



IMPORTANCE OF PRINCIPLES OF CHARAK SAMHITA FOR COMMUNITY HEALTH IN TODAY'S ERA

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❖ **ABSTRACT:** Charak Samhita is the oldest, authoritative work in Ayurveda. It focuses on Kayachikitsa or internal medicine. Today, several diseases have stood up and are increasing due to stress and aggressiveness resulting in deterioration of health at an early age. This is the need of hour to prove uses and application of Samhita to world using its principles in curing health problems.

❖ **KEYWORDS:** Samhita, Ayurveda, Health

❖ **INTRODUCTION :**

Ayurveda is the conventional arrangement of Tri Dosha, Sapt Dhatu, & Tri Malas are referenced as the fundamental variables for the establishment & support of the body. Health comprises of both body & mind. Ayurveda aims at maintaining the health of a healthy person & to treat the diseased. In Ayurveda unchangeable dosha predominance from time of intrauterine life to death is called as "Prakriti", which affects the anatomy, physiology & psychology of that person.

As the knowledge advanced gradually, Ayurveda was divided in to eight specialities^[1] – Kayachikitsa, Shalya, Salakya, Koumarabhrutya, Agadatantra, Bhutavidya, Rasayana, Vajikarana. A number of treatises were composed on each branching making all of them full fledged specialities but at the same time keeping room for interdisciplinary approach & coordination. Out of them, two specialities developed to greater extent making two

distinct schools – one the school of medicine & the other the school of surgery. The former was known as KAYACHIKITSA, Atreya or Paunarvasa Sampradaya & the latter as SHALYA or Dhanvantara Sampradaya.

In Charak Samhita there are given a scheme of life in which all the actions springs from the three primary desires. (1) Desire of life preservation (2) Desire of acquiring wealth & riches for enjoyment & (3) Desire for self-realization in the transcendental instinct of life preservation. The last two are given only a secondary place as compared to the foundational instinct of life preservation.

This is a uniquely difference approach in Indian thought to explain the point of origin of all our actions. Charaka, is dealt from two standpoints. Actions which are intentional, dependent on the will of the actor's and actions which are determined by the laws of nature. Intentional actions comprise of the activity of speech, mind and the body. What is medically relevant to know here is that these activities (of speech, mind and the body) when performed to an excessive degree, or not performed at all or performed in undesirable ways can become causative factors of diseases. As the text says that the three-fold activity (pertaining either to speech, mind or body) falling under the three heads of overuse, disuse and misuse should be regarded as volitional transgression (Prajnaparadha).

➤ धीधृतिस्मृतिविभ्रष्टःकर्मयत्कुरुतेऽशुभम्

प्रज्ञापराधं तंविद्यात् सर्वदोषप्रकोपणम् ||Ch. Sa. 1/102||

Prajnaparadha^[2] is to be taken in the widest context of 'error of judgement' (dhi-dhrti-smrti-vibhrasta) which is the inducer of all pathological conditions (Sarva Dosa Prakopana). Examples of which are premature expulsion of excreta, the suppression of natural urges, procrastination of treatment, indulgence in things which one knows to be harmful, adoption of unhygienic courses, envy, pride, anger, greed etc. These actions, however are to be seen relation to the other causative factors like misuse, overuse or disuse of sense objects and season (Time).

➤ संयोगे च विभागे च कारणं द्रव्यमाश्रितम् ||Ch. Su. 1/52||

Actions, in other sense, are of the substances and these actions are determined by inherent nature of the substance itself. These are to be viewed as the inseparable functions of the substance which can be no more detachable from it than its qualities. These functions have two forms, conjunction and disjunction, that is, it conjoins (Samyoga) when it increases some particular form of body-matter. It disjoins when it diminishes some specific form of body matter. And in relation to these functions alone that the categories of Samanya (similar) and visesa (dissimilar) acquire their meaning.

