



**AYURVEDA AND MODERN PERSPECTIVE ON CONCEPT OF IMMUNITY
(VYADHIKSMATVA): AN AYURVEDA REVIEW**

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ABSTRACT

The concept of immunity described as Vyadhiksmatva in Ayurveda as defensive mechanism against afflicted diseases. Immune power helps to identify harmful antigen and eliminate them by producing antibodies. The Ayurveda terms "Ojas" and "Bala" are related to immunity resembling defense mechanism of human body. The good state of Vyadhiksmatva or Ojas or Bala helps to maintain optimum health status by preventing provenances of common infectious diseases while weakness of immune system manifested as pathological consequences. Ayurveda prescribed various drugs for the empowerment of immune system like; Turmeric, Ginger, Tulsi and Amalaki, etc. Considering importance of immune power present article explored Ayurveda and modern concepts of immunity.

KEYWORDS: Ayurveda, Vyadhiksmatva, Ojas and Bala.

INTRODUCTION

Ojas or *Vyadhikshamatva* described in Ayurveda as body's resistance power towards the common illness, these terms can be correlated with immunity as per modern science. The immune system helps to prevent disease invasion and maintain good health status. *Ojas* provides good health, longevity and vitality. On the other hand immunodeficiency can lead many pathological

problems including seasonal infections and fever. Ayurveda described various approaches to boost immunity like; good conduction of living and dietary habits, *Yoga*, avoidance of excessive sexual indulgences, uses of detoxification measures and herbal medicine. The alteration in immune system leads pathological manifestation as depicted in **Figure 1**. The level of *Dhatus* also influences immunity as depicted **Table 1**.



Figure 1: Auto-immune disorders as per modern science.

Table 1: Role of *Dhatu* towards immunity.

S. No.	<i>Dhatu</i>	Contribution towards immunity
1	<i>Rasadhatu</i>	Nourishes body therefore potentiating inherent immunity
2	<i>Raktadhatu</i>	Contributes towards the production and physiological migration of antibodies
3	<i>Mamsadhatu</i>	Provide physical strength and resistant to disease
4	<i>Medadhatu</i>	Excess deposition leads obesity and suppress immunity
5	<i>Asthidhatu</i>	Nourishes <i>Majjadhatu</i> where blood formation take places which helps in abundance of inherent antibodies

Biological importance *Vyaadhiksamatva* (immunity)

- Immunity provides resistance against specific infectious agent or disease
- Maintain internal integrity of human body
- Establishes balances between *Doshas*
- Potentiate *Dhatu*s by preventing them from pathological attack
- Maintain homeostasis of body
- The normal state of immunity restores nutrition supply and imparts good physical appearance.

Ojas can be described as essence of all tissues which is also related to potency of immune system. *Ojas* are mainly two types; *Para Ojas* & *Apara Ojas*, *Para Ojas* exists around heart and deprived state of *Para Ojas* can even causes death while *Apara Ojas* distributed throughout the body.

Types of *Ojas* and *Vyaadhiksamatva* or *Bala*

As per modern science we also can explain importance of *Ojas* since deprived state of *Ojas* can manifested symptoms of diabetes mellitus, HIV infection, malnutrition and other infection. On other hands *Vyaadhiksamatva* or *Bala* are three types; *Sahaja* (natural immunity), *Kalaja* (time & age dependent) and *Yuktikruta* (acquired immunity). *Sahaja Bala* received from birth as inherent property. *Kalaja Bala* comes at different stages of life depending upon season, age and environmental conditions, etc. *Yuktikruta Bala* means acquired immunity which existed as anticipated responses of disease.

Modern science also described various types of immunity as; Innate, Adaptive and Passive Immunity. Innate Immunity can be correlated with *Sahaja Vyaadhiksamatva* which comes from birth. Adaptive Immunity resembles *Yuktikruta Vyaadhiksamatva* which develops during life of an individual. Passive immunity acquired from another source and remains for short period of time.

Natural factors affecting immunity

- ✓ Place of birth influence immunity depending upon tropical and subtropical region.
- ✓ Cold places, presence of ponds & river around living area imparts high immune response inside body.
- ✓ *Kapha* dominating environment conditions alter natural immunity.
- ✓ Immune response is high in morning time than evening.

- ✓ Spring & winter season persisted good immunity as compared to summer and rainy season
- ✓ Younger person acquired high state of immunity as compared to older one

Dosha* and immunity**➤ ***Vata Dosha

Vata supports body movement, maintain enthusiasm, helps in eliminations of waste and produces heat after combining with *Agni* therefore normal state of *Vata* boosts immune power while abnormal *Vata* suppress immunity which resulting disease manifestation.

➤ ***Pitta***

Pitta helps in digestion, boosts *Ojas*, maintain digestion and restore body heat. Vitiated *Pitta* disturbs digestion and metabolic process thus unable to potentiating immune response leading to pathological manifestations.

➤ ***Kapha***

Kapha promotes strength and *Ojas*, boosts healing process, provides firmness and heaviness. Imbalance state of *Kapha* causes emaciation, laziness, and impotency and alters the immune system since this state deprived potency of *Dhatu*.

Ayurveda approaches to boost immune responses

- ❖ *Lehana Karma, Vajikaraka dravya & Medhya Rasayana*
- ❖ *Swasthavritta Paripalana*
- ❖ *Satymya ahara*
- ❖ Proper sleep, meditation, exercise & *Yoga*, etc.
- ❖ *Sodhana Karma & Achara rasayana*

Ayurveda drugs to boost immune responses

- ❖ *Chyavanprash* is an Ayurveda formulation helps to balances *Agni* & *Dhatu*s therefore boosts immune response.
- ❖ *Sitopaladi* burn excess *Kapha*, prevent body against infectious diseases, pacify *Vata* & *Pitta* thus maintain normal functioning of immune system.
- ❖ *Turmeric* empowered immune system by purifying blood & strengthening digestion. Turmeric imparts antimicrobial and anti-infective properties thus enhance potency of acquired immunity.
- ❖ *Ginger* improves digestive fire, cleans *Ama* (toxins), purifies blood and removes vitiate *Kapha* therefore restore normal physiological functioning of body support immune system.

- ❖ *Tulsi* pacifies vitiated *Kapha*, promotes circulation and potentiating digestion therefore improves immune system.

CONCLUSION

Ayurveda texts broadly described concept of *Vyadhikshamatwa* which can be correlated with immunity as per modern sciences. The *Vyadhikshamatwa* optimizes health status and cure diseases. The optimum state of *Vyadhikshamatwa* helps to preserve health and combat against etiological agents. The immunity develops in human body from birth and also during life period as anticipated response against bacteria, viruses and toxins, etc. *Gatraabhyanga*, *Aaharsampada*, *Kalabala*, *Sharirasampaccha*, *Satmyasampaccha*, *Youvana* and *Karma*, etc. are some factors which greatly affects potency of immune system. Similarly balances between *Agni*, *Dosha* and *Dhatu*s, etc. helps to restore normal state of immune system. *Lehana Karma*, *Vajikaraka dravya* & use of *Medhya Rasayana*, *Swasthavritta Paripalana*, *Satmya ahara* and *Sodhana Karma*, etc. are some approaches described by Ayurveda for enhancing overall immune system.

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