The role of *Ayurvedokta Bhojanante Tambul Sevan* in maintaining good digestion.

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ABSTRACT:-

Ayurveda has observed all the changes and proven much effective at each stage of change. It aims mainly at two topics, first to maintain the health of people and to cure the diseased person; this two topics are based of roll of “prakrut Agni” so Ayurveda mainly focus to keep “Agni” at normal. In modern life, man has changed his habits of eating, sleeping, working, etc. Due to lack of time and negligence; poor digestion and metabolism are two main problems that are root causes of all the diseases. That’s why to maintain “Agni” daily; Ayurveda has prescribed some daily, seasonal and psychological regimens. These regimens help to keeps Agni at its samya vastha (at normal)¹.most effect from all for healthy digestion is Tambul sevan upakram .In the Indian tradition, Tambul or pan is being consumed from Vedic era that is 5000 years ago. Since this is a cost-effective, easy to

administer and non-hazardous method for maintenance of Agni and health, it should be followed regularly to observe its ultimate effect.

KEYWORDS :- Bhojanante Tambul Sevan , Health , Digestion , Daily regimen

INTRODUCTION:-

Ayurveda is a science of life. It explains its own individualized lifestyle to stay healthy. This includes a daily regimen as well as seasonal regimen. With rapid economic development and increasing westernization of lifestyle in the past few decades, Ayurveda based lifestyle is abolished from day to day practice. Due to this prevalence of lifestyle related diseases has reached alarming proportions among Indians in the recent years. Ayurveda provides better solution in the forms of proper dietary

management, lifestyle advises, Panchakarma like detoxification and bio-purification procedures, and rejuvenation therapies and makes this science a wonderful option in lifestyle disorders. A particular lifestyle of person is a cumulative product of his/her physical capacity co-ordinated with psychological functioning. Thus, it involves a pure psychological and innate control over the physical and sensory activities. When this initiation, control, and co-ordination are disturbed, it leads to the derangement of lifestyle and results in any lifestyle disorder. Ayurveda narrated this phenomenon as 'Prajnaparadha' (intellectual blasphemy), which is one of the three basic causes of any disease. There are ample improper actions as an impact of *Prajnaparadha* which are root causes of various diseases. Habit of expression of any suppressible (all mental urges) urge is a result of *Prajnaparadha* which ultimately causes Agnimandya (poor digestion).

Lower digestion can cause any disease from psycho to somatic level, so Ayurved mainly focuses on maintaining healthy digestion for healthy life that is Samagni. For maintaining healthy digestion many daily regimens are prescribed out of which BHOJANANTE TAMBUL SEVAN VIDHI is at most important. From vaidik era its Indian culture to have Tambul after food as mouth freshener and digestion booster. On the contrary, conventional western medicine science don't have treatment or regimen that can maintain good digestion for healthy life. Hence, Ayurveda has an upper edge in treating the disease with emphasis on its root cause. The Ayurvedic physician concentrates on achieving the objective of Ayurveda for

promotion of health, prevention and management of disease for a healthy and happy life in the society.

AIM:-

To study the role of Ayurvedokta Bhojanante Tambul Sevan in maintaining good digestion.

MATERIALS AND METHODS:-

Concept of Vyadhi in relation with good digestion in Ayurveda – Vyadhi is defined as sammoochana (amalgamation) of vitiated doshas and dooshyas in body. This process is initiated by 3 kinds of reasons at a same time or individually. These are 1. Asatmyendriyarthasanyog 2. Pradnyaparadh 3. Parinaam And this three reasons ultimately causes Mandagni (poor digestion) which produces disease. So to maintain Agni avoiding these three reasons is first step towards health.

After avoiding reasons of poor digestion, Ayurveda suggest some regimens that will maintain health and it's the pearl beauty of Ayurved. For good digestion Ayurvedic Tambul sevan after both meal is one of the best regimen. Chewing Tambul as mentioned in Ayurveda maintains healthy digestion at an optimum level. The text of Ayurveda "Yogratnakar" has mentioned thirteen characteristics of Tambul and has described that such characteristics are difficult to find in heaven.