➤ सामान्यमेकत्वकरं, विशेषस्तु पृथक्त्वकृत्^[3]

तुल्यार्थता हि सामान्यं, विशेषस्तु विपर्ययः||Ch. Su. 1/45||

A substance which causes conjunction, that is which adds to a specific form of body matter is Samanya in relation to this body matter, and a substance which causes disjunction, which diminishes a specific form of body matter is Visesa in relation to this body matter. The text elaborates that which causes the increase of everything

(of the same nature) at all time is Samanya while Visesa is that which causes the decrease. Hence Samanya is that which combines and visesa is that which disunites. Samanya becomes that which is similar and visesa, is its opposite. The therapeutic importance of these categories is to be seen in the light of the dictum that health as a phenomena is the state of equilibrium of body-matter and at the advent of some diseases when the equilibrium is lost, the task of the physician is to increase that which has diminished and to decrease that which has increased (than the normal) among the body elements. This is not possible without the physician's knowledge of Samanya and Visesa because to compensate for the deceased dhatus he has to administer that substance as drug or diet having the same function in order to restore the body balance. Similarly in the reverse case too. This is established in the text again and again.

One thing that emerges very clearly in the text is the centrality of action. This foundational inclination towards 'action' in Charaka can be seen from a successive unfoldment of actions into ten medically relevant relations among the physicians, substance, qualities etc. The text elaborately explains all the various factors needed for the accomplishment of the therapeutic action.

➤ तत्र कारणं नाम तद् यत् करोति, स एव हेतुः, स कर्ता^[4] ||Ca. Vi. 8/69||

Acharya Charaka says 'That which acts, which causes (Hetu) and which is the reason of a thing (Karan), it is the doer (Karta). We are told that in any given therapeutic action.

➤ प्रवृत्तिस्तु^[5] खलु चेष्टा कार्यार्था; सैव क्रिया, कर्म, यत्नः, कार्यसमारम्भश्च^[6] ||

||Ca.Vi.8/ 77||

The doer is the physician who is well adopt in the knowledge of the science, experience of practical work and promptness of application. "That endeavour (Pravrti) which is directed towards an end is the action". It is synonymous with performance (karya) effort (yatna), the beginning of the work (karya samarambha) and karma.

➤ करणं^[6] पुनस्तद् यदुपकरणायोपकल्पते कर्तुः कार्यभिनिर्वृतौ प्रयतमानस्य^[7] ||

||Ca. Vi. 8/70||

Therapeutics itself becomes the actions, as it marks the beginning of treatment. That which helps the doer or the 'means' or 'methods' the doer ascribe to when he performs the action is Karan.

➤ करणं पुनर्भेषजं ||Ca. Vi. 8/ 84||

Medication is the Karan since it is prepared by the physicians for restoring the equilibrium of body elements. Any other thing which sub serves the same purpose is also medication. "That which after passing through the various stages attain the state of action becomes the source of action.

➤ कार्ययोनि^[7] धातुवैषम्यं, तस्य लक्षणं विकारागमः^[8] ||Ca. Vi. 8/ 88||

(Karyayoni) Dhatu Vaisamya or the discordance of the body-elements is the Karyoyoni, since it is only at the advent of some disease that the therapeutics can attain the status of an action. The region or place of action becomes adhisthan or Adhikaran. In the therapeutic action the place can be taken to mean the country or habitat of the drugs as well as patient himself. Time in relation to therapeutic action can be taken to mean either the season of the year or the stage of the disease. The indications of the proper time or otherwise for administering the drug is dependent on the stage of the disease.

➤ कार्य^[8] धातुसाम्यं, तस्य लक्षणं विकारोपशमः ||Ca. Vi. 8/ 89||

Karya or effect is that which the physician strives to bring into being (Dhatu samya). That which remains related to the doer, be it of a happy or unhappy nature resulted from the previous actions is Anu bandha (life).

➤ कार्यफलं^[9] सुखावाप्तिः ||Ca. Vi. 8/ 84||

The purpose for whose accomplishment the action is taking place becomes 'fruit of action' (Karyaphala), Arogya prapti or state of health is the fruit of the therapeutic actions.

The term Community health^[10] has replaced in some countries as Public health, Preventive medicine, & Social medicine. A EURO symposium in 1966 defined Community health as including all the "all the personal health & environmental service in any human community, irrespective of whether such services were public or private ones". In some instances, community health is used as the synonym for "environmental health". It is also used to refer to "community health care."

