

Role of Trayopastambha in Manasika Swasthya

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Abstract

Mental health enables a person to cope with life's stresses, realize personal potential, work productivity, and contribute meaningfully to society. This paper highlights the importance of preventive approaches in maintaining mental health. Ayurveda describes ahara, nidra and brahmacharya as the Trayopastambha – the three pillars of life responsible for maintaining Swasthya. these pillars play a crucial role in the prevention of mental disorders. The concept that “purity of mind arises from purity of food” underscores the significances of Ahara in mental well-being. Dietary practices guided by Dinacharya, Rtucharya and Sadvritta support mental stability and clarity. Nidra is another vital element for both physical and mental health. In present scenario, sleep disorders are increasingly prevalent. Ayurveda recognises sleep as an Adharaneeya vega and provides detailed guidelines through Dinacharya and Sadvritta which promote mental relaxation. Brahmacharya contributes significantly to mental health by promoting discipline and balance. It is achieved through Sharirika Shuddhi and manasika Shuddhi thereby supporting psychological stability and emotional well-being. Thus adherence to the principles of Trayopastambha along with Dinacharya, Rtucharya and Sadvritta plays a vital role in the prevention of mental illness and the attainment of positive mental health. The WHO emphasizes mental health as an integral component of overall well-being.

Keywords: *Trayopastambha; Mental health; Brahmacharya; Dinacharya; Ritucharya; Sadvritta*

1. Introduction

According to WHO, Health is defined as ‘State of complete physical, mental and social wellbeing and not merely the absence of disease/infirmity’. Ayurveda is an ancient life science in which health is defined Swasthya(health) as not only equilibrium in tridosha, agni, saptadhatu and mala but also pleasant state of Atma (soul), indriya (sensory and motor organs) and Manas¹. Mental health was largely focused in Ayurveda since ancient days.

Ahar, Nidra, and Brahmacharya are described as Trayopastambha² and they play an important role in maintaining this equilibrium. These pillars not only support physical health, but they also promote mental stability and avoid psychological problems. Balance between these three is necessary for physical as well as mental health. Day by day, the burden of mental disorders is increasing globally, affecting individuals' quality of life. This is because these mental issues are mostly not recognized in the early stages, which is why they become more complex to treat. So, no health without mental health was started by WHO for early recognition and prevention of mental disorders. The role of preventive medicine, nutrition, diet, and lifestyle management is essential here. The primary purpose of Ayurveda is “Swasthasya swastya rakshanam³” to keep the health of a healthy individual. For that, in Ayurveda trayopastambha is explained in detail.

2. **Objectives:** To better understand the effects of Ahara, Nidra, and Brahmacharya on mental health.

3. **Material and Method :** Materials used for the article are various ancient Samhitas and literatures of Ayurveda along relevant websites, journals. After a detailed literature review, its extract is being presented here

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4. Importance of Ahara

Life of living being is depend on ahara. It upholds strength, nourishment, complexion, voice, intellect, satisfaction and overall well-being. all human pursuits worldly duties, Vedic rituals and even the path to liberation are ultimately dependent upon proper nourishment. Thus Ahara is fundamental support for physical health, mental capability, righteous actions and spiritual progress⁴. Acharya Kashyapa mentions good health depend on food. Purity of the mind depend upon the purity of food⁵.

Acharyas describes the significance of food, they regarded it as Prana and the types Ahara Vidhi Vishesaayatana, Ahara Parinamakara Bhaava, and Virudha aahara. Ayurveda classical texts mentioned unwholesome diet is the cause of both Sharirika(physical) and Manasika(mental) vyadhis. Manasika vyadhi and their Aharaja nidana (dietary cause) are shown below in table.

