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THE NECESSITY TO LEARN AYURVEDA IN THE POSTERITY

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Abstract:

Ayurveda took its origin in India 3000 years ago and it developed significantly during the Vedic period. In Ayurvedic treatises, the *Vata*, the *Pitta*, and the *Kapha* are described as three elemental doshas. The disturbance in their balance causes diseases, and maintaining them in balance is the way to prevent disease. Bringing back the doshas to balance is the treatment method in *Ayurveda*. So, there is a treatment for all diseases. By the principle of *Trividhabodhya sangraha*, we can diagnose and do treatment of disease that are not known to us. For Example, Covid-19 which was unknown to us before. *Ayurveda* emphasizes the role of a healthy diet, a positive lifestyle, and nutraceutical medication. *Ayurveda* seems to adopt a positive comprehensive approach in contrast to the reductionistic approach of western modern science. As new diseases are popping up daily, *Ayurveda* has become a boon to humankind.

Keywords: *Ayurveda*, covid, *trividhabodhya sangraha*

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INTRODUCTION

Ayurveda, which originated in India more than 3000 years ago, has a long tradition behind it. Today it remains a favoured form of health care in a large part of the eastern world, especially in India, where a large part of the eastern world especially in India, where a large population uses this system of medicine exclusively or combined with allopathy. Survey says that about 77% of Indians use ayurvedic medicines. *Ayurveda* has been recognized as a medical system in Nepal, Sri Lanka, Pakistan, UAE, Oman, Saudi Arabia, Bahrain, Malaysia, Mauritius, Hungary, Serbia, Tanzania, Romania, Cuba, and Brazil.^[1] *Ayurveda* is a Sanskrit word having the meaning – (the science of life), considered *Upaveda* of *Atharvaveda*. *Ayurveda*'s principles derived from universal laws of nature had changed little through time. It gives us an ideal way of living. *Ayurveda* draws its knowledge from *Shad Darshanas* (philosophy). *Ayurveda* is based on peculiar fundamental principles like *Tridoasha Siddhanta*- *Vata*, *Pitta*, *Kapha*, and *Panchamahabhuta Siddhanta*- ether, air, fire, water, and earth. WHO defines health as a state of complete physical, mental and social well-being and not merely the absence of disease.^[2] In the *Susruta Samhita*, Acharya *Susruta* defines health, as a state of balance of doshas, equilibrium of *Agni*, proper formation of seven dhatus, proper elimination of the malas, and body processes functioning properly. A healthy person will also have a happy mind, soul, and senses.^[3] This is the definition of health given by Acharya more than 1000 years ago and it is similar to the definition given by WHO. This proves that the Acharyas of *Ayurveda* had a clear-cut idea of health long ago.

As everyone knows, the purpose of *Ayurveda* is to protect the health of healthy individuals and to cure the disease of the diseased. Well-known Ayurvedic philosophy that prevention is better than cure, *Ayurveda* aims at providing a healthy lifestyle for the well-being of all.

In the Ayurvedic treatises which were written centuries ago, certain *Siddhantas* are told to diagnose and treat diseases that are not known to us before. One such *Siddhanta* told to diagnose a disease in *Charaka Samhita* is *Trividha bhodhya sangraha*.^[4] Acharya *Vagbhata* has told the same principle in *Ashtanga Hridaya* also.^[5]

This *Trividha bodhya Sangraha* describes the disease using three factors they are as follows

1) *Vikara Prakruti -Doshas* are responsible for the production of diseases.

