WJPMR, 2026, 12(11), 197-200 Research Article Impact Factor: 7.533

WORLD JOURNAL OF PHARMACEUTICAL AND MEDICAL RESEARCH

www.wjpmr.com

ISSN (O): 2455-3301
ISSN (P): 3051-2557
Coden USA: WJPMBB

CRITICLE ASPECT OF *VYADHIKSHAMTAV* W.S.R. TO SAMHITA AND PREVENTION OF TUBERCULOSIS (*RAJAYAKSHMA*)

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DOI: https://doi.org/10.5281/zenodo.23804414

How to cite this Article: [*1]Dr. Snehal. Jagadale, [2]Dr. Vidya D. Khot (2026). Criticle Aspect Of Vyadhikshamtav W.S.R. To Samhita And Prevention Of Tuberculosis (Rajayakshma). World Journal of Pharmaceutical and Medical Research, 12(11), 197–200.

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Article Received on 20/09/2026 **Article Revised on 10/10/2026** **Article Published on 01/11/2026**

ABSTRACT

Immunity plays a very important role in one's life. It not only helps to prevent the disease from occurring but also to cure them and diminish their harmful effect. It is proven that even after multiple exposure with several etiological factors, Few people remains free from diseases or a particular disease and if they became ill, they just have mild symptoms or get well soon. This ability to fight the disease is known as *vyadhikshamtav*, Which in modern terms known as immunity. In *ayurveda*, *vyadhikshamtav* depends on mainly two factors – *Bala* and *Ojas*. Thus we can see that, in *ayurvedic* treatment of several disorders includes medicine or food to increase one's *Bala* and *ojas*. Tuberculosis is an life-threatening disorder, increasing continuously in india, which is compared with *Rajyakshma* in *ayurveda*. This is need of time that every medical science work closely for its prevention and treatment. Thus an attempt is made to understand critical aspect of *vyadhikshamtav*, Immunity, *Bala*, *Ojas* and their importance in prevention of *Rajyakshma* (Tuberculosis).

KEYWORDS: *Bala, Vyadhikshamtav, Ojas, Rajyakshma*, Tuberculosis, Immunity.

INTRODUCTION

The immune system is described as a highly developed network of integrated bodily parts, including organs, tissues, cells, and cell products, with the purpose of physiologically resisting foreign agents or invaders[1], In *Ayurveda* Immunity is defined as *Vyadhikshamtav* but it refers to more than just immunity against a particular pathogen or illness, such as typhoid, measles, or rubella, for which contemporary medicine offers "immunisations". The term "*Vyadhikshamatva*" refers to a defense against the degradation of the *doshas* and *dhatus* of the individual, as well as their proportion, interrelationship, and integrity. Thus it helps in preventing the disease to occcur and also reduces ill effect of a disease. It is correlated with *Bala* and *Ojas*, two important factors in ayurveda. *Rajayakshma* also referred as 'King Of All Disease' is caused by *Sahasa* (over effort), *Vegasandharana* (suppression of natural desires), *Kshaya* (depletion of tissue elements), and *vishamashana* (irregular & unsuitable nutrition), which lead to the vitiation of *tridosha* & *saptadhatu* and ultimately *Rajayakshma*.[2] It is correlated with pulmonary tuberculosis in modern medicine. Despite several preventative and therapeutic measures, TB is the most common cause of illness and mortality globally. TB is a chronic pulmonary and systemic disease caused by Mycobacterium tuberculosis. India has the highest prevalence of tuberculosis (TB) in the world, with an anticipated 26.9 lakh cases in 2019. It is estimated that 5.05 people per thousand in India have tuberculosis on average.[3] Thus here we are going to study critical aspect of *Vyadhikshamtav* in respect with *Bala* and *Ojas* and how they can be helpful in preventing Tuberculosis.

AIM

To study critical aspect of *vyadhikshamtav* in special reference to *Bala*, *Ojas* and immunity and its importance in prevention of *Rajayakshma* (Tuberculosis).

OBJECTIVE

1) To study *Vyadhikshamtav* in modern parlance.
2) To study *Ojas* and *Bala*.
3) To study role of *vyadhikshamtav* in prevention of *Rajayakshma*.

MATERIAL AND METHOD

As this study is literature review based. Material has been collected from *Charak Samhita, Sushruta Samhita, Ashtang Hridya, Madhav Nidana*, Harrison Textbook of medicine. Textbook of Pathology by Harsh Mohan, K. Sembulingam Textbook of physiologyand various aricle and researches available on Google Scholar, Pubmed, Research Gate etc.

