



ISSN 2456-3110

Vol 8 · Issue 3

March 2023

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

**JAIMS**

An International Journal for Researches in Ayurveda and Allied Sciences



**Maharshi Charaka**  
Ayurveda

Indexed

# Role of *Trividh Rogayatana* in the manifestation of Life Style Disorders with special reference to Charak Samhita - A Review

Swati Vyas

Assistant Professor, Dept. of Samhita Sidhhanta, Faculty of Ayurveda, Mansarovar Global University, Sehore, Madhya Pradesh, India.

## ABSTRACT

Ayurveda is the ancient medical science of the world. It first focuses on maintain health of human beings. Maintaining of health by proper using of *Ahara* (diet), *Vihara* (daily routine). *Ahara* or *Anna* maintain health by proper metabolism. Ayurveda also has classified the causes of disease into three main categories- 1. *Asatmendriyartha Samyoga* 2. *Pragyaparada* and 3. *Parinama (Kaala)*, these three main causes of disease enable different kinds of diseases to manifest. Firstly, they lead to the imbalance of body / or mind by vitiation the *Tridosha*. The consequence of the imbalance is a disturbance of the basic biological principles. In Ayurveda causes of life style disorders are mainly *Pragyaparada*. *Pragyaparadha* are main causes of all noncommunicable diseases (NCDs) such as diabetes, cancer, hypertension etc.

**Key words:** *Asatmendriyartha, Pragyaparada, Parinama, Trividha Rogayatanas, Ayurveda.*

## INTRODUCTION

The causes of diseases relating to both mind and body are three-fold wrong utilization, non-utilization and excessive utilization of *Kala* (time), *Budhi* (mental faculties) and objects of sense organs<sup>[1]</sup> or in another way *Asatmyendriyartha Sannikarsha, Pragyaparada* and *Parinaama*. These three causes enable different kinds of diseases to manifest, these are together named as *Trividha Rogayatanas*. Among these *Pragyaparada* stands for knowingly doing wrong things (in general) is the root cause for all miseries. The

*Pragya* in its normal state helps to acquire the proper knowledge there by leading to normal action and finally to *Swasthya Avastha*. One with good knowledge and *Pragya* will do proper understanding of *Hita* and *Ahita* will act accordingly i.e., They will differentiate what is good for their body and mind what is not good for them.<sup>[2]</sup>

*Charak* in *Sharir Sthana* opines that the impairment of intellect, patience and memory advent of the maturity of time and action and unwholesome contact with sensory organs are considered to be the causative factor for miseries.<sup>[3]</sup> In modern era a person whose intellect, patience, and memory are impaired, subjects himself to intellectual blasphemy by virtue of his bad actions.<sup>[4]</sup> *Pragyaparada* (intellectual blasphemy) leads to vitiation of *Tri Doshas* and it has major role in disease manifestation.<sup>[5]</sup>

### Address for correspondence:

Dr. Swati Vyas

Assistant Professor, Dept. of Samhita Sidhhanta, Faculty of Ayurveda, Mansarovar Global University, Sehore, Madhya Pradesh, India.

E-mail: swatiomvyas@gmail.com

Submission Date: 14/01/2022 Accepted Date: 23/02/2023

### Access this article online

#### Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

DOI: [10.21760/jaims.8.3.16](https://doi.org/10.21760/jaims.8.3.16)

## TRIVIDHA ROGAYATANA

Ayurveda is an ancient science. There are many *Siddhanta* described in *Ayurveda*. Now a day's many studies are conducting on these *Siddhanta*. The main aim of *Ayurveda* is to maintain the healthy state of individual and to treat the disease. In *Charak Samhita*,

Acharya Charak mentioned a wise person should be vigilant about his duties towards his on body like an officer-in-charge of a city and a charioteer towards the city and the chariot respectively.<sup>[6]</sup> According to Acharya Charak there are three primary causes of manifestation of diseases i.e., *Asatmyendriyartha Sanyoga*, *Pragyaparadha* and *Parinama*. In these *Pragyaparadha* is the main reason of disease.<sup>[7]</sup>

#### **Asatma Indriyartha Samyog**

*Asatmaya* means "improper," *Indriya* means "sense organs," *Artha* is "the objects of the senses" and *Samyoga* means "to combine" or "to link." *Asatmendriyartha Samyoga* refers to improper contact of the senses with their objects, and results in an over stimulation or deficiency of sensory activity. This harms the body-mind, which requires moderation and harmony internally and externally for healthy functioning. There are mainly five sense organs in our body and inappropriate use or no use or excessive use of these sense organs to their related objects will lead to disease formation. For example, seeing constantly bright object is excessive use of *Darshan Indriya* (eyes). On the contrary visualizing objects in no light is decreased use of *Darshan Indriya* (eyes). Seeing extremely nearby objects (*Atishleesta*); or very far objects (*Ativiprakishta*); or fear causing objects (*Raudra*); not surprising but fear causing like jackal (*Bhairvam*); malicing someone (*Dweshya*); which develops restlessness in our mind (*Bhibhatsa*); someone with abnormal parts (*Vikritam*); causing fear suddenly (*Vitrasanam*); is inappropriate use of *Darshan Indriya* (eyes).

