Review of concept of Vihara from Bruhatrayee.

Ranibala Motiram Nemade. *1 S. P. Sardeshmukh. 2

1. Ph.D. Scholar (Samhita), Tilak Maharashtra Vidyapeeth, Pune, Maharashtra, INDIA.
2. Director, BSDT’s Integrated Cancer Treatment and Research Centre, Wagholi, Pune, Maharashtra, INDIA. Contact No.: +91-20-67346000; E-mail: ictrcpune@gmail.com

*Corresponding Author: Ph.: +91 9766607380; E-mail: dr.pushpanemade@gmail.com

Abstract—The modern world is currently facing an epidemic of lifestyle related diseases like Diabetes, Obesity, Heart Diseases, Cancer etc. as a result of improper diet, sedentary life style and stress. Ayurveda has great contribution in prevention of diseases as well as treatment of diseases. Ayurveda has given equal importance to Ahara and Vihara. For maintenance of the health, Ayurveda explains Dinacharya, Rutucharya, Sadvrutta etc. Paricharya (Ahara, Vihara, Achara) of Rajaswala, Garbhini, Sutika etc are also mentioned in Ayurveda. This is the Swasthakar aspect of Vihara. It also plays an important role in Nidana and Chikitsa. Viharas like Avyayama, Ratrijagarana etc has role in vitiating the Dosha and causing diseases. Similarly Vyayama, Ratrijagarana is the Viharatmak Chikitsa for Prameha, Sthoulya etc. So the present article aims at elaborating the concept of Vihara and its different aspects in Swasthavrutta, Nidana and Chikitsa.

Keywords—Vihara, Swasthavrutta, Nidana, Chikitsa

Introduction—This Era is supposed to be a scientific era, rich with innumerable inventions and use of instruments. In today’s fast age, man is modifying himself by changing lifestyle at the cost of health. The concept that lifestyle (diet, activities) are responsible for the genesis of disease which is well known to Ayurveda. Ayurveda is a way of life and living which emphasis on the prevention of diseases.

Concepts of Ahara (diet) and Vihara (activities) are elaborately described in Ayurveda. Acharyas have given equal importance to Ahara and Vihara, because out of three pillars of life (Trayopstambha) two comes under the Vihara, namely Nidra and Brahmacharya.

Variations in Ahara and Vihara of the individual makes him/her prone to diseases. It is observed that the main Vihara of the individual in a day to day
life includes travelling long distances, keeping awake at night, working in AC, sitting for a long time, excess use of mobile and internet etc. which eventually affect their health.

Vihara is not only essential for preserving healthy state of an individual but also has etiological and medicinal values.

Ayurved has described Dinacharya (daily regimen), Rutucharya (seasonal regimen), Sadvrutta (code of conduct) do’s and don’ts as a preventive measure to maintain health. The aim of this review is to study the concept and all different aspects of Vihara.

AIMS AND OBJECTIVE -
1. To discuss concept of Vihara from Bruhatrayee.
2. To understand the different aspects of Vihara according to the Swasthavrutta, Nidana and Chikitsa.

MATERIAL AND METHOD -
This is a literary and conceptual based article therefore Ayurvedic texts used in this study are Charak Samhita, Sushrut Samhita, Ashtang Hrudaya and their available Commentaries.

REVIEW OF CONCEPT OF VIHARA
Definition Of Vihara-
The commentators of Ashtang Hrudaya Hemadri and Arundatta has given the definition of Vihara as “Kriyapradhano Hi Viharaha”1. All types of activities are included in the term Vihara. According to Arundatta Kayika, Vachika and Manasika Vyapara are also included in Vihara.

Kayika Vihara consists of- Vyayama (exercise), Maithuna (copulation), Dhavana (running), Plavana (swimming), and such other activities.

Vachika Vihara includes- Geeta (singing), Bhashya (Speaking) etc.

Manasika Vihara includes- Raga (anger), Bhaya (fear) etc.2

This shows that Vihara is a very broad concept.

Types Of Vihara-
Besides Kayika, Vachika and Manasika Vihara, Acharya Hemadri has explained the two types of Vihara.

Niyatkalika Vihara consists of – Dinacharya (daily regimen) and Rutucharya (seasonal regimen).

Aniyatkalika Vihara includes- Vegadharana, Vegodirana, Shodhana, Bruhana and Bhutadhyasparshana.3

Different Aspects Of Vihara-
In Swasthya
Swasthyapalana- According to Ayurved a person should follow healthy habits of Ahara (diet) and Vihara (activities) to keep himself away from diseases.4

Sharirdardhyakara- Vyayama, Nidra and Brahmacharya these Vihayaja factors are important in giving stability to life.5

Aharapachana-Method of intake of food comes under Vihara and only dietary items come under Ahara. Healthy individuals as well as patients should observe the rules of taking food like-
Intake, not in hurry - Food taken hurriedly can enter into a wrong passage, and also in this situation one cannot determine the taste of food and detect foreign bodies like hair etc. mixed with them.

Intake, not too slow - this will not give satisfaction to the individual. In this situation one can eat more than what is required also food will become cold which will hamper the digestion.

Intake with concentration - one should not talk or laugh or be unmindful while taking food. This also leads to improper digestion.

Due to physical and mental activities food gets digested easily during daytime.

