

Literature Study of Vyadhikshamatva with special reference to Covid-19**Dr. Abhijeet S. Lokhande**M.D. Rognidan, Asst. Professor
DRGACHR&C, Amravati**Dr. Sneha Lokhande**General Practitioner
OMKAR CLINIC, Amravati**Abstract**

This pandemic of Corona virus disease SARS COV2 has forced human being to accept that the most superior power in this universe is nature and not the human being. If human does not follow the way of nature he has to suffer in any way like infection of Corona virus and many other disasters. There is no treatment for COVID-19 till now. Only prevention is the way by adoption of social distancing as the contaminating rate is very high. Only good immunity can protect human from getting infected by microorganisms to some extent. This literature study helps to explain Ayurveda's approach of Vyadhikshamatva (Immunity) against Covid-19

Key words: - Vyadhikshamatva, Immunity, Bala, Ojus, VyadhiBala Pratibandhakatva, Ayurveda.

Introduction

The whole world is under fear of a micro-organism called coronavirus. The disease called SARS-COV2. At the beginning of 2020 the world is locked down due to the pandemic of COVID-19. Till now no specific treatment for COVID-19 is found and research is still going on. It is a very highly contagious disease and prevention of the disease is only by social distancing and isolation of the patient and doing quarantine to other suspects and contacts. As there is no specific treatment of the disease even in modern medical science and prevention by maintaining social distancing is the only way to survive for human beings. Now advisories have been released by ministry of Ayush, Govt. of India for enhancing the body's natural defense system (immunity) to fight against the disease. It mentions that prevention is better than cure. As the battle with coronavirus seems to be very lengthy, it is worthy to empower self-immunity to keep the disease away.

Immunity means the strength of protection from infectious diseases. Immunity is defined as the capacity of the body to resist pathogenic agents¹. It protects the body from invading pathological microorganisms and malignant diseases. Immunity is of two types - Innate and acquired². Innate immunity is the inborn capacity of the body to resist pathogens. Acquired immunity is the resistance developed in the body against specific pathogens after antigenic stimulant.

The concept of Vyadhikshamatva described in Ayurveda is equivalent to immunity. Vyadhi means the disease and Kshamatva means the inherent capacity of the body either to vert the precipitation of the disease or to check its intensity to make the body withstand when affected by the disease³. Vyadhikshamatva has been explained in detail in Ayurvedic texts. Vyadhikshamatva mostly depends on the Bala of the body (SharirBala). Bala may Be Sahaja (constitutional), Kalaja (Temporal strength) or Yuktikrita (Acquired strength).

Acquired strength or Yuktikrita Bala represents the immunity acquired in which disease can be defended against foreign material/body.

The concept of 'Ojus' has been also explained by the Acharyas and Ojus is considered vital in the defense mechanism of the body. Considering all these factors, the aim of this article is a small effort after thorough reviewing Ayurvedic literature from ancient texts to understand the role of Vyadhikshamatva as per Ayurveda concept which may be helpful in this battle for the survival of human beings

Material and Methods:-

Materials and methods used are the different textbooks and ancient Samhitas of Ayurveda, government advisories, articles and research papers.

Vyadhikshamatva

The term Vyadhikshamatva is made of two words Vyadhi +kshamatva. The word vyadhi meaning is to harm, to injure, to damage, or to hurt. The word kshamatva means to composed, to

suppress anger or to keep quiet or to resist. So, the word means to be patient towards resist the disease. *Vyadhikshamatva* was 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 disease or pathogenesis

Vyadhikshamatva denotes the resistance power of the body or defense of the body against the first occurrence of any disease. Also in second term it indicates that if the body once is being encountered by some disease, it will not allow the disease to be manifested because of possessing a specific resistance power.

