



## DINCHHARYA (DIET) & TRI- UPSTAMBHA (LIFE-STYLE REGIME) FOR LONGEVITY -A CONCEPTUAL STUDY

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### ABSTRACT

Ayurveda is a science of life and longevity, in this science various samhitas texts are defined. They explain various rules for life and longevity like *Dincharya*, *Ritucharya Sadvrita* and other procedure for regulation of body and mind physiology. Ayurveda basically based on *Tri Stambha (vata, pitta, kapha)* and *Tri Upstambha (aahar, nidra, brahmcharya)*. For regulation of *Tri-Stambha* we have need of proper diet and life style regime i.e. *Tri-Upstambha* in our day to day practice. If we use proper *Aahara* (Balanced Diet), regular sleep at time and follow the *Brahcharya* then we live long life and if we manage them improperly then it may shorten our life. In present era, due to the hectic and stressful life with day and night shift we cannot manage all of three and due to this various life style disorders are on peak in today's era. This study define the beneficial effect of *Tri-Ustambha* on our health and also disease progression due to imbalance in these *Upstambha*.

**KEYWORDS:** *Tri Upstambha, Aahara, Nidra, Brahmcharya.*

### 1. INTRODUCTION

*Ayurveda* is ancient science of life in which diet and life style regimen are define in a broader range in different heading like *Dincharya*, *Ritucharya*, *Sadvrit* etc all these regimen is need for the balances of three pillars of life (*Vata, Pitta, Kapha*) In *Ayurveda Dincharya* is a day to day routine which maintain our healthy life style and responsible for longevity of life. There are various rules in *Dincharya* from morning to night like *Dhatdhavana, Nasya, Gandusa* etc when followed in routine, they maintain the health and also resist the various kinds of disease. Along with all these procedure we have to practices of *Aahara, Nidra and Brahmcharya* i.e. *Tri-uptstambha* (Triad of life). Both *Tri-stambha* and *Tri-upstambha* are the basic element of life for growth, development and various other process of body, if these are followed in routine then they maintained the health. In present era due to busy and stressful life style we unable to maintain the daily routine of *Aahar, Nidra and Bramcharya* so we are live with various lifestyle disorders. In this study we define the health bnefits of *Aahara, Nidar and Bramcharya* according to *Ayurveda* and modern perspectives when follows in routine they responsible for longevity.

### 2. Conceptual Study

• **Tri Upstambha of life** –*Aahra, Nidara and Brahmacharya* are the three sub pillar of life. In

ayurveda very frankly give potential stress on these three to be use in a planned manner. This facilitates a person with benefits of life endowed with strength, complexion, full life span.

#### • History

**Vedic era** – in *Taittireeya Upanishad* food is known is Brahma as it's the supreme, all the living beings originates from food. Its present in form of food sheath in all living being

**Samhita era** – Acharya Kashyapa in Kashyapa samhita called the food as Maha-Bhaishjya. There is no medicine equivalent to food .it is possible to make a person disease free with proper diet

In Bhagvata Gita it is said that Satvika aahara makes the mind clear and when mind is devoid of blemishes memory and power enhance.<sup>[1]</sup>

#### • Aahara (Balanced diet)

*Aahara* is the basic element of life. In *ayurveda, Aahara* has four types i.e. *bhakshya, choshya, leh, peya*, According to *Acharya Charka aahara* should be taken in limits and according to digestive fire and should be digest on time and this *aahara* will maintain our body health. In another explanation he said that, Light food can be taken in more quantity as compression to heavy food because it not harm body as much as heavy food when taken in large quantity because if we take heavy

