



Approach Of Ayurveda Towards Communicable Diseases.

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Abstract-

The main aim of ayurveda is to prevent and promote health. Nowadays health has become everyone's first concern. Various factors such as faulty lifestyle, dietary habits, stress etc. affects the immunity and becoming more susceptible to communicable disease. *Ayurveda* has thoroughly explained the communicable diseases under the heading of *Janapadodhwansa* and *Sankramak Roga*. The world is experiencing the rapid global spread of communicable diseases and increases economic burden to the global population. It is not possible to detect and treat all species, regardless of whether they have recently evolved or already present. *Sankramak Roga* may occur as a result of microbially assisted dosha vitiation. So the best method to combat these disease is through prevention. Traditional health care system is the best option to treat Communicable diseases. A strong immune system is essential to prevent communicable disease. Concept of *Ahara-Vihara*, *Dinacharya*, *Rutucharya*, *Sadavrutta*, *Rasayana* plays a major role in boosting immunity and helps to maintain health. Acharya Charaka also explained the three methods for the treatment i.e, *Apakarshan*, *Prakritivighat*, *Nidan Parivarjan*. *Shodhan* and *Shaman Chikitsa* is also said to have therapeutic impact against diseases. This study also concluded that treatment of *Sankramak Roga* needs early identification and efficient microbial growth inhibition.

Keywords-Sankramaka Roga, Janapadodhwansa, krumi, Ayurveda

INTRODUCTION

In Ayurveda *Sankramaka Roga* and *Aupsargika Rogas* are terminologies is used for communicable diseases. As per Ayurveda the pandemic situation can be mentioned as *Janapadodhwansa* there are mainly four factors i.e, Vayu, Jala, Kala and Desha which is responsible for *Janapadodhwansa*.^[1] Acharya Sushruta, *Bhela* called it as *Marak*. similarly modern science described pandemic diseases as *fata*. *Jwara*, *kushta*, *Netrabhishyanda* & *Shosha* are *Sankramaka Roga* as described by Acharya Sushruta and Vagbhat.^[2]

According to Ayurveda, *Roga* occurs due to Vitiation of *Doshas* due to causative factors which is Responsible for the alteration in physiological state of body. Ayurveda explains *Sankramak roga* as a disease which gets transmitted form one person to another person through various mode of transmission. Pathologically *Sankramak roga* occurs due to vitiation of *Doshas*, deprived state of *Dhatu*, *Agnimandya* and obstruction in *Srotas*. *Agantuja* factors affect host cells when *Bala* i.e, Immunity Becomes Weak. Pandemic problem increases when *Bhuta* (microorganism) affect person in case of weak immune response.

The major *Sankramak Roga* mentioned in Ayurveda are *Kushta*, *Jwara*, *Netrabhishyanada*, *Rajyakshma*, *Vishuchika* *Upadamsa*, *Firanga* etc

AIM AND OBJECTIVE

To review the communicable diseases and their management which are scattered in *Ayurvedic* classics.

MATERIAL AND METHODOLOGY

A systematic collection of literature related to communicable diseases and their management has been made through available *Samhitas* of *Ayurveda*

REVIEW OF LITERATURE

In Charak Samhita

Charaka says *Abhishagaja Jwara* one among the *Agantuja jwara* (fever caused by extraneous factors) is caused by the afflictions of passion, grief, fear, anger and evil spirit including germs (*Bhuta*). *Bhut* means microorganisms which can't be seen by naked eyes and *Abhishang* means if microorganisms which come in contact with body *Vayu* gets vitiated by the *Kama*(passion), and *Bhaya*(fear). *Pitta* is aggravated by *Krodha*(anger). All the three *Doshas* are aggravated by the affliction of *Bhuta* (germs or micro-organisms. Eight types of *Agantuja Jwar* are described which occurs due to the infection^[3] In *Viman sthana* ,*Krimis* were classified as *Purishaj*, *Malaj*, *Raktaj* and *Kaphaj*.^[4]

In Sushruta Samhita-

Acharya Sushruta Explains that the diseases like *Kustha* (skin disease), *Jwara* (fever), *Shosha* (tuberculosis) etc are contagious and spreads by direct contact or by use of contaminated material. *Prasanaga* (all forms contacts), *Gatra Sansparsha* (direct contacts, eating together, sleeping together (including sexual contact), sharing and using of others cloths, ornaments, ointments etc^[5]

