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 distressed 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 spondylitis, 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., Madaga, 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 supresses 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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eitology 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., “Swasthasya swasthya samrakshanam Athurasya vikaraprasamanam” which can be fulfil 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 prakriti, found in different desha in different kala prepared with different Karan with different Sanyog have different impact on every individual “(Shastri Padmabhusan, 2013). Acharya’s has also mentioned Dwadas 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 disturbs the prakriti 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 in 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 one should sleep during day time in advised in all seasons to those who are singing, study, alcoholic drinks, sexual acts, carrying heavy weight, long distance walk.
- In 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 ratrijagan 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.
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- 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, Brahmacarya 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-semenal 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 Brahmacarya 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 person.
- 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 Brahmacarya increases medha, smriti, aarogya, sharirik pushti, indriya bal, yash, sharirik evum mansik bal.
- Following the rules of Brahmacarya 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 Brahmacarya 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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