

SCOPE OF AYURVEDA IN COMMUNICABLE DISORDERS

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ABSTRACT

Ayurveda the “Science of life” deals with two main objectives viz, maintenance of positive health and cure of disease. The former is an asset, despite of knowing this fact, human being tends to ignore this and go in pursuit of worldly assets ending up in ill health. Sankramikaroga or communicable disease in a form of endemic or pandemic bears a great amount of burden on country as well as on the world. Increasing population, change in environment, improper food habits, sedentary life styles; lack of exercise, stress, global warming and increased drug resistance has increased the cases of Sankramikaroga in 19th and 20th century. A H1N1 influenza, Ebola are recent examples & now-a-days world is facing Covid 19 threat. Viral infection in the form of Corona or Covid 19 is a destructive mode causing abundance death now-a-days. In Ayurveda, acharya’s have mentioned about Pragnyaparadha which is a significant fact in counting a disease. In present situation, it is time to turn over to Ancient science of life i.e Ayurveda. By focusing on maintenance of positive health by following Dinacharya, Rutucharya, Sadvruta, Panchakarma and Rasayana individuals’ physical and mental health is secured. According to Ayurveda janapadodhvansa can be managed through preventive and curative approaches.

KEYWORDS: Covid 19, Pandemics, Sankramikaroga, janaopodhvansa

INTRODUCTION

Health is wealth is a universal truth, which one should understand the importance of that saying and which is most applicable in present scenario. As the advancement of science and technology, the most microorganism are also getting mutant by changing their action and affecting humans, simultaneously threat to communicable disease is increasing day by day. Communicable diseases spread from person to person or from animal to person. The spread often happens via air borne

diseases or bacteria, but also through blood or other bodily fluids. It may also spread due to large population, crowd, unhygienic conditions and low immunological status of individuals.

Ayurveda though being an ancient life science clearly mentions about such disease conditions. A detailed chapter on janapadodhvansa in Charaka Samhita vimanasthana 3rd adhyaya explains epidemic diseases and its etiological factors¹. In Sushruta Samhita kushtanidana adhyaya²

there is good description on mode of transfer of diseases. They are called as anupasargika rogas. From these references we come to know that in ancient time also there were such epidemics. A detailed regimen for such diseases are described in Charaka Samhita by following Dinacharya, Rutucharya, Panchakarma, Rasayana along with Sadvrutta palana.

KNOWLEDGE OF COMMUNICABLE DISEASES

Communicable diseases are like life destructing factors and they disrupt whole society, family and nation finally. These are mainly viral diseases which transmit from one person to another through various mode of transmission ex – Corona, Ebola, H1N1 etc. The disastrous combination of newly occurring diseases and the re-emergence of long established viral diseases, demands urgent planning and actions, for epidemics and pandemics prevention and its control are essential. As many of such viral infections are either fatal or leave behind complications that hamper or affect quality and quantity of life of individual or have large scale impact on mortality or morbidity.

So in present scenario, it is time to turn over to Ancient science of life i.e Ayurveda. By focusing on maintenance of positive health by following Dinacharya, Rutucharya, Sadvruuta, Panchakarma and Rasayana individuals' physical and mental health is secured.

REVIEW OF LITERATURE

Charaka Samhita vimana sthana 3rd adhyaya: Acharya Charaka has described the term janapadodhwamsa, it means destruction of a population living in an area. It is similar with epidemics and pandemics. People having different prakruti, saara, aahara but some factors like vayu, jala, desha kala are

common to them and vitiation of these factors leads to disease production and death which is termed as janapadodhwamsa. Vayu, jala, desha, kala are the modes by which infectious diseases spread. Acharya Charaka has mentioned adharma and prajnaparadha as the root cause of janapadodhwamsa³. Not following dinacharya, rutucharya, vegadharana, paapakarmas are included in adharma and prajnaparadha.

Acharya Sushruta⁴ has mentioned anupasargika rogas in kushta nidana. They are contagious diseases which spread through direct contact or contaminated objects of patients. By physical contact, air, eating with others in same plate, sharing bed, clothes, by garlands, paste (anulepa), they spread from person to person.

ROLE OF DINACHARYA IN PREVENTION OF DISEASE

In ancient time our ancestors used to follow the dinacharya as waking up in brahmi muhurta, ushnajalapana, vyayama, abyanga, snana, shad rasa yuktabhojana, along with aahara vidhi vidhana. Similarly now a days during covid situation intake of ushnajala pana, kashaya and dhupana had been given more priority. Selective protocols from dinacharya can yield fruitful results to get rid of covid. Which are as below:

Brahmimuhurta⁵ – Waking early in morning makes person to be fresh. Individual can get more oxygenated air.

Kaval⁶- Gargling with lavanayuktaushnajala helps in relieving throat infections.

Ushnajalapana – Improves digestion and increases immunity.

Nasya⁷ - Nasya with medicated oil prevents the entry of viruses in the airway.

Vyayama and abhyanga⁸- Enhances blood circulation, vision and stamina. It increases oxygen supply to remote tissues. The

perspiration takes out the accumulated toxins from the body. It relieves fatigue, insomnia, mitigates vata, increases strength and lifespan.

