



Ayurvedic Triads for Healthier Life- “Ahar, Swapna and Brahmacharya”

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Abstract

In this modern era, we are aware about life style disorders like DM, B.P, Anxiety, Stress etc. All these life disturbing conditions happened due to failure to adopt right kind of daily regimen practices. Many problematic conditions starts with a bad dietetics practices and sleep disorders. In our traditional therapy Ayurveda also explains about the same concept. Three poles are there for balanced healthier life in Ayurveda. **1) Ahara** (Food) **2) Swapna** (Sleep) and **3) Brahmacharya** (*Shukra raksha* and happiness). Every triad has equal importance. If these triads are balanced in nature, then human body starts nourishing otherwise it will fail to grow naturally and get diseased. Each of the pole interact with other pole and produce some unexpected conditions.

Keywords

Triads, Ahara, Swapna, Brahmacharya, Life Style Disorders



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INTRODUCTION

In this fast life, people are more prone to get stress in their busy schedule life. Most of the time it is due to faulty life style practices because of time restrictions. They sometimes skip their lunch, dinner breakfast for work. Sometimes they cannot sleep in time and get enough sleep. All these wrong dietetics and other faulty regimen practices leads harmful effect at physical as well mental level somehow.

For maintaining health people should be aware about right kind of food, how to eat food, what to eat and what not to eat etc. though sleep is a second pole of triads, is also possess much attention because anxiety and stressful life is often correlated with decreased sleep and insomnia. *Brahmacharya* which means *shukra raksha* is also important for internal strength

➤ **As per Classical Ayurvedic reference,**

त्रयउपस्तम्भाइति- आहारः स्वप्नोब्रःमर्चयमिति,

एभिस्त्रिभिर्युक्तियुक्तेरुपस्तब्धमउपस्तंभैः

शरीरंबलवर्णोउपचयोउपचितंअनुवर्ततेयावदायुः

संस्कारात्संस्कारंअहितंअनुपसेवनमानस्य,

यइहैवोपदेक्ष्यते ॥¹

च.सु35/11

As per above shloka reference, Three poles are there for balanced healthier life in Ayurveda. 1) Ahara (Food) 2) Swapna (Sleep) and 3) Brahmacharya (Shukra raksha and happiness).

1) Food (Ahara)

Ahara stands for balanced diet and is the first and foremost pillar of Ayurveda. What does a balanced diet mean? Balanced diet is one which supplies the humans with required amount of carbohydrate, proteins, fats and vitamins. *Ahara* is fundamentally preventive in nature.

Ayurveda commonly is known as "Science of Life" and knowledge of proper diet is integral part of Ayurvedic dietetics. Ayurveda provides the first approach that can be helpful in creation and maintenance of perfect health and to alleviate the symptoms of illness. From treatment point of view, Ayurveda recommends that while diet is not capable of curing all the diseases, but majority of the diseases can be put under control only by doing adjustment in diet and maintain proper eating habits.



➤ **Classification of Ahara**

Charak has classified food particles as per the way of intake.

• **According to the way of intake²**

- 1) Drinkable
- 2) Eatable
- 3) Chewable
- 4) Lehya

• As per Ayurveda there are 8 basic consideration which should be followed during consuming any kind of food,

“प्रकृतिकरणसंयोगरशिशकालोपसंस्थोपयोक्त्र
ष्टमानि ” ||³ च. वि 1/21

- 1) प्रकृति- Nature
- 2) करण- Preparation
- 3) संयोग- Combination
- 4) राशि- Quantity
- 5) देश- Habitat
- 6) काल- Time of eating
- 7) उप्योगसंस्था- Dietary Rules
- 8) उपयोक्ता- Condition of the person

eating food.

2) **Sleep (Swapna- Nidra)**

Sleeping for long times or sleeping late in morning imbalances the daily routine and

has a bad impact on health. Insomnia (lack of proper sleep) induces lethargy, burning sensation in eyes, headache, and body ache. Poor sleep affects the routine in bad manner, as it has impact timely on regular bowel movements. As per Ayurveda, it is clearly stated that how and when a person should go for sleep??

So the

➤ **Physiology of sleep**

यदातुमनसिक्लान्ते, कर्मात्मानः क्लमान्वितः |
विषयेभ्योनिर्वतन्ते, तदास्वपितिमानवः ||⁴

च.सु 21/35

Means when mind and sense organs get exhausted, then sense organs cannot conjugate with their objects and this fatigue of mind and sense organs induces sleep (निद्रा).