#### **Pragyaparadha**

*Pragyaparadha* is made up of two words, *Pragya* and *Aparadha*. Word *Pragya* denotes wisdom and *Aparadha* denote action against rules, hence inappropriate work done by person is known as *Pragyaparadha*. *Dhi*, *Dhriti*, *Smriti* are three factor which affect *Pragya* and these are known as pillar of it.<sup>[8]</sup> When the *Dhi*, *Dhriti*, *Smriti*, do not carry out their respective function properly due to their derangement it causes occurrence of *Ashubha Karma*. These *Ashubha Karma* cause vitiation of all *Doshas*, and

imbalance of *Doshas* is one of the major cause of illness. In *Charak Samhita*, *Pravritti* of *Vachan*, *Mana*, and *Shareer* is known as *Karma* and *Ayoga*, *Atiyoga* and *Mithyayoga* of these *Karmas* known as *Pragyaparadha*.<sup>[9]</sup> Ignorance of rules of *Prakriti* also is called as *Pragyaparadha*.

#### **Parinam or Kaal**

The external environment can trigger disease by unbalancing the body through unnatural or extreme variations in temperature, rainfall or wind. According to Acharya Charaka, *Kaal* simply here means winter, summer and rainy seasons. Excessive cold during winter season or heliosis during summers is *Atiyoga* of *Kaal*. Whereas less features of them in their respective season is *Ayog* of *Kaal*. Opposite climate during particular season like rain in winters is inappropriate *Kaal*. *Parinama* or *Kala* also refers more generally to the effects of time, and natural physical transformation that occur over time. For example, seasonal influences on the doshas, and the disorders associated with specific phases of life and aging are all in this category

Time plays an important role in pathogenesis of disease. Disease progress in body according to time and treatment in that certain time interval has value only otherwise it will lead to complications and eventually death.

#### **Lifestyle disorders**

The way a person lives is called as 'lifestyle'. The modern health system recognizes some disorders related to flawed lifestyle. These disorders are called as lifestyle disorders (LD) or non-communicable diseases (NCD). They are also called as the diseases of civilization. Some of the common lifestyle disorders are as follows:<sup>[10]</sup> Hypertension, Diabetes, Allergy, Heart diseases, Anxiety, Depression, Hyperlipidemia, Cancer, Insomnia Constipation, Irritable bowel syndrome, Obesity etc.

The causes of lifestyle disorders can be divided into two main categories:

1. Modifiable behavioral risk factors,
2. Non-modifiable risk factors and

**Modifiable behavioral risk factors**

- 1. Wrong food habits:** Eating when not hungry, overeating, eating at odd hours, eating unhealthy food and skipping food. Excessive use of sodium in the diet causes 4.1 million deaths per year as per the WHO report.<sup>[11]</sup>
- 2. Addiction:** Alcoholism, smoking and tobacco. According to the WHO, the mortality rate due to the use of tobacco is more than 7 million per year and alcohol consumption leads to around 1.65 million deaths.<sup>[12]</sup>
- 3. Wrong physical activity:** Sitting for long hours, wrong body posture and remaining indoors. The modern occupational settings (desk jobs) and the stress related to work is a strong risk factor for LDs. A simple lack of physical activity has been claiming 1.6 million lives annually.<sup>[13]</sup>
- 4. Disturbed biological clock:** Sleeping late, waking up late, not sleeping, and oversleeping. Disturbed biological clock increases the likelihood of LDs.

**Non-modifiable risk factors**

Risk factors that cannot be controlled or modified by intervention are called non-modifiable risk factors. These are age, race, gender and genetics.

**DISCUSSION**

*Pragyaparadh* lead to many diseases. Wrongful actions are erupted from wrongful thinking. Wrongful thinking erupts from the mind that is not pure and clear. When the mind is adulterated by *Rajas* and *Tamas Guna* it cannot learn clearly, think clearly and decide clearly. Psychologists opine that man has a tendency to be attracted towards the 'wrong'. Wishing to do what one is not supposed to do is called as 'Temptation'. This is nothing but '*Pragyaparadh*'.

