

Epidemic in Ayurveda and their Management by Dinacharya

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ABSTRACT

Epidemic and pandemic not happen without the reasons. Because, the harmful health problems might have had occur in several time not only over India but also across the globe. Few examples like; TB, Malaria, Dengue fever, HIV (AIDS), and other viral infection like Swine flu etc. The people are now very well understanding the word pandemic due to the ongoing disease; COVID-19 pandemic. This deadly disease travels across the world since December 2019; with huge loss not only limited to the lives but also have had made more harmful impact over the economical as well as social life. The people came to know, there is something like this (COVID-19; one of the reason is faulty food habits) health problems occurs due to the faulty adaptation of the food habits as well as the behavioral habit.

Ayurveda

“Heetaaheetam sukham dukkham ayusthasya heetaaheetam I

Maanam cha taccha tatroktham ayurvedah sa yuchate II” Ch. Su. 1/41

The science is designated as Ayurveda, where advantages, and disadvantages as well as happy and unhappy state of life along with what is good and bad for life, its measurement and life itself are described. The pandemic could be managed by the adaptation of the Dinacharya, (it means by adaptation of the daily routine behavioral regimen) which said in Ayurveda, for all people, as the preventive aspect of management for all the disease. As it improve the strength in the body tissue, improve the body immune power and removes the impurities from the body (which may cause for the several disease) by certain seasonal purification methods.

Key words: Ayurveda, Epidemic, Dinacharya, Daily Routine Behavioral Regimen etc.

AYURVEDA

The science which imparts knowledge about, life with special reference to its definition and the description of happy and unhappy life, useful and harmful life, long and short span of life and such other materials along with their properties and actions as promotes and demotes longevity is described in Ayurveda [1].

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ayusthasya heetaaheetam I

Maanam cha taccha tatroktham ayurvedah
sa yuchate II”

Ch. Su. 1/41

The science is designated as Ayurveda, where advantages, and disadvantages as well as happy and unhappy state of life along with what is good and bad for life, its measurement and life itself are described [2].

OBJECTIVE OF AYURVEDA

1) *Dhatu samya kriyachoktha
tantrasyaasya prayojanam I Ch.
Su. 1/53*

The very object of this science is the maintenance of the equilibrium of tissue elements.

2) *Prayojanam chasya swasthasya
swaasthya rakshnam,*

aaturasy veekara prashamanam cha I
Ch. Su. 30/26

The objective of this science is to help to maintain the health of a healthy individual and cure of diseases of patient.

EPIDEMIC IN AYURVEDA

Epidemic in is explained by Acharya Charaka in Vimansthan lesion number three 'Janapadoudhvansaniya Adhyaya' while explaining this, Agnivesha submitted to Lord Atreya 'O' lord, drug will soon be collected, preserved and administered properly, but how is it that, people having dissimilar nature, diet, physical strength, homologation mental faculties and age, simultaneously get afflicted by the same epidemic disease [3].

Factor Responsible for Epidemics

Lord Atreya replied !, even though there is dissimilarity in physical constitution of human being still there such factors as are common to all individuals and vitiation of these factors leads to the simultaneous manifestation of diseases having the same set of symptoms leading to destruction of countries [4].

Factors which are common for all that inhabitants of a country are air, water, locations and seasons [5].

Characteristic of Polluted Air [6]

Air having following characteristics is injurious to health

- 1) Absence of characteristics feature in conformity with season
- 2) Excessive calmness or violent blow
- 3) Excessive dryness, cold, heat, roughness, or humidity
- 4) Excessive clashes among each other (wind blowing from one direction clashing with the one coming from the other direction)
- 5) Excessively cyclonic in nature and
- 6) Air association with unwholesome smell, gases, sand ashes, and smoke.

