

“Role of Ayurved in Epidemic and its Prevention”

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ABSTRACT:

In Recent years the whole world has suffered from Epidemics . Epidemics will not have treatment until the symptoms are studied and drugs are thoroughly tested. In this case immunity plays an important role .In this article ,information from contemporary Ayurveda in view of vyadhishamatva and Janapadodwansa is discussed. Ayurveda has described about Janpadodwansa and Vyadhishamatwa already. Ayurveda has described about epidemic disease under the topic of Janapadodwansa. Vayu (Air), Jala (Water) , Kala (Time) , Bhumi (region) are included in Janapadodwansa . When these are vitiated they become more and more difficult to manage. Various types of regimens like Dincharya , Sadvritta and Rasayana with respect to Janapad (Community) should be adopted for control and prevention of Epidemics . The Prevention and management of Epidemics according to Ayurveda has become more relevant than before because of Covid Pandemic. It is possible to manage and prevent the epidemics through ayurveda as it focuses on boosting the immunity .Prevention is the key one should adopt . Healthy lifestyle ,diet and exercises are required to boost the immunity . All this are explained in Ayurveda.

Keywords: Ayurveda , Epidemic , Disease , Management , Immunity, *Amavata, Ama, Langhan, Swedana, Agni, Rheumatoid Arthritis.*

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INTRODUCTION

An EPIDEMIC (EPI means 'UPON' or 'ABOVE' and DEMIS means 'PEOPLE') is the rapid spread of disease to a large number of hosts in a given population within a short period of time . It refers to an increase , often sudden in number of cases of a disease above what is normally expected in that population of that area[1] . A key objective in Epidemics is to identify the symptoms and proactively manage the complications . The goal of treatment is to restore the health of the people and to reduce the side effects of epidemic disease and the given treatment . In such scenario it is very important to develop effective and safe treatment approach . Ayurveda is a unique and holistic system of medicine in which treatment starts with an internal purification process followed by a special diet (ahara) , herbal remedies (aushadhi) , and daily regimen (vihar) [2] which boost the immunity and fights the ongoing vyadhi(disease) . In Ayurveda , the cause of Epidemic breakout are identified as vitiated air (Vayu) ,vitiated water (Jala), vitiated region (Bhumi) , vitiated time (Kala) .[3] .They become more potent in their increasing order respectively and become more difficult to manage . The reason for their vitiation as described by Acharya Charak are unrighteous action of Human beings (Adharma) and intellectual Blasphemy (Pragyaparadha) .[4] Epidemic Disease occurs when same symptoms are produced at one time in the given population because of the common causative factors i.e vayu, jala, desha, kala [5]

METHOD

In this article , information from Ayurvedic samhitas are discussed in point of prevention and management of Epidemics. The effects of vitiation of Vayu , Jala ,Bhumi and Kala are explained below –

VIKRUT VAYU

Air pollution is the contamination of air due to the presence of substance in the atmosphere that are harmful to the health of humans and other living beings . It causes diseases ,allergies and even death to the humans. It also cause harm to animals and crops , may damage the natural environment . Air pollution can be caused by both human activities and natural phenomena.[6]. Epidemiology study investigate the association of pollutants with human disease. Exposure to PM 2.5 for just a few hours or weeks can cause Cardiovascular effects . Air pollution is linked with Asthma , allergies , bronchitis [7]

VIKRUT JALA-

The water which has different colours , smell , taste or is not clean is explained as Vikrut jala by Acharya Charak .He further states that if the water bodies are dying or they are living the pond , well or rivers in which they were living that means the water is infected . [8] WHO reports reveals that nearly 25% of the global population is consuming fecally-contaminated water. [9] Unsafe water , inadequate sanitation and poor hygiene is responsible for 90% of diarrheal death worldwide. [10]Water borne illness may be because of ingestion, contact or inhalation of pathogens (bacteria, viruses, or parasites)or chemicals in water [11]

VIKRUT BHUMI –

According to Acharya Charak the land having altered varna, gandha ,rasa , sparsh or having increased moisture content in land , where snakes ,poisonous insects ,mosquitoes ,flies ,

rodents are increased in number than usual are Vikrut Bhumi. [12] Soil borne pathogens can cause severe diseases in many crops which has a strong influence on their survival and capacity to cause disease.[13]

VIKRUT KALA-

According to Acharya Charak, the altered time causes great destruction. Any lakshan different to the expected specific season or the lakshan are in atimatra or hinmatra has to be considered as Rogakara.[14] Seasons caused by the direction of Earth's tilt with respect to The Sun. Climate Changes can be identified with warming temperatures, Changes in precipitation, and increases in the frequency or intensity of Some extreme weather events, and rising sea levels which further threaten our health by affecting the food we eat, the water we drink, the air we breathe, and the weather we experience . Seasonal Infections in the human range from childhood diseases, such as Measles, Diphtheria and chickenpox, to faecal-oral infections, such as cholera and Rotavirus, vector-borne diseases including malaria and even sexually Transmitted gonorrhoea.

