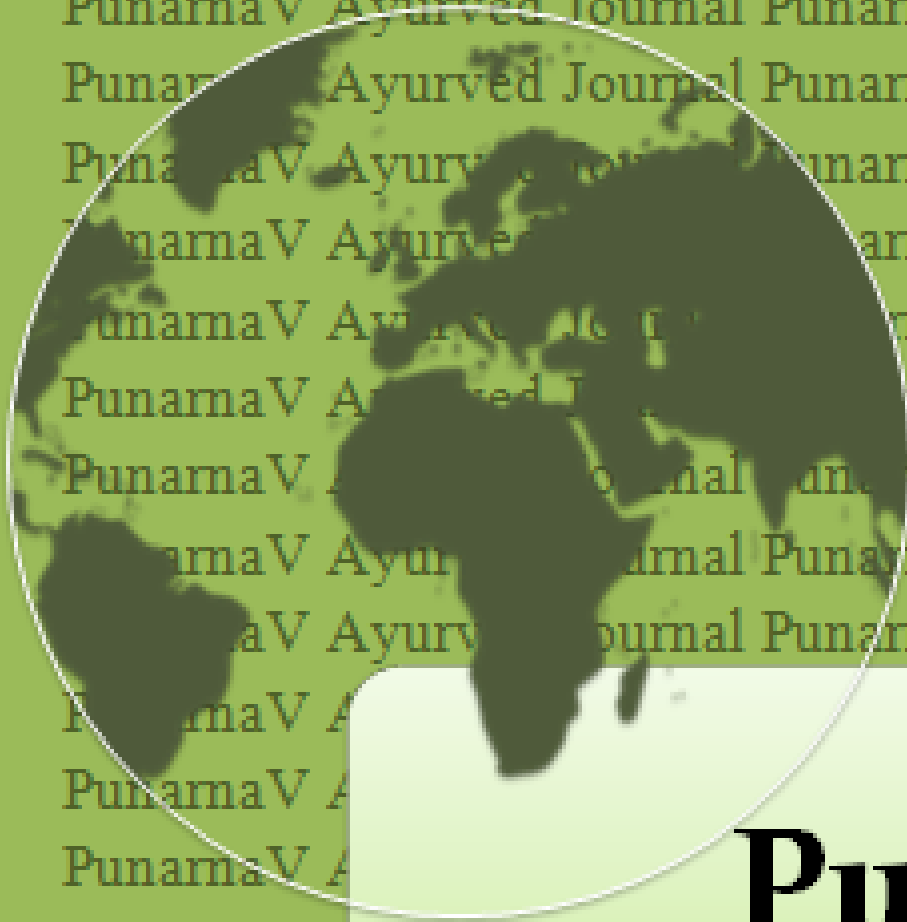


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A PRECISE MODULE TO PREVENT THE DISEASES OF TRIMARMA W.S.R TO
DINACHARYAPALANA AND YOGIC KRIYA

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ABSTRACT:

Ayurveda the science of life is traced back to Vedic period about 5000 year back. It is strongly concerned with the precluding the ailments in early stage. After the introduction of vaccines and antibiotics although we concurred the infectious diseases but on other hand become prey to several diseases related to faulty life style. On a thorough study, we find that these diseases are somewhat associated with trimarma. Our ancient treaties are full with the knowledge of trimarma and diseases commonly affecting them. Acharya Charak considered Murdha, Hridaya, and Basti as trimarma. Hypertensions, Diabetes, Cardiac accidents, insomnia, stress, anxiety, kidney stones etc. are the major ailments arising due to improper life style affecting marmas. Objective of this study is to collect the matter regarding trimarma and concerned diseases occurring due to life style changes and to present a viable solution for management of these conditions on the basis of this analysis.

Present work used the vast knowledge spread in ayurvedic and yogatreaties as material to throw alight on marma related diseases and their prevention with help of proper diet and yogikkriya. Matter collected from different treaties is discussed and used to propose a module for prevention of these diseases. This module advocates the inclusion of brahma muhurtajagran, dantdhavan, ugarshan, proper sleep, healthy diet as well as yogikkriya like asanas, pranayama, gajkarni, jalneti, kapalbhati etc. in day to day life. Acceptable module with scientific base will be elucidated at the time of full paper presentation.

Key words: Ayurveda, Dinacharya, Gajkarni, Kapalbhati, Lifestyle, Pranayam, Trimarma, Yogikkriya.

INTRODUCTION

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Scientific and technological progress all over the globe has made man highly sensitive, critical and creative. Sharp to the core, his intellect has gained tremendous power of analysis. In spite of progress on all fronts of life we become prey of several ailments related with faulty life style and dietary habits. Out of these diseases we conquered those which arise due to infectious agents with antibiotics and vaccines. But on other hand diseases arising due to faulty life style become a great challenge for human civilisation. Human body is a complex unit systematically arranged and coordinated for proper functioning. Some of these units play major role and are known as vital organs or *marma*. Among all *marmas* the most important are *trimarma*. Acharya *Charak* considered *shir*, *hriday* and *vasti* as *trimarma*. All the vital functions from nutrition to excretion are coordinated mainly by these three organs. Any irregularity in functioning of these organs leads to serious conditions like

cardiovascular problems, diabetes, stress, anxiety, hypertension etc.