Characteristics of Polluted Water

Water having following characteristics is considered to be devoid of its normal attributes;

- 1) Excessive abnormality in smell, colour, taste, and touch
- 2) Excessive stickiness
- 3) Absence of birds that move in water
- 4) Reduction in number of aquatic animal

Characteristics of Polluted Land

Land having following characteristics is considered to be harmful;

- 1) Abnormality in natural color, smell, taste, and touch
- 2) Excessive stickiness
- 3) Abundance of serpents, wild animals, mosquitoes, locusts, flies, rats, owls, vultures and jackals.
- 4) Having jungle of grass and weeds
- 5) Abundance of excessively branched creeping,
- 6) Land having a novel look
- 7) Land with withered, dried or destroyed crops
- 8) Presence of wild cries of birds and dogs
- 9) Be wilderment and painful disposition of various types of animals and birds
- 10) Perversion or absence of religion, truth, modesty, manners, conducts and other qualities of the inhabitants of the land
- 11) Constant agitation and overflow of water reservoirs
- 12) Frequent occurrence of meteorites, thunderbolts, and earth quakes
- 13) Fierce look and cries in nature
- 14) Appearance of roughness and coperty reddish and white colour in sun, moon, and stars frequently, their appearance as if they are covered with net of clouds
- 15) Appearance of atmosphere as if there is confusion, excitement, apprehension, lamentation and darkness
- 16) Presence of excessive crying noise as if the country is seized by demons

Abnormal Time Period

- 1) Manifestation of characteristic features contrary to the normal conditions of various seasons is considered to be harmful.

The above mentioned four factors along with their respective characteristic features of vitiation are combined by wise to be responsible for the destruction of countries by epidemic diseases. When these factors are associated with features contrary to what is mentioned in respect to each of them in the above, they are useful for human being. Even during the impairment of these factors responsible for the destruction of countries by epidemics, one need not be afraid of disease, if he is assured for proper medicaments for administration [7-8].

Management of Epidemic by Dinacharya (Daily Routine Behavioral Regimen)

Ayurveda gives equal importance to maintenance of health by prevention of ailments and in curing them, the branch of ayurveda which deals with the maintenance of swasthya or the state of well being is known as swasthvrutha, Dinacharyas includes the daily routine, which is to be followed by healthy persons. It is being with waking up in Brahma-Muhurta.

Braahmhe muhoorta utteeshthet swastho rakshaartham aayushah I A. Hr. Su. 2/1

For preserving the wholesome lifespan, a healthy person should arise from the sleep at Brahma Muhurtha [9].

Danta Dhavanam (Oral Hygiene)

After analyzing for a while about one's own body and being clean after evacuation of excreta, oral hygiene should be attended to, by cleaning teeth with herbal brushes of 12 angulas, in length 7 diameter of tip of

little finger. Sharp edges should be crushed and made soft before use. Plant used should be either of kashaya (astringent), katu (acid), or tiktha (bitter) rasas.

Function: brushing of teeth helps to eliminate bad odour, inability to perceive taste and sludge deposited over teeth, tongue and mouth and improves taste. Brushing of teeth is contraindicated in ajrina, vamathu, swasha, kasa, jwara, ardita, trushna, asyapaka, hradroga, netraroga, siroroga and karnaroga.

Sauranjanam (Colyrium)

Sauranjanam is pleasing to the eyes and hence can be used daily, with its use eyelashes will become unctuous and thick; the eyes with well defined tri-colours, clean, beautiful and with sharp vision. Vision is addressed by agni mahabhoota and hence eyes have a special fear towards kapha doshaja diseases. Because of this rasanjan (a type of collyrium) is to be used for secreting kapha once in a week.

Navana (Nasal Medication) and Gandusha (Gargling)

There after Navana (nasal use of medicine) and Gandusha (holding liquid medicine orally), Dhuma (inhalation of herbal smoke) and tambool charvanam (chewing betel leaf with requisite condiments) should be done. Tambool charvanam is contraindicated in those suffering from kshata, pittaasra, raukshya, inflametry diseases of eyes, vishabadha, murcha, mada, shosha.

Abhyanga (Oil Massage)

Daily application of oil on body is recommended. This retards ageing, overcomes fatigue, and annihilates effects of aggravated vata dosha. It improves clarity of vision, renders nourishment, longevity, good sleep, good skin, and sturdy physique. It should be particularly practiced on head, ears, and soles.