Snana⁹– Improves enthusiasm, strength, appetite and removes sweat and other impurities from the body. Helps in maintaining hygiene.

Shadrasayukta bhojana – It gives all nutrients, strength and increases the immunity.

Intake of Kashaya – Increases roganirodhaka shakti.

Dhupana¹⁰ - Fumigation with Guggulu, vidanga, nimba etc kills various viruses.

Disinfectants – Chemical disinfectants cause drug resistance in microbes and toxicity, hypersensitivity reactions like rashes, skin reactions, nausea, dizziness.

On the other hand Dhupana dravyas are Agni and Vayu mahabhuta pradhana and laghu guna which help in quicker combustion and rapid spread and it also act as antiviral, disinfectant, room purifier and air freshener.

ROLE OF RUTUCHARYA

Rutucharya is a powerful, health giving Ayurvedic tool that helps us to live according to the changes in season and make internal adjustments so that our doshas are in a state of balance. It makes people aware by concerning the diet and regimen to be followed in particular rutu and methods to live in accordance with the environment. The strength and complexion of person depends on diet and regimen followed by an individual as per rutu. Thus by practicing accordingly immunity of an individual is enhanced.

Knowledge of Rutucharya has a preventive dimension. The importance of following Rutucharya is that we are able to stop the disease even before it starts.

ROLE OF PANCHAKARMA IN PREVENTION OF DISEASE

Panchakarma plays a vital role in prevention and cure of disease. On the basis of vitiation of dosha, dushya, agnibala different panchakarma procedures are planned accordingly for cure of disease. As snehana and swedana are purvakarma for Panchakarma procedures. They help to accumulate the Dosha at one place and take out the vitiated doshas from the body with appropriate procedure. As per rutu shodhana particular shodhana therapies are mentioned which are necessary for healthy person for maintenance of health and prevention of disease.

ROLE OF RASAYANA AND SADVRUTTA

Ayurveda have a holistic approach towards maintenance of positive health¹¹. But now days, by adoption of unhealthy lifestyle and food habits, people are easily prone to communicable disease. Hence to prevent these diseases there is need for intake of Rasayana which acts as immune booster. So to maintain the health of a healthy person, one should have Rasayana daily which rejuvenates the body.

For betterment of life Sadvrutta palana should be done¹². One should not yawn, sneeze, and laugh without covering the mouth, a person should not urinate on the road, in crowded places and while taking food, one should not let out mucous nasal excreta at the time other than cleaning off face or bath, and also the person should keep far away from different persons to prevent inhalation of expired air from them.

As Acharya Charaka has given importance for Achara Rasayana¹³ which help in maintenance of mental and spiritual wellbeing of a person. Truth, sympathy,

respecting elders and teachers, helping needy people, eating nutritious and saatvika ahara. By properly following these rules one will be benefitted in the same way as that of consuming Rasayana.

DISCUSSION

There are various references of communicable diseases in different Ayurvedic classical text describing mode of transmission and spread of microorganism from one life form to another by direct contact, droplet infection, sharing food and beddings etc. Also description of certain diseases which originated due to the vitiation of vayu, jala, desha, kala. Ritu viparyaya (seasonal variations), along with vitiated tridosha provide a suitable space for growth of microorganism, than multiplication by any or all of these media, leading to break of epidemics under janapadodhwamsa. Even though Ayurveda consider presence of micro-organism it is given more importance to the equilibrium of the internal environment so that these organisms can't multiply. The present scenario of Covid-19, rather than removal of causative factors, precaution by social distancing, hygiene and immune power are most important factors. The physical measures and environmental sanitation measures like purification of air by dhupana (fumigation) with krimi nashaka dravyas should be adopted which reduces the growth of microorganism.

According to Ayurveda the epidemics or pandemics can be prevented by following sadvrutta in different ways.

Source of infection - One should not eat in an unclean utensil, nor eat dirty meals served by unclean service persons and also not in improper places where garbage's are accumulated. One should bath twice a day,

cutting of hair and shaving should be done regularly and one should always wear clean clothes and nor put on same clothes after bath.

Interrupting mode of transmission - one should apply oil on head, ear, nose and feet every day. Must wash hands, feet and face before having food. Should not dust and broom the roof without covering the nose.

Immunising the susceptible host - Code of conduct works more widely and effectively than immunisation concerning prevention from communicable disease as it is cheap and easy to follow. By following proper ahara, vyavyaya and hygiene, sadvrutta person can prevent from disease and attain good health. Sadvrutta plays a significant role in preventing transmission of infections along with improving immunity power by other regimen and one can achieve long and healthy life.

CONCLUSION

In the present era Ayurveda plays an important role in the prevention and cure of communicable diseases. All the new variety of diseases are occurring due to our sedentary life style, busy schedule and dietary food habits. The vast devastation caused by Covid 19 throws light on the principles mentioned in the holistic science of life. Thus, following the rules for a healthy lifestyle such as Dinacharya, Rutucharya, Achara rasayana and Sadavrutta will help to boost the immunity to tackle the infections affecting one's health.

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