



AYURVEDA APPROACH -VYADHIKSHAMATVA FOR HEALTHY LIFE

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ABSTRACT

Great varieties of infectious microorganisms are present in our environment viz virus, bacteria, fungi, protozoa and multi cellular parasites. These microbes can cause diseases or may not cause diseases. Inability of microbes to produce disease is because of human immune system which combats infectious agents. Concept of immunity is explained through many factors like *Bala* and *Ojas* that are responsible for the normal functioning of the body and mind. In *Ayurvedic text (Ch. Su. 28/7, Chakrapani commentary)* the term *Vyadhiikshamatva* described body resistance against diseases very well. *Vyadhiikshamatva* is resistance of body to tussle with disease. It can be linked with immunity in contemporary science. The *Vyadhiikshamatva* can be correlated with the *Bala* of a person which is of three types: Innate – *Sahaja Bala*; Deviated according to season, age – *Kalakrita Bala*; The immune power which can be enhanced with different measures – *Yuktikrita Bala*. Various factors can be correlated with immunity. They are normal *doshas*, equilibrium state of *dhatus*, normal *Agni*, potency of *Srotasa* etc. In *Ayurvedic text*, various *Acharyas* described countless useful *Dravyas*, formulations (*Yogas*) to enhance immunity. While in modern science there are some drugs for enhancing immunity but they are not suitable to every patient. In *Ayurveda Acharya Sushruta, Vagbhata, Kashyapa* described a special formulation called as '*Lehana*' and *Acharya Kashyapa* has been mentioned *Suvarna Prashana, Samvardhana ghrita*, and some other formulations to enhance the immunity and ultimately reduces the recurrent illness and gives a healthy long life for children.

KEYWORDS: *Vyadhiikshamatva, Bala, Lehana, Samvardhana Ghrita.*

INTRODUCTION

Ayurveda incorporates both the preventive and curative aspects of human ailments, promising it as a holistic science. This holistic approach of Ayurveda resembles to the entire function of *Vyadhiikshamatva*. *Vyadhiikshamatva* (Immunity) was described by *Acharya Charaka* thousands of years ago.^[1] Now-a-days, the same is known as immunity in the modern science. *Ayurveda* emphasizes the promotion of health through the strengthening of host defenses, to act as a resistive force against day-to-day physiological extremes as well as opportunistic maladies. This force to reckon with, as regards everyday wellness is termed as "*Vyadhiikshamatva*" in Ayurveda. *Vyadhiikshamatva* is a broad concept comprising the whole modern understanding of immunology and other gross and subtle factors paying attention to the prevention and progression of diseases in human body. The least understood arm of immunology is the origin and mechanism of development of spectrum of autoimmune disorders. *Ayurveda* propounds that prevention is an equally important aspect of disease management as cure and thus, strengthening the immune system, is a natural

way to help the body fight against the disease causing pathogens. *Acharyas* promoted the use of *Rasayana* (Rejuvenation) to enhance *Ojas* and *Vyadhiikshamatva* (immunity). *Rasayana* are health promoting and rejuvenating agents which by their empirical effects produce resistance against disease both physically and mentally. *Ojas* is responsible for good health, better immunity, longevity, intelligence and thought process. For this purpose use of different types of *Ojas* promoting herbs have been described in *Ayurveda* which can be immensely helpful in the management of immunodeficiency disorders. *Vyadhiikshamatva* in *Ayurveda* is not merely immunity against a specific infectious agent or disease such as typhoid, measles or rubella for which modern medicine provides "immunizations". Rather, *Vyadhiikshamatva* implies a resistance against the loss of the integrity, proportion, and interrelationship amongst the individual's *doshas* (bio energies) and *dhatus* (tissues). Resistance to disease or immunity against disease is of two kinds i.e. the one which attenuate the manifested diseases and other variety prevents the manifestation of diseases.^[2]

Concept of OAJAS and BALA

Oajas is defined as the final and excellent essence of *Saptadhatu* beginning with *rasa* and ending with *shukra dhatu*. *Oajas* of the body is situated in heart and is white, yellowish and reddish in colour, or color of ghee, taste like Honey and smell like fried paddy. *Acharya charaksays* that *Ojas* is *Pranayama* means, if *Oajas* is destroyed, the human being also perishes. Properties of *Ojas* are *Guru* (heavy), *Sheet* (cool), *Mrudu* (soft), *Slakshna* (smooth), *Bahal* (dense), *Madhura* (sweet), *Sthira* (responsible for stability), *Prasna* (clear), *Picchila* (slimy) and *Snigdha* (unctuous).