❖ REVIEW ON IMPORTANCE & UTILITY OF CHARAK SAMHITA ON COMMUNITY HEALTH

➤ Due to advancement of science and research life span of human being has been increased but simultaneously threat of communicable disease has increased day by day. Communicable disease spread from person to person or from an animal to a person. The spread often happens via air borne viruses or bacteria, but also through blood or other bodily fluids. It may also spread easily due to large population, crowd, unhygienic conditions and low immunological status of individual. Covid-19, H1N1 Influenza, Ebola virus are the recent example of such diseases. Because of its contagious nature, a large number of individuals are getting infected at the same time thus creating great pressure over public health. Ayurveda though being an ancient life science clearly mentions about such disease conditions. A detailed chapter on Janapadodhwansa in Charak Samhita Vimansthan 3rd Adhyaya explains epidemic disease and its etiological factors.

➤ Charak Samhita Vimansthan 3rd Adhyaya Acharya Charak has described the term Janapadodhwansa meaning destruction of a population living in an area. It is similar with epidemics. People having different prakriti, sarata and aahar but some factors like air, region are common to them and vitiation of these factors leads to disease production and death which is termed as Janapadodhwansa.

➤ ते तु खल्विमे भावाः सामान्या जनपदेषु भवन्ति; तद्यथा- वायुः, उदकं, देशः, काल इति||
(Ch.Vi.3/6)

- Janapadodhwansa^[11] occurs due to vitiation of Vayu, Jala, Desh, Kala. They are nothing but modes by which infectious diseases spread.

वाय्वादीनां यद्वैगुण्यमुत्पद्यते तस्य मूलमधर्मः, तन्मूलं वाऽसत्कर्म पूर्वकृतं; तयोर्योनिः प्रज्ञापराध एव |[12]

||Ca. Vi. 3/ 20||

- Acharya Charaka has mentioned Adharma as the root cause of Janapadodhwans. Not following one's duty to a community is termed as adharma.
- Prajnaparadha is also included in it.
- Not following Dincharya (daily regimen), ritucharya (seasonal regimen), vegavidharan (suppression of urges), paapkarma (sins) is included in Adharma.

All these things are responsible for hampering immunity of an individual. Thus, not directly but surely Adharma is responsible for Janapadodhwans.

❖ SOME EXAMPLES OF COMMON COMMUNICABLE DISEASES

▪ COMMON COLD:

✚ Causative agent : A person can catch by *Rhinovirus* .

✚ Mode of transmission : By inhaling contaminated droplets from the cough or sneeze of another person & spread by people touching their nose , eyes or mouth after touching items or surfaces that have come into contact with the virus.

✚ Symptoms of a cold may include:

- A stuffy or runny nose
- Sore throat
- Headache

▪ CORONAVIRUSES^[13]: Affect the respiratory system..

✚ Causative agent : It is caused by *SARS-CoV-2* virus . It is formed the single stranded RNA virus & was first recognised in Wuhan , China , in December 2019.

✚ Mode of transmission:

Transmission of SARS-COV-2 can occur through direct, indirect or close contact with infected people through secretions such as saliva or respiratory secretions or their respiratory droplets, which are expelled when infected person cough, sneezes, or talks.

✚ Symptoms associated with COVID -19:

- Fever
- Cough
- Anorexia
- Fatigue
- Shortness of breath
- Myalgia

- Sore throat
- Nasal congestion
- Headache
- Diarrhoea
- Nausea & vomiting
- Loss of smell (Anosmia)
- Loss of taste (Ageusia)

+ **Incubation period** : 2-14 days

▪ **INFLUENZA** ^[14] : It is an acute respiratory tract infection.

+ **Causative agent**: A person can catch *Influenza* viruses.

+ **Mode of transmission**: By inhaling contaminated droplets from the cough or sneeze of another person. & then that attack the respiratory system.

+ **Symptoms include**:

- Fever & chills
- Stuffy or runny nose
- Sore throat
- Cough
- Headache
- Muscle or body aches
- Fatigue

+ **Incubation period** : 1-4 days

▪ **HIV**^[15] : *HIV* attacks the immune system of its host. This makes the person vulnerable to other infections and diseases.

+ **Causative agent**: caused by a retro virus known as the *Human immune deficiency* virus.