Treatment and Preventive Measures According to Ayurveda –

Pandemics can be managed with Proper Regime i.e Rutucharya and Dincharya . Rasayana and Panchkarma are of Vital importance in enhancing the immunity of affected population. Ahara ,Vihar And Yoga can lead to improvement of health and protecting the healthy ones. Asanas such as Bhujangasana, Viajrasane and Padaangushtasana, can be performed for respiratory wellness.(Pranvaha srtoas)

Abhyantara Aushad-

Acharya Charaka in his treatise, has explained that tikta Rasa Aushadi should be given during Jwara Kala (Bitter taste dominant medications) accordingly. Considering the Prakrit of the individual, Roga and Rogi Bala, Kalo and Adhithana of Roga the treatment of different type of Jwara is to be decided.

Since the Pandemics(Janapadodhwansa)is dominantly Vatapittaja Vyadh, following Ayurveda drugs may prove useful-

THERAPEUTIC INTERVENTION

For fever , Mahasudarshan Ghana vati-500mg twice a day with lukewarm water should be used. For sore throat, Lavangadi Vati or Laxmivilas Rasa 125mg Thrice a day can be taken with lukewarm water. For Pratishyaya Haridra Khanda 3-5 mg BD should be used. For Cough Talisadi Churna (4g) BD + Madhuyashti churna (2g), Sitopaladi churna 3-6gm with honey BD/TDS ,Tankan Bhasma 250-500mg BD .For Vyadhishamatva Samshaman vati ,Agastya haritaki ,Chyavanprash avaleha ,Brahama rasayan can be used.

Single Drugs-

A] Kirata(Swertia chiruta)-

The antipyretic activity of Kirata in both the crude and purified extracts significantly inhibited cell proliferation and induced apoptosis. It may cure. Infectious diseases, tonsillitis, bronchitis, pneumonia whooping cough, acute enteritis, gastritis, urethritis, nephritis tuberculosis, gall bladder infection, influenza and high blood pressure. Besides, the anti-helminthic, hypoglycemic and antipyretic antifungal and antibacterial properties there are amarogentin (most bitter compound, swerchirie, swertiamarin and other active principles of the herb).[15]

B]Amrita (Tinospora cordifolia)-

The antipyretic activity of Amrita is very well known and documented. However, its antipyretic activity is stuffed by Upadhyaya et al reported that traditionally T. cordifolia is known for its jwarahara activity (antipyretic activity). The water soluble fraction of 95% ethanolic extract of T. cordifolia plant has shown significant antipyretic activity. It has Antipyretic and Anti inflammatory activities. Guduchi is highly rich in Anti oxidants ,it has wound healing and anti viral properties.[16]

C]Vasa-(Adhatoda vasica)-

A potential drug with highly used in Kasa (Cough), Swasa (Respiratory distress/Asthma/Bronchitis).[17]

D]Tulsi(Ocimum Sanctum) -

It is an excellent immunomodulator. It is best for Cough, cold and other respiratory ailments. It has proven antiviral, antibacterial, antipyretic properties. Use 2-3 tulsi leaves regularly in decoction. Chewing Tulsi leaves on empty stomach is equally beneficial.

DINCHARYA

Dincharya should be adopted to bring equilibrium in Tridosha ,Sapta dhatu and Tri mala. It has great benefits on body for proper functioning of the body. Brahmamuhurat, Dantadhavan, Anjan, Vyayama should be followed for developing strong immunity.

GRAHA DHUPAN: Dhupana (fumigation) of the house every evening with antimicrobials such as Neem leaf, Sarshap and Karpura.

PANCHKARMA -

Panchkarma include 5 detoxification processes, used to treat diseases as well as to maintain health i.e Vaman (Medicated emesis), Virechan (Medicated purgation) Basti (Medicated

enerma),Nasya (medication through the route of nose). Raktamokshan (Blood letting).The Panchkarma therapy minimizes the chances of resurgence of the diseases and promotes positive health tissue by rejuvenation.

RESULT

It is possible to prevent and manage the epidemic diseases and their further damage to people by following ayurvedic treatment which focuses on vyadhishamatva and avoiding the aforesaid reasons of Janapadodwansa.

CONCLUSION-

Ayurveda is Science of life and its purpose is to preserve life. Ayurveda proves that Prevention is the best way to avoid any should follow the ayurvedic regime for boosting their immunity. One should adopt healthy lifestyle (Vihar) healthy diet(Ahara) and proper medication according to the persons conditions (Aushadhi) , Rejuvenation (Rasayana) .This all are well explained in Ayurved.

DISCUSSION

Each Science has its own merits and demerits. Undoubtedly , the modern science treats the severity of symptoms and save lives in acute and critical stage of diseases .Most of the time the modern medicine are not effective to cure the root cause , it acts on the symptoms only. Diseases occurs because of the Imbalance of Fundamental Elements (Vata , Pitta ,Kapha). Most of the time the imbalance is ignored. Sometimes slight imbalance causes dire consequences. The natural law of the body are applied in Ayurveda Shastra. Ayurveda establish that the elemental balance and Nature is its Subject Matter. In Epidemic this two factors are disturbed. Ayurved works efficiently in preventing such conditions.

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