If Vyayama (physical exercise) is performed daily, even the food which is Viruddha (incompatible), does not produce diseases.

All persons should avoid Bhashya (speaking), Adhwa (walking), Shayan (sleeping) immediately after consuming liquids and Atapa (exposure to sun and fire), Yana (travel in vehicles), Plavan (swimming) etc soon after consuming food.

Bala - proper Ahara and Vihara increases Bala of a person. Yuktikruta Bala (acquired) is that which can be acquired by artificial means or by a direction of proper Ahara and Vihara like proper Vyayama, Nidra etc.

Satmya - Dehasatmya develops due to indulgence in healthy things i.e. Hitakara Ahara and Hitakara Vihara.

Prakrutinirmana - Depending on the Dosha that is predominant in Shukra, Asruk, Ahara and Vihara of the Garbhini seven kinds of Prakritis are produced.

Vihara of Rajaswala, Garbhini, Sutika etc. are described in Bruhadatrayee to maintain Swasthya.

All these references show that a person can remain healthy by adopting Hitakara Vihara.

In Nidana

Doshadushti- Variation in Ahara and Vihara causes imbalance of Dosha.

Vihara takes part in maintaining health it also takes part in forming diseases therefore Acharya Hemadri has denoted Vihara as a “Bahirabga Hetu”.

Doshavastha- There is a natural effect of season on Doshas. These Doshas may attain Chaya etc. due to Ahara and Vihara immediately or they may not attain these states even during those particular season. Acharya Chakrapani also states that there is Achaya prakopa of Doshas for e.g. Achaya prakopa of Pitta due to Krodha and Achaya prakopa of Kapha due to Divaswapa.

Doshagati - There are three Gatis of Doshas namely Koshta, Shakha and Marmasthisandhi. By the effect of Vyayama (exercise), Ushma (increase of heat), Ahitacharana (unhealthy activities) etc. Doshas moves out of the Koshta to the Shakha.

Vyadhilakshana - There are some examples in which the symptoms of diseases increases due to Viharaj factors.

For e.g. In Tamaka Shwasa the conditions get increased by cold breeze and the activities which increases Sheeta Guna of Kapha.
Vyadhinishchiti- Vihara also helps in diagnosis of the diseases.

For e.g. It is called Pratamaka when associated with fever and fainting and subsiding by cold i.e. cold food, drug, activities etc.\(^{19}\)

**In Chikitsa**

Chikitsa Chatuspada- One of the qualities of patient is Dnyapaka i.e. he should be having capability of remembering and explaining the events connected with probable cause i.e. Ahara, Vihara etc.\(^{20}\)

Vyadhiyapatva- Diseases which are Yapya, can be control by Ahara and Vihara.\(^{21}\)

Ardhya Chikitsa- Some of the Viharaja factors which come under Ardhya Chikitsa are Anil, Atapa, Chaya (exposure to breeze, sunlight, shade), Swapna (sleep), Jagarana (keeping awake at night) etc.\(^{22}\)

Langhana Chikitsa- Shodhana and Shamana are the two types of Langhana. Shamana Langhana includes Viharaja factors which are witholding thirst and hunger, exercise, exposure to sun and breeze.\(^{23}\)

Aushadhiyojana-

Before starting the treatment of the diseases the physician has to determine Vihara along with Ahara and other factors.\(^{24}\)

Vyadhi Chikitsa- Jagarana (keeping awake at night), Vyayama (exercise) is the Viharaj Chikitsa for Sthulata (obesity) and Prameha also.

**In Panchakarma**- The do’s and don’ts before, during and after Panchakarma are described in Ayurved.

For e.g. Ratiyagaran (keeping awake at night), Yanayana (travelling), Vyayama (exercise), Atapsevana (exposure to sun) etc. should be avoided in Panchakarma treatment.

**DISCUSSION**

Vihara is a broad concept. It plays important role in Swasthavrutta, Nidana and Chikitsa. In day-to-day life due to increased responsibilities and shortage of time two or more Viharas are done at a time. Ratiyagaran & travelling, Ratiyagaran & computer working & A.C., eating in standing position & watching T.V. etc. All these Vihara along with dietary items affects the process of digestion. Agnihala plays the main role in digestion. Improper activities affects the Dosha and normal function of Agni and causes Agnidushti which is the main cause of diseases. So one must follow the Vidhi (rules) given in Dinacharya, Rutucharya, Sadvrutta etc. for prevention of diseases.

**CONCLUSION**

Ayurveda has given more emphasis on preventive aspect than curative aspect. By implementing the rules of Vihara and Aharavidhi one can get result in prevention and cure of diseases. It can help to manage the healthy condition of Body and Mind.

**REFERENCES**

1. Shrimad Vagbhatavirachita, 2010, Dinacharya Adhyaya 2/19, Sutra Sthana, Ashtang Hrdayam with the commentaries Sarvangsundara of


Bhisagacharya, Chaukhamba
Surbhарати Prakashan, Varanasi, 159


Cite this article:

"Review of concept of Vihara from Bruhatrayee."

Ranibala Motiram Nemade, S. P. Sardeshmukh

Ayurline: International Journal of Research In Indian Medicine 2020; 4 (2) :01-07

April 2020 | Vol. 04th | Issue: 2nd www.ayurline.in E- ISSN: 2456-4435