+ **Mode of transmission**: A person can contract HIV

✓ as a result of contact with blood or other body fluids containing the virus.

✓ Transmitted from person to person , most frequently through sexual activity.

✓ Maternal – foetal transmission : mother to child transmission

+ **Symptoms**: The symptoms of HIV may develop gradually Trusted Source and in stages. They can include:

- Weight loss less than equal to 10%

- Chronic diarrhoea for more than 1 month
 - Prolonged fever for more than 1 month (Intermittent or constant)
 - Persistent cough for more than 1 month
 - Generalized pruritic dermatitis
 - Night sweats
 - History of herpes zoster
 - Oropharyngeal candidiasis
 - Chronic progressive or disseminated herpes simplex infection
 - Generalized lymphadenopathy
- ✚ **Incubation period** : From few months to 10 years

Although there is no cure for HIV, medications can help to keep the virus under control or make it undetectable.

▪ **Salmonella and Escherichia coli** ^[16] :

✚ **Causative agent**: Nontyphoidal Salmonella and Escherichia coli (E. coli) are two different types of bacteria that can infect the digestive system. Another form of salmonella, *Salmonella typhi*, can also cause **typhoid**.

✚ **Mode of transmission**:

- ✓ They typically spread through contaminated foods, such as uncooked meats and eggs, unwashed fruits and vegetables, and contaminated water sources.
- ✓ Salmonella can also spread through contact with live animals, including chickens, and through person-to-person contact.

✚ **Symptoms**: Some symptoms of these infections include:

- Abdominal cramps
- Diarrhea
- Fever
- Headache

✚ **Incubation period** : 12-24 hours commonly

▪ **Tuberculosis** ^[17] : Tuberculosis (TB) is a bacterial infection that primarily attacks the lungs.

✚ **Causative agent**: Caused by *Mycobacterium tuberculosis*.

✚ **Mode of transmission**: A person can catch TB by inhaling tiny droplets or “aerosols” from the cough or sneeze of a person who has the infection.

✚ **Symptoms of Tuberculosis**: It may cause the following symptoms:

- A cough continuing for more than 3 weeks
- Loss of appetite
- Unintentional weight loss
- Fever

- Chills
- Night sweats

+ **Incubation period** : Weeks to month

▪ **Ringworm** : Ringworm is a common fungal infection of the skin.

+ **Mode of transmission** : People may contract ringworm through:

- ✓ Close contact with a person who has ringworm
- ✓ Sharing towels, bedding, or other personal items with a person who has ringworm
- ✓ Close contact with animals with ringworm, typically cats
- ✓ Without treatment, ringworm may spread to other parts of the body

+ **Symptoms** : The characteristic symptom of ringworm is

- A ring-shaped rash.
- It may be dry, scaly
- Itching

▪ **Athlete's foot** : Athlete's foot is a common fungal infection that affects the skin on the feet.

+ **Mode of transmission**: People can contract athlete's foot through direct contact with someone who has the fungus or surfaces that have been in contact with the fungus. For example, an individual might contact athlete's foot after walking barefoot in locker rooms, showers, or swimming pools.

+ **Symptoms**: Having symptoms like:

- Sore or itchy white patches between the toes.

▪ **Plasmodium** ^[18]:

+ **Causative agent**: The protozoa *Plasmodium genus* causes the tropical disease malaria.

+ **Mode of transmission**: The parasite primarily transmits Trusted Source through mosquito bites.

+ **Symptoms** : Malaria causes symptoms such as:

- Fever and chills
- Headaches
- Vomiting
- Diarrhoea
- Muscle pains

+ **Incubation period**: 10 days

Without proper treatment, malaria can be life threatening. Vaccination programs are also effectively protecting people from malaria fatalities.

▪ Lyme disease :

Lyme disease is a potentially serious infection that black-legged ticks can pass to humans. It is the most common Trusted Source carrier-spread disease in the United States.

+ Causative agent:

The bacteria *Borrelia burgdorferi* causes the majority of Lyme disease cases. However, the bacteria *Borrelia mayonii* may also cause the disease.