WHAT IS *TRIMARMA* AND ITS IMPORTANCE

Marmas one of the important subject of Ayurveda. Different schools of ayurveda analysed this subject from different angles and developed their own thoughts. For instance Acharya *Charakhas* stressed upon *Trimarma* (*Hriday*, *Murdha* and *Vasti*) in *Trimarmiyachikitsaadhyay* which appears relevant with reference to clinical health even today we do not have more to go beyond this. Basically *marmavignana* is considered as synonym traumatology. In India, trauma and its management is reported from the *Vedic* period where in ancient wars surgeons frequently had to attend the Aryan chief and soldiers. Acharya *shushrut* considered *marma* as *shalyavisayardh*.

But in present scenario it becomes something above the level of traumatology. Life style patterns and dietary habits of present era produces more harmful effect than trauma caused by any weapon. As per *trimarmiyachitsaadhyay of charakSamhita* (*indigestion*), *vegavidharan* (*holding the urges*), *chinta* (*worry*), *bhay* (*fear*) etc. are the major causes of *hridroga*. Presently high calorie intake along with sedentary life style

causes obesity which gives rise to hyperlipidaemia along with serious cardiac problems including attacks and arrest. Here we can see that involvement of *hridayam* not resides in its own boundary but will affect other organs by decreasing blood supply to them. May affect any organ including *bastiandmurdha*.

As per *CharakSamhitasamalvikritanuchitahara* (all included in faulty diet pattern), *vegavidharan* (holding the urges), *chinta* (worry), *bhaya* (fear), *vishamsharirchestha* (improper posture), *atijagaran* (lack of sleep), *krodh* (anger) etc. aggravate the *doshas* and cause *manasroga*. Today increased competition will give us less time for our daily routine. Neither we eat properly nor sleep properly. Disturbed sleep pattern will cause stress which will ultimately give rise to condition like hypertension, diabetes and many other psychosomatic problems.

High protein diet, less water intake, low metabolic rate are the major factors which will affect the functions of kidneys i.e. *bastimarma*. Ayurveda also consider *vegavidharan* (holding the urges), *kashayiktaruksakatubhojan* (included in faulty diet), etc aggravates *apanvata* and gives rise to conditions like *prameh*, *mutrakriccha*, *mutraghat*, etc. Problems like stones, renal failure, and

diabetic nephropathy are more or less associated with today's life style pattern.

ROLE OF SWASTHAVRITTA AND YOGA IN PREVENTION OF TRIMARMAVYADHI

Now we can say in modern era diseases like diabetes, hypertension, stress, anxiety, etc. which are directly related with *trimarma* arise due to sedentary life style, improper posture, faulty diet, all of which are ultimately related with today's hard and competitive professional life. As per the principal of *nidanparivarjanit* is not possible to change someone's profession to avoid above mentioned causes. The other methods also have limited role because they only treat the disease but are incapable to remove the cause and could not be applied for a longer period, the question remains the same. What is the effective easily applying and best method for its management? Here Ayurveda has a ray of hope in the form of the concept of *Dincharya Palan and Yogikkriya*. As we know due to tough competition the day to day life of present era become too much hectic. No one has time for himself. This faulty life style gives rise to several ailments, including *marmarelated* disorders. With the help of a proper daily schedule i.e. *Dincharya Palan* including *asanas* and *shodhankriya* of *yogait* is possible to prevent the wear and tear to body caused by excess work load. A proper *Dincharya* not only affects body

but also have similar effect on mind and helps a person to cope up with all these ailments .It has no side effects as it does not involves any medicine but just manage the patient's daily routine in a proper way.

A proper *dinacharya* is that which includes *brahma muhurtajagaran* to nidra along with *yogik kriya* like *gajkarni*, *kapalbhati*, *neti* etc.in judicial manner.

Benefits of these processes will be discussed in ongoing topics.

BRAMHAMUHURTAUTTISTHE¹

Brahma muhurta means the *muhurta* which is related to knowledge, which is the perfect time to get knowledge. In general *brahma muhurta* is considered as the period of 96 min, or about 1 ½ hours before the sunrise. The four “*ghari*” of the final “*prahar*” in the night before the sunrise is considered as the *brahma muhurta*.The atmosphere in early morning at the time of *brahma muhurta* is clean and we get less polluted air to inhale due to lesser activity of polluting vehicles and industrial processes in night. This fresh air helps to maintain the activity of cells and decreases the load on heart to pump more blood to vitals to maintain their function .*Brahma muhurta jagaran* provides sufficient time to perform all essential activities explained in ideal *dincharya*. Thus helping to maintain the more alert and relaxed mind. That is why by wake up early in the morning helps to have less

polluted fresh air for breathing which ultimately keeps heart healthy.

DANTDHAVAN

It removes foul smell, sliminess and *kapha* and produces clarity, relish in food and cheerfulness². As per *ayurvedic* principles *kaphadosh* is predominant in *urdhvajatrugatvikaras*.Here

urdhvajatrugat disease refers to diseases affecting the organs above clavicle bone, especially those of ear, nose and throat.