Jvara or raise in temperature is due to *Vata dosha*, *Pitta dosha* and *Kapha dosha* vitiation. It is evident from the *Lakshana* (symptom) seen in *Vata Jvara*, *Pitta Jvara* and *Kapha Jvara*, that in all three there is a rise in body temperature.^[6] The second symptom seen is a dry cough, which is seen in *Vata Jvara*.^[7] The symptom of laziness and tiredness seen is seen in *Kapha Jvara*.^[8] Pain seen in covid 19 disease is a symptom seen in *Vata Jvara*.^[9] Sore throat and conjunctivitis are told as *Pittaja Nanatmaka Vikara*.^[10] Loss of smell is *Vataja Nanatmka Vikara*.^[11] *Atisara* (loose motion) is seen as *Vata dosha* vitiation^[12]. *Shvasa* (shortness of breath) is seen as *Kapha Jvara Lakshana*.^[13] Hence all three dosha's are involved in causing Covid - 19. In the early stage, it's due to *Kapha* and *Vata* and in the later stage, it's due to *Pitta* and *Vata*.

2) *Adhishtana* of *Vikara*- The body part where disease manifestation occurs. The site of origin is *Kanta* (throat), *Vyakta Stana* is *Uras* (chest).

In this ancient traditional medicinal system, the fact of the epidemics is evident from the description of epidemic/pandemic in *Charaka Samhita Vimana Stana*.^[14] He used the broad term *Janapadodhwamsa* to describe epidemic /pandemic. Even though there is dissimilarity in the constitution of people, age, habits, and suitability people living in a region, they are getting affected by a disease with the same symptoms and they are dying. Acharya says this is due to factors common to all and those factors are air, water, place, and time. The root cause of vitiation of these factors is *Adharma* which is unrighteous deeds by rulers and people living in that country. The word *Marak* has been used by Acharya Susruta to describe epidemics.^[15] Acharya Charaka has told the methods to prevent *Janapadodhwamsa* as well as to manage it. Those who are not destined to die during an epidemic/pandemic should be made to undergo *panchakarma* – *Vamana* (emesis), *Virechana* (purgation), *Anuvasna Basti* (enema with oil), *Asthapana Basti* (enema with astringent medicine), *Nasya* (nasal medication) Then *Rasayana* therapy using herbs like *Guduchi* (*Tinospora cordifolia*), and *Ashwagandha* (*Withania somnifera*) should be administered to increase immunity. Being truthful, having compassion towards all living beings, charity, sacrifice, worship of God, observance of good conduct, tranquillity, prophylactic protection of one's self, residing in a wholesome place, service to those observing celibacy and following celibacy, discussion of religious scriptures, great sages and those who have

3) *Samuttana Visesa*-causative factor of *Dosas*. The person getting in contact with SARS CO V-2.

self-control and constant association with religious people and elderly persons.^[16]

In the chapter *Tisraishaniyam* of *Charaka Samhita Sutra Sthana*, three types of therapies are told.^[17] The first type, *Daivavyapasraya chikitsa* (spiritual therapy) means recitation of mantras, wearing roots of some herbs and gems, auspicious acts, offerings, gifts, oblations, following religious preceptors, and atonement fasting, invoking blessings, respecting the elders, and pilgrimage. The second type is *Yuktivyapasraya chikitsa* (rational therapy) means rational therapy of administering drugs. The third type is *Satvavajaya* (psychotherapy), which is restraining the mind from unwholesome objects. Many principals followed by Ayurved are unique to this system and is not seen in any system. *TRI DOSHA SIDDHANTA*: This *Siddhanta* helps in treating any unknown disease by finding which *Dosha* has increased and giving medicine to decrease the increased *Dosha*.^[18] *SHAD RASA SIDDHANTA*: By this *Siddhanta*, *Dosha* imbalance can be corrected. *Madhura Rasa* (sweet taste), *Amla Rasa* (sour taste), *Lavana Rasa* (salty taste) decreases *Vata Dosh*. *Katu Rasa* (pungent taste), *Tikta Rasa* (bitter taste), *Kashaya Rasa* (astringent taste) decreases *Kapha Dosh*. *Tikta Rasa* (bitter taste), *Kashaya Rasa* (astringent taste), *Madhura Rasa* (sweet taste) a decreases *Pitta Dosh*. Hence, we can bring *Doshas* to a balanced state by bringing a change in diet.^[19] Acharya Susruta had mentioned in *Susruta Samhita* in the context of the description of the eyeball that there are 5 *Mandalas*

