and the diagnosis of specific diseases. It plays a significant role in determining the participation of Vata, Pitta, and Kapha in the real cause of a disease. Consuming incompatible food can lead to metabolic issues. Avoiding the concept of Ahara can contribute to the unhealthy progression.

Ayurveda prioritizes the consumption of a well-balanced and nourishing diet for promoting a healthy lifestyle. Viruddha Ahara, also known as unsuitable diet, is a significant issue highlighted in ancient Ayurveda. According to Ayurveda literature, it is often believed to be the cause of numerous systemic disorders. People who consume Viruddha Ahara are susceptible to numerous illnesses. It is crucial to establish the relationship between the mechanism of Viruddha Ahara and its role in causing various metabolic issues. Understanding how specific dietary combinations interact and contribute to the development of diseases is crucial.⁵

Nidra (Sleep)-

An individual dedicates around one-third of their lifespan to sleeping. Currently, our mindset and cognitive processes are undergoing a process of restoration and reconstruction. Nidra is regarded as a highly advantageous component. Quality sleep serves as a revitalizer for both the mind and body. Sleep is a crucial element in maintaining a healthy lifestyle. The term "Nidra" refers to the physiological state of rest in the human body, encompassing the mind and motor functions. When the mind, together with the Atma (soul) and body, becomes fatigued from a day's worth of activities, the karmaindriyas (sense organs) detach themselves from their respective objects, causing the person to go asleep.⁶

Sleep is a vital occurrence that routinely happens in our lives as a natural physiological process to give rest and rejuvenation to the body, mind, and senses, which become fatigued and depleted due to the process of deterioration. Consequently, sound Sleep is crucial for the optimal operation of all the physiological systems in our body.⁷

Types of Nidra-⁸

- Vyadhyanuvartini Nidra
- Tamobhava Nidra
- shramasambhava Nidra
- Agantuki Nidra
- ShleshmasamudbhavaNidra
- ManashariraNidra

- Ratri svabhavaprabhava Nidra

As per the Sushruta Samhita, adequate quantity and quality of sleep, known as Nidra, can provide pleasure, nourishment and development, strength and immunity, potency and sexual vigor, knowledge and intellect, and a good lifespan. It enhances the feeling of wellness by rejuvenating the body and mind, while also reinstating the innate balance among various bodily tissues.⁹ Insufficient or excessive Nidra, which refers to both the quality and quantity of sleep, can have detrimental consequences on the body. Engaging in such behavior will lead to Dukha (sorrow), Karshyam (wasting away or extreme thinness), Abalam (weakening of physical strength and immunity), Kleebataa (inability to reproduce and infertility), Agnaanam (lack of knowledge and foolishness), and ultimately, death.¹⁰

Bramhacharya (Abstaince or Regulated Sex)-¹¹

It refers to the ability to restrain one's senses in order to achieve contentment, and is seen as the method to acquiring everlasting wisdom. Excessive control of the sensory faculties without proper regulation may lead to mental disorders, making Brahmacharya detrimental.¹²

Brahmacharya does not always require complete abstinence from sexual intercourse. Engaging in sexual intercourse during rutukala while adhering to all the prescribed rules is also considered as Brahmacharya. Brahmacharya is said to be the path pursued to get moksha. One way to achieve this is by monitoring the actions of Karmendriya, such as Upasta, and ensuring they are in line with our goals. Brahmacharya is the practice that contributes to the preservation of one's lifespan..¹³

Classification:

The broad classification of Brahmacharya includes two types:

- Vaivahika Brahmacharya
- Naishtika Brahmacharya.
- Astanga Brahmacharya

By practicing Brahmacharya, one can attain longevity, radiance, strength, vitality, wisdom, intellect, great fame, virtue, and the ability to attract loved ones.¹⁴

DISCUSSION:

- Stambha is a term used to describe the pieces that provide strong support and stability to hold something in place. The reference to the Stambha is not explicitly included in our traditional writings. Through a comprehensive analysis of the Dhatvartha of Stambha, I will now elucidate its meaning in the following manner:
- Charaka defines Tridanda as a tripartite structure consisting of three wooden logs or a pillar that functions as a support or base, symbolizing Satva (thought), Atma (soul), and Sharira (body).
- Tristoona, as defined by Sushruta, represents the three fundamental elements of Vata, Pitta, and

Kapha, which contribute to the body's stability and structure.

- According to the Charaka Samhita, the body is mostly supported by the activities performed in the previous life, which determine the current longevity of the individual. Based on this, we can deduce that Tridanda (Shareera, Satva, and Aatma) are the fundamental components that have a vital impact on the formation and maintenance of life. Charaka has categorized the Tridanda as Tristambhas, which are internal constituents that have a role in sustaining one's overall existence. The Tristambhas are upheld by Trayopastambha.
- Sushruta states that the functioning, preservation, and breakdown of the body are contingent upon the Tridosha. Consequently, he perceives Tridosha as the epitome or representation of the three fundamental principles of life.

CONCLUSION:

Trayopastambhas (Aahara, Nidra, and Brahmacharya) are clearly the essential pillars or external forces that support existence. Each Upastambha is intricately linked to the fundamental aspects of existence known as Stambhas, which sustain and shape the entirety of life. If one Upastambha is not properly maintained, it will adversely affect the Stambha that it supports, resulting in an imbalance in the entire existence. Therefore, Upastambhas serve as the means by which we maintain the predetermined existence set by the Stambhas. By adopting a healthy diet, getting sufficient sleep, and maintaining a balanced lifestyle, individuals can enhance their Purusha Bala. This can be achieved by strengthening the Stambhas (Tridandas and Tridoshas). Consequently, one's overall well-being is safeguarded and the risk of developing various diseases is reduced. Additionally, these practices can aid in the management of existing health conditions.

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