food in large quantity then it cannot be digested properly and vitiation of dosha will occur that leads to *vyadhi* formation.<sup>[2]</sup> According to *Acharya Charaka* 6 things we have to take in our daily dietary regimen that maintain the health these are *shastik chawal, shaali chawal, mudga, sandva lavan, yava, antriksha jala, ghrita, jangala mansa and madhu*.<sup>[3]</sup> In *Charaka Samhita Vimana sthana*, *Acharya Charaka* define *ashta aahra vidhi vishshayna* (8 factors of pertaining to food intake) *Prakriti* (nature of quality of food), *Karana* (processing of food), *Sanyoga* (combination of substance) *Rashi* (quality of food), *Desha* (food according to native place), *Kala* (time of intake of food), *Upyog samstha* (rules of taking food), *Upyokta* (person who consumes the food) by which food may be taken according to our requirements and also define the nature of food and what have to avoid during the food and their effects.<sup>[4]</sup> *Acharya Charaka* also define that if we eat food in large quantity (*Rashi- which is under the heading of ashta aahar vidhi*) then *aama dosha* will be produced in the body and this is the cause of vitiation of all dosha and further vitiated dosha causes various diseases.<sup>[5]</sup> Along with this 3 things which are used in long terms may harm the body these are Pippali, Kshar and Lavna. These produce various kinds of diseases when used in long term.<sup>[6]</sup> *Vridha aahara* is another concept of *ayurveda* in which those foods whose *virya is virudha* taken in same time (*lavan rasa* with milk, and *chilchima* fish with milk) may lead to death.<sup>[7]</sup> and if a patient eats guru aahar without doing any physical exertion may lead to *santarpan janya vyadhis* (metabolic disorders)<sup>[8]</sup> According to modern era healthy diet is defined as a pattern of food intake that has a beneficial effect on health or at least no harmful effect on health. If a normal person eats less quantity of food or food with less nutrition values then it will cause malnutrition on the other hand if a person eats more quantity of food or food with high carbohydrate and fat may lead to an increase in BMI that leads to obesity and various kinds of metabolic disorders. According to a meta-analysis obese persons have more chance to fall into depression.<sup>[9]</sup>

#### • **Nidra (Sleep)**

According to *Acharya Charaka* when *Manas* with *atma* become inactive and *indriya* unable to do their work then the body becomes in a sleeping condition and when sleep will be in good manner then it is very beneficial for health (*bhudhatri nidra*) and improper sleep may lead to death (*angantuki nidra*). *Acharya Charaka* says that likewise food is essential for the body, proper sleep will also become equally essential.<sup>[10]</sup> According to *Acharya Sushruta*, *Haridya* is placed to *chetna* and when it is covered by *tama guna* a person gets into sleep.<sup>[11]</sup> According to *Acharya Charaka* those who are students, do excessive walking, alcohol consumption, during *panchkarma* procedures, child, older age group, weak person, and a person with *krodha, shoka and bhaya* may sleep during day time, also, in *grishma ritu* a patient can fall asleep in day time and during the other *ritu* if a person falls asleep lead to vitiation of *pitta and kapha dosha*. Obese persons

and persons of *kapha prukruti and kapha rog* if sleep in day leads to various kinds of diseases.<sup>[12]</sup> *Acharya Vagbhata* mentioned that when the cycle of sleep is disturbed i.e. sleeping more in day time or night time or less sleep leads to shorten the life span. Sleep is a natural process of the human body and regular time of sleep is good for health of mind and body. Inaccurate time of sleep or sleep deficiency may lead to cardiovascular problems, metabolic disorders and accidents. If a person sleeps less than 5 hours during the night have 1.5 times more risk of developing obesity, type 2 diabetes and road accidents that ultimately leads to decrease life span, in another study women with longer duration of sleep more than 9 hours have more risk of breast cancer.<sup>[14]</sup> A study reveals that in today's stressful life insomnia is the major cause of mental illness.<sup>[15]</sup> and hypersomnia is related to hypothyroidism,<sup>[16]</sup> depression and other autonomic nervous system diseases. Some other studies suggest the relation between sleep and respiratory disorder.<sup>[17]</sup> and hypertension.

#### • **Bramcharya**

*Brahmacharya* is taken literally from two components: *Brahma*, (shortened from *brahman*), the absolute, eternal, supreme God-head. (As opposed to *Brahm* in the Hindu triad responsible for creation). *charya*, which means "to follow". This is often translated as activity, mode of behavior, a "virtuous" way of life. The word *brahmacharya* indicates a lifestyle adopted to enable one to attain the ultimate reality.<sup>[18]</sup> A person is said to be following the *brhmacharya* when he avoids any sexual contact and is satisfied by his life and work and has sleep on time and also explains that when any one avoids sexual contact then his body and mental power increase, his sense organs become stronger, his memory's power is increased, and also he will live a long and healthy life.<sup>[19]</sup> "*brahmacharya shabden indriya sayamsaumanasya prabhritayo brahmagyananuguda grihyante. (chakrapani tika on ch.su.11/35).*"

