



AYURVEDA CONSIDERATION ON PANDEMIC INFECTIOUS DISEASES W.S.R TO THEIR PATHOGENESIS AND TREATMENT

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ABSTRACT

The Ayurveda science developed with the evolution of human civilization from ancient era to modern world. The history of medical science always faced crises of incurable diseases time by time and health burden of such diseases also leads economic crises world widely. Currently whole mankind fighting against pandemic infection and Ayurveda also joined hand in same battle. As per ayurveda the pandemic conditions arises due to the spread of *Sankramak Roga* when others factors like *Jala, Vayu & Doshas*, etc. get disturbed. Ayurveda mentioned various approaches like; *Nidaan Parivarjana, Shodhna Chikitsa, Rasayana* therapy, *Yoga* and lifestyle modification for the management of *Sankramak Roga*. Considering the current scenario of pandemic outbreak present article emphasizes role of ayurveda towards the understanding of pathogenesis of such diseases and their management as per preventive and therapeutic approaches of Ayurveda.

KEYWORD: *Ayurveda, Sankramak Roga, Janpadodhwansa, Pandemic.*

INTRODUCTION

The traditional science of Indian health system Ayurveda considered *Sankramak roga* as *Aupasargik Rogas* as a consequences of disturbances in *Doshas & Dhatus*. The mass destruction of human population by such types of diseases brings pandemic condition and ayurveda also described similar terminology as *Janpadodhwansa*. As per Ayurveda *Janpadodhwansa* means mass destruction associated with pathogens when others factors like *Vayu, Jala, Desha* and *Kala* get disturbed. Currently human civilization suffering from pandemic condition and Ayurveda coming out with its unique preventive and therapeutic approaches for the management of current health situation.

Sankramak Roga transmit from one to another person and pathogens accumulated inside the body when other risk factors like awful conduction of daily regimen, bad dietary habits, stress, pollution and physiological imbalances, etc. get accumulated. As per Ayurveda the pathogens (*Krimi*) affects normal functioning of body when strength of *Bala* declined. As per ayurveda the pathological consequences involves *Doshas* vitiation, diminished state of *Dhatu*, imbalance of *Agni* and *Srotas* obstruction. The pathological consequences depicted in **Figure 1**. The *Sankramak roga* can transmit by various mode of transmission as mentioned in **Table 1**.

The modern science also described various pathological events of diseases including the pathological events of disease causing factors, as per modern science the major pathological consequences involved in disease progression are as follows:

The modern science also described various stages of pathological progression of microbial infections which are as follows:

1. Accumulation
2. Aggravation
3. Dissemination
4. Localization
5. Manifestation
6. Chronicity

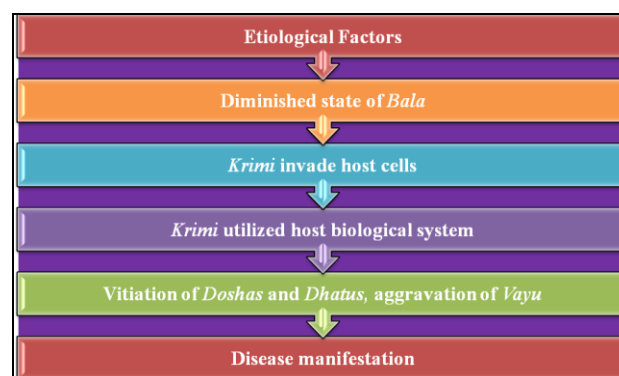


Table 1: General mode of transmission of specific Sankramak Roga.

S. No.	Mode of transmission	Diseases (Sankramak Roga)
1	Sahbhojan	Jwara and Shosha
2	Nihswas and Sahasasna	Shosha
3	Prasnaga and Gatra Sansparsha	Kustha
4	Prasnaga, Gatra Sansparsha and and Sahshayya	Netrabhishyanda, Twak Roga
5	Sexual intercourse	Jwara and Upadamsa

Jwara, *Kushta*, *Netrabhishyanada* and *Shosha* etc. are communicable diseases as per ayurveda which can affect mass population. The common symptoms of such disease are as follows:

- ✚ Stiffness & pain
- ✚ Rise in body temperature
- ✚ Secretion from eye and nose
- ✚ Heaviness
- ✚ Lethargy
- ✚ Physical and mental weakness

Role of Krimi

Ayurveda described various pathogens responsible for infectious diseases which can turn to pandemic. As per ayurveda the pathogens are minute in size like sesame grains and sometimes may possess many feet. The pathogens may be elongated, thread like and cylindrical. The blood pathogens were considered invisible. *Susruta* described pathogens like *Anu*, minute and without feet sometimes. These pathogens invade into host body when etiological factors aggravated and control host body due to which physiological disturbances arises inside the infected person this physiological disturbance finally leads disease symptoms through various pathological events as mentioned in **Figure 1**. The pathogens mainly affect when *Bala* get diminished. Moreover internal constitution of an individual (*Prakriti*) play vital role towards the susceptibility of specific pathogens. The constitutional predominance of *Doshas* & *Dhatus* differs in each and every individual and this constitution contributes towards the immune system of body. Therefore some persons possess adequate immune response while other deprived of same. Thus person deprived of appropriate immunity gets affected easily with pandemic disease on the other hand person with adequate immune compatibility not get affected at a same time. Considering this fact currently Ayurveda physicians focusing on to improve immunity so that prevalence of current pandemic can be restricted.