Ashtanga Sangraha

Acharya Vagbhat considers explanation *Acharya Sushruta* about Communicable diseases. All *Netra Vikara*, and *Tvakvikar* is mentioned in *Sankramak Roga* and it is transmitted by touch and eating and sleeping together^[6]

Madhav Nidan

Acharya Madhav has mentioned the classification of infectious diseases and their modes of transmission along with detailed description of infectious disease. *Madhav Nidan* explained that *Aupsargika Rogas* such as *Kushta*, *Jwara*, *Sosha*, *Upadamsha* and *Phiranga* that transmit through various mode of transmission such as physical contact, sexual intercourse, inhalation of air, use of common cloths and garlands.^[7]

Bhavprakash

Similarly, *Acharya Bhavprakash* has mentioned some other infectious diseases in his classical text *Bhav prakash* has explained skin disease like *kustha*, *Upadamsa*, *Bhootonmada* as *Sankramaka Roga* which transmit through contact of one person to another (*Darshan*, *Sparshan*, *Dana*). *Firanga Roga* is also mentioned as *Gandha Roga* under the category of contagious disease. This term specifically related to the female suffered with disease and contact with such female may transmit *Firanga Roga*.^[8] He classified these diseases under the category of *Kuprasangaja*.

Concept of Pathogens in Ayurveda

Descriptions of terminologies related to pathogens are as follows

Acharya Charaka has described terms for *Krimi* (pathogens) as *Keshad*, *Lomad*, *Lomadwipa*, *Sauras*, *Audumbar*, *Jantumatra* (*Matruka*).^[9]

Acharya Sushruta described terms as *Nakhad*, *Dantad*, *Kushthaja*, *Parisarpa*.^[10]

So, we can say that In *Ayurveda* literature there is useful information related to infectious diseases.

SAMPRAPTI OF SANKRAMAK ROGA-

The pathogenesis of *Sankramak Roga* is not separately described for occurrence of disease. In some diseases like *Agantuj Jwara*, *Agantuja Atisara* (*Diarrhea* due to external factors) etc are fewer disease where disease occurs first then followed by vitiation of *Doshas*, which may be related to the infectious agents. In other cases, infectious diseases are understood by the reference to the general description of disease.

There is no specific explanation of pathogenesis of *Sankramak Roga* in *Ayurveda* literature but it is believed that diminished *Bala* along with causative factors allow microbial invasion leading to pathological initiation of *Sankramak Roga*. The imbalance in equilibrium between *Dosha*, *Dhatu* and *Malas* leads to manifestation of *Sankramak Roga*. The further progression of disease depends on the types of infection, *Prakruti* , *Bala* of individual and growth of microbes.

There are few others factors which plays an important role in the invasion of causative agents therefore special preventive care is needed related to these factors to control prevalence of diseases such as Age (immunity of child is weaker that adult), environmental factor (humid and moist environmental condition) etc

AYURVEDA MANAGEMENT OF DISEASES

Loss of immunity, vitiation of Doshas, disturbances of *Jatharagni*, *Ama* and *Srotodushti*, etc. are responsible for the pathogenesis of diseases. Therefore, line of treatment in Ayurveda mostly focuses on improving immunity, equilibrium of *Doshas*, *Amapachana*, cleaning *Srotodushti* and strengthening *Jatharagni*.

Ayurveda described measures such as *Dinacharya* (Daily regimen), *Ritucharya* (Seasonal regimen), *Sadvritta* (Good conducts/ethics) and *Rasayana* (Rejuvenation therapy) which promotes health and improves immunity against of diseases and thus prevents the occurrence of diseases.

- ***Dinacharya*** - helpful in preventing the entry and hamper the growth of the micro-organisms and also secondary prevention in case of post infected cases.

Ex. *Kavala/Gangusha* –Gargling with plain hot water and salt and decoction of Triphala. ^[11]

- ***Sadvrutta***

Ex. 1) Droplet infection- This is direct projection of droplets of saliva and naso-pharyngeal secretions

One should not yawn, sneeze, and laugh without covering the mouth and nose ^[12]

2)Contact with soil- by direct exposure of susceptible tissue to the disease agent in soil, vegetable matter in which leads fungal growth.

