



AYURVEDA APPROACHES TOWARDS INFECTIOUS DISEASE W.S.R TO VIRAL AND FUNGAL INFECTIONS

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ABSTRACT

Ayurveda the Indian science focuses towards the management of various diseases through ancient approaches of diseases prevention and treatment. The natural way of healing not only restricts disease progression inside the body but also helps to promote general health. Ayurveda in this regards paid huge attention towards infectious diseases, these communicable diseases described as *Sankramak Roga* in Ayurveda and termed coined *Aupasargika Roga* for epidemic conditions. Ayurveda *Chikitsa* helps to manage such types of pathological conditions and many Ayurveda drugs such as; *Neema, Guduchi, Kapura, Vacha* and *Tulsi*, etc. provides remarkable relief in communicable diseases. Currently whole world facing pathogenic consequences of viral and fungal infections therefore it is required to explore ancient Ayurveda approaches for their therapeutic efficacy against different infectious agents. This article explored Ayurveda approaches towards the management of infectious conditions W.S.R. to fungal and viral diseases.

KEYWORDS: Ayurveda, Sankramak Roga, Infection, Fungal, Viral.

INTRODUCTION

The term *Sankramak roga* described in Ayurveda for communicable diseases which transmit through various mode of transmission from one to another person. Ayurveda described infectious agent as pathogens responsible for *Sankramak roga*. These diseases turned to *Janapadodhwamsa* and causes mass destruction when there is involvement of *Vayu, Jala, Kala* and *Desha*. *Shodhana* therapy, uses of *Rasayana* and immunomodulatory drugs along with anti-infective medicines can offers therapeutic relief in disease conditions. Analgesics and anti-inflammatory drugs provide symptomatic relief in such conditions therefore advocated along with immunomodulatory and anti-infective therapies. These therapies pacify aggravated state of *Doshas* and reduce effects of disease causative factors and maintain normal physiological condition of body.^[1-5]

Nirgundi, Shallaki, Guggulu, Turmeric, Bhallatakasava, Amla and *Ginger*, etc. are some natural drugs which cure inflammatory symptoms of infections, reduces fever, promote hematopoiesis and improve *Vyadhikshamatva* therefore considered useful for infective problems. *Gatrasansparsat, Saha Bhojnat, Nihsvasat, Sahashaiyasanat* and *Vastramalyanulepanat*, etc. are ways of mode of transmission of infectious diseases therefore medical field suggested social isolation and distancing from infected person. *Swasa, Shosha* and

Jwara are common features of diseases arise due to the effect of *Krimi*. These diseases mainly occurs when *Bala* get reduced, therefore Ayurveda advocated *Bala* promoting medicines. Ayurveda drug balances *Doshas*, enhances immunity, impart *Krimighna* action, and strengthen body. Ayurveda drugs restore *Ojas*, nourish tissue, impart antioxidant effect and rejuvenate whole body therefore help to recover early after microbial infections. The *Kashaaya, Kshraia, Ushna* and *Katu* properties of drugs reduces effects of microbial infections.^[5-8]

Ayurveda for Viral infections

Guggulu cure related with infections nourishes whole body, cure diabetes thus improve natural healing process, boost *Dhatus*, improve leukocyte migration inside the body during infection and promote general health.

Punarnava helps to boost immune power, reduces viral load, improves leukocyte migration, alter lymphocytes proliferation and maintain normal circulation inside the body.

Neem advocated as an antimicrobial agent classically especially for topical purposes, helps to prevent microbial infections, it also provides antiseptic effect, anti-viral action and boost immunity.

Amla cure fevers, treat gastric disturbance due to the infections, improve digestion thus nourishes body, improves functioning of organs, improve immunity, eliminate toxins from body and help to recover early after infectious disease.

Pippali used classically for antimicrobial purposes, decreases viral load, strengthen digestive power, boost immune system, enhances resistance against viral diseases and help in fever.

Guduchi considered antimicrobial agent thus can be used effectively in viral disease; helps in syphilis, cure urinary tract infections, useful for throat infections and improve inherent immune power thus prevent infectious diseases.

Turmeric is anti-viral medicine, helps in topical manifestation, relives symptoms of infections such as fever and fatigue, suppress progression of microbial disease and alter immune response.

These all drugs helps greatly in viral infection and improves functioning of *Agni* by virtue of their *Guna* therefore control metabolic activities, eliminate toxins from body and nourishes *Dhatu*s thus restore normal immune power. *Vishaghna* activity of these drugs pacifies *Doshas*, purify *Rakta Dhatu*, *Strotovishodhana* effect clears *Strotas*, relief throat infections and thus cure breathing difficulty.^[7-9]

Ayurveda in Fungal Infections

Ayurvedic treatment considered useful for fungal infections, ayurveda drugs cleans toxins, *Lepa* of ayurveda drugs offers beneficial effects in topical infections and soothing effects gives symptomatic relief. The therapeutic properties mentioned in **Figure 1** of ayurveda drugs helps remarkably in fungal infection.

