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## AYURVEDA CONCEPT OF *NIDAN PARIVARJANA* AND ITS CLINICAL IMPORTANCE: A REVIEW

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### ABSTRACT

The prime goal of Ayurveda is to maintain health of healthy person and to pacify disturbances of *Doshas* in diseased person. In this regards Ayurveda advocated concept of "*Nidan Parivarjan*" which is considered useful for maintaining normal status of health. The literal meaning of *Nidan Parivarjan* is avoidance of disease causative factors. The word '*Nidana*' itself means cause or disease causative factors and '*Parivarjana*' means removal or eradication or avoidance of something. It is one of the important principles of ayurveda which helps towards the health restoration. The avoidance of disease causative factors (*Nidan Parivarjan*) is useful for preventing diseases and also support in disease treatment. This concept offers great advantages in case of life style disorders and infectious diseases. This concept not only prevents diseases progression but also decrease chances of disease recurrence. Present article emphasizes clinical importance of Ayurveda concept of *Nidan Parivarjan*.

**Key-Words:** *Ayurveda, Nidan Parivarjan, Disease, Nidan, Etiology.*

## Introduction

Ayurveda provides ways of healthy and long life, the goal of optimum health can be achieved by Ayurveda principles since this science not only prevent disease but also helps to treat diseased condition. However Ayurveda mainly focuses on prevention of disease rather than their treatment, in this regard Ayurveda philosopher advised concept of “*Nidan Parivarjan*”. The disease arises due to the etiological factors (*Hetu / Nidana*) and avoidance of these disease causing factors is prime goal of Ayurveda which can be achieved by following rule of “*Nidan Parivarjan*” [1-5].

As per Ayurveda the disease causative factors (*Nidana*) are two types; *Vyadhijanaka nidana* and *Vyadhibodhak nidana*. The avoidance of *Vyadhi janaka Nidana* is useful for preventing disease pathