

PREVENTIVE AND CURATIVE ASPECT OF NIDANA PARIVARJAN

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ABSTRACT

Nidana is the fundamental cause of all diseases. Faulty dietary and lifestyle habits are cause of many diseases. This faulty diet and lifestyle habits are termed as Nidanas, the causative factor for many diseases. Knowledge of Nidana is important in clinical practice. Faulty dietary habits and Lifestyle has a significant impact on physical as well as mental health of a person. In recent decades, dietary habits and life style has emerged as an important indicator one's health and has gained attention of many researchers around the world. Millions of people follow an unhealthy dietary habits and lifestyle Hence, they encounter illness, disability and even death. Problems like metabolic diseases, joint and skeletal problems, cardio-vascular diseases, hypertension, obesity are caused by an unhealthy lifestyle. And concept of Nidana Parivarjan is to avoid the known causing factors in diet and lifestyle of the patient. The concept is mentioned in Ayurvedic classics which not only treats the disease but also acts as a measure to prevent future diseases. Thus, Nidana Parivarjan is regarded as first line treatment of many diseases.

KEYWORDS: Nidana, Nidana Parivarjan, Dietary habits, Lifestyle.

INTRODUCTION

The principle of *Ayurveda* is 'Swasthya swasthya rakshanama aturasya vikara prashamanam'^[1] to maintain the health of a healthy person and to cure the diseased person. And for attainment of this principle the knowledge of *Trisutra*^[2] (*Hetu, Linga, Aushadha*) mentioned in classics is important. *Hetu* is the synonym of Nidana. The first two mentioned in *Trisutra* are for diagnosing a disease and the last one mentioned is for treating the disease. A comprehensive clinical examination is the basis for proper diagnosis of the disease. A proper diagnosis of a disease is the first and most important step for treatment plan. *Nidana Panchaka*^[3] is a great tool for diagnosis of diseases in *Ayurveda*. *Nidana Panchaka* mentioned in classics are a method for diagnosis diseases in *Ayurveda*. The *Ayurvedic* examination approach is comprised in two types- *Rogi Pariksha* and *Roga Pariksha*.^[4] *Roga Pariksha* is for examination of the disease and *Rogi Pariksha* is examination of the patient. *Rogi Pariksha* is done to know – *Prakriti, Vikriti, Sara, Samhanana, Pramana, Satmya, Satwa, Aahara Shakti, Vyayama Shakti, Vaya and Bala* of the patient. And *Roga Pariksha* gives the complete knowledge regarding the etiological factors of a disease to the manifestation of a particular disease. *Nidana Panchaka* are the key tools for *Roga Pariksha* (disease diagnosis and for knowing the nature of disease).

They are mentioned as.

- 1- *Nidana* – Helps to learn about the causative factors of the disease, the knowledge which is important to know about how and why the disease process was initiated
- 2- *Purvarupa* – Premonitory symptoms of the disease, which helps in identification of disease in its earlier form
- 3- *Rupa*- Signs and symptoms of the disease which helps in understanding the manifested disease
- 4- *Upashaya-Anupashya*- Identifying or diagnosing a disease by applying trial and error method after analysing the aggravating or pacifying factors operating on the disease
- 5- *Samprapti*- It helps in understanding the pathogenesis of disease i.e the steps starting from exposure to manifestation of a disease.

Among these components of *Roga Pariksha* examination – *Nidana* is very important. **Meaning of Nidana**- It is the fundamental cause- *Aadi Karana*. *Acharya Gangadhar* gives example- '*Beeja*(seed) is the *Nidana*(cause) for *ankura*(sprout)'. No disease occurs without *Nidana*. *Chakrapani* states that *Nidana* is a *Karana*(cause).

Synonyms of Nidana- *Hetu, Nimitta, Ayatana, Kaaraka, Kartaa, Karana, Prataya, Samuthana*.^[5]

Definition

Ayurvedic classics like *Charak Samhita*, *Shushruta Samhita*, *Madhav Nidan* have explained what is *Nidana*. *Acharya Charak* states- *तत्र निदानं कारणमित्युक्तम्*^[6]. *Nidana* is the cause or etiological factor. *Nidanas* are those causes which vitiates *Doshas* and in turn leads to manifestation of disease of disease. *Acharya Vangsen* states that *Nidana* are those food and activities which causes disease. *Acharya Shushruta* and *Madhkosha* have defined *Nidana* in context of diagnosis of disease. *Acharya Shushruta* explains that which depicts *Hetus*(cause) and *Lakshana* -symptoms of the disease is *Nidana*. *Acharya Madhukosha* states that which helps in diagnosis of disease (tool for diagnosis) and what helps in confirmation of disease is *Nidana*.^[7]

