

REVIEW ARTICLE ON VYADHISHAMATVA (IMMUNITY)

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INTRODUCTION

For prevention of diseases, Ayurveda had advocated the adherence to concepts like dina charya, ritu charya, sadvritta, Na vega dharan etc. these measures are useful in preventing the lifestyle related diseases but for preventing the Aupsargik rogas (communicable diseases), Janapada dhvansa rogas (epidemic diseases), Krumij Roga (Infectious diseases), Asatmyaj roga (allergic disorders), the concept of Vyadhikshamtva (Immunity) is propagated by the Ayurvedic science. According to the concept of Ojas or Vyadhikshamatva or Bala (immunity), the body's resistance is of tremendous importance in the daily welfare of living beings not only for disease prevention but also for rapid recovery after disease affliction. Ayurveda propounds that prevention is an equally important aspect of disease management as cure and thus, strengthening the immune system, is a natural way to help the body fight against the disease-causing pathogens. Acharyas promoted the use of Rasayana (Rejuvenation) to enhance ojas and vyadhikshamatva (immunity).

This article is an effort to present Ayurvedic concepts of Vyadhishamatva.

स्वास्थ्यस्य स्वास्थ्यं रोगम् आतुरस्य वकार प्रशमनम् च।।

2. MATERIAL AND METHOD

The materials were collected from the classical Ayurvedic literatures, magazines and research journals.

It is made of two words i.e. vyadhi and kshamatva.

- व्याध - व्याध् तदने। i.e. it means the condition which gives pida to adhisthan or body.
- मत्व - मुस् सहने। It means Shakti or samarthyaa.

4. DEFINITION

व्याधमत्वं व्या धबलवरोधत्वं व्याध्युत्पाद प्रतबन्धकत्वमत यावत्।

Vyadhikshamatva is illustrated as the power of resistance capable enough to check the progress occurrence or recurrence of disease.

Classification of Vaidhi Shamatava

Immunity is classified in to three types

- Innate (Sahaja),
- Acquired (Kalaja)
- Artificial (Yukti krata)

IMMUNITY

Humans have three types of immunity

1) Innate.

2) Adaptive.

3) Passive.

INNATE IMMUNITY- Everyone is born with innate (or natural) immunity, a type of general protection. Many of the germs that affect other species don't harm us. For example, the viruses that cause leukemia in cats or distemper in dogs don't affect humans. Innate immunity works both ways because some viruses that make humans ill — such as the virus that causes HIV/AIDS — don't make cats or dogs sick. Innate immunity also includes the external barriers of the body, like the skin and mucous membranes (like those that line the nose, throat and G.I track which are the first line of defense in preventing diseases from entering the body. If this outer defensive wall is broken (as through a cut), the skin attempts to heal the break quickly and special immune cells on the skin attack invading germs.

ADAPTIVE IMMUNITY

The second kind of protection is adaptive (or active) immunity, which develops throughout our lives. Adaptive immunity involves the lymphocytes and develops as people are exposed to diseases or immunized against diseases through vaccination.

PASSIVE IMMUNITY

Passive immunity is "borrowed" from another source and it lasts for a short time. For example, antibodies in a

mother's breast milk provide a baby with temporary immunity to diseases the mother has been exposed to. This can help protect the baby against infection during the early years of childhood. Everyone's immune system is different. Some people never seem to get infections, whereas others seem to be sick all the time. As people get older, they usually become immune to more germs as the immune system comes into contact with more and more of them. That's why adults and teens tend to get fewer colds than kids — their bodies have learned to recognize and immediately attack many of the viruses that cause colds.

FACTORS AFFECTING VYADHIKSHAMATVA

There are around nine types of factors accountable for reducing the immunity. -Ashtaninditiya Purush.

अतदघर्ष अतह्रस्वश्च अतलोमाच अलोम च, अतकृष्णश्च, अतगौरवश्च, अतस्थूलश्च, अतकृशश्च^[17]

Following are the main factors affecting vyadhikshamtva as described by Acharya Charak.

Desha, Kala, Samyoga, Virya, Pramana, Oja, Bala, Jatakarma, Lehana karma, Suvarna karma, Dhoopana karma, Niyamita vyayama.