ताम्बूलं च सखे त्रयोदशः गुणाः स्वगे अपि ते
दुर्लभाः।

(यो र नित्यविधी १ / १७२)²

- **Tambul preparation :-**

Two methods are used in making vida or Tambul

- 1) Tambul - Cone shape making of Tambul patra with all material
- 2) Vida -Church form of Tambul having all material

1st type of Tambul is used generally for instant used but for increase duration of Tambul 2nd type of Tambul is prepared Ancient Indian culture this type of Tambul if offered to goddess as bhog and it's then given to bhaktas as Prasad. In this thesis 2nd type of Tambul is prepared for its easy to eat, long lasting and good smell quality

- **Contents of Tambul:-**

व्दिपत्रं एकं पुगं स चुर्णं खदिरं च तत् ।

अ.सं.सू 2/३५³

Tambul patra (Piper betle L.) only middle part of leaf

Khadira Sara (kata) (Acacia catechu)

Pug (Areca catechu seed) areca nut

Churn (shauktik bhasma)

- **Mode of action of Tambul after both meal on digestion :-**

According to Ayurveda:-

Tambul is of katu, tikta, kashay ras, ushna virya, katu vipak and laghu,ruksha, pramathi guna dravya which Pacifies kapha dosha by all means.

By ushna virya and prabhav it pacifies vat and along with it vyavay laghu guna it pacifies vat at indriya level too.Mixture of churn (acid) and Khadir (alkaline) creates madhurya (when acid and alkalis get mix it creates madhurya by Sushruta Acharya) and this effect makes tambul dridoshaghna.

By passifing kapha and vata dosh and increases pitta dosh it enhances digestion.

Also leaf used for Tambul are ripen yellow coloured they are more kashay than katu ras so after meal as per bhojan sevan kram at end of diet good amount kashay ras which is lagging in normal lifestyle creates good digesion and maintain oral hygiene.

According to modern science:⁴

The antioxidant activity of Tambul along with most of its ingredients and supports its ethno medical use in India, which might be

due to its anti-oxidant activity. The stickiness of the plaque is caused by dextran, which is produced by the fermentation of dietary sucrose by Streptococcus mutants. Tambul inhibits the different acid producing oral pathogens which changes in the ultra-structure of the enamel and its properties like Streptococci, Lactobacilli, and Staphylococci, Corynebacteria, Porphyromonas gingivalis and Treponema denticola. So consuming betel leaves provide best oral hygiene. Also it maintains pH in digestive tract which creates good environment for proper digestion.

Also its nature large source of calcium, Thiamine, Riboflavin, phosphorous this helps improve immune too.

- **Tambul sanyoga guna:-⁵**

Katu rasa: - it pacifies excess of kapha dosha produced after food, increases appetite

Tikta rasa: - It pacifies pitta and kapha dosha, increases appetite and produces ruchi.

Kashaya rasa: - Its main role is rasa dhatu shaman by producing good quality of kapha dosh

Madhur rasa: - it pacifies vat dosha, keeps mouth moist, ojavardhak

Kshara: - It reduces sticky nature of saliva by its absorbing property so that quality of kapha should remain good

Vatagna: - Tambul is vataghna so that's why it maintains two indriya

Kruminashan: - It acts as antihelmentic by combination of Khadir, churna and Tambul

Kaphahar: - main taste of Tambul is astringent and it is ushna virya katu vipaki so it pacifies kapha dosh

Durgandhi nirnashanam: - Tambul patra

have property of good smell

Vaktrasya bharanam: - keeps oral cavity clean

Vishudhhikaran: - it cleans body

Kamgni vardhak: - It increase sexual arousal

Agnidipak: - It increases metabolism and digestion.

And those 13 qualities make Tambul so much important place in Dinacharya to maintain healthy digestion.

- **Precautions while having Tambul:-**

1. One should take Tambul without a pug phal.
2. One should cut the tip and base of Tambul patra because it reduces life span, once wealth respectively.
3. Back veins of Tambul patra should be removed and it reduces intelligence.
4. One should not apply lime paste by index finger. Should apply by thumb nail.
5. One should not eat Tambul by left hand or by woman's hand or by enemy.
6. One should not take Tambul after having milk.

RESULT & CONCLUSION:-

Lifestyle disorders are based on various unnatural interventions caused by human beings in their routine life. These consists of dietary habits, behaviors etc. Sometimes people know that these changes are detrimental and sometime they are doing it passively. Though people know about such conditions, they tend to continue with same for temporary comfort. This is called as prajnaparadha. This prajnaparadha come up with low digestion as root cause of all diseases.

This pradnyaparadha can't be completely reduced by layman person in his life so acharyas of Ayurveda has introduce this daily , seasonal regimens . In which Bhojanante Tambul sevan (after meal) on daily routine creates good digestion from mouth to anus so that one can have healthy digestion for healthy life.

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