Literature View

Vyadhikshamtav in ayurveda

Vyadhikshamatva is the strength of the body, which either prevent the disease as well as counteracts the disease which already exist to keep our body healthy. Acharya Chakrapani Datta, give two divisions of this.[4]

(I) *Vyadhi-balavirodhitvam*: It is the strength to reduce the severity of disease or to give strength to body to fight against disease; this can be done by using *Naimittika Rasayana* and can be correlated with *Yuktikrita bala* or acquired immunity.

(II) *Vyadhi-utpadakapratibandhakatva*: It the strength of the body to prevent the occurrence of a a disease. It may be correlated with *Sahaja bala* or innate immunity. For example- *Plasmodium falciparum* is racial specific disease (will not affect Africans)[5]

The concept of *vyadhikshamtav* can be understood by.
1) *Vikarvighatbhava*
2) *Ojas*
3) *Bala*

Vikarvighatbhava- It can be defined as 'when the body's resistant power is powerful enough to demolish the cause, diseases will not manifest themselves'.[6]

Ojas- *Ojas* is described as the essence of the *Saptadhatus*. It is located in the heart and is white, yellowish, and reddish in colour, or like the hue of ghee. It taste like honey and have fried paddy-like aromas. According to *Acharya Charak*, *Ojas* is *Pranayatan*, which indicates that if *Ojas* is destroyed, humans will also perish. The term *Bala* is also used as synonyms of *ojas.*[7]

Bala: It takes strength to engage in physical activity, combat, and overcome numerous ailments and their devastating effects. This depends on Physiological components as well as *Prakriti*. It is also known as '*Adhistana* (basis) for *Arogya'*. *Balam* is divided into three categories.[8]

1. *Sahaja Bala*: A *sahaja bala* is a quality that has existed in a person's body and mind since birth and is brought about by variables related to the parents, such as *rasa, rakta, virya, and ojas*. It grows together with the development of *Dhatus* and is independent of all other factors.

2. *Kalaja Bala*: This kind of *Bala* is influenced by seasonal characteristics and an individual's age. The *Sharira Bala* of an individual decreases in *Aadana Kala* and grows in *Visarga Kala*. *Dhatu kshaya*, which occurs in old age, causes a person's *Sharira bala* to decrease.

3. Yuktikrita bala-: It is the body's acquired strength, which is obtained by healthy eating, exercise, rest, *rasayana*, and *vajikaran* treatments.

Immunity[9]: Immunity is the body's ability to fend off harmful invaders. It is the body's capacity to fend off the admission of various alien entities, such as bacteria, viruses, poisonous compounds, etc. There are two types.

I. Innate immunity- It is also known as natural immunity or non-specific immunity, is the body's innate ability to fight against viruses. When organisms enter the body, innate immunity kills them before any disease develops.

II. Acquired immunity- It is also known as specific immunity, is the body's defence mechanism against a particular foreign substance, such as bacteria, viruses, poisons, vaccinations, or transplanted tissues.

Concept of Communicable / Contagious Disease[10]

A specific infectious agent or its toxic by-product spreads from an infected person, animal, or reservoir to a susceptible host either directly or indirectly through an intermediary plant, animal, or human host, vector. This process is what causes contagious/ communicable diseases. *Aupsargika roga* is the term used by *Acharya Sushruta* to describe diseases that spread from one person to another due to intimate and frequent physical contact, *gatra samspars*ha (contact of limbs) like shaking hands, *nishwasa* (breathing or airborne), *sahabhojana* (eating from the same utensil), *saha shaiyasana* (sleeping in the same bed), and *vastra*. These transmission techniques are still applicable based on recent epidemiology data perspectives. According to *Acharya Sushrut, shosha* is created by consuming *Viprakrista Nidana*, while *Rajayakshma* eventually develops the illness after obtaining the *Sannikrista Nidana's Upasarga* (Mycobacterium tuberculosis) organism. He said this without the influence of *Ritu* (appropriate season), *Beeja* (seed), *Kshetra* (field), *Ambu* (water), or time, a foetus cannot germinate and grow, and neither can a plant. Same principle can be used to generate infectious diseases. Among these four elements, *Kshetra's* (Particular significance is given to human body), *Beeja* (the infectious agent), *Ritu* (appropriate time permitting the best growth) and *Ambu* (nutritional variables that favour the pathogen). Only when an agent can defeat the host immunity in a favourable situation does an infection appear, Thus we need to increase our immunity or *vyadhikshamtava* to prevent these disorders.

