

## ROLE OF TRAYOPASTAMBHA IN MENTAL HEALTH

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## ABSTRACT

The combination of body, sense, mind, and soul results in the existence of a living being. The distinct nature of *Manas* (psyche) and *Sharira* (body), as well as their mutual independence, have been adequately acknowledged by *Ayurveda*. According to *Ayurveda*, health includes mental wellness as an essential component; even the W.H.O. reformed their definition of health by introducing it as a critical aspect. According to *Ayurveda*, *Aahar* (diet), *Nidra* (sleep), and *Brahmacharya* (celibacy) are *Trayopastambha* of life which maintain the *Swasthya* (health) and *Ayu*. In the present era, due to busy lifestyle schedule, unhealthy lifestyle, and more urbanization, there has been radical variation concerning *Aahara*, *Nidra*, and *Brahmacharya*, not only affecting our physical health but also causing many psychological disorders.

**Key words:** *Trayopastambha* (*Aahar*, *Nidra*, *Brahmacharya*), Mental health, Physical health

## INTRODUCTION

*Ayurveda* is the science of life that deals with every aspect of life. *Vata*, *Pita*, and *Kapha* are described as *Tristhuna*.<sup>[1]</sup> *Ahar*, *Nidra*, and *Brahmacharya* are described as *Trayopastambha*. Balance between these three is necessary for physical as well as mental health. A person is deemed healthy and continues to

be blissful if all of his "*Doshas*" are in harmony, his metabolism is balanced, his tissue and eliminations are normal and his mind, soul and senses are focused.<sup>[2]</sup> The mix of these *Doshas* and the three *Gunas* inherited at birth indicates an individual's *Prakriti* the dynamic equilibrium of the ingredients listed

above results in healthy mental health. The famous Ayurvedic Acharya Charaka quotes 'Vishado Roga Vardhananam Agrya'<sup>[3]</sup>: in his opinion, Vishada is the primary cause of the disease's deterioration. In now days mental health is a new burning issues in society. Old people, adults, even children and adolescents all are facing some kind mental health issues. Pre-Pandemic, in 2019, an estimated 970 million people in the world were living with a mental disorder, 82% of whom were in LMIC; s. Around 8% of the world's young children (aged 5-9 years) and 14% of the world's adolescents (aged 10-19 years) live with a mental disorder.<sup>[4]</sup>

### Importance of diet

"Aahara Shudho Sattvashudhi, Sattvashudhi Dhruvo Smriti." According to Ayurvedic Samhitas, the food we eat influences our bodily and mental wellness<sup>[5]</sup>. Sattvik Rajsik and Tamsik are the three groups that make up Ahara. Fruits, green leafy vegetables, and whole grains are examples of Satvik foods. Tamsik food comprises stale food, and Rajsik food includes spicy food and booze. "Sarvada Sarvabhawanam Samanyam Vridhi Karanam"<sup>[6]</sup> Satvik ahara increases satvik guna in the body, whereas Rajsik and Tamsik diets promote rajas and tamas guna in the body. Because the ancient Acharya understood the significance of food, they regarded it as Prana and the types Ahara Vidhi Vishesaayatan, Ahara Parinamakar Bhaava, and Virudha aahara. In Ayurvedic texts, the relation between Aahara and mental disease is well described as Virudh Dusta Bhojnani (incompatible and polluted food) is the Hetu of Unmada. Ahita Ashuchi Bhojanani (unwholesome and unclean food) is Nidan of Apasmara. Malina Ahara Shiasy (habitually eating unhealthy food) leads to Atatvaabhinivesham, Mada, Murcha and Sanyasa. In the same way, there is an association between Shad-rasa and mental health. Madhur Rasa is described as Shadaindriya Prasadana (nourishes five senses and mind), Amla Rasa Manobodhyati Indriyani Dridna Karoti<sup>[7]</sup>

### Importance of sleep

Nidra is considered the second Upastambha. Acharya Charak says that Nidra is Dehastithikarini,

which means just like food, sleep is a factor responsible for the existence of the living body. Bala, Varna, and Upchaya are achieved due to proper sleep. 'NINDRAM TU VAISHNAVI PAPANMUPADISHNTI'<sup>[8]</sup> indicates that Nidra provides nutrition to maintain good health like lord Vishnu, who nourishes and sustains this world. When the mind and soul get exhausted, and sense organs also become inactive, the person sleeps. Nidra is Kapha and Tama Guna Pradhan. Acharya Charak described seven types of sleep as Tamobhava (caused by Tama Guna), Shaleshmsamudbhava (caused by vitiated Kapha), Maan-Sharirshramsambhava (caused by mental exertion), Aagantuki (indicative of bad prognosis), Vyadhyanuvaritani (cause by other diseases), Ratrisvabhavaprabhaava. It is called Bhootdhatri because it occurs in healthy people and different types of Nidra in diseased persons. Sleep plays a vital role in physical as well as mental health. Our happiness, proper nourishment, strength, knowledge and life depend on adequate sleep. Nidra is considered as Adharaniya Vega (non-suppressible urges); suppression and overdoing of sleep lead to many hazards to the body and mind. Health consequences that occur due to this are Jrumba (yawning), Angamarda (body ache), Tandra (lethargies), Shirogaurabha (heaviness of head), Akshigaurabha (heaviness of eyes).<sup>[9]</sup>