When the *Satva* quality of intellect recedes and *Rajas* and *Tamas* qualities augment, the intellect becomes deranged and tends to make wrong interpretations of knowledge. Favorable time, sense objects which are agreeable to the mind, virtuous activities which bestow happiness, control of mind and clear intellect, all these are ideal for promotion of health and accomplishment

of happiness. Disbalance of *Doshas* leads to diseases like life style disorders and other illness. The cause of disbalanced according to *Ayurveda* is *Trividh Rogaayatana* mainly *Pragyaparadh* e.g. changes in unhealthy diet and daily routine. Present world facing these conditions now a days and increases prevenances of diseases due to *Pragyaparadh*.

**CONCLUSION**

According to Ayurveda disease manifests begins with the formation of *Ama* in the body. It has tremendous capacity to vitiate the *Doshas* and disturbing the homeostasis (*Dhatu-Samya*). Causes of *Ama* production is irregular diet and life style caused by *Pragyaparadh*. Disbalances of *Dosha*, *Dhatu* & *Mala* are diseases stage and it caused by *Trividhrogayatan* specially *Pragyaparadh*. In present scenario human being have lack of time and stress full life, this leads to lifestyle disorder. If we understand relation between lifestyle disorders and *Trividhrogayatan* (specially *Pragyaparadh*) and educate the people about these causes according to *Ayurved* science. We can succeed in prevention of lifestyle disorder like hypertension. So, we can say *Pragyaparadh* play important role in manifestation of Lifestyle Disorders.

**REFERENCES**

1. Ram Karan Sharma Vaidya Bhagavan Dash editor. Charaka Samhita by Agnivesh. reprinted. Varanasi: Chaukamba Sanskrit Series 2013.vol 1. Verse 54.p.39.
2. Ram Karan Sharma Vaidya Bhagavan Dash editor. Charaka Samhita by Agnivesha. reprinted. Varanasi: Chaukamba Sanskrit Series 2013.vol 11. verse 99.p.336.
3. Ram Karan Sharma Vaidya Bhagavan Dash editor. Charaka Samhita by Agnivesha. reprinted. Varanasi: Chaukamba Sanskrit Series 2013.vol 11.verse 98.p.336.
4. Ram Karan Sharma Vaidya Bhagavan Dash editor. Charaka Samhita by Agnivesha. reprinted. Varanasi: Chaukamba Sanskrit Series 2013.vol 11. verse 102.p.337.
5. Ram Karan Sharma Vaidya Bhagavan Dash editor. Charaka Samhita by Agnivesha. reprinted. Varanasi: Chaukamba Sanskrit Series 2013.vol 11. verse 102.p.337.

6. Shastri Kashinath, Gorakhanath Chaturvedi, Ed. Charaka Samhita of Agnivesh, Sutrasthan. Reprint Ed, Ch.5, Ver.103 vol.1. Varanasi; Chaukhambha Bharati Academy Publication; 2014: P.132.
7. Shastri Kashinath, Gorakhanath Chaturvedi, Ed. Charaka Samhita of Agnivesh, Sutrasthan. Reprint Ed, Ch.11, Ver.43 vol.1. Varanasi; Chaukhambha Bharati Academy Publication; 2017: P.233.
8. B.K. Dwivedi, Lakshmidhar Dwivedi, Ed. Ayurvediyabhootvidhahivechan, Vishishtmanovyapar. Reprint ed, ch.06, Varanasi; Krishnadas Academy Puplication;1997: p.125.
9. Shastri Kashinath, Gorakhanath Chaturvedi, Ed. Charaka Samhita of Agnivesh, Sutrasthan. Reprint Ed, Ch.11, Ver.43 vol.1. Varanasi; Chaukhambha Bharati Academy Publication; 2017: P.233.
10. S.A. Tabish. Lifestyle diseases: Consequences, Characteristics, Causes and Control. Medcrave. Journal of cardiology and current research vol 9 issue 3-2017 eISSN-JCCR
11. Sharma M, Majumdar PK (2009). Occupational lifestyle diseases: An emerging issue. Indian Journal of Occupational and Environmental Medicine, 2009 Dec.13 (3), 109–112.
12. WHO (2017). Noncommunicable diseases. Fact Sheet. (Retrieved from: <http://www.who.int/mediacentre/factsheets/fs355/en/> on :2/05/2017) ibid
13. WHO (2011). Global status report on noncommunicable diseases 2010. (Retrieved from [http://www.who.int/nmh/publications/ncd.report\\_full.en.pdf](http://www.who.int/nmh/publications/ncd.report_full.en.pdf) on 1/05/2017)

**How to cite this article:** Swati Vyas. Role of Trividh Rogayatana in the manifestation of Life Style Disorders with special reference to Charak Samhita - A Review. J Ayurveda Integ Med Sci 2023;03:88-91. <http://dx.doi.org/10.21760/jaims.8.3.16>

**Source of Support:** Nil, **Conflict of Interest:** None declared.

\*\*\*\*\*