



Food is the best Life sustain

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Abstract:

The Vibhuti Yoga continues this thread of identifying the jewel among a class of existents as being the Lord. जातौ जातौ यदुत्कृष्टं तद्रत्नमभिदीयते¹ । defines a jewel as that which is the most excellent in its family or class. Vibhuti Yoga appears as a long list of divine excellence that is present in every aspect of creation. This is unity in diversity! All of creation may be viewed as divine manifestation or as the sustaining principle behind it. Right knowledge is the key to liberation.

Key word- Vibhuti yoga, food, agraya, anna, dyavya, life sustain.

Vibhuti?

Vibhuti, means the Forms or manifestations. When any entity changes its visible or nonvisible states to transform into one or more visible formation, then it is called Vibhuti. At first instance it will appear to be very normal phenomena to a common man, but it is not. Vibhuti is one of the most important phenomena for all of us to know. The importance of the same can be understood from the fact that Chapters 10, 11 in full and Ch 9 partially dedicated to explain this very phenomena. Rather chapter 10 by its very name is called as “Vibhuti Yoga”²

Some examples of vibhuti yoga-

I am Atma (Self) which is at the base of all living beings. I am their beginning, their middle and their end.”³ Among the shining one, He is Vishnu. He is Indra among gods. He is the mind amidst the senses and the consciousness of beings. He is Shankara among Rudras and Kubera (the God of wealth)



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among Yakhshas;⁴ Vasu among fires and the mountain Meru among mountains. He is to be understood to be Brahaspati (gods' teacher) among the teachers. He is Skanda (the commander in chief of god's army) among the commanders⁵ and the Sea among the sources of water. He is Bhrigu among seers. He is Sama (the most lyrical Veda) among Vedas.⁶

Like the vibhuti yoga of shreemadbhagvatgeeta, Charak also Samhita have vibhutis in there aushadha as agraya aushadhies. The 25th chapter of sutrasthana of charaka Samhita is structured in a form of group discussion. This chapter enlists the best among the food types, like which types of anna is best etc. the chapter is called yajja purusseya adhyaya origin of living being and diseases.⁷

Agraya word is derived by adding Gha Praty in Agre Bhavam Agra Pradhanam. Agraya word denotes the best one. On the other hand Aushadha denotes the dravya that pacify the diseases. (Shabadkalpadrum). The Agrya is the foremost or best among substances of different qualities, action and effects. The chapter Agryasangraha is the collection of the foremost substances. The reference of Agrya dravyas are, in Charak Samhita Sutra-sthana 25th chapter (yajjah purushiya),⁸ in Ashtanga Sangraha sutrasthana 13th chapter (agryasangrahaniya) and in Astang Hrudaya utara tantra 40th chapter (agryasangraha).⁹ Hence an attempt is made to classify the Agrya dravya into different groups such done on the basis of Action on Dosha, Action on Dhatu, Action on Mala, Action as Prabhava, Action on G.I.T., Action on Respiratory system, Action on Cardio-Vascular system, Action on Reproductive system, Action on Urinary system, Action on Nervous System, Action on Skin diseases, Action on E.N.T. disorders, Action on Haemorrhoids, Usage in Panchkarma, Long term usage, Aetiological factors for the diseases, Ahara-vidhi, Rasa, Effect on Mana, Related to Milk, Related to Sadavrutta, Related to Vyadhi Sutra, Related to chikitsa chatuspada and Related to Desha so that these are readily used in different branches of Ayurveda.¹⁰

Definition of Agraya Aushadha The drugs that performs the same action, in those drugs the drug that is best in Pathaya (wholesome) and drugs that is

⁴ श्रीमद्भगवद्गीता 10/23

⁵ श्रीमद्भगवद्गीता 10/24

⁶ श्रीमद्भगवद्गीता 10/22

⁷ Charakasamhita ch. 25

⁸ same



best one in Apathya (Unwholesome) is considered as Agraya Aushada.
Example for

“अन्नं वृत्तिकरणं श्रेष्ठम्”¹¹

We hear the word “sustainability” and realize that it often means different things to different people. But when you strip away all of the niceties, and really get down to it, sustainability is simply long-term survival. Vritikar means for sustaining daily life so many things can be used or important like Jala, Anna, Vihaara, Bhrancharya, Swapan etc but from all of these Anna (food) is best. Food is the basic necessities of life. Food contains nutrients substances essential for the growth, repair and maintenance of body tissues and for the regulation of vital processes. Nutrients provide the energy our bodies need to function. The energy in food is measured in units called calories. Therefore Food is Agraya for Vritikara.¹²

Basic human survival sustains:

1. water

2. shelter

3. clothes

4. food

1. WATER

- Keep a normal temperature.
- Lubricate and cushion joints.
- Protect your spinal cord and other sensitive tissues.
- Get rid of wastes through urination, perspiration, and bowel movements.