+ Symptoms of Lyme disease include:

- Headache
- Fatigue
- Fever
- Skin rash

Lyme disease can spread to the joints, heart, and nervous system if a person does not treat it.

▪ Monkeypox: It is a rare & dangerous viral disease.

+ Causative agent: caused by *Monkeypox virus*, a member of Orthopox virus genus in the family poxviridae.

+ Mode of transmission: Human can contract the disease

- ✓ By getting bitten by an infected animal or after coming in contact with its blood, body fluids or fur.
- ✓ Eating the meat of an infected animal that has not been cooked properly could also cause infection.
- + Among human, virus can spread through
 - ✓ Clothing, bedding or towels used by someone with rash;
 - ✓ Touching skin blister or scabs of an infected person
 - ✓ Coming in contact with droplets from by cough & sneeze.
 - ✓ Also, can be sexually transmissible.

+ Symptoms: Symptoms may include:

- Fever
- Headache
- Muscle ache
- Exhaustion
- Swollen lymph nodes
- The Rashes, often beginning on the face & spreading to other parts of the body.
- Rash progress & finally forms a scab before falling off.

✚ **Incubation period:** Two to four weeks.

▪ **HEPATITIS** ^[19] : It is caused by five different viruses with transmission either through contaminated food or water (hepatitis A & E) OR through exposure to blood or body fluids(hepatitis B, C & D).

○ **HEPATITIS A :**

✚ **Causative agent:** Caused by hepatitis A virus(HAV).

✚ **Mode of transmission:** Disease tends to be associated with periods of heavy rainfall , poor sanitation , & overcrowding favour the spread of infection , giving rise to water borne & food borne epidemics.

✓ Faecal-oral route

✓ Parental route

✓ Sexual transmission

✚ **Symptoms:**

• Fever

• Chills

• Headache

• Fatigue

• General weakness & aches & pains

• Anorexia

• Nausea & vomiting

• Dark urine

• Jaundice

✚ **Incubation period :** 10 to 50 days (usually 14- 28 days)

○ **HEPATITIS B:**

✚ **Causative agent:** Caused by hepatitis B virus (HBV).

✚ **Mode of transmission:**

✓ **Parental route:** It's a blood borne infection & is transmitted by blood & blood products through transfusion , dialysis , contaminated syringes & needles , pricks of skin , handling of infected blood immunization traditional tattooing, ear or nose piercing acupuncture etc.

✓ **Perinatal transmission:** Spread of infection from HBV carrier mother to their baby appears to be an important factor for the high prevalence of HBV infection .

✓ **By sexual transmission**

✚ **Symptoms :**

• Abdominal pain

• Dark urine

• Fever

• Joint pain

• Loss of appetite

• Nausea & vomiting

- Weakness & fatigue
- Yellowing of skin & whites of eyes (jaundice)

✚ **Incubation period:** 30-180 days

○ **HEPATITIS C :**

✚ **Causative agent:** It's a contagious liver disease that results from infection with the hepatitis c virus.

✚ **Mode of transmission:** It is mostly transmitted through exposure to infectious blood

- a) Receipt of contaminated blood transfusion, blood products, organ transplants
- b) Injection given with contaminated syringes & needle stick injuries in health care settings
- c) Injection drug use
- d) Being borne to a hepatitis c infected mother

✚ **Symptoms:**

- Fever
- Fatigue
- Decrease appetite
- Nausea & vomiting
- Abdominal pain
- Dark urine
- Grey coloured faeces
- Jaundice
- Joint pain

✚ **Incubation period:** 2 weeks to 6 months

❖ **Ayurvedic Management of communicable disease**

➤ “येषां न मृत्युसामान्यं सामान्यं न च कर्मणाम्” || Ca. Vi. 3/ 13||

Some diseases are incurable if arista lakshana (fatal signs) are present, while others even without such signs are incurable because of certain purvajanmakrut karma (fatal past deeds). Ayurveda emphasizes on treatment of sadhyavyadhis only. Thus, treatment of those who don't show the fatal signs is mentioned in the following quotation.