Concept of OAJUS and BALA

Oajus is defined as the final and excellent essence of *Saptadhatus* beginning with *rasa* and ending with *shukra dhatu*. *Oajus* of the body is situated in heart and is white, yellowish and reddish in colour, or color of ghee, taste like Honey and smell like fried paddy. Acharya Charak says that *Oajus* is *Pranayatan*⁴ means, if *Oajus* is destroyed, the human being also perishes. Properties of *Oajus* are *Guru*(heavy), *Sheet*(cool), *Mrudu*(soft) *Slakshna*(smooth), *Bahal*(dense), *Madhura*(sweet), *Sthira*(responsible for stability), *Prasanna* (clear), *Picchila* (slimy) and *Snigdha* (unctuous) The term *Bala* are used as synonyms of *Oajus*. The *Bala* signifies the physical, mental strength of body resistance. *Bala* has *Yuktikruta Bala*. *SahajaBala* been classified into three types as –*Sahaja Bala*, *Kalaja Bala* and is both mental and physical strength present naturally by birth. *KalajaBala* is strength due to favorable conditions like youth, season and *YuktikrutaBala* is strength acquired by the intake of diet such as flesh, ghee, etc. and by proper exercise

Classification of OAJUS

According to Chakrapani *Oajus* is of two types 2(Yadavji Trikamji and Nandakishor Sharma, Bhanumati Comentary by Chakrapanidatta on Sushruta Samhita- Sutrasthana, Krishandas Academy, Varanasi, Reprint-2001)

Para Oajus : *Para Oajus* is prime *Oajus*, where *Prana* the life resides. It is 8 drops in quantity, present in heart, even a part of destruction of *Para Oajus* leads to death. It is white and Yellowish red in colour.

Apara Oajus : *Apara Oajus* is half *Anjali* in quantity, it is less important compared to *Para Oajus*.

Factors Responsible for Oajokshaya (Diminution)

: Factors Responsible for *Oajokshaya* are injury, anger, sorrow, excessive exercise, hunger, *Pitta* and *Vayu*, dry foods, less foods, talking single test, exposure of excessive wind and sun, fear, alcohol consumption, night awakening, loss of *Kapha*, *Rakta*, *Sukra*, *Mala*, *Kala* and Micro-organisms.

Signs and symptoms of Oajokshaya:

According to Sushruta there are three stages of abnormality of *Oajus* are⁵

Oajovisransa: symptoms of *Oajovisransa* are looseness of joints, body ache, and displacement of *Doshas* from their seat, tiredness and impairment in performance of action.

Oajovyapada: symptoms of *Oajovyapada* are heaviness in the body, stiffness in joints, depression, discolouration, body ache, drowsiness, excess sleep and non-pitting edema.

Oajokshaya: symptoms of *Oajokshaya* are unconsciousness, depletion of flesh i.e. wasting, semi-consciousness, coma and death.

Mechanism of Vyadhikshamatva - Mechanism of *Vyadhikshamatva* explained by Chakrapani in very scientific manner, in the two terms-

1. *VyadhiBalavirodhatvam*⁶: In Ayurveda *Bala* is gained from *Oajus*, so processes of resisting the strength of disease through *Oajus* is the main mechanism of *Vyadhikshamatva*. As we know that Ayurveda has described that all the body constitutional substances have mainly 20 *Gunas*, known as *Gurvadi guna/Bhutika guna*, present in *panchamahabhuta* and from which all the universe are created. In human body's entire component are also formed from substance containing these *Gunas*. Variation in quantitative interaction of these *Gunas* leads to *Dhatu* variation. Out of 20 *Gurvadi guna* 10 *guna* are very similar to *Oajus gunas* and rest 10 *Gunas* are similar to *Visha Guna* (poison). Diet and regime having 10 *Gunas* similar to *Oajus* are responsible for nourish and maintenance of bodies structural compounds. Diet and regime having 10 *Gunas* opposite to the *Oajus* (*visha guna*) are contradictory to *Oajus*, so responsible for disease production or increase the risk of disease production.