Contraindicated in those who are suffering from vitiations of kapha dosha, ajirna and undergone either one of the panchakarma therapy.

Vyayama (Body Exercise)

The practice of physical exercise renders body light and efficient in activities, improves digestive power, wanes obesity, and renders finely chiseled contours and consistent body structure. Who are strong who are habituated to fat rich diet may routinely practice exercise in winter and spring, using only half the strength one can gather. In other seasons, it should be done lesser strength.

After exercise entire body should be massaged comfortably. Contraindicated in those who are suffering from diseases due to vitiation of vata and pitta, children and very old ages, those suffering from indigestion.

Udavartanam (Medicated Powder Dusting)

Udvartanam (upward massage with powdered drugs) disintegrates kapha dosha, dissolves away fat, provide firmness to the body and excellently clarifies the skin.

Snanam (Bathing)

Bathing kindles agni (digestive power), provides health, longevity, and enhances sexual drive, energy and strength. It tackles kandu (itching), mala (dirt), fatigue, sweat, tandra (lethargy), trashna, daha (burning feel), papma (ill feeling). Pouring warm water below the neck while bathing renders strength to the body.

However, if poured over the head, it is detrimental to eyes and hair. Bath is contraindicated in those who are suffering from ardita, netraroga, asyaroga, karnaroga, atisaara, adhmaata, pinasa, ajirna and just after intake of food.

Clean Clothing

Benefits: Enhances charm, fame, life span; removes inauspiciousness, produces pleasure, auspiciousness and eligibility for a congregation (to get together with others)

Perfume and Garland

Benefits: Aphrodisiac, produces good smell, longevity, charm, nourishment and strength, pleasing manners and destroys inauspiciousness.

Gem and Ornament

Benefits: Promotes wealth, auspiciousness, longevity, prosperity; destroys calamity, produces happiness, charms, and Ojas.

Cleaning Feet and Excretory Orifices

Benefits: Promotes intelligence, purity, longevity, and destroys inauspiciousness and dirt.

Shaving and Hair Dressing

Benefits: Nutritive, aphrodisiac, life promoter, provides cleanliness and beautification.

Footwear

Benefits: Beneficial for eye-sight and tactile sense organ, avoids injury of feet, promotes strength, ease in display of energy and libido.

DISCUSSION

- 1) There is still lot of controversy over the management of epidemic or pandemic disease. The modern medicine is still in search of medicine against pandemic like; COVID-19.
- 2) Topic is discussed over here; what is Ayurveda, its objectives, epidemic in Ayurveda; major four types of the causative factors (pollution of air, water, land and abnormal time period) if get worst polluted leads to different type of epidemic.
- 3) Dinacharya (Daily food and behioral regimen) has to follow from morning

of the day up to the next day morning. These are explained in details foods and behavioral regimen as; Danta dhavanam (oral hygiene), Sauranjanam (colyrium), Navana (nasal medication) and Gandusha (gargaling), Abhyanga (oil massage), Vyayama (Body Exercise), Udavartanam (medicated powder dusting), Snanam (Bathing), Clean clothing, Perfume and garland, Gem and ornament, Cleaning feet and excretory orifices, shaving and hair dressing, Footwear, umbrella, Meal and Natural urges

- 4) These all certainly will be help in epidemic and pandemic like health problems i.e. COVID-19.

CONCLUSION

- 1) Four main factors which are the primarily causative factors, which once get abnormal, polluted epidemic or pandemic may occurs which had been explained before long back; by the Ayurvedic system which stand in India as the ancient system of medicine.
- 2) The all these said; 'daily behavioral regimen' certainly helps to prevent the epidemic like COVID-19.
- 3) It expel out the impurities, co-morbidity as well as the toxins and metabolic residual part by different methods which are explained over here as the daily routine behavioral regimen.
- 4) After proper or appropriate application of said methods (daily behavioral regimen); bodies all channels (srotas) get cleaned and appropriate nourishment will occur which will improve the strength of all the body tissues, by nourishing it completely and properly. It also improves the immune system of the body, by its immune booster activity.
- 5) To get more clarifications, much more research has to be carried out on this topic.

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