The term ' *Nidana* ' in the *Ayurveda* has been used in two aspects mainly i.e *Vyadhijanak Nidana*, to explain the cause of the disease and *Vyadhibodhak Nidana*, it helps in identifying or diagnosing a disease. This article is focusing on Prevention of *Vyadhi Janak Nidana*. *Nidana* are *Roga Kaarka Aaharas* and *Viharaas*- the faulty dietary and lifestyle practises which are causing manifestation of diseases. The object of studying *Nidana* (Etiology) is primarily to know the cause or causes of a particular disease. It helps in treatment if the cause or causes of the diseases are definitely known. Further, in most cases, when the cause of the disease is removed, the disease subsides naturally. According to *Ayurveda* the best method of curing disease is to avoid all those things and activities that act as cause of the disease, as *Shushruta* says - "In brief, the management essentially consists of the avoidance of the etiological factors of the particular disease. *Nidana* as main causative factor and its avoidance is the main line of treatment. To prevent, manage the disease and its complication, it is necessary to follow the first line of treatment in *Ayurveda* that is "NIDAN PARIVARJAN".

Most of the diseases in today's time are either due to consumption of *Mithya Aahara* (faulty dietary habits) or due to practising of the *Mithya Vihara* (poor lifestyle choices). And the prevalence of such diseases is increasing day by day due to absolute negligence shown by the people all around. In India, nearly 5.8 million people (WHO report, 2015) die from Non communicable diseases (heart and lung diseases, stroke, cancer and diabetes) every year or in other words 1 in 4 Indians has a risk of dying from an NCD before they reach the age of 70.^[8] There are estimated 72.96 million cases of diabetes in adult population of India. The prevalence in urban areas ranges between 10.9% and 14.2% and prevalence in rural India was 3.0-7.8% among population aged 20 years and above.^[9] The annual number of deaths from CVD in India is projected to rise from 2.26 million (1990) to 4.77 million (2020). Coronary heart disease prevalence rates in India have been estimated over the past several decades and have ranged from 1.6% to 7.4% in rural populations and from 1% to 13.2% in urban

populations.^[10] All these diseases which are causing morbidity and mortality in such a large number of people is mainly caused due to the *Mithya Aahara* and *Mithya Vihara*, which acts as *Nidana*. Thus, it becomes necessary to learn and understand the concept of *Nidana Parivarjan*.

Nidana Parivarjan is mentioned as a first step in treatment of *Netra Roga* mentioned in *Shushruta Samhita*.^[11] If this first step of *Nidana Parivarjan* is not followed then rest of treatment will not work. In *Charak Samhita*, *Nidana Parivarjan* is specifically mentioned in *Krimi Chikitsa*.^[12] But this concept of *Nidana Parivarjan* can be applied to all the diseases for their treatment as well as prevention point of view. It also helps in pacifying the symptoms of a particular disease thereby improving the prognosis for the patient.

Some major Lifestyle disorders and their causes/risk factor^[13]

Lifestyle disorders	Causes/Risk factor
Essential Hypertension	Stress, High salt intake, Alcohol, Smoking, Sedentary lifestyle
COPD-Chronic obstructive pulmonary disease	Chronic smoking, Occupational dust, Chemical fumes, Air pollution
Cardiovascular diseases	Smoking, High salt intake, Sedentary lifestyle, Tobacco usage, Unhealthy diet
Diabetes	Smoking, Physical inactivity, High calorie intake, Unhealthy diet

All these mentioned above are modifiable risk factors, which when eliminated from one's lifestyle reduces the chances of occurrence of diseases and also helps in reducing the symptoms of the disease. Thus, this should be followed as a first line of treatment as mentioned by our *Acharya*'s. And by only avoiding the intake of above mentioned *Nidanas*, most of the time the disease gets cured and does not requires further management. This helps in improving the quality of the life to a great extent and also reduces the dependence on requirement of medications.

• For Example

Nidana Parivarjan in Prameha- As mentioned *Nidan parivarjan* means avoidance of etiological factor of *Prameha*. Aetiological factors described in *Ayurveda* in *Prameha Vyadhi* are such as *Avyayam* (lack of exercise), *Swapnashayana* (over sleeping), *Pishta-snigdha Annasevana*, (consumption of starchy and fatty food), *Kshirikshu Vikar Sevan* (consumption of milk and sugarcane products) excessive consumption of curd or soup of certain aquatic animals, excessive consumption of jaggery products, new cereals, *Sheeta* (cool) and *Snigdha* (soft) drinks and other *Kapha*-increasing foods.^[14] All these causative factors should be avoided to

prevent the disease from occurring in a healthy individual as well as to manage the disease in a diseased individual. As *Nidana Parivarjan* itself is one of type of *Chikitsa*.