Role of *Oja vrudhikara* and *Bala Vrudhikara Dravyas* in prevention of Tuberculosis/ *Rajayakshama*-

1) *Acharya Charaka* stated *Jeevniya* medications including *jeevak, rishabhaka, meda,* and *mahameda,*

which encourage the development of high-quality bodily tissues and are used to treat *ojas* disorders like *rajayakshma* and *prameha*, among others.[11]

2) It was discovered that combining four significant *Rasayana* medicines, *Guduchi, Ashwagandha, Amalaki,* and *Tulasi* in equal doses, might enhance both the cellular and humoral aspects of immunity. In addition to targeted therapy, the combination was found to boost immune function and speed up recovery in cancer, multidrug-resistant tuberculosis, chronic wasting disorders, and other immune compromised illnesses.[12]
3) The purpose of the Rasayanas is to increase *Oja* and *Bala*, or vitality and bio strength, together with natural resistance to ageing and disease. Numerous medications, including *Chyawanprash*, are referred to in *Ayurveda* as *Rasayana* and *Ojovardhak* treatments because they are thought to have immunomodulatory properties. It is the most effective *rasayana* and is excellent for treating cough, dysphonia, and hoarseness of voice. It aids in the development of children and is helpful for the old, hurt, and wasted. It is a more effective treatment for boosting the immune system, battling germs, and protecting the body from many infections.[13]
4) *Acharya Charaka* also described the *Balya* medicines, such as *bala, attibala, aswagandha, and shatavari*, which improve physical toughness by encouraging *ojas. Bala* has been seen as an *ojas* action. The body loses its ability to carry out its own natural function in the absence of *ojas*.[14]

DISCUSSION

Bala and Ojas[15]

Normal *Kapha dosha*, which is largely responsible for lubricating and strengthening the body, and *Ojas*, which is a vital energy or bodily component that supports life, are both referred to as "*Bala*." The ultimate and perfect essence of all *dhatus* is *ojas*. Because of the similarities in their *gunas* and the fact that in its normal stages of functioning, *Kapha* can be a source of strength and resistance to sickness, according to *Acharya Charaka*, normal *kapha* is sometimes used as a synonym for *ojas, bala*, and *vyadhikshamatva*. *Acharya Sushruta* defined *bala* as the body's capacity to fight against sickness and used the term *bala* to denote *ojas*. *Ojas* keeps the body in a healthy state when they are present in good quality and appropriate amount. *Ojovisransa, Ojovyapat,* and *Ojokshaya* are *vikriti* of *Ojas* that cause numerous illnesses in our bodies. One such terrible illness that is brought on by *Ojokshaya* is *Rajayakshma*. Numerous causes of *ojakshaya* have been identified in the *Samhita*, including excessive exercise, fasting, worrying, fear, grief, dry, and limited dietary intake, dry beverage consumption, exposure to wind and sunlight, insomnia, excessive excretion of the *kapha, shonita, shukra*, and *mala*, unfavourable season or old age.

Vyadhikshamatwa, Bala and Immunity

The word "*Vyadhikshamatav*" has a broad definition in terms of both therapeutic and preventative aspects. Immunity serves as both the body's defence system against disease and a tool for fostering good health. Therefore, immunity can be categorised under *Vyadhikshamatav*. *Sahaja Balam* and innate or inborn immunity are comparable. For instance, Feline destemper is a disease that exclusively affects cats and no other animals.[16] In the gastrointestinal tract, salivary Lysozyme kills germs. Enzymes in digestive fluids and stomach acid remove hazardous substances or organisms that enter the respiratory system through meals. In the lungs, neutrophils, lymphocytes, macrophages, and natural killer cells fight off germs and viruses[17], which are comparable to the Vikaravighata Bhavas, factors that stop the development of diseases (*Sahaja Balam*). You could compare acquired immunity to *Yuktikrita Balam*. For instance, a person will develop immunity to various diseases after practising *Rasayana Yogas* (*Samskaras* like *Swarnaprashana, Jatakarma, KarnaVedhana, Phala, Annaprashana etc.).*

Ojokshaya is the cause of the terrible illness known as *Rajayakshma*. Thus, by using immunomodulators, or *rasayanas*, we can boost *ojas* in *rajayakshma* patients. Modern science too suggests that people having less immunity are more susceptible for disease like tuberculosis. According to *Acharya Charaka, Asadhya* disorders such as *Vatavyadhi, Apasmara, Kushtha, Shopha, Udara, Gulma, Madhumeha,* and *Rajayakshma* become Asadhya in character and should be avoided by the doctor when they are linked to loss of strength and muscular wastage. Therefore, *vyadikshamtva* is crucial for the therapy of *rajayakshma*. Patients must adhere to a healthy diet regimen for raising the *bala* & *ojas* in order to recover more quickly and prevent complications.[18]

RESULT

After studing data about *Bala*, *Ojas* and immunity ,It could be said that there is a significant correlation between these and have similar functions and these are important for protecting the body against various disorder and increasing *Bala* or *Ojas* by various *Rasayan*, *Vajikaran* or various *Balya* drugs could help in fighting or preventing disease like Tuberculosis or *Rajayakshma.*

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