



GENERAL GUIDELINE AND THERAPEUTIC APPROACHES RECOMMENDED FOR THE MANAGEMENT OF SANKRAMAK ROGA: AN AYURVEDA REVIEW

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ABSTRACT

Health is one of the prime concerns of mankind and medical community putting great efforts toward the health restoration of global population. The prevalence of communicable diseases are very common which affecting health of society from many years. Ayurveda also described concept of communicable diseases (*Aupsargikarogas*) along with their cause, transmission and treatment regimen. Air, water, time and region are major way for the transmission of communicable diseases. *Kustha*, *Jwara*, *Shosha* and *Netrabhishyanda*, etc. are the major *Sankramak Roga* as per Ayurveda since they transmits from one to another person through various mode of transmission. Present article emphasizes general concept of *Sankramak Roga* and their management through Ayurveda.

KEYWORDS: Ayurveda, Sankramak Roga, Aupsargikarogas, Communicable Diseases.

INTRODUCTION

The Ayurveda science is one of the established medical systems that play vital role towards the management of normal health conditions. The principles of Ayurveda not only help to cure diseases but also provide way to prevent prevalence of diseases. The concept of *Sankramak Roga* is also well defined in Ayurveda literatures, these diseases mainly transmitted through direct or indirect mode of transmission including physical, chemical, environmental and biological contact. With regards to management of communicable diseases Ayurveda emphasizes considerations of preventive approaches than curative measures.

The various mode of transmission of Sankramak Roga are as follows

- ✚ Physical contact; eating together and sleeping together.
- ✚ Transmissions *via* epidermal layer, through cuts and wounds.
- ✚ Through nasal discharge during sneeze of infected person.
- ✚ Using belongings of infected person like; ornaments and cloths.
- ✚ Contact through inhalation of infected air/ environmental conditions.
- ✚ Sexual intercourse with infected person.

Ayurveda described various approaches for the treatment of communicable like; use of herbs, formulations and detoxification measures, etc. It is also believed that potentiating *Bala* reduces chances of pathogenesis of *Sankramak Roga*. Similarly use of formulations such as; *Arjuna churna*, *Pashanbhed churna*, *Gokharu churna*, *Trikatu churna*, *Panchasakar churna*, *Chandanadi churna* and *Avipattikar churna* etc. offers beneficial health effects in case of infectious diseases. **Figure 1** depicted basic approaches of Ayurveda utilizes for infectious diseases, **Table 1** mentioned various classical formulation use for the management of infectious/communicable disease. **Table 2** mentioned some natural herbs/plants used for same purpose.

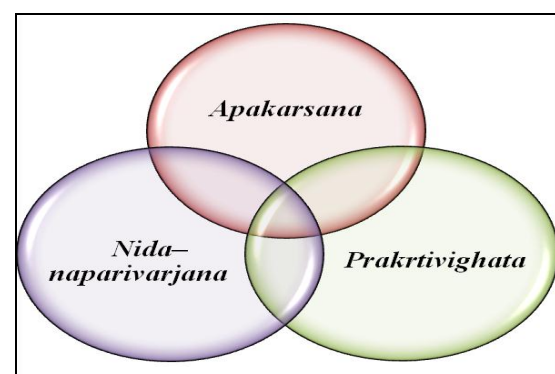


Figure 1: Basic approaches of Ayurveda for infectious diseases.

Ayurveda management

Apakarsana, *Prakrtivighata* and *Nida-naparivarjana* are basic approaches utilized for the management of communicable diseases. *Apakarsana* means removal of pathogenic organisms, *Prakrtivighata* means inducing unfavorable condition for the growth of microbes and *Nida-naparivarjana* means avoiding the causative factors.

- ✚ *Apakarshana* and *Prakriti Vighata* approaches recommended for such types of conditions; use of *Katu*, *Kashaaya*, *Tikta*, *Kshra* and *Ushna* drugs recommended.
- ✚ Conduction of disciplinary regimen (*Sadvrittapanan*) helps to fight against infectious disease.
- ✚ *Shodhan Karma* such as *Vaman*, *Niruhabasti*, *Virachan* and *Shirovirechan* can offer relief in the management of *Sankramak Roga*.
- ✚ Detoxification technique which removes *Kapha* and *Malas* reduces growth of microorganisms.