(subdivisions), 6 *Sandhi* (joints) and 6 *Patalas* (layers).^[20] But according to the allopathic system, there are only 5 layers. An eye professor a native of Punjab name Professor M S Duva at the University of California with the help of an electron microscope and

SUCCESS STORY OF AYURVEDIC TREATMENT :

Former Kenyan President Raila Odinga's daughter Rosemary who had lost her eyesight after surgery for a brain tumour receives Ayurvedic treatment in India that helped her to regain her eyesight.^[22]

DISCUSSION:

Holistic medicine understands the root cause of the ailment and removes it to restore health. Ayurvedic medicines help in increasing the body's immunity to fight against all kinds of viruses and bacteria. Modern medicine works against only particular kinds of bacteria or viruses. Modern medicine treats only the symptoms, but Ayurveda physicians see the imbalance in dosha that caused the disease. As the diseases are the result of an imbalance of doshas like *Vata*, *Pitta*, and *Kapha*. It aims at bringing back the dosha to normalcy by prescribing medicine and diet. Ayurvedic medicine is herbal, cheap, and affordable. Allopathic medicine doesn't completely remove the ailment and also it produces serious side effects. Ayurvedic medicines are safe and produce no side effects. Ayurveda provides effective treatment for conditions like Asthma, Mental Tension, Spinal disorders, High blood pressure, Spondylosis, Fatigue, Obesity, Weight loss, Migraine, Arthritis, Gastric complaint, Hemiplegia, Facial palsy, Piles, Ptosis, Chronic constipation, Nervous disorder, Hair loss,

computer technology discovered the 6th layer. This layer is named Duva's layer. The professor said that the description told in *Susruta Samhita* aroused interest in the study.^[21]

Insomnia, Memory loss, Psoriasis, Premature greying, Gout, Back pain, Paralysis, and Sports injuries.^[23]

Ayurveda is having a cure for critical diseases like cancer, for which the treatment in the allopathic system produces adverse effects. A lady of 51 years was cured of blood cancer by the exclusive use of Ayurvedic *Rasayana* medicine alone at Pune's Rasayu cancer clinic. The patient is now free from cancer and has no adverse effects from treatment.^[24] Hence we can say that Ayurveda has proved its efficacy in treating incurable diseases. Evidence-based research is highly needed for acceptance and global recognition of Ayurveda. Due to a lack of scientific evidence, Ayurveda is lagging. Hence, it is required to validate basic principles and drugs used in the Ayurvedic system with the help of advanced research methodology.

CONCLUSION:

Ayurveda treatments involve bringing those Dosas back to the equilibrium state. So, any disease can be treated by knowing which dosa is vitiated and where the dosa is located and by preventing the etiological factors. Ayurveda blends our modern lifestyle and health-oriented habits with the ancient wisdom of using natural substances, medicine, and herbs to help us lead a healthy, happy, stress-free, and disease-free. Ayurveda developed its comprehensive approach with quantum logic. It can be said that life is compressed of the physical,

mental, and spiritual phenomena in a quantized spectrum. The base of knowledge of Ayurveda is drawn from different *Darshanas* like *Nyaya*, *Vaisheshika*, *Sankhya*, *Yoga*, *Vedanta*, and *Mimamsa*. There is a great advancement in allopathy in emergency medicine, diagnostic techniques, and surgery in situations when Ayurveda cannot do well. Even though there are a lot of references given in Ayurvedic books regarding emergency medicine, which shows that in ancient times emergency was managed well. But now that knowledge given in the book is not been properly utilized. Research should be done in respect of that too. Both systems of medicine have to complement each other for the benefit of ailing.

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