Nidana Parivarjan in Sthaulaya-Aetiological factors described in *Ayurveda* in *Sthaulaya* are such as *Atibhojana* (Overeating), *Madhur Aharasevana* (Sweet food), *Navanna Sevana* (Usage of fresh rice), *Mamsa Sevana* (Excessive use of meat), *Shalisevana* (Excessive use of rice), *Godhuma Sevana* (Excessive wheat), *Sarpi Sevana* (Excessive use of ghee), *Sleshmala Aharasevana* (*Kapha* increasing food), *Ikshu Sevana* (Usage of sugarcane), *Guda Vikara Sevana* (Usage of Jaggery's preparation), *Paya Vikara Sevana* (Excessive usages of milk and its preparations), *Gramya Rasa Sevana* (Usage of Domestic animal's meat and soups).^[15] All these are avoidable causative factors, which when avoided helps in prevention as well as treatment of the disease.

Nidana Parivarjan in Akala Palita- Aetiological factors described in *Ayurveda* for *Akala Palita* are such as *Amla Ahara*, *Atimadyapana*, *Dhustabhojana*, *Aamabhojana*, *Ati Guru Bhojana*, *Lavanaatisevana*, *Ksharaatisevana*, *Ratrijagarana*, *Rajosevana*, *Atapasevana*, *Dhumasevana*, also *Mansik Nidana* as *Krodha*, *Shoka*, *Shrama*, *Chinta*. All these mentioned are again some avoidable causative factors, which when avoided helps in prevention as well as treatment of the condition. One individual needs to bring changes in his/her diet and lifestyle and also need to adopt meditation techniques to avoid the *Mansik Nidan*s.

Nidana Parivarjan in Amlapitta- Aetiological factors described in *Ayurveda* for *Amlapitta* are such as *Goras Atisevan*, *Guru Bhojan*, *Abhishyandi Bhojan*, *Ushnatisevan*, *Snigdhatisevan*, *Rukshatisevan*, *Amlatisevan*, *Dravatisevan*, *Fanit Sevana*, *Ikshu Vikar*, *Kultha Sevan* and *Viharaj Nidan* as *Bhukta Bhuktva Divaswapnat*, *Ati Snana*, *Ati Avgahana*.^[16] All these mentioned are again some avoidable causative factors, which can be easily be avoided from one's diet and lifestyle.

Nidana Parivarjan in Grahni Roga- Aetiological factors described are *Abhojana*, *Atibhojana*, *Vishama Bhojana*, *Asatmya Bhojana*, *Vega Vidharana*, *Shoka*, bad dietary habits, irregular life style leading to *Dosha* vitiation and *Agni Dhushiti* which leads to disturbed bowel movements.^[17] All these mentioned are again avoidable causative factors, which can be easily avoided by making few changes in diet and lifestyle of an individual.

Ayurveda specifically mentions the concept of *Pathya-Apathya Aahara-Vihara*, in which *Apathya Aahara-Vihara* is specified to avoid such diet and lifestyle habits which either acts as etiological or aggravating factor for a particular disease. And also, the concept of *Pathya-Apathya Aahara-Vihara* if followed by a healthy individual will help in prevention of many diseases. The

four components of a person's daily life are *Ahara* (food), *Acharya* (conduct), *Vihara* (behaviour) and *Vichara* (thoughts). When any of these components is faulty there is imbalance in the *Tridosha*, which later manifests as disease. As a response, avoidance of such factors which causes imbalance should be practised.

DISCUSSION

Acharya Charaka has described three step *Chikitsa* of *Krimi Roga* in which he specifically mentions about *Nidana Parivarjan*. 1- *Nidan Parivarjana*- Avoid the causative factors. 2-*Prakriti Vighatana* means- destruction of favourable environment for *Krimi*. 3- *Apakarshana* means- To eliminate the *Krimi Sanghaata* forcefully. Most important among them is *Nidana Parivarjan* as it acts on the root cause of the disease. Indulgence in the etiological/causative factors causes severe disease resulting in incurability of the particular disease whereas intake of less *Nidana* results in mild form of disease which is easier to cure. And the avoidance of the *Nidana* will result in treatment of the disease and as well as prevention of various diseases in a healthy individual. As it is rightly said 'Prevention is better than cure' which correlates with *Ayurveda* aim of – "Swasthasya Swathya Rakshanam". The *Nidana Parivarjana* concept is useful for treating simple, chronic, complicated disease & preventing its recurrence. If *Nidana Parivarjan* is not followed as a first step, then the rest of treatment methods applied will all go in vain. If followed properly then it will greatly reduce the burden of mortality and morbidity among individuals.^[18]

CONCLUSION

Complete cure in curable diseases and management of palliable diseases can only be achieved after *Nidana Parivarjana* (removing the cause). If the cause is removed, then half the treatment is done itself. This stops progression of disease as well as helps the host to return to the normal state. The focus of current healthcare system is more on disease management after its complete manifestation; while *Ayurveda* emphasizes on identification of cause at an early stage, to prevent its further progression. *Acharya Shushrut* gives importance to *Siddhant* mentioned as "*Sankshepatah Kriyayoge Nidana Parivarjanam*" meaning in short *Nidan Parivarjan* itself is a type of Treatment. In this way it is necessary to study, understand and follow this concept religiously for living a healthy life.

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