

## Ayurveda considerations on Infectious diseases and their preventive measures w.s.r. to current pandemic situation

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### REVIEW ARTICLE

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#### ABSTRACT

Ayurveda described term “Sankramaka Roga” for communicable diseases which mainly occurs due to the microbial transmissions. These diseases can transmit from one to another through physical, chemical and biological means. The pathogenesis of such diseases arises due to the effect of microbial toxins inside the body. Antibiotics, lifestyle modification, immune-therapy, natural drugs, ayurveda formulations and purification measures, etc. are some approaches of various medical field which utilizes to prevent and treat Sankramaka Roga. The mass destruction of population by Sankramaka Roga termed as Janapadodhwamsa which resembles pandemic of modern science. Good immune system play vital role towards the prevention of Sankramaka Roga. Ayurveda concept of Ahara-Vihara helps greatly to boost immunity thus maintains good health status and enhances resistance against infectious diseases. This article explores Ayurveda view on Sankramaka Roga and their management through natural ways of healing.

**Keywords:** Ayurveda, Sankramaka Roga, Infections, Janapadodhwamsa, Pandemic

#### 1. Introduction

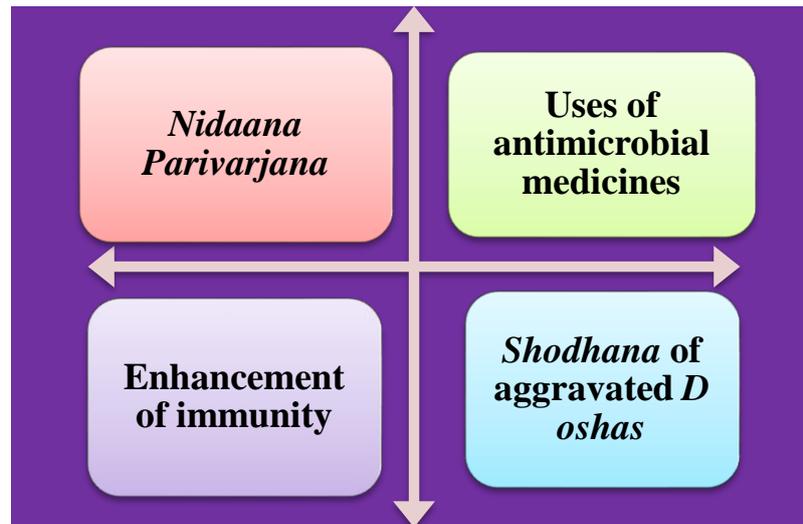
*Sankramaka Roga* and *Aupsargikarogas* are some terminologies of Ayurveda associated with communicable diseases. As per Ayurveda the pandemic situation can be described as *Janapadodhwamsa* which mainly depends upon *Jala*, *Kala* and *Desha*. *Jwara* & *Shosha* are major features of *Sankramaka Roga* as observed in current pandemic situation. Air, water, surface and direct contacts, etc. are various means of transmission of *Sankramak Roga*. As per Ayurveda the current pandemic problem can be considered as an *Agantuja vyadhi* associated with *Sannipata Jwara* along with aggravation of *Kapha Doshas*. *Agantuja vyadhi* can spread from one person to another and when large population gets affected then these diseases turned to *Janapadodhwamsa*. (1-5)

As per Ayurveda *Agantuja* affect host cells when *Bala* gets diminish similarly pandemic problem increases when microorganism affect person in case of altered immune response. *Janapadodhwamsa* considered as *Maraka* similarly modern science described pandemic diseases as fatal. *Janapadodhwamsa* are due to the invasion of *Bhuta* similarly viral invasion leads pandemic outbreak. The symptoms of *Janapadodhwamsa Vikara* are common to current pandemic conditions which include cough, common cold, body ache, fever and respiratory manifestation. (5-7)

The modern science mentioned various pathological stages of infectious diseases including accumulation, aggravation, dissemination, localization, manifestation and chronicity. Similarly Ayurveda mentioned that in *Sankramak Roga* the *Bhuta* affect *Doshas*, *Dhatus*, *Agni* and *Srotas* finally leads pathological

manifestations in the form of *Jwara* & *Shosha*, etc. Ayurveda described specific

measures to prevent and treat infectious disease as depicted in **Figure 1**.