Acharya Vagbhatta advocates to treat them with top priority. *Dantdhavan* not only removes debris from oral cavity but also maintains the balance of *doshas*³ and stops *kaphadosha* to aggravate. Thus it is a simple way to protect the person from *urdhvajatrugat* diseases.

JIHVANIRLEKHAN

It provides lightness in mouth and relish in food.⁴ The basic concept behind this process is same as that of *Dantdhavan*.

KUNJALOR GAJKARNI⁵

Kunjal or *gajkarni* or *vaman dhauti* is a process of *yogik shat karm*. For performing *vamandhauti* the person should be empty stomach. Hence the best time for it is early morning just after the *dantdhavan*. Luke warm water with a pinch of rock salt should be used to fill stomach beyond the full capacity. Then person should lean forward and press his

stomach. Water will be expelled from mouth. Fingers could be used to stimulate the vomiting reflux. It will expel out *kaph& pitta dosha*⁶. As per *Gherand Samhita* it helps to alleviate the *Kaph and Pitta dosha*. *Dhauti* eliminates waste material and has a cleansing effect on body⁷.

JALANETI

Neti is also a cleansing process. In classics *Neti* is explained as *Sutraneti*. It has a lot of beneficial effects including clarity of vision, cleansing of cranium etc.⁸. Presently a modified form of *sutraneti* is in practice known as *jalneti*. In *jalneti* lukewarm water added with a pinch of salt is used to pass from one nostril to other. Benefits of the process are same as that of *sutraneti*.

KAPALBHATI

Kapalbhati involves active exhalation and passive inhalation. Here *kapal* stands for frontal lobe and *bhati* stands for purification. *Kapalbhati* is also known as *bhalbhati*. It is beneficial in management of obesity and other disorders due to aggravated *kaphadosha*¹⁰.

ASANA

There should be a place for asana in daily routine according to need and condition of person. They not only

maintain the physical fitness but also provide management of several diseases.

Asanas can be divided in three categories:

1. **Relaxing asanas:** *Shavasana, Makarasana* etc.
2. **Sukshmayayam:** For preparatory purposes.
3. **Asanas for specific purposes:** like *suryanamaskar, vajrasana*, etc.

PRANAYAMA

The benefits of *pranayama* is now universally accepted. Proper practice of *pranayama* leads to cure of all diseases.

Nasya:

It makes face glowing and sense organs healthy.¹¹ In spite of these classical benefits *nasya* removes the impurities from nasal cavity, maintain the nasal mucosa, improves the sensitivity of mucosa, trap the foreign particles entering the cavity thus prevents from harmful effects of pollution. It also nourishes the brain thus provides relaxed, active and more alert conscious level and maintains a good mental health.

UDGHARSAN

Causes cheerfulness, fortune, cleanliness, lightness.¹² On the other hand it removes the fat thus helps to manage obesity and decreasing the risk of diseases

like cardiac accidents, heart attack, diabetes, stress, etc.

SNAN

Bathing is pleasing, excellent cleanser, arouse all sensory and other organs.¹³ Acharya *Sushrut* considered bathing as *hridya* i.e. beneficial for heart.

ISHT PUJA

It bestows fame ,heaven ,longevity, wealth and prosperity to family. ¹⁴It also provides peace and concentration thus helps to keep away several psychotic disorders related with stress and anxiety.

SAATVIK AHARA

Nourishing, gives strength ,immediately sustain body and promotes life span ,brilliance ,energy ,memory, *ojas*, and ,digestive power .¹⁵

Satvik food increases the duration of life, purify ones existence, and give strength, happiness, health, and satisfaction.

Food and drink with desirable smell taste and touch if properly taken produce energy in mind, constitution of *dhatu*s, strength, complexion and clarity of sense organs. Scientifically it has been proven that our diet should be as per our needs. Present day's culture of fast food and high calorie diet consumption is one of the major cause of several diseases like cardiovascular disease, diabetes, obesity etc. Thus a diet with sufficient calorie value including all required nutrients is required for a healthy body.

NIDRA

It provides development, complexion, strength, and enthusiasm.¹⁶ Improper sleep gives rise to stress and anxiety ultimately affecting the somatic functions. These irregularities are the root cause of several diseases including those discussed here. Thus a sound sleep of proper duration is must for normal functioning of body as well as mind.

CONCLUSION

In present era of competition, everyone wants to achieve name and fame as early as possible. It is not an easy task because there are only 24 hours in a day. The only way to overcome this lack of time is to cut short the time period required for daily routine. This short cut leads towards more sedentary life, wrong eating habits etc. which results in a lot of

ailments. These ailments are not serious in their beginning but become life threatening in future. All these disorders are somewhere related with *trimarma*. No medicine or surgical process is available to revert back this condition because it originates from a sedentary life and wrong habits. Thus only way for cure and prevention of these conditions resides in

the module which has been emphasised in
dincharya viz.
BramhamuhurtaUttisthe,Dantdhavan,

Jihvanirlekhan,
Snanasanas,andshodhankriya etc.

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