



“ Concept of Ayurvedhokta Vyadhikshamatva - A key for prevention of diseases, for healthy life”

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ABSTRACT :-

Ayurveda is ancient science of life. Ayurveda incorporates both the preventive and curative aspects of human ailments, promising it as a holistic science. This holistic approach of Ayurveda resembles to the entire function of Vyadhikshamatva. Vyadhikshamatva is a broad concept comprising the whole modern understanding of immunology and other gross and subtle factors paying attention to the prevention and progression of diseases in the human body. The following article “ Concept of Ayurvedokta Vyadhikshamatva. - a key for prevention of diseases, for healthy life” is reviewed through Ayurvedic classics and causation and course of disease with reference to Vyadhikshamatva.

KEY WORDS: Vyadhikshamatva , Ayurveda , immunity , infection

INTRODUCTION :-

Many harmful diseases occurring due to changing demographic profile, change in climate, stressfull workload. Due to more frequent & severe extreme weather changes health care facilities are not enough to provide health services to society. To prevent from all the hazardous effect on health of human being Ayurveda is the only choice. Prevention is better than cure. Ayurveda has one basic principal like Vyadhikshamatva.

The term Vyadhikshamatva is made up of two words (i) Vyadhi (ii) Kshamatva. The word Vyadhi means harm, to injure, to damage. The word kshamatva means to composed, to suppress or to keep quite or to resist. Vyadhikshamatva is first defined by Chakrapani in a very scientific manner in

terms of Vyadhibalavirodhatvam. Capacity of the body to fight against the manifested diseases.

(Natural Immunity) and Vyadhiutpadpratibandhkatvam, Capacity of the body to not allow to produce diseases or pathogenesis.

Thus VyadhiKshamatva denotes the resistance power of the body or defense of body against occurrence of any disease also it indicate that if body once is being encountered by some disease, it will not allow the disease to be manifested because of possessing a specific resistance power.

MATERIAL & METHOD :-

For this artical the literary method is adopted for study. Ayurvedic concept of VyadhiKshamatva. and prevention of diseases according to Ayurveda and modern science is carried out to logical result and conclusions.

OBSERVATIONS :-

VyadhiKshamatva is biological defensive power of the body to fight against the ongoing afflicted diseases (Vyadhibalavirodhitvam) also to prevent the future development of disease. (Vyadhiutpadpratibandhkatvam) C.Sn 28/7

Modern science referred it as Immunity which can be define as the balance state of the organisms having adequate biological defense to fight

infections and diseases. also having adequate tolerance to avoid allergy and autoimmune diseases.

Virudha Vikar (Allergic conditions) and VyadhiKshamatva (immunity) are also discribed in Avyurved. The term dehadhatu-prayanik dravya or Asatmya dravya is similar to antigen and dehdhatus as antibodies form cells which is discussed in modern science. The astmya drayas consititude the antigens to the body as its contact leads to the allergic manifestation in the body. The astmya dravyas may be food, liquids or micro organisms. Once antibodies are developed in the body as result of entry of antigens these antibodies fight against the another time entry and re entry of antigen and immunity develop in the body. If the antigen is food then the allergic reaction may occur.

Aacharya Chakrapani referred VyadhiAksham Shararni i.e. bodies which are having resisit to diseases and not having immunity. They are individuals having obese, thin, uneven, weak body, and those who cannot get proper nutrition. In these individuals, even minor deiseases become severe.

On the other side the individuals having propoortinate and properly nourished body with good mental endurance are called as Vyadhiksham Sharirani and they have good Vyadhikshamatva (immunity)

such persons are with good defensive power. C.S.n. 28/7

According to Chakrapani Acharya sharis Bala enhancing are as follows -

1. Balwat purnshe deshe Janma - Country of strengthen peoples such as Panjab, Sindh.
2. Balwat Kale Janma - The birth in healthy seasons like winter. (Hemant & Shishir)
3. Sukhakar Kalyog - During happy time the positive mood and approach to life boosts the immunity.
4. Bija Guna Sampat - Healthy ovum and sperm gives strength to offspring.
5. Kshetra Guna Sampat - Healthy state of uterus due to good nutrition will give strength to life.
6. Sharir Sampat - Well built of body will enhance natural strength.
7. Satmya Sampat - Natural strength of body will increase due to adaptability of body to all the foods.
8. Swabhav Sansiddhi - Strength increasing measures.
9. Yawanam - Young age is the strongest age among all ages.
10. Karma - The exercise will increase strength.
11. Sanharsha - Pleasing sensation and happiness increase strength.