2. SHELTER

- A shelter that helps to keep your body at a constant temperature is also a necessity. This could also include appropriate clothing. When a person is exposed to the elements, water loss is increased. Cold temperatures and high winds can strip away valuable moisture as quickly as high temperatures can



cause sweat related loss. A shelter should consist of a place to make fire to create heat as well as protection from the wind and rain.

3. CLOTHES

- 1. Protection: Our skin is uncovered and exposed. ...
- 2. Safety: Clothing also serves to protect your skin from harm or injury. ...
- 3. Sanitation: Special clothing and accessories are often worn for sanitation reasons.
- 4. Modesty: Modesty refers to what people feel is the proper way for clothing to cover the body.

4. FOOD

Why food(अन्न) is best among all the life sustains?

This is done through a chemical process and it actually begins in the mouth with saliva. Once the components of food are released they can be used by our body's cells to release energy, make red blood cells, build bone, and do all the other things that are needed to keep the body going. Nutrients are the nourishing substances in food that are essential for the growth, development and maintenance of body functions.

Energy Production

As carbohydrates break down during digestion, they are turned into glucose. Cells pick up glucose molecules with the help of insulin and use them for energy. When carbs are not around, your system automatically turns to fat or protein for energy, so it is important to have the right balance of each nutrient. Both carbohydrates and protein have 4 calories per gram, but fat is a concentrated source of energy offering 9 calories per gram.

Tissue Growth and Repair

Some nutrients are vital to tissue growth and repair. Vitamin C builds collagen, a type of protein that is a structural component of cells, particularly skin cells. When you have an injury, collagen aids in the healing process of skin tissue. B vitamins, including pyridoxine, biotin and niacin, deconstruct complex protein compounds into simpler forms called amino acids. These smaller amino acid molecules stack on top of one another to create tissues, including muscle tissue. Iron is not involved in creating tissues, but it does



Bone Strength

Several nutrients work together to keep your bones and teeth strong. Calcium is the most abundant mineral in your body and it is the primary component of your skeleton. You also need vitamin D from your diet so calcium can be properly absorbed. Additionally, calcium works alongside phosphorous to create bone structure. Copper is a mineral you need in very small amounts each day, but if you don't get adequate amounts of copper, you may lose bone mass and increase your risk of osteoporosis.

Healthy Digestion

You need an array of different nutrients to digest food. Zinc is a mineral that is a structural part of more than 200 digestive enzymes, reports Lewis County, New York. These enzymes break food apart in your stomach and allow your small intestine to absorb vitamins and minerals. Riboflavin, pantothenic acid and other B vitamins work together to pull energy from the foods you eat. They aid in metabolizing carbohydrates into glucose and can get fuel from fat and protein if needed. Fiber, which is a type of complex carbohydrate, does not break down into glucose. Instead, fiber travels through your gut intact, keeping your bowels moving and pushing out waste.¹³

without eating for your body to change how it produces energy. Under normal circumstances, your body breaks down food into glucose. The glucose provides energy to the body. During the first 24 hours without food, as your glucose storage is depleted, your body will begin to convert glycogen from your liver and muscles into glucose.

By the second day without food, your glucose and glycogen are depleted. Your body will begin to break down muscle tissue to provide energy. However, your body is designed to conserve muscle, not break it down. So this phase provides temporary energy while your metabolism is making a major shift. To prevent excessive muscle loss, the body begins to rely on fat stores to create ketones for energy, a process known as ketosis.



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During the first 5 days without food, a person may lose 1 to 2 kilograms (2.2 to 4.4 pounds) of body weight each day. Most of this weight loss is related to dehydration and electrolyte imbalance. Over several weeks of starvation, changes in the body usually cause weight loss to slow down to an average of 0.3 kilograms (0.7 pounds) per day.

The more fat stores available, the longer a person can typically survive during starvation. Once the fat stores have been completely metabolized, the body then reverts back to muscle breakdown for energy, since it's the only remaining fuel source in the body.

You'll begin to experience severe adverse symptoms during the stage of starvation where your body is using its muscle reserves for energy.

A study in the British Medical Journal Trusted Source states that those undergoing a hunger strike should be monitored closely for severe side effects of starvation after losing 10 percent of their body weight. It also says that very serious conditions will occur when an individual loses 18 percent of their body weight.

However, during starvation, your body's many systems will begin to deteriorate.

The effects of starvation may include:

- faintness
- dizziness
- cognitive changes
- low blood pressure
- slow heartbeat
- weakness
- dehydration



- abdominal pain
- electrolyte imbalances
- heart attack
- organ failure

Conclusion

From the above discussion it seems that Agrya Dravyas have their own gunas qualities, having their own potential so they can be used instead of using multiple drugs is more affordable and effective. Therefore food is necessary for life among all over these sustains. There is a quote in Sanskrit “पृथिव्यां त्रिणी रत्नानि जलमन्नं सुभाषितम्”¹⁴ । also in taitiriya Upanishad “अन्नं ब्रह्म” । so acharya charaka was right through the scientifically reasons.

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