The term *Bala* are used as synonyms of *Oajas*. The *Bala* signifies the physical, mental strength of body resistance. *Bala* has been classified into three types as –*Sahaja bala*, *Kalaja bala* and *Yuktikruta bala*.^[3] *Sahajabala* is both mental and physical strength present naturally by birth. *Kalajabala* strength due to favorable conditions like youth, season and *Yuktikrutabala* is strength acquired by the intake of diet such as flesh, ghee etc and by proper exercise.^[4]

Concept of Lehana

The principles of vaccines for improving the immunity was also described thousands of years ago in *Ayurveda* in the form of countless formulations for adults and children as *Lehana*. “*Lehana*” (means intake of medicine by licking) is one such traditional special formulation, mentioned in *Ayurvedic* manuscripts that have been used to boost immunity in the children.^[5] *Lehana* In *Ayurvedic* texts, various *Acharays* have described countless useful formulations and mode of conduct for children. *Acharya Kashyapa* describes a special formulation by the name of “*Lehana*”.^[6,7]

AIM AND OBJECTIVES

1. To discuss the *Ayurveda* approach for healthy life by enhancing *Vyadhikshamatva*.
2. To describe the *Ayurveda* concept of immunity.

MATERIALS AND METHOD

Ayurveda Classical text books as well as modern available literature have been referred in regard to present this paper. Different journals, research articles, magazines, health bulletin, text books on *Vyadhikshamatva* (immunity). Different recent research updates in the contemporary science have also been revived for evidence based researches to throw light on the *Ayurveda* fundamentals fact regarding health and immunity.

DISCUSSION

Vyadhikshamatva -resistance to diseases or immunity against diseases is of two kinds i.e. the one which attenuate the manifested disease and other variety prevents the manifestation of diseases. *Sleshma* in normal state considered as *Bala* and *Oja* and function of normal *Kapha* like that of *Ojas*. *Agni* (food assimilation power of body) is important for proper digestion of diet.

Proper nourishment of *Dhatu*s will be depends on wholesome and unwholesome food. *Doshas* are vitiated due to continue taking unwholesome food ultimately production of excellent essence of *Dhatu*s i.e. *Ojas* is not done. Final and excellent essence of *Dhatu*s beginning with *Rasa* to *Shukra* is *Ojus* and that *Ojus* is said to be *Bala*. The concept of *Vyadhikshamatva* is related with *Kapha*, *Bala*, *Agni* and *Ojas*.

Different technique to boost Vyadhikshamatva

Vyadhikshamatva can be increase before birth i.e. at the time of conception, gestational period and after birth. Out of all factors which increases strength of body the *Desha* and *Kula* are such factors which cannot be changed? The *Kala*, age of conception can be planned and the health of *Kshetra* (Uterus) can also be improved. But these factors are internal factors. The factors which are used after conception for healthy progeny are the good quality of food, adaptability of food and environment, mental relaxation. And after birth also the strength can be increase by some methods.

Rasayana is one among the 8 branches of *Ashtanga Ayurveda*. This branch is popularly known as rejuvenation therapy which mentions certain intake of drugs leading to production of excellent *Dhatu*s. *Theojus*, which is *Bala* of body, is the extract of seven *Dhatu*s. Along with this results into long life, strong memory, intelligence, health, anti-ageing, luster in skin. *Rasayana* therapy provides tremendous potential to be tapped for immunomodulatory activity.

By acting primarily on the immune system like macrophages, the simple chemical of the herbs through the activating cytokine network could produce all the actions that have been attributed to them. The immunomodulatory action of *rasayana* brings alteration in the status of immune system.^[8] *Rasayana* drugs are effective in improving immunity and prevent the diseases of bacterial and fungal origin. *Lehana* is also helpful for the strength, intelligence and ultimately improve the immunity. Such attempts might bring about much needed integration of traditional Indian *Ayurveda* and modern scientific medicine and help in the development of a holistic approach towards human health.^[9]

CONCLUSION

In brief, through *Ayurvedic* concept of *Vyadhikshamatva* one can keep the physical bodily ailments and definitely prevent various psychosocial discrepancies. For as concluded from above, an *Ojas* depleted body is breeding ground of various physical and mental diseases. Hence, for attaining good *Vyadhikshamatva*, we should use various regimens and follow conducts as described in *Ayurvedic* texts for the same. The immune system, which is made up of special cells, proteins, tissues and organs, defends people against germs and microorganisms every day. In most cases, the immune system does a great job of keeping people healthy and preventing infections. But

sometimes problems with the immune system can lead to illness and infection. So we can conclude that the immunity described by the modern medicine is nothing but the *Vyadhikshamatva* (Immunity) of *Ayurveda*, which was described thousandsof years ago. So we must remain cautions to protect the *Vyadhikshamatva* (Immunity) and for this should follow the proper diet and code conduct of *Ayurveda*.

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