➤ “कर्म पञ्चविधं तेषां भेषजं परमुच्यते||^[20]

रसायनानां विधिवच्चोपयोगः प्रशस्यते|

शस्यते देहवृत्तिश्च भेषजैः पूर्वमुद्धृतैः||

सत्यं भूते दया दानं बलयो देवतार्चनम्|

सद्धृतस्यानुवृत्तिश्च प्रशमो गुप्तिरात्मनः|| Ca. Vi. 3/ 13-15||”

1. **Karma Panchavidham** (Appropriate use of Panchakarma) Vamana, Virachan, Niruhabasti, Anuvasanbasti and Shirovirechana panchakarma described by Acharya Charaka among shodhanupkramas. Depending upon Doshabala, Vyadhibala appropriate remedy from above should be selected and implemented.

2. **RasayanamViddhiVaatUpyoga** (Use of Rasayana)

According to AcharyaCharak treatment is of two types.

A) Promotive- It is of two types

[21] स्वस्थस्योर्जस्करं यत्तु तदृष्यं तद्रसायनम्||Ch. Chi. 1/5||

दीर्घमायुः स्मृतिं मेधामारोग्यं तरुणं वयः| प्रभावर्णस्वरौदार्यं देहेन्द्रियबलं परम्||

वाक्सिद्धिं प्रणतिं कान्तिं लभते ना रसायनात्| लाभोपायो हि शस्तानां रसादीनां रसायनम्||Ch.Chi.1/7-8||

a) Which provides strength and immunity to healthy person- Rasayana (rejuvenation) The Rasayana is of two types. i.e., Kutipravesik and Vatatapika. In case of communicable disease vatatapik Rasayana can be used. It has minimal precautions and can be easily used in day-to-day life. In Charak Samhita Chikitsa sthana Chapter 1 various Rasayana and their indications, benefits have been mentioned. Out of which Chyavanprash, Triphala Rasayana etc will prove helpful.

b) Which promotes sexual vigor- Vajikarana (aphrodisiacs)

B). Curative- treatment which cures the disease of suffering people.

3. **Aachar Rasayana**^[22]

सत्यवादिनमक्रोधं निवृत्तं मद्यमैथुनात्|

जपशौचपरं धीरं दाननित्यं तपस्विनम्|

आनृशंस्यपरं नित्यं नित्यं करुणवेदिनम्|

देशकालप्रमाणज्ञं युक्तिज्ञमनहङ्कृतम्|

उपासितारं वृद्धानामास्तिकानां जितात्मनाम्|

गुणैरैतैः समुदितैः प्रयुङ्क्ते यो रसायनम्| रसायनगुणान् सर्वान् यथोक्तान् स समश्नुते||

अहिंसकमनायासं प्रशान्तं प्रियवादिनम्||

देवगोब्राह्मणाचार्यगुरुवृद्धारचने रतम्||

|समजागरणस्वप्नं नित्यं क्षीरघृताशिनम्||

शस्ताचारमसङ्कीर्णमध्यात्मप्रवणेन्द्रियम्||

धर्मशास्त्रपरं विद्यान्नरं नित्यरसायनम्||

|| Ch. Chi. 1/30-35|| (इत्याचाररसायनम्)|

These rules and regulations help in maintenance of mental and spiritual wellbeing of a person. Truth, sympathy, respecting elders and teachers, helping needy people, eating nutritious and Satvika aahar e.g. milk, ghee etc. in daily food. Properly following these rules will benefit the person in the same way as that of consuming Rasayana. Hence it is called Achara Rasayana. Along with this regimen treatment of symptoms as per mentioned in chikitsa sthana can be done.

4. **Sadvritta palan** ^[23]:

तस्मादात्महितं चिकीर्षता सर्वेण सर्वं सर्वदा स्मृतिमास्थाय सद्वृत्तमनुष्ठेयम्॥

तद्ध्यनुतिष्ठन् युगपत् सम्पादयत्यर्थद्वयमारोग्यमिन्द्रियविजयं चेति; तत् सद्वृत्तमखिलेनोपदेक्ष्यामोऽग्निवेश ॥ Ch. Su. 8/17-18॥

Desires to promote well-being should follow the entire code of good conduct fully, invariably & cautiously. That , if practised , fulfil two objectives simultaneously i.e Health & Control over the sense organ These rules and regulations help in maintenance of mental and spiritual wellbeing .

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