TYPES OF VYADHIKSHAMATRA:-

As per Ayurveda Vyadhikshamatva is nothing but the Vyadhivirodhi and Vyadhi

utpad pratibadhak sharia bala. Considering Sharir bala three types of it are sahaj bala, Kalaj bala, Yuktikrit Bala

1) Sahaj Vyadhikshamatva: It is natural immune power present in the body which is genetically obtained. It also includes the mental fitness acquired from parents. It can be divided in

- a) Species related Sahaj Vyadhikshamatva – e. g. Dogs and horses are resistance to Tuberculosis. Rats are resistance to diphtheria.
- b) Race related sahaj Vyadhikshamatva - It is observed that certain races are immune to certain diseases. Nepoyese are more susceptible to it.
- c) Individual related Sahaj Vyadhikshamatva - This type depends upon diet, exercise, age, health and mental conditions.

- Sahaj Akrutim Vyadhikshamatva Bala - The maternal antibodies are passed to fetus through blood. In maternal milk there are antibodies which give immunity against certain diseases.

2) Kalaj Vyadhikshamatva Bala -

It is natural immune power present in bodies related to age and seasons. Young individuals are having very good immunity compared to old.

3) Yuktikrit Vyadhikshamatva Bala -

One can acquire immune power by taking good food, adequate exercise and

keeping mental health Properly.

on the other side one can also generate antibodies in body by inoculating various toxic antigen in the body. Vishkanya is the example of this type.

This could be of two types

- a) Sakriya (Active)
- b) Nishkriya (Passive)
- c) The active & passive differs in

Two types -

- a. Akrutrim / Sahaj (Natural)
- b. Krutrim (Artificial)

(a)

- i. **Yuktikrut Sakriya Sahaj Vyadhikshamatva:** Immunity that is developed by disease itself.
- ii. **Yuktikrut Sakriya Krutrim Vyadhikshamatva** - When we inoculate low dose of toxin, attenuated live or killed microbes.

(b)

- i. **Yuktikmt Nishkriya Sahaj Vyadhikshamatva** - Readymade antibodies when transferred this type of Vyadhikshamatva develops.
- ii. **Yuktikmt Nishkriya Krutrim Vyadhikshamatva-** Readymade antibodies prepared in animals and human when transferred this Vyadhikshamatva develops.

Sansargaj Raga (Infections diseases) like Fever, Conjunctivitis, tuberculosis, leprocy, measles, mumps small pox are

referred in Ayurveda. The causes mentioned are invisible microbes as grahas or Bhutas or Rakshas or Rakshogana.

Aacharya Gananath Sen Quoted that to included like attenuated microbes in body or inoculate it in cow and then injecting readymade antibodies generated by cow into the patient. Also skin or small pox lesion should be scrapped and brought into the contact of mucosal layer to induce immunity in the body.

CONCLUSION:-

The concept of Vyadhikshamatve is documented in Ayurvedic literature. The antigen and antibody are referred as prtyanik dravya and Dehadhatu respectively. Sahaj, Kajal, Yuktij are three types. They divided in Sakriya, Nishkriya Akrutrim And Ktutrim

It was noticed that in spite of living in same infected surrounding and utilization of contaminated food, water, some individuals get affected while other remains unaffected. It was also seen that in case of some of the diseases persons get rid of the diseases even without treatments. Oajas and Sharir Bala is indicative of some internal energy or force in the body. Bala in indicated by work. Oajas is known by Upachaya of all Dhatus. The Oajas and Bala represents the same thing. The Oajas is not only providing the power of resistance to the diseases but it is source of mental and Physical energy and

strength. Thus for better Vyadhikshamatva (immunity) or disease free conditions one should restore Ojas.

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