



PRECEPT OF EPIDEMIOLOGY (जनपदोद्ध्वंस) IN AYURVEDA

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KEYWORDS :

INTRODUCTION:

Ayurveda is an indigenous ethnic medical system in renowned practice in the Indian subcontinent since Vedic period. The prime strength of *Ayurved* is its holistic approach towards health & disease using natural remedies derived from medicinal plants and minerals. Laying emphasis on modest living with high human values, self discipline, human health and curing the disease, the system advocate a unique set of principle. In this ancient science *Ayurveda* acharyas work for human civilization from Vedic kala. Acharya established the tenets of *Ayurveda* and believes on *Panchamahabhuta* (The five basic element that present in whole universe), *Tridosha*, *Triguna*, *Saptadhatu*, *Trimala* etc. These tenets govern creation, maintenance and destruction of human body tissues as well as the assimilation and elimination with the aim of ayurveda i.e,

स्वस्थस्य स्वास्थ्य रक्षणम् आतुरस्य विकार प्रशमनम् च ! (च.सू. ३०/२६)

A big threat for human civilization is come in the form of corona epidemic and become pandemic in present time. This is one of the challenge towards whole world that how to combat with the situation. Presently when no one knows the treatment, Ayurveda plays a very important role with its unique strategy and tenets towards treatment i.e, increasing the human immune power with first target and eliminates or distract the causating factor and follow a healthy regimen with yoga, good food habits, deontology & so on.

Etiology Of Epidemic:

तदात्वे चानुबंधे वा यस्य स्यादशुभं फलम् !

कर्मणस्तन्न कर्तव्यमेतद् बुद्धिमतां मतम् !! (च.वि. ३/४६)

Acharya charak in *Janpadoudhvans* says that the work on doing and in future provide a bed effect is very dangerous so never perform the action whose results are not good.

According to *Ayurveda* etiological factors are divided in ahara, vihar and vichar of individual. Many inappropriate things that individual perform in their daily routine become a cause of disease. For eg. unhealthy diet, uneven time of eating, improper siting, eating junk food-meats of animal, not follow healthy life style, not doing proper work at right time, uneven time of wake up and sleep, importantly disturb the geographic area by building company and society and cutting the plants, disturbing environmental air by pollution and use of chemicals in various dietary products etc.

Janpadoudhvans condition aggravated when the chief of any country derelict their righteousness & behaving to progeny with iniquity. Then all dependent employees and servants of that country doing their job with iniquity and this leading iniquity vanishes the righteousness or faith. Without faith there is nothing on earth. This greed and unfaithfulness of people lead to pollute the province. It result in the form of disturb environment, seasonal variation, climate changes, disturb geographical area that alter the situation drastically. Affect the individual & causing disease. All this disturb factor enhances the condition of causing disease in community and become epidemic.

History Of Epidemic:

Throughout the course of history, disease outbreaks have ravaged humanity. Here are the list of worst epidemics and pandemics, dating

from prehistoric to modern times.

- Circa 3000 B.C.
- The Black Death: 1346-1353
- Cocoliztli epidemic: 1545-1548
- American Plagues: 16th century
- Great Plague of London: 1665-1666
- Philadelphia yellow fever epidemic: 1793
- Flu pandemic: 1889-1890
- American polio epidemic: 1916
- Spanish Flu: 1918-1920
- Asian Flu: 1957-1958
- AIDS pandemic: 1981-present day
- H1N1 Swine Flu pandemic: 2009-2010
- West African Ebola epidemic: 2014-2016
- Covid-19: 2020

Novel corona virus were first reported in Wuhan, Hubei province, China, in December 2019 and have since spread across the world. Presently world wide 78,95,823 cases found till today. In India 3,20,222 confirmed cases found and in Madhya paradesh 10,641 cases found.

Epidemiology In Ayurveda:

Epidemiology in *Ayurveda* known to be as *Janpadoudhvans* and its main cause according to *Ayurveda* is *Adharma* (Iniquity). This *adharma* happen as a result of doing *pragyapradh* (The things which are not willing to be good). This *pragyapradh* manifest in the human civilization by disturbing the environmental factors in the form of communicable disease.

Epidemiology: Epi – Among
Demos – people
Logos – Study

Epidemiology is the study of distribution and determination of health related states or events in specified population and the application of this study to control of health problems. In charaka samhita acharya Punarvasu says about the *janpadoudhvans* by answering the question of his student Agnivesh. Acharya says that although individual defer in physical constitution, age, place, food habits, immunity, adoptability, strength etc and they do get affected with disease due to vitiation of some factors that are common to all individuals who settler in that community. These factors lead to the cumulatively manifestation of disease having the common set of symptom among all the settler and leading to widespread of disease in community. Factors which are common in all individuals are *Desh, Jala, Vayu, and Kala*. Human as a host and disease causing agent or krimi inter-relate in a variety of complex ways to produce disease in humans. Their balance and interactions are different for different diseases.