One should walk using umbrella, stick and foot wear. ^[13]

Person should not scrap the earth, pluck the lawn grass or weeds and nor should come in contact with soil or grind the lump^[14]

It leads to conditions similar to hookworm, larvae, tetanus, mycosis etc.

The treatment of those who don't show fatal signs are

1. *Karmapanchavidhanam*
2. *Rasayanavidhivatupayoga*^[15]

Karmapanchavidhanam- Vaman, Virechan, Niruhabasti, Anuvasan basti and Shirovirechan. Depending upon *Dosha* and *Vyadhibala* above procedure should be selected.

Rasayana- It has two aspects

Promotive aspect –which provides strength and immunity to healthy individual. In case of communicable disease *Vatatapika Rasayana*

can be used as it has minimum precaution and used in day-to-day life.

Curative aspect –it helps to cure diseases.

Acharya *Charaka* described three methods for the treatment of *Krimi* i.e., *Apakarshana* (Panchakarma procedures) 2) *Prakritivighata* (*Samprapti Vighatana*) 3) *Nidana Parivarjana* (removal of cause) ^[16]

Nidana Parivarjana: Nidana Parivarjana is most essential method to eradicate disease condition. It is considered first method of disease management which cease invasion of organisms into the body and control etiological factors as prophylactic care. *Nidana Parivarjana* reduces chances of contacts so that one should not expose to disease causing microbes.

Prakriti Vighata: Prakriti Vighata is a medicinal approach described by Ayurveda literatures involving use of drugs which help to stop growth of agent microbial by maintaining unfavourable condition for the microbial growth. Drugs having *Katu, Kashaaya, Tikta* and *Ushna* properties may be utilized for this purpose, these drugs help to decreases *Kapha* and prevent microbial invasion and growth.

Apakarshana-means to eliminate *Dosha, Mala and Krumi* forcefully. It includes procedures like *Vamana, Virechana, shirovirechana* and *Asthapan Basti* etc

Role of Ahara

The faulty eating habits are responsible for indigestion, malnutrition, reduced metabolism, lack of immunity. While good eating habits helps to combat against infectious diseases. It is recommended to eat nutritious and Healthy food; it is advised to uses *Haridra* (turmeric), *Jeerak*(cumin), *Ardrak*(garlic), curry leaves and *Dhanyak*(coriander), etc. in food while cooking to enhance medicinal properties of *Ahara*.

Preventive Care

Vaccines help to prevent infectious diseases like hepatitis, measles, diphtheria, influenza etc.

The risk of transmission can be reduced by following approaches:

1. washing of hands properly after contacting with diseased person.
2. Covering of nose and mouth during sneeze or cough.
3. Use of disinfectants at home and workplace.
4. Avoiding contact with infected person or sharing items.
5. Eating or drinking with diseased person must be avoided

CONCLUSION

The *Samhitas* have provided a thorough description about communicable diseases. Enhancing immunity is considered important for managing the *Sankramak Roga*. viral infection that is responsible for pandemic is associated with symptoms of fever, cough and breath shortness. In order to manage such type of diseases *Ayurveda* suggested various measures such as *Dinacharya*, *Rutucharya*, *Rasayana*, *Sadvrutta palan* etc. including *Prakriti Vighata*, *Apakarshana* and *Nidana Parivarjana* can help to control communicable diseases. *Nidan Parivarjana* means avoidance of disease-causing factors and *Prakriti Vighata* means uses of medicinal approach to pacify vitiated *Dosha*, *Dhatu*. these measures help to reduce the prevalence of communicable diseases. Panchakarma also helps to reduce susceptibility of the *Sankramak Roga*. *Ayurveda* emphasized role of *Ahara* and *Vihara* as preventive measures as well as usage of *Aushadhi* to manage infectious diseases. Boosting immunity, balancing *Doshas*, eliminating *Ama* condition & *Srotodushti* and nourishment to *Dhatu*s etc. is the main approach of *Ayurveda* as a line of treatment for such types of diseases.

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