This term has been given for control over senses, purity of *manas* and conducts towards goal to *brahma*. It has been advised to be used very tactfully as excess use or even non-use leads to *manokshobha* (psychic disturbances). *Acharya Charaka* has described *brahmacharya* (celibacy) under *trayopstambha* or three supporting pillars of life. Others include *ahara* and *nidra*. These three have to be used tactfully. "*Brahmacharyam ayushyanam*" (*ch.su.25/40*) *ayushya* or promoters to life is dependent on this *brahmacharya*. It has been said that following *brahmacharya* along with other two leads to increment in *bala* (power), *varna* (luster) *vridhhi* (growth). *Brahmacharya* is more seen as preservation of *shukra dhatu* (~semen) as it has been indicated that among all *dhatu shukra* is last formed *dhatu* and its preservation leads to healthy life. *Shukra* has been considered to be the specialized converted product of *ahara* or food. Not following *brahmacharya* leads to excessive loss of *shukra dhatu* leading to various diseases. *Ati maithuna* (excessive coitus) has been contra

indicated by *Acharya sushruta* as it may lead to *shola* (pain), *kasa* (cough), *jwara* (fever), *swasa* (dyspnoea), *karshya* (emaciation), *pandu* (anaemia), *kshaya* (decreased immunity). *Acharya charaka* has indicated that excessive *gramya dharma* (maithuna karma) along with others like *vyayama* (exercise), *hasya* (excessive laughing), *bhashya* (speaking), *prajagarana* (awakened in night) should be avoided. Under the *Acharya rasayana Acharya Charaka* has given “*nivritam madyamaithunat*” i.e one should refrain away from sexual indulgence by any mean to get result like *rasayana*. Under *sadvritta* i.e various conducts followed which leads to *indriyajaya* (conquer over senses) *brahmacharya* has been described along with *gyana, dana, mitrata, daya, harsh, upeksha*. *Patanjali yogasutra* describes these methods opted for *chitta prasadana* (conquer of psyche, intellect, ego) In *grihasthashram* (phase of entry into married life) if one has sexual intercourse with an aim to conceive a child it has been considered as *brahmacharya* as it is done with an aim to conceive and in a regulated way.

“*ayushmanto mandajara bapuvarnabalanvita/ sthiropachitamamsashcha bhavati strishu sayyatah/ (su.ch.24)* “*dharmyam yashasyamayushyam lohadwayarasayanam| anumodamahe brahmacharyamekantanimalam*”

*Dharma* (promoter to righteous conducts), *yash* (pride), *ayushya* (age promoter), two of the *rasayana* and *brahmacharya* has been always been praised. *Acharya charak* has described that *shukra* leaves its place if there is *stripurusha sanyoga* (contact between male and female), *cheshta* (desire for intercourse), *sankalpa* (desire stage of *manas* (for making love), *pidana* (touching of sexual parts together for intercourse). Ages for sexual activity, *Acharya charak* and *vagbhata*: age >16 and 25 and < 80 yrs. Relationship with seasonal variation: *Acharya charak* has advised to avoid sexual contact in *grishma* (summer), *varsha* (rainy), while *Vagbhata* advised once in 15 days in *grishma*. *Hemant and shishir* (winter seasons) – can do *vyavaya* (coitus) as per will. *Vasanta* (spring) – controlled sexual indulgence. (*Charak*), *vasanta* (spring) and *sharada* (autumn) on 3rd day (*Vagbhata*).<sup>[20]</sup>

### 3. DISCUSSION

Ayurveda gives a comprehensive and systematic understanding of how diet affects our physical and mental health. *Aahara* is seen by Ayurveda as a source of flavor, scent, and contentment in addition to food.<sup>[21]</sup> Based on his *dosha prakruti*, Ayurveda always advises the best *Aahara* for each person. A well-balanced consumption of all six rasas is beneficial to one's health. When these six rasas are consumed in unequal amounts, they cause distortion in any of the three doshas, or body humors, resulting in illness. It is more crucial than the medication itself. It's also critical to include all six tastes in your daily diet if you want to be a proud owner of good health. A healthy diet that includes all six rasas is recommended. When these rasas are consumed in an

imbalanced manner, they cause disruption in any of the three doshas or body humors, resulting in the development of numerous ailments.<sup>[22]</sup> The principle of *dincharya* is more applicable in today's times because everyone is in a hurry and living a fast-paced lifestyle. Nobody has time for himself, either. As a result, epidemics owing to communicable and noncommunicable lifestyle illnesses have emerged. The six core groups of risk factors responsible for the majority of adult noncommunicable diseases include lifestyle changes and stress.

### 4. CONCLUSION

All the *triupstambha* are very important for maintaining the health of a person along with its *bala* and *varna* and a great role in longevity of life and in these three *aahra* is the main component of the body without *aahra* it is impossible to live and also if u use in large quantity it will responsible for various disease .On another hand *Nidra* will play major role in relaxing the body and mind and *brahmcharya* have a great role in maintaining the strength of the body all of these are responsible for a good well being and if they are in imbalance condition leads to various lifestyle disorders.

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