हृदयंचेतनास्थानमुक्तंसुश्रुतदेहिनाम् |

तमोभिभूतेतस्मिस्तुनिद्राविशतिदेहिनाम् ||

निद्राहेतुस्तमःसत्त्वबंधनेहेतुरुच्यते ||⁵

सु. शा 4/35

Elevation of Tamas quality and fatigue induced sleep. Heart and brain is the seat of mind. Satva, Rajas and Tamas are the qualities of mind. Tamas quality induces



sleep while satva guna is responsible for awakening stage.

➤ Types of sleep

तमोभवाश्लेष्मसमुदभवाचमनःशरिरश्रमसम्भवा
च।

आगन्तुकीव्याध्यनुवर्तिनीचरत्रिस्वभावप्रभवाच
निद्रा॥⁶ च.सु21/58

As per above quotation there are 6 types of sleep, which are 1) due to excess of tamas quality 2) due to excess of kapha dosha 3) due to mental and physical fatigue 4) occurring due to other reasons like sedatives consumptions, alcohol etc. 5) due to the diseases like hypothyroidism, anaemia etc. 6) occurring at night due to excess of tamoguna.

➤ Physiological effect of sleep occurring in night.

रात्रिस्वभावप्रभवामतायातांभूतधात्रीप्रवदन्तित
ज्जाः।⁷ च.सु21/59

The normally occurring sleep at night is nourishing and refreshing and hence it is called as *bhutadhatri*

➤ Benefits of Sleep

निद्रयतंसुखंदुखंपुष्टिकाशर्यबलाबलम्।

वृषताकलीबताज्ञानमज्ञानंजीवितंनच॥⁸

च.सु21/36

Means happiness or misery, nourishment or malnourishment, strength or weakness, potency or impotency and sexual urge, life or death, orientation of surroundings, activeness of brain or disorientation and sluggish senses depend on sleep.

3) **Brahmacharya (Abstinence)**

Here the word *brahmcharya* stands for *shukra raksha*. Excellent quality of last digestive product of food is called *shukra*. Acharya Sushrut quoted,

अतिस्त्रिसंप्रयोगस्चरक्षेदात्मान्मात्म्वान।

शूलकास्ज्वरस्वासकार्श्यपाण्डवमयक्षयाः ॥

अतिव्यवायाजायन्तेरोगाश्चाक्षेपकाद्यः ॥⁹

सु.चि.24

There for sushrut clearly mentioned that one should aware about *shukra raksha* concept otherwise he would get diseased stated above.

➤ Benefit of *Brahmacharyapalan*

आयुष्मन्तोमन्दजरावपुर्वर्णबलान्विताः ।

स्थिरोपचित्मान्सास्चभवन्तिस्त्रीषुसंयताः ॥¹⁰

सु.चि.24



Sushrut said that one who follows brahmacharya concept wisely live long life, never gets old fast, will be physically and mentally stronger.

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 Brahmacharyashram – ‘*Brahmacharya*’ means dedication towards acquiring knowledge. This education or knowledge that is required to attain future means, as there is: a job, business, trade etc., needs to be pursued during this period, therefore here abstinence from any other distractions is defined as *Brahmacharya*. During *Brahmacharyashram*, a student life, one has to totally abstain from all temptations.¹¹

CONCLUSION

Ahara, *Nidra* and *Brahmacharya* affect physical, mental, ethical, social and spiritual well-being. It is well known that. Ayurveda believes in the principle of "*Ati Sarvatra Varjayet*" where *Ati* means excess in any thing in life whether it is food, sleep or sex. All of this emphasizes on the regulated functioning of the three triads. By the practice of these three sub pillars, longevity,

glory, strength, vigour, knowledge, wealth, undying fame, virtues and devotion to the truth, spirituality increase.

Ayurveda provides a complete and systemic understanding about the effect of food on our physical and mental functioning. This unit would help you to learn the basics of Ayurvedic dietetics including selection of food according to the constitution (*Prakriti*). Sleep is a natural function of the body. Ayurveda tells that a comfortable sleep provides a healthy body, strength, virility, sharpened senses and long life.

Inadequate sleep causes various problems like fatigue, weakness, numbed sense and even sterility and many more illnesses. Sex plays very crucial role in our lives. It is as important as food. It fulfils our life with sense of completeness, by achieving progeny and adding the moments full of excitement and pleasure. There balanced is the key to happy and healthy life.



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