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Practical Approach of *Trayopstambha* in Preventing Autoimmune Disorders

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ABSTRACT

Trayopstambha are – *Aahar*, *Nidra* and *Brahmcharya*. All of them are helpful for living a healthy life. In all autoimmune disease like Rheumatoid Arthritis, Lupus Erythematosus, Celiac diseases, Polymyalgia, Multiple Sclerosis, Type 1 DM and Alopecia aerata body immune system is affected due to over activity of free radicals. Free radicals' activity is increased due to disbalance in *Trayopstambha*. *Aama Rasa* is responsible for development of all autoimmune diseases. This *Aama Rasa* can be compared to free radical which causes destruction of healthy tissues. *Aama's* etiological factors may be classified as *Aharja*, *Viharaja* and *Manasika*. Not only food in larger amount, but also qualities such as *Guru*, *Sheeta*, *Shushka*, *Ruksha*, *Vidahi*, *Viruddha Ahara* (incompatible diet), *Ajeernabhojana* (indigestion), *Asatmya Bhojana* (toxic food) or *Abhojana* (self-restraint from food), *Deevasvapna* (keeping wakeful in the night and sleeping in the day), are chief factors accountable for the creation of *Aama*. The condition of *Aama* formation is also exaggerated by mental disorder due to disturbance in *Nidra* and *Brahmcharya*. *Acharya Sushruta* stressed that *Nidana* is the simple and uttermost basis for a treatment. Prevention is always better than a cure. If we follow proper regimen of *Trayopstambha* it makes metabolism better, decrease free radical activity in body and reduce the risk of autoimmune diseases.

Key words: Autoimmune, Disease, tissue, healthy, *Aama*, *Trayopstambha*

INTRODUCTION

In *Ayurveda* three *Upstambha* are described. If we use all *Upstambha* in well manner it gives proper growth of *Bala* and *Varna*.^[1]

- *Aahar* - source of energy
- *Nidra* - state of energy conservation
- *Brahmcharya* - Act of energy conservation

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In all *Upstambha*, *Aahar* is one of the important factor for development of autoimmune diseases. Among all material which bears the body *Anna* is the best. According to *Ayurveda* if we take *Hita* and *Satwik Aahar* it improves the mental health. It improves the color, voice, strength, learning capacity and immunity of a person. A balanced diet contained carbohydrates 50 - 60 %, proteins 10 -15 %, fats 20 - 30 %, dietary fibers, antioxidants and phytochemicals. The term antioxidants include vitamins, minerals that protect the body from harmful free radical's damage. Phytochemicals include polyphenols, flavones etc. which also give protection against free radicle damage. In *Ayurveda* concept of *Viruddha Aahar* is also found. Food which aggravate the *Doshas* but does not eliminate the *Doshas* from body is called *Viruddha Aahar*.^[2] According to *Acharyas Aama Visha* is formed due to this type of food. Many combinations of foods like milk and curd, milk and acidic fruits, tea and garlic, egg with fruits etc. are found under this category and causes many diseases. *Aama Visha* is the main cause of

formation of free radicals in body, and due to increased activity of free radicals autoimmune diseases are developed. So, if we want a healthy body which is free from autoimmune diseases, we should take a proper *Aahar*.

Nidra is second *Upstambha*. A healthy adult needs 7-9 hours sleep per night to function at their best. children and teen need even more sleep hours. According to *Ayurveda* appropriate sleep (*Uchita Nidra*) provide long life, immunity, nutrition, and power to individuals. *Acharya Charak* describes six types of *Nidra*. They are *Ratriswabhaba Prabhava*, *Tamobhava*, *Shleshma Samuddbhava*, *Manahsharirsharma Sambhava*, *Aagantuki* and *Vyadhyanuvartini*.^[3] In all of these *Ratriswabhavaprabhava* is called *Bhutadhatri* and *Tamobhava Nidra* is the cause of *Paap*. All other four types of *Nidra* are cause of many diseases. *Acharya Sushruta* told about three types of *Nidra* - *Vaishnavi*, *Vaikariki* and *Tamsi*. In all of these *Vaishnavi Nidra* is good for health and other two types of *Nidra* are cause of many diseases.^[4] Less sleep (*Alpa Nidra*) and excessive sleep (*Aatinidra*) both are harmful for health. Less sleep (*Alpa Nidra*) is the cause of *Vata Prakopa* (aggravation of *Vata*) and Excessive sleep (*Aatinidra*) is the cause of *Aama Utpatti* (formation of *Aama*) and *Kapha Prakopa* (aggravation of *Kapha*). They all are cause of many diseases. So, proper sleep is responsible for a healthy body.

According to *Acharya Charak* Third and last *Upstambha* is *Brhamcharya*. *Brahmcharya* is related to *Shukra Raksha*. According to *Acharyas Shukra Guna* is like *Ooja Guna* and *Ooja* is the foundation of life. *Shukra Kshaya* or *Oja Kshaya* is the cause of *Vata Vriddhi*. *Acharya Vagabhatta* include *Abrahmcharya* in *Trayopstambha*.

Autoimmune diseases

Our body's immune system protects us from diseases and infection. But if we have an autoimmune disease, our immune system attacks healthy cells in our body by mistakes. Autoimmune diseases can affect many parts of the body. There are more than 80 types of autoimmune diseases, and some have similar symptoms. Nearly any body part can be involved. Common symptoms include low grade fever and

feeling tired. In all autoimmune disease like Rheumatoid Arthritis, Lupus Erythematosus, Celiac diseases, Polymyalgia, Multiple Sclerosis, Type 1 DM, Alopecia areata, Grave's disease, Inflammatory bowel disease, Psoriasis are the common autoimmune diseases occurring in human being. Autoimmune diseases are developed due to free radical reactions and oxidative stress. NSAIDS, immunosuppressants and intravenous immunoglobulin are the only option given in allopathic medicine system.