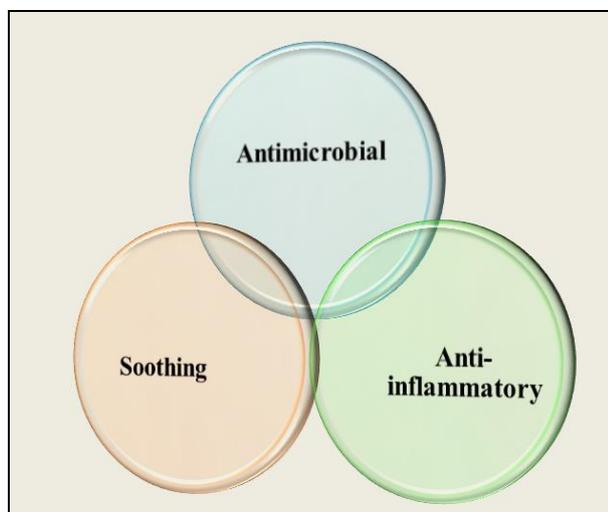


Figure 1: Therapeutic properties of ayurveda drugs which help to treat fungal infections.

Garlic help to treat fungal infection especially associated with feet and improve greatly problem of athlete's foot,

garlic suppress growth of fungi and improve general resistance against microbial infection.

Rasonam improve circulation and digestion therefore nourishes body and enhances inherent healing property of body. Anthelmintic, disinfectant, rejuvenating and detoxifier effect of *Rasonam* clears toxins from body. The antiseptic property of herb gives symptomatic relief in skin infection and cure *Vata* fever.

Adraka imparts pain-relieving effect, balances vitiated *Vata*, suppress aggravation of *kapha* thus helps to prevent microbial infections. Caprylic acid present in ginger is considered as potent antifungal agent therefore ginger can be used for fungal infections.

Yashtimadhu acts on excretory systems thus eliminate toxins from body, relieves inflammation and irritation in fungal infection due to its sweet and soothing effect. It offers rejuvenating effect; cleanses *Kapha*, purifies blood and treat fungal infection due to the presence of antimicrobial agents.

Ashwagandha has rejuvenating, anti-inflammatory, sedative, astringent, immune-boosting and stimulant properties therefore helps in the management of fungal infections (candidiasis), relieves pain associated with fungal infection, promotes tissue healing and cure inflammatory symptoms of infectious disease.

Tulsi has antibacterial, antiseptic and pain-relieving properties thus relive symptoms of infection, improves oxygenation thus supply of pure body hence antibody migration. It cleans circulatory system and improve immune power thus work effectively in infectious conditions.

Ayurveda formulation *Hinguliya manikyarasa* offers antimicrobial and antifungal actions due to the presence of *Hingula*, *Gandhak* and *Haritala*.

Dadrughni vati is used as antifungal medicines and relives skin manifestations, similarly *Chandraprabha vati* made by *Shatavari*, *Trikatu*, *Pippali*, *Shunthi* and *Guggulu*, etc. used to prevent post operative infections and helps in fungal infections.

Chandraprabha vati and *Arogyavardhini vati* are also considered useful for skin diseases mainly related to fungal infection. The ingredients of *Arogyavardhini vati* such as; *Abhraka bhasma* and *Tamra bhasma* offer *Pitta virechana*, *Vata anulomana* and *Kapha shamana* properties thus helps in purification of body and relive manifestation of infection.

Kaishora guggulu control aggravated *Pitta*, purifies blood and reduces fever thus can be used for microbial infection, similarly *Gandhak rasayana* used for fungal infection due to the presence of *Ela*, *Nagakesara*, *Shunthi*, *Guduchi* and *Bhringraj*, etc.^[8-11]

Chakramard posses *Laghu Guna*, *Katu Vipaka* and *Ushna Veerya* thus balances *Tridosha*, alleviates vitiated *Vata* and *Kapha dosha*. *Chakramard* useful in fungal infection since offers great relief in skin ailments associated with fungal infection. It provides therapeutic effects in skin ailments, wounds, *Kushta*, *Dadru* and *Pama*. The major symptoms of fungal infection is itching which is greatly reduced by *Chakramard*.

Shodhana (detoxification procedures)

Shodhana procedures helps to purify body, crude *Tuttha* causes vomiting can be used for antimicrobial purpose, this drug offer beneficial effect on fungal species, *Sodhanakarma* eliminate vitiated *Doshas*, pacify vitiated *Pitta* and *Rakta*. *Virechana* and *Raktmokshan* can also be employed as useful modalities for treating microbial infections.

Probable mode of action of ayurveda drugs in microbial infections

The ayurveda drugs potentiate *Dhatu*s thus boost natural immunity; restore *Bala*, boosts resistance against pathogens and improve healing of fungal lesion. The *Ushna* effect of drugs potentiates *Agni*, imparts *Strotovishodhana* effect and restores transportations of antibodies. *Ushna* and *Katu* properties of Ayurveda drugs provide *Vishaghna* action and reduce level of microbial toxins thus control pathological progression of fungal diseases. Moreover purification of *Rakta Dhatu* by herbal drugs prevents severe consequences of infectious diseases.^[9-11]

CONCLUSION

Ayurveda suggested different preventive and therapeutic measures which help to prevent pathogenesis of microbial diseases. *Triphala*, *Rasanjanadi Churna*, *Pipplyadi Yoga*, *Satavari Kalk*, *Gangadhar Churna* and *Sudhasar Rasa*, etc. are some Ayurveda formulations which can helps to cure microbial infections. These Ayurveda formulations boost immunity, nourishes body, restore circulation thus improve antibodies migration, modifies cell-mediated immunity, balances *Doshas*, cure *Srotodushti* and strengthen *Dhatu*s thus provides therapeutic benefits in microbial infections.

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