Fumigation with fumes of *Kushtha*, *Vacha* and *Neem* give advantages in the management of communicable diseases.

- ✚ *Rasayana* drugs such as; *Vatatapika rasayana* enhances immunity thus imparts resistance against *Sankramak Roga*.
- ✚ *Triphala* and *Guduchi Rasayana* give health benefits to prevent pathological progression of communicable diseases.
- ✚ *Vajikaran rasayana* imparts physical strength thus reduces susceptibility to infections.
- ✚ Natural herbs like; *Neem*, *Giloy*, *Shigru*, *Tulsi*, *Haldi*, *Guggulu* and *Amla* provides relief in the management of communicable disease.
- ✚ Herbo-mineral formulations prepared from copper pyrite, potash alum, realgar, collirium and borax, etc. can be used.
- ✚ Yoga imparts vital energy therefore helps in the management of diseases occurs due to the lack of strength and immunity.

Table 1: Formulations for specific pathological conditions.

S. No.	Formulations	Therapeutic uses
1	<i>Pashanbhed churna</i>	Diarrhea & fever
2	<i>Trikatu churna</i>	Indigestion & fever
3	<i>Arjuna churna</i>	Dysentery & Syphilis
5	<i>Chandanadi churna</i>	Antiseptic, urinary infection, cystitis and gonorrhea
6	<i>Triphala churna</i>	Detoxifier & improves digestive problems
7	<i>Mahasudarshan churna</i>	Fever & weakness
8	<i>Dashmula churna</i>	Influenza, cough, cold & fever
9	<i>Sukhsarak churna</i>	Blood purifier & jaundice
10	<i>Manjistadi churna</i>	Fever and used to purify blood

Table 2: Herbs/plants for specific pathological conditions.

S. No.	Herbs/plants	Therapeutic uses
1	Garlic	As antibacterial & tuberculosis.
2	Cinnamon	Antibiotic, treat yeast infections
3	<i>Neem</i>	Antibacterial for skin infections; dermatitis
4	Clove	Antibiotic especially for dental problem
5	Ginger	Natural Antibiotic
6	Chili peppers	Antibacterial and antihelminthic
7	Eucalyptus	Fight against coughs, antiseptic
8	Cumin	Antibacterial and antihelminthic

Benefits of ayurveda drugs in communicable diseases

- ❖ Ayurveda drugs relief frequent coughing
- ❖ Pacifies Doshas and boost Dhatus
- ❖ Relieve tiredness & weakness
- ❖ Suppress pathogenesis of fever
- ❖ Reduces inflammation associated with fever and burning sensation
- ❖ Help in abdominal spasm in case of worm infections
- ❖ Cure diarrhea, dysentery and throat infections related to microbial invasion
- ❖ Detoxify body and rejuvenate metabolic activities.

CONCLUSION

The prevalence of communicable diseases are increases currently therefore it is essential to think about this area

so to find some new way to get rid out of this health issue. Ayurveda described communicable diseases as *Aupsargikarogas* which transmit through one to another via different mode of transmission. Ayurveda principles and therapies possess ability to manage such health problems and in this regards concepts of *Apakarsana*, *Prakrtivighata* and *Nida-naparivarjana* mentioned in classical ayurveda texts. The ayurveda therapies not only cure diseases but also help to prevent prevalence of communicable diseases. Conduction of disciplinary regimen (*Sadvrittapanan*), *Shodhan Karma*, use of *Rasayana* drugs, use of herbs & plants like; *Neem*, *Giloy*, *Tulsi* and *Haldi*, use of ayurveda formulations such as; *Arjuna churna*, *Gokharu churna*, *Trikatu churna*, *Avipattikar churna* and *Chandanadi churna*, etc.

recommended for the management of communicable disease. Ayurveda provides effective and alternative approaches for the management of infectious diseases therefore this science need to be explored in this area for the acceptance of global populations.

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