Preventive Approaches against Pandemic Infections

- Maintaining of hygienic condition to eliminate causative factors
- Consumption of foods which can enhances immunity
- Avoidance of social gathering during pandemic outbreak especially in affected area
- Systemic isolation of diseased person
- Cleaning of body regularly
- Avoidance of things which can hamper immunity like; smoking and drinking

- One should not hide his/her health status from physician during pandemic outbreak
- One should avoid close contact with infected person
- Conduction of disciplinary lifestyle

Therapeutic Approaches

Herbal remedies, internal purification, classical Ayurveda formulation, *Yoga* and exercise, etc. can offer beneficial effects in the management of *Sankramak Roga*. According to Ayurveda *Panchakarma* procedures like *Virechana*, *Vaman*, *Basti* and *Shirovirechana*, etc. helps in internal purification and detoxify body thus prevent pathological aggravation of diseases including infectious conditions. These purification measures eliminate vitiated elements from body, pacify *Doshas*, correct imbalances of *Agni* and improves natural circulatory process of body thus support physiological system to regain its original state after disease condition. The *Panchakarma* not only offers physical health benefits but it also boosts mental strength and person becomes strong psychologically to combat against pandemic infections.

Ayurveda drugs also recommended for the management of various infectious diseases. *Katu*, *Kshraia*, *Kashaaya* and *Ushna* drugs can reduce microbial infections. Therefore natural drugs such as *Amla*, *Neem*, *Guggulu*, *Guduchi*, *Turmeric* and *Pippali*, etc. can be used for the treatment of infectious diseases which arises due to the viral or bacterial infections. These ayurveda drugs offer beneficial effects in internal as well as external infections. Antiseptic, anti-viral and antibacterial effects of ayurveda drugs prevent pandemic prevalence. Some ayurveda drugs like *Guggulu* cure fever which is a most common symptom of infection. Drugs like *Amla* and *Pippali* nourishes body, boost quality of *Dhatus* thus suppress microbial load. *Guduchi* enhances immunity, it possess antiviral action, helps in urinary tract infections and throat infections. The immune boosting and antimicrobial property of *Guduchi* make it drug of choice in infectious diseases. *Turmeric* pacifies symptoms of infections such as pain, fever and inflammation. It offers antimicrobial action thus helps in pathological suppression of infectious diseases.

Ayurveda properties of antimicrobial drugs

- ✚ Ayurveda drugs by virtue of their *Guna* improves *Agni* thus nourishes body and provide strength against pandemic destruction.
- ✚ Ayurveda drugs balances metabolic activities therefore eliminate toxins and removes *Ama*.

- ✚ Ayurveda drugs pacify vitiated *Doshas* and *Dhatu*s thus reduces pathological intensity of microbial infections.
 - ✚ *Vishaghna* properties of ayurveda drugs help to remove disease causative elements from the body.
 - ✚ The strengthening of *Rakta Dhatu* by ayurveda therapy offers health benefits in diseases which develop through blood system.
 - ✚ The *Strotovishodhana* property of Ayurveda drugs improves antibodies migration and clears minute channels for transportation purpose thus provide relief in *Sankramak Roga*.
 - ✚ Ayurveda drugs boost internal immunity, alter immune response, enhances leukocyte migration and improves lymphocytes proliferation thus provide adequate immunity against infectious diseases.
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CONCLUSION

The pandemic condition affecting whole world currently arises due to the viral infection. Ayurveda suggested different preventive and therapeutic modalities to control current situation. Ayurveda approaches like; *Prakriti Vighata*, *Nidaana Parivarjana* and *Apakarshana* can be helpful to reduces prevalence of pandemic infections. Avoidance of causative factors, uses of medicinal approach, *Yoga*, exercise and *Panchakarma* therapy can be used effectively to manage prevalence of *Sankramak Roga*. Ayurveda drugs balances *Doshas*, boost *Bala*, imparts *Ropana* and *Krimighna* properties thus provides pathological relief in microbial infections. The ayurveda therapies strengthening power of disease resistance, nourishes *Ojas*, offers antioxidant and nutritive properties therefore help as preventive approach.

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