2. *Vyadhiutpadpratibandhkatvam*⁷ - is the capacity of the body that check the disease process or pathogenesis and capacity can be achieved by

enhancement of *Oajus* by *Rasayana* and *Vajikaran* therapy, improvement of diet, behavior and observation of celibacy etc.

Covid-19 Or Sars Cov2: ⁸

The whole world is suffering from disease SARS CoV2 or Corona Virus disease. It is a pandemic now. No specific treatment available. Prevention is only better for survival.

In December 2019, in Wuhan Capital city of Hubei province and a major transportation hub of China started Corona Virus (COVS). On 20th January committed first case in India. On 12 January first death occurred in Wuhan due to COVID-19.

Corona virus is a large family of high enveloped single strand RNA virus found in human and animals. Four generations are there -alpha, beta, delta and gamma. It is named as SARS CoV2.

SARS - COV 2002 - Appeared in China

MERS - COV 2012 - Appeared in Saudi Arabia

COVSAR (Covid) - 2020 Appeared first in China.

On 7 Jan 2020, it is identified as new corona virus and WHO on 11 February given it name as corona virus disease SARS CoV2.

On 30th January WHO declared it as public health emergency on 11th March as pandemic. It spread in many countries and risk at global level as very high.

Mode of Transmission:

Animals to humans and human to human and transmission is through infected droplets. It is a respiratory virus. In air, aerosoles of 5 µm travel < 1 meter. Aerosol < 5µm travel > 1 meter. Mortality rate is 1.4%. It is similar to seasonal flue symptoms wise but the mortality rate of seasonal flue is only 0.1%. (ISSN: 2320-5407 Int. J. Adv. Res. 8(05), 251-257 253)

Clinical features:

Symptoms are fever, dry cough, sore throat, running nose, headache, ache /pain. On physical examination there are signs of shortness of breath, moist rales in lungs, weakened breathing sounds, dullness in percussion and increased or decrease in textile speech tremor etc. illness is critical in 4.7% and respiratory failure, shock, multi-organ failure takes place. In severe illness hypoxemia, lung involvement is there. It is 14%. The disease is mild in 81% patients.

Diagnosis:

Nasopharyngeal and Oropharyngeal swab is taken for laboratory investigations. Additional specimens are blood, stool, urine are recommended. It is fatal in age above 80 yrs. of age.

Discussion

Immunity means strength of protecting from infectious diseases. It protects the body from invading pathological microorganisms and malignant diseases. When etiological factor comes in contact with the body, tries to produce the disease. But at the same time body also tries to resist the disease. This power of body which resist the development of disease or resist a developed disease is called immunity. Innate immunity is inborn capacity of the body to resist pathology. Acquired immunity is the resistance developed in the body against any specific pathogen after an antigenic stimulant. Innate immunity is *Sahaja bala* and acquired immunity is *Yuktikrita Bala*.

It can be said that balanced *Tridoshas*, balanced *Agni*, excellence of all *Dhatu*s and normal functioning of all *Strotasas*, along with the body strength (*Bala*) contributes to the immunity of the body. According to Charak, *Shleshma* is strength of body and *Ojus* is the essence of *Saptadhatu* and is the seat for strength. *Bala* and *ojus* play main role in maintaining *Vyadhikshamatva*. In situation of covid-19 person with good body strength (*Bala*) and *Oajus* have more chances to survive without showing any symptoms.

Conclusion:

The concept of *Vyadhikshamatva* made its appearance as a result of observations. It was noticed that in spite of living in same infected surrounding of Covid-19 and utilization of unwholesome and contaminated food and drinks with coronavirus, only some persons get affected while others remain unaffected. It was also seen that some of the diseases persons get rid of their disease even without treatments. The occurrence or non -occurrence, depends on *Vyadhikshamatva* explained by Acharya Charak. Above study prove that Immunity plays main roll in prevention of Covid-19.

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