### Importance of Brahmacharya

Brahmacharya means Achara or conduct that leads to the realisation of Brahman or oneself. It means the control of semen, the study of the Vedas and contemplation on God. It is described as the Trayoupastambha of life. BRAHMCHARYAPRITISTHAYAM VIRYALABHA.<sup>[10]</sup> According to Acharya Vatsayan, Kama is the enjoyment of appropriate objects by the five senses of hearing, feeling, seeing, tasting, and smelling, assisted by the mind and the soul. Brahmacharya is purity in thought, word and deed. It includes the control not only of the sex or reproductive Indriya but also of all other Indriyas in thought, word and deed. Acharya Yagyavalkya described eight types of Menthun smarana (memorising of female by male or vice versa), Kirtan (talking about qualities), Keli (to indulge in play), Prekshana (to look un joyously),

*Guhyabhasana* (talking in lonely place), *Sankalpa* (to prepare for coitus), *Adhyavasaya* (to attempt or effort), *Kriya* (coitus or sexual intercourse) and to control these has been described as *Brahmacharya*. Among all *Sapta Dhatus*, *Shukra* is considered as *Sara* of all *Dhatus*. Vitiating of *Shukra Dhatu* (*Vridhi* and *Kshaya*) leads to infertility and many other psychological disorders.

#### AIMS AND OBJECTIVES

1. To know about *Aahar*, *Nidra*, and *Brahmacharya*.
2. To understand the role of *Trayopastambha* in mental health.

#### MATERIAL AND METHOD

Materials used for the article are various *Samhitas* and literatures of *Ayurveda*. After a detailed literature review, its extract is being presented here.

#### DISCUSSION

The three regimens, *Ahara*, *Nidra*, and *Brahmacharya*, are the essential parts of daily routine life that have been discussed and emphasised by *Acharyas* for human health (physical and mental health). The imbalance between any of these factors leads to the deterioration of both physical and psychological health. Among these, *Ahara* comes first, as *Acharya Charaka* states, "*Deho hi aharasambhava*". In the present era, the food habits of society are changing dramatically because of urbanisation and the easy availability of market food (junk and fast food). Most market foods contain additives and are produced with incompatible combinations of food items, i.e., *Viruddha ahara*, which causes various health problems. The flavour-enhancing agent MSG (monosodium glutamate) added across multiple food items causes mental health issues, i.e., anxiety, depression, migraine, schizophrenia, stress, and moodiness. The habit of eating market food is also progressively rising; thus, we are regularly exposed to these ailments. Instead of packed food, we should consume fruits, green veggies, and homemade stuff for better health. The physiological state of rest for the body, mind, perceptions, and motor organs is *Nidra*. Body tissues and *Doshas* remain balanced and sustain physical and

mental health from adequate sleep. Electronics require charging to work correctly, so sleep may recharge or reset the brain to maximize performance. The circadian cycle is our body's internal biological clock responsible for the twenty-four-hour sleep-wake-up cycle. According to this biological clock of the body, sleep during the night is more beneficial. The time and duration of sleep is also an essential factor, *Acharya Charaka* states this in "*Astonindaniya adhaya*" that if sleep is consumed at the right time, it provides the body with happiness and longevity<sup>[11]</sup>. In today's fast and worldly life, people chase money and success and have no time for their health. Late-night parties, study and duties, more screen time, increased alcohol consumption and dissolving boundaries between work and private life are a few factors contributing to problems with sleep quantity and quality. Late-night people develop symptoms like fatigue, disorientation, lack of concentration and interest, and mindlessness. According to *Ayurveda*, we should be active during the daytime and get proper sleep at night to relax our body and mind. This can be achieved by following *Dincharya* and *Ratricharya*. *Brahmacharya* refers to the disciplined practice of sexual acts as indicated in science rather than the strict prohibition of sexual activity (*Maithuna Karma*). *Manu Samriti* described *Brahmacharya* as a 25-year-long *Ashram Vyavastha*. During this time, the pupil is away from home with his *guru*, gaining practical and spiritual knowledge. Advancements in technology have made our lives easy, but at the same time, they are a constant source of distraction. The internet makes explicit videos easily accessible all over the web. These videos have a worse impact on the psychology of viewers. Sex is the most potent desire in human life. Sex drive or lust is a deeply ingrained impulse in men. The only pleasure of the senses is a sex life without marriage. Excess sexual desire affects the mind, body, mental power, senses, and the entire body. Excessive sex indulgence affects a person's physical health, such as STDs and mental health (psychosexual disorders). Sexual activity can be physically and emotionally taxing, and by abstaining from it or engaging in it in

moderation, an individual can conserve energy and devote it to other activities. This enhanced energy and vitality can benefit both physical health and mental clarity. If a person can regulate his sense organs and wishes to become a *Brahmachari*, the *Shukra Dhatu* flows upward to the heart and is stored as *Oja Shakti*. Constancy sharpens and clears the intellect, memory, willpower, and understanding power <sup>[12]</sup>. Maintaining *Shukra Dhatu* leads to a rise in *Oja Shakti* and immunity power. If one's immunity improves, seasonal disorders and other infectious diseases do not hurt the body, and one can preserve physical health. Follow the middle path (mediation) in all conduct, that is, do not have an attachment to anyone <sup>[13]</sup>.

## CONCLUSION

*Ahar*, *Nidra* and *Brahmacharya* are like our daily routine. If we eat a suitable diet and get an adequate amount of sleep, these make us stress-free. The type of food which we eat directly affects our mental status. Consuming fatty, excessive sugar and salty diet leads to obesity, which is one of the main causes of stress in the younger generation. Proper sleep energizes our body and enhances our thought processes, concentration and decision-making power. Following the *Brahmacharya*, one's mind becomes clean and clear. A pure mentality minimizes the occurrence of sexual harassment and rape in society. A pure mind also helps to prevent skewed thinking, which leads to a healthy society. Positive energy is essential to develop a flourishing nation, and ultimately, positive energy comes from practicing *Brahmacharya*.

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