Manasika vyadhi and their Aharaja nidana (dietary cause)

Manasika vyadhi	Aharaja Nidana (dietary cause)
Unmadam ⁶ (insanity)	Viruddha, Dushta Bhojanaani (taking incompatible and polluted food)
Apasmaram ⁷ (epilepsy)	Ahita-ashuchi Bhojanani (unwholesome and unclean food intake)
Atatvabhinivesham ⁸ (psychic perversion)	Malina Ahara Shilasya (habitual intake of unwholesome food)
Shokaja Atisaara ⁹ (diarrhoea due to grief)	Alpashanasya (consuming less amount of food)
Dvistartha Samyoga chardi ¹⁰ (vomiting caused by the contact with the unwanted objects)	Dvishta pratipa ashuchi puti amedhya bibhatsagandha Ashana (smelling, eating and seeing disposable, antagonistic, unclean, putrid, unholy and gruesome ingredients and objects)

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 Drida Karoti, atisevana of lavana cause murcha, atisevana of Katu. Tikta causes Murcha, bhrama¹¹.

5. Importance of Nidra

Nidra is a natural physiological process essential for providing rest to the Sharira, Manas, and Indriyas. Nidra occurs when the Mana and Indriyas become exhausted and detach from their respective Vishaya (objects). This leads to the inactivation of both the sensory (Gyanendriyas) and motor organs (Karmendriyas), causing the individual to enter a state of sleep¹².

Merits and demerits of sleep¹³

Benefits of sleep when properly done	Demerits of sleep when improperly done
Sukha Pushti Vrashata Jnana Jeevana	Dukkha Karshya Abala Klibata Marana

Nidra is considered as Adharaniya Vega (non-suppressible urges)¹⁴. Suppression of nidra can lead to various physical and mental disorders such as Jrumba (yawning), Angamarda (body ache), Tandra (lethargies), Shirogaurava (heaviness of head), Akshigaurava (heaviness of eyes)¹⁵. Inadequate/wrong time(Akala) and excessive sleep are linked to adverse health outcomes, as sleep deprivation contributes to a wide range of serious physical and psychological problems. Sleeping at appropriate time supports happiness, nourishes the body and contributes a long life¹⁶.

6. Importance Of Brahmacharya

According to Chakrapani, Brahmacharya is “इन्द्रियसंयमसौमनस्यप्रभृतयो ब्रह्मज्ञानानुगुणा गृह्यन्ते”

The regulated control over the senses(indriya) and mental calmness and cheerfulness and other disciplines that are conducive to the attain the brahma jnana is Brahmacharya¹⁷.

According to Dalhana, Brahmacharya is “ब्रह्मचर्यं समस्तेन्द्रियसंयमः” Regulated activity of the Indriyas is Brahmacharya¹⁸. Brahmacharya as the complete abstinence from sexual indulgence through mind, speech and action under all circumstances¹⁹. By following Brahmacharya :

- A healthy life is attained²⁰.
- Longevity, lustre, strength, virility, wisdom, understanding, renounce, virtue and godly realization²¹.

Brahmacharya plays a crucial role in protecting physical, mental and social well-being. When practised appropriately, it contributes to preservation of Ayu and enhances the efficacy of Rasayana therapies, and helps in attaining the ultimate goals of life by strengthening the other two pillars, Ahara and Nidra. Brahmacharya serves as a vital supporting pillar, promotes the proper functioning of the mind(Mana) and helps mitigate the influence of factors that precipitate mental disorders. Its role extends beyond psychological health, influencing several aspects of overall well-being.

7. 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. 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 in compatible combinations of food items, i.e., Viruddha ahara, which causes various health problem. 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

8. Conclusion

Modern lifestyles, stress, inconsistent sleep, and poor food habits have all contributed to an increase in the prevalence of mental diseases. Ahara, Nidra and Brahmacharya as essential components of daily lining and form the foundation for physical, mental and social well-being. A balanced and wholesome diet along with adequate sleep helps reduce stress, improves cognitive functions and maintains overall health. Observance of Brahmacharya promotes mental purity, clarity of thought and emotional stability, which in turn supports ethical behaviour and harmonious society. By fostering positive energy at the individual level, these three pillars collectively contribute to the development of a healthy community and progressive nation.

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