Autoimmune diseases have a wide variety of different effects. They do tend to have one of three characteristics pathological effects which characterize them as autoimmune diseases.

- 1) Damage to or destruction of tissues
- 2) Altered organ growth
- 3) Altered organ function

There are some examples of autoimmune diseases -

Rheumatoid arthritis - RA is a proportioned destructive and deforming polyarthritis that affects small and large synovial joints with systemic interruption. There is a multiplicity of extra articular features such as pain, edema, carditis, lymphadenopathy, etc. Factor of RA.^[5]

Lupus Erythematosus - An inflammatory disease caused when the immune system attacks its own tissues. Lupus (SLE) can affect the joints, skin, kidneys, blood cells, brain, heart and lungs.

Coeliac diseases - in this disease the immune reaction to eating gluten creates gluten creates inflammation that damages the small intestine lining, leading to medical complications. It also prevents absorption of some nutrients.^[6]

Polymyalgia rheumatica - An inflammatory disorder causing muscle pain and stiffness around the shoulders and hips. Sometime this condition occurs with temporal arteritis, a more serious condition that causes inflammation of the lining of the arteries.

Multiple Sclerosis - it is a disease in which the immune system eats away at the protective covering of nerves.

In this condition resulting nerve damage disrupts communication between the brain and the body.

Type 1 DM - This is a condition in which the pancreas produces little or no insulin. In this condition the immune system destroys cells of pancreas.

Alopecia areata - Sudden hair loss that start with one or more circular bald patches that may overlap is called Alopecia areata. This condition occurs when the immune system attacks hair follicles and may be brought on by severe stress.

Grave's disease - An immune system disorder of the butterfly shaped gland in the throat (thyroid). The thyroid overproduces hormones. Symptoms includes puffy eyes, anxiety and tremors.

Psoriasis - A condition in which skin cells build up and form scales and itchy, dry patches. Triggers include infections, stress and cold.

Sjogren's syndrome - it is an immune disorder characterized by dry mouth and dry eyes. In this condition the body immune system attacks its own healthy cells that produce saliva and tears.

Aama and its relation to autoimmune diseases - *Aama*, the product of metabolic defect, was measured as important factor in the pathogenesis of most diseases in *Ayurvedic* classics. The word *Aama*, which is a synonym that is given to the *Vyadhi*, also reflects its importance.

The undigested residue of food is formed due to the compact operation of the *Agni*. This remainder is called *Aama* and is thought to be the basic cause of all the diseases.^[7]

Aama's etiological factors may be classified as:

- *Aharaja*
- *Viharaja*
- *Mansika*

1) *Aaharja*

Not only food in larger amount, but also qualities such as *Guru*, *Sheeta*, *Shushka*, *Ruksha*, *Vidahi*, *Viruddha Aahara* (incompatible diet) and untimely indulgence in

obnoxious foodstuffs causes *Aama*. *Ajeernabhojana* (indigestion), *Asatmya Bhojana* (toxic food) or *Abhojana* (self-restraint from food) may also cause *Aama* in addition to above mentioned causes.^[8]

2) *Viharaja*

Deevasvapna (keeping wakeful in the night and sleeping in the day), *Dukhashaya* (uncomfortable bedding), *Atyambupana* (undue water intake just after food) are chief factors accountable for the creation of *Aama*.^[9]

3) *Manasika*

The key factors liable for causing *Aama* are the utilization of food when individuals are exaggerated by mental disorder due to *Lobha*, *Moha*, *Kama*, *Krodha*, *Irshya*, *Shoka*, *Bhaya*, *Lajja*, *Chinta*, *Mano Udvega*, *Manoglani*, etc.

Properties of *Aama* and free radicals - A free radical is an ion containing one or more unpaired, highly unstable and reactive electrons. Produced by incomplete food material metabolism caused by *Mandagni* leading to the development of disease. It contains one or more unpaired electrons, which require neutralization by free radicals. It therefore exists in an incomplete metabolic condition. Free radicals cannot be assimilated in the body. Hence destruction of cells by free radicals, they quickly interact with the healthy movement to seek stability in their structure. *Aama* shows free radicals like properties for ex; *Asamyuktam* (in an unassimilable state) and *Pichhilam*^[10] (*Aama* sticks very quickly to normal healthy body tissue) and cause destruction of tissues.

For example - *Aamavata* is the consequence of *Aama* combination with *Vata Dosha*. It is also essential to talk about *Vata Dosha* in correlation with *Aamavata*. *Vata* is the chief operator of all sorts of body activities. Only under the manipulation of *Vata Dosha*, all types of intentional or unintentional movements are made. Symptoms such as tenderness, stiffness, and restricted movement in *Aamavata* are due to *Vata Dosha's* vitiation. Therefore, the preponderance of *Vata Dosha* is well understood in *Aamavata*.

CONCLUSION

Proper use of principles of all three *Upstambha* is helpful for living a healthy life. Because imbalance in *Trayopstambha* aggravates development of *Aama* in the body. If we focus on *Trayopstambha* i.e. if we take *Hitkar Aahar Dravya* like antioxidant rich diet, takes proper sound sleep, wakes up in *brahma muhurta*, does daily works on time, goes to walk and exercise, follow daily regimen etc. then it influences the enzymatic activity, reduce stress level, removes toxic substances from body, and thus reduce the formation of free radicals and the risk of autoimmune diseases. So, we can say that proper follow up of *trayopstambha* is necessary in prevention of autoimmune disease and for living a healthy life. *Acharya Sushruta* laid his stress on *Nidana pariversion* which is the simple and uttermost basis for a treatment. Prevention is always better than a cure.

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