**Figure 1.** Ayurveda approaches towards the management of *Sankramak Roga*

### Ayurveda Management of Infectious Diseases

Drugs possess *Katu*, *Tikta*, *Kashaaya*, *Kshraia* and *Ushna* properties are useful to treat microbial diseases. Ayurveda formulations such as; *Rasanjanadi Churna*, *Laghu Gangadhar Churna*, *Jambvadi Patra Swaras*, *Satavari Kalk* and *Sudhasar Rasa*, etc. can be used for microbial infections. These drugs helps to pacify *Kapha Dosha* thus relieved *Kasa* and *Jwara* which are major symptoms of infectious diseases. *Agastya Rasayanam* improves respiratory strength and boost immunity. *Haridrakhanda* cure allergy and *Rasa Sindoor* enhances immunity and control chronic respiratory distress.

Similarly plants or herbs and their parts utilizes for the management of infectious diseases. *Neem*, *Guggulu*, *Amla*, *Guduchi*, *Punarnava*, *Haridra*, *Tulasi* and *Vasa*, etc. are considered useful for the management of *Sankramak Roga*. These natural medicines offer following health benefits in *Sankramak Roga*:

- Nourishes body and improves immune responses.
- Stimulates process of phagocytosis and migration of antibodies.

- Antiseptic and analgesic action relives symptoms of pain.
- Anti-inflammatory property of *Haridra* cure fever and inflammatory response associated with infectious diseases.
- Removes microbial toxins and suppress growth of microorganism due to their anti-microbial action.
- Restore *Bala* and synchronizes physiological functioning of body during recovery phase.

### Role of Ahara

The improper eating habits leads indigestion, malnutrition, reduced metabolism, lack of immunity and diminish disease resistance power. While good eating habits helps to combat against infectious diseases. It is recommended to eat nutritious and cooked food; it is advised to uses turmeric, cumin, garlic, curry leaves and coriander, etc. in food while cooking to enhance medicinal values of *Ahara*. (4-8)

### Ahara to pacify vitiated Vata during infectious disease

Fruits, apricot, coconut, red cabbage, bananas, grapes, brown rice, cherries, oranges, asparagus, cabbage, dates,

cauliflower, mustard greens, okra, onion, cucumber, spinach and peas, etc.

### **Ahara to pacify vitiated Pitta during infectious disease**

Oranges, pears, plums, mangoes, sprouts, sunflower seeds, mushrooms, artichoke, bitter gourd, green salad, broccoli, cabbage, carrot, cucumber, fennel, green beans, cauliflower, onions and potatoes, etc.

### **Ahara to pacify vitiated Kapha during infectious disease:**

Apricots, pomegranates, peaches, apples, sprouts, green gram, parched rice, wheat and barley, etc.

### **Role of Vihara:**

The *Sankramak Roga* mainly transmits from one to another through various means of transmission including *Prasanagat*, *Gatra Samsparshat*, *Nihswasat*, *Sahasayya* and *Sahabhojnata*, etc. therefore it is advice to maintain distance from diseased person, uses of mask also suggested when disease spread through coughing and sneezing, maintenance of personal hygiene also recommended along with medical advice (5-8)

Mild to moderate physical activity including *Yoga* and meditation are helpful to cure physical as well as well mental health. Steam inhalation is useful in case of respiratory distress as observed in current pandemic scenario. Salt water gargling and rest help to relive symptoms of respiratory problems occurs due to the infectious organism.

Ayurveda concept of *Dinacharya*, *Ratricharya*, *Ritucharya* and *Sadvritta* also helps to keep away from diseases and prevent frequent manifestation of infectious diseases. Uses of *Naimittika rasayana* suggested preventing and treating consequences of *Sankramak Roga*. Ritual activities such as; *Japa*, *Homa* and *Ijya* offers mental strength and prevent psychological consequences of such diseases. One should not share cloths, bed

and other materials with infected person, bathing is advised as mode of physical hygiene whenever come from outside during pandemic outbreak. (8-11)

### **Conclusion**

The current pandemic situation as per Ayurveda can be considered as *Janapadodhwamsa* associated with *Sannipata Agantuja Jwara* in which *Vata-Kapha* predominance observed. *Jwara*, *Kasa* and *Svasa* are symptoms due to the involvement of *Pranavaha Sroto*. The Ayurveda approaches helps to improve immunity, boost disease resistance power, maintain nourishment of body and reduces microbial growth therefore ancient methods can play vital role to control present pandemic situations. Some formulations like *Sitopaladi Churna*, *SamshamaniVati*, *Mahasudarshana Ghanavati* and *Agastya Haritaki*, etc. can be given in case of *Sankramak Roga*. Moreover uses of *Panchakarma*, *Rasayana Chikitsa* and *Sattvik* food advocated controlling spread of infectious organism. Concept of *Sadvritta*, *Dinacharya* and *Ritucharya* not only provide optimum health but also improve disease resistance power. Therefore Ayurveda approaches can be utilized for managing pandemic health problems.

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### **Conflict of Interest**

The authors declare that there is no conflict of interest regarding the publication of this article.

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