

ROLE OF AYURVEDA IN EPIDEMIC DISEASE

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ABSTRACT

Ayurveda deals with all aspects of life, including the environment around us. It is based on the relationship between mother nature and human beings. Nature has significant impact on health and also gives rise to diseases. Whenever an attempt is made to tamper with nature, it has a tendency to destroy it leading to the destruction of air, water, land and climate ultimately mass destruction of people and wealth. Epidemics or outbreak are events that spread suddenly among a large number of people in a certain period of time. *Ayurveda* is ancient system of medicine clearly mentioned about such disease causing epidemic under broad term *Janpadodhwamsa*. *Ayurveda* has considered unnatural activities of people as the reason behind the vitiation of air, water, land, and season which are common to all living individuals leading to epidemics. The goal of *Ayurveda* is to Prevention as well as cure disease. Through maintenance of *Dincharya*, *Ritucharya*, *Sadvrita*, with the help of *Yoga*, *Aushadha* and *Rasayana*, the physical and mental health of the individual is secured and diseases can be cured.

KEYWORDS: *Ayurveda*, *Janpadodhwamsa*, Epidemic, Yoga.

INTRODUCTION

The terms *Janpadadhawansh* is composed of two words *Janapada* and *dhwansa*. '*Janapada*' means community, nation people and empire or a people becoming to country. *Dhwansa* means destruction. The concept of epidemics disease and their management is dealt by *Charaka* in very elaborated manner. *Charaka* has dedicated a chapter on epidemic disease orders, that is, *Janapadodhavamsa Vimanam*.^[1] *Ayurveda* is organized with all aspects of life with surrounding environment where we live based on interaction between mother nature and human being nature has most important impact on health as well as in creating disease however when an effort is made to change nature. It has a tendency to convert it back which leads to movement of air, water, land and climate ultimately tremendously enhancing to mass destruction of people and wealth, termed as *Janpadodhawansa* is *Ayurveda* closely related to modern scientific knowledge of epidemics in *Ayurveda* is much well defined. *Ayurveda* has considered unnatural activities of people as the reason behind the vitiation of air, water, land, and season which are common to all living individuals leading to epidemics.^[2]

Epidemics or outbreak is a sudden spread of the disease within a short period to a large number of people in a given population. According to Park textbook of

preventive and social medicine, Epidemics (Epi = upon; demos = people) is an unusual occurrence in a community or region of disease, specific health-related behavior or other health-related events clearly above average expectancy. The number of cases showing an outbreak depends on the agent, size and form of the population being exposed, prior experience or lack of disease exposure, and the time and place of occurrence. An outbreak that typically affects a large proportion of the population in a wide geographical area, such as part of a nation, whole nation or continent, is known as a pandemic.^[3]

Etiology of epidemics – specifically as per *Ayurvedic* principle there are many definite causes of all disease, they are

Pragyapradh – this word can be categorized into three meaning

- Dhi- mistake due to ignorance
- Dhriti – lack of awareness
- Smiriti – when memory lost take place

Asatmyendriyarthasamyoga – improvement of senses contact with their objects, resulting in over- stimulation and lack of sensory activity. It disturbs the body and mind which requires restraint and harmony internally and externally for healthy functioning.

Prinam or Kala - The external environment can trigger disease by unbalancing the body through unnatural and excessive variations in temperature, rainfall, or wind, which further lead to epidemics. It also generally refers to the effects of natural physiological changes that occur over time. For example, seasonal effects on specific stages of life and disorders associated with aging are all in this category.^[4]

PREVENTIVE MEASURES AND MANAGEMENT OF EPIDEMICS

Management even with the availability of powerful antibiotics, epidemics are intolerable and preventive measures that are important points such as spreading from isolation and strengthening the immune system. The concept of microorganism in *Ayurveda* is well emphasized in the context of unhygienic practices from the worm, *bhutta*, and *graha*. Management similar to modern microbiology. Avoiding the factors responsible for the causes of the disease (*Nidana privarjanam*), removing micro-organism from the affected place (*Apakarshanam*) and changing the environment has been suggested by *Charaka* for management of infectious. The line of treatment should be planned according to the breakdown of etiopathogenesis and symptomatology. Plants with antimicrobial activity may be used.

Listed below some of preventive measures suggested by *Ayurvedic* classics.

- Purchase of the drug at their high potential stage/period before the outbreak of the epidemic.
- Improvement of immunity and strength of the body.
- Moving to safer places away from polluted environment /water places.^[5]

Yoga

Asanas are the specific postures which help the body muscle as well as internal organs to get some stress and exercise. Regular practice of this stress and exercise makes the related organ stronger. The most common Yoga which can be practiced at home on daily basis includes *Sukhasana*, *Pranayama*, *Kurmasana*, *Bhujangasana* And *Ustrasana*.^[6]

ROLE OF RASAYANA

Rasayana enhances immunity and personal strength. *Rasayana* can disrupt the course of the disease and prevent the disease from developing fully and developing complications. Various scientific study carried out to proved mode of action of *Rasayana*. The regulatory properties of the fresh juice of the cynodon dactylon can be proved, validation the traditional use of the herb as the DNA- protective activities and immunosupplement in the *Ayurvedic* system of medicine. *Ashwagandha* (*Withenia somnifera*), *Satavari* (*Aspergus resemosa*) *Brahmi* (*Bacopa monneri*), *Amalaki* (*Embluca officinalis*), *Haritaki* (*Terminalia chebula*), and *Guduchi* (*Tinospora cordifolia*), *Haridra* (*Curcuma longa*), *Sunthi* (*Zinziber officinalis*) beneficial.^[7]

Aachar Rasayana and sadvrittapan

These rules and laws help in the maintance of mental and spiritual care of a person. Truth, sympathy, respecting elders and teachers, helping needy people, nutritious and *satvic* food. Milk, ghee etc. in daily food. Properly following these rules will benefit a person in the same way as consuming *Rasayana*. Hence it is called *Acharrasayana*. Along with this, it can be treated according to the symptoms mentioned in *Chikitsasthana*.^[8]

CONCLUSION

from the above discussion we can conclude that the ancient *Acharyas* had knowledge of epidemic disease, that is why they have been described in depth in the *Samhita*. The Only prevention is the way by adopting of social distancing as the rate of contaminating is very high. Therefore, to gain immunity, a person should understand the importance of healthy life style, good diet habits and daily exercise etc. Immunity can be achieved using some herbs and medicines, by following regimen, Proper *Rasayana* etc. therefore it is necessary to make people aware about health hygiene, following healthy regimen, boosting the immunity which is mentioned in *Ayurveda*.

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