IMMUNODEFICIENCY DISORDER

Immunodeficiency occurs when a part of the immune system is not present or is not working properly. Sometimes a person is born with an immunodeficiency (known as primary immunodeficiency), although symptoms of the disorder might not appear until later in life. Immunodeficiency also can be acquired through infection or produced by drugs (these are sometimes called secondary immunodeficiency). Immunodeficiency can affect B lymphocytes, T lymphocytes, or phagocytes. Examples of primary immunodeficiency that can affect kids and teens are.

- 1) IgA deficiency is the most common immunodeficiency disorder. IgA is an immunoglobulin that is found primarily in the saliva and other body fluids that help guard the entrances to the body. IgA deficiency is a disorder in which the body doesn't produce enough of the antibody IgA. People with IgA deficiency tend to have allergies or get more colds and other respiratory infections, but the condition is usually not severe.
- 2) Severe combined immunodeficiency (SCID) is also known as the "bubble boy disease" after a Texas boy with SCID who lived in a germ-free plastic bubble. SCID is a serious immune system disorder that occurs because of a lack of both B and T lymphocytes, which makes it almost impossible to fight infections.
- 3) Di-George syndrome (thymic dysplasia), a birth defect in which kids are born without a thymus gland, is an example of a primary T-lymphocyte disease. The thymus gland is where T lymphocytes normally mature.
- 4) Chediak-Higashi syndrome and chronic granulomatous disease both involve the inability of the neutrophils to function normally as phagocytes. Acquired (or secondary) immunodeficiency usually develops after

someone has a disease, although they can also be the result of malnutrition, burns, or other medical problems. Certain medicines also can cause problems with the functioning of the immune system. Acquired (secondary) immunodeficiency includes.

5) HIV (human immunodeficiency virus) infection/AIDS (acquired immunodeficiency syndrome) is a disease that slowly and steadily destroys the immune system. It is caused by HIV, a virus that wipes out certain types of lymphocytes called T-helper cells. Without T-helper cells, the immune system is unable to defend the body against normally harmless organisms, which can cause lifethreatening infections in people who have AIDS. Newborns can get HIV infection from their mothers while in the uterus, during the birth process, or during breastfeeding. People can get HIV infection by having unprotected sexual intercourse with an infected person or from sharing contaminated needles for drugs, steroids, or tattoos.

COMPARISON BETWEEN AYURVEDIC & MODERN CONCEPT OF VYADHIKSHAMATVA (IMMUNITY)

General Functions: When the Sleshma (Kapha) is in normal state, it is called 'Bala' as well as 'Ojas'; but when it attains an abnormal state, it is then called 'Mala' (Waste) and 'Papma' (Disease)⁴. From the above statement it is clear that 'Bala', 'Ojas' and 'Kapha' are identical entities, at least when 'Kapha' is in normal state. When 'Kapha' is in its normal state, it provides compactness, stability, virility, immunity and resistance.

Importance: The most essential fraction of all bodily tissues is called 'Ojas'. Even though it resides in the heart, it circulates all over the body to maintain the normal healthy status of the body. It is 'Snigdha' (unctuous) and 'Somatmaka' (mild and cool) in nature. Though predominantly white in colour, it has got some yellowish and reddish tinge. If this is lost, life also is lost and if this remains intact, life continues.

'Ojas' has been described to exist in different forms in the body. The fraction of 'Ojas', that circulates all over the body through the cardiovascular system moves along with 'Rasa Dhatu'. This is called 'Rastmaka Ojas'. Another form of 'Ojas', is present in all tissues and is called 'Dhatutejorupi'. This indicates the immune mechanisms present at tissue-level. A third form of 'Ojas' is 'Sukra mala rupi'. This enters the foetus to provide protection to the foetus during intrauterine life. Another form of 'Ojas' is described as 'Jivasonita rupi'.

CONCLUSION

The concept of Vyadhikshmatva is very well documented in Ayurvedic literature. Vyadhikshamatva which is synonyms to swastha, bala and ojas is matter and substance in present world where every day new short of diseases are evolving. Different persons have different vyadhikshamatva which depends upon oja, bala, season, diet and regimen, anupana, rasa, jaatkarma

etc. One should wisely adopt these into his lifestyle so as to make his body and mind strong enough to deal with all the physical and mental stresses of modern era.

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CONFLICT OF INTEREST

The author have declared that no competing interests exist.