Treatment Protocol In Ayurveda:

“The soil is more important than the seed”

This concept underlies several *Ayurveda* treatment strategies.

Ayurveda's principle therapeutic aim is to harmoniously restore the balance of mankind.

Acharya charak in the chapter *janpadoudhvans* describe the cause of disease and community health hazards, he mainly emphasized on community health by keeping environment clean and follows the *swasthivrita* by obey the deontology with daily healthy regime.

Acharya charaka describe the samanya chikitsa of *janpadoudhvans* i.e.,

“ कर्म पंचविधं तेषां भैषजं परमउच्यते... ” (च.वि. ३/१३)

He says that apply the proper *panchkarma* procedure by knowing the disease and its prakrati.

After that use the proper *Rasayan* therapy and follow *sadvrita*.

Acharya Susruta stands no exception to this view. Acharya describe the *nidana parivarjan* as of first chikitsa. Susruta also stand with his principal of *shatkriyakal* in which disease formation describe from its origin to become recover and provide the different phase of disease where chikitsa can be applied.

Rasashastrī acharya in his treatises *Rasa hridaya tantra*, *Rasendra chintamani*, *Rasatarangini*, and *Anand kand* also describe the chikitsa pattern which can also be applied in epidemic condition. By *kshetrikaran* procedure which encompasses with *Panchan*, *Snehan*, *Swedan*, *Vaman*, *Virechan* & one of *Krimipatan* that work with cleaning the body & apply *Rasayan* therapy.

In present time when we pivot on infectious disease it demands the line of approach should be go through the *krimi chikitsa* of acharya charak. In which *apakarshan*, *prakriti vighata* and *nidan parivarjan* is a line of treatment. *Apakarshana* main aim is to eliminate the microbe from our body. Second is *prakrativighata* has two main aspect i.e. patient after *apkarshan* and the other as a prophylactic measures. The third one is *nidan parivarjan*.

One more way of treatment is *prativish chikitsa* which is presently applied in the form of plasma therapy. The antibodies of disease person after treatment removes and give it to another ill person that work as *prativish* in another person.

Above Mention modes are some protocol of treatment on the basis of *Ayurveda* tenets.

In the section of philosophy in *Ayurved* samhita, *Jain darshan* said about the preventive measures where they described and follow some rules that are the needs of present time i.e.,

- Mukh patti (Mask),
- Ahinsak ahar (Vegetarian food),
- Sangheta (Social distancing),
- Aalgav (Quarantine),
- Samyak ekanta (Isolation)

Ayush Ministry Towards Present Epidemic:

The ministry of Ayush has taken several initiatives for pandemic COVID -19 like research in collaboration with the Council for Scientific and Industrial Research (CSIR), public health institutes, and through its research councils and national institutes. It has also released health advisory vetted from Ayush experts toward immune boosting measures for protection against Covid-19. Also, there is a dedicated dashboard to provide real-time information on all Covid-19 related activities by the Ayush ministry.

In India, Gujarat government administered Ayurvedic medicines to COVID-19 patients, nearly 1600 symptomatic and 1547 asymptomatic patients are recovered by Ayurvedic medicine.

"As many as 7,778 people under quarantine were given the Ayurvedic medicine and only 21 out of them tested positive for corona virus"

Also in Madhya Pradesh, asymptomatic covid patient treated by ayurvedic medicine and expected results found during study.

Trikatu churna with *tulsi* leaves & *Arogya kashayam* presently given as a immuno-booster medicine & treating medicine for asymptomatic covid-19 patient respectively.

CONCLUSION:

The practice of 'Ayurveda System' involves a variety of concepts like *Panchamahabhuta*, *Dosha*, *Dhatu*, *Mala*, *Dravya*, *Guna*, *Dhatu*, *Agni*, *Ama*, *Rasa*, *Ojas*, and hundreds of inter-related variables. It is a vast knowledge-base as a treasure for human civilization to use it globally. In Present pandemic *Ayurveda* system of medicine place a big impact on human civilization. As Ayurveda not only work for treating patients it also improve the health of individuals basically it protect the upcoming generation by adapting some kind of healthy regime and save the economy to boost the country at higher level.

At last I conclude my words with the quote-

“Prevention is better than cure”

As a tenet of Ayurveda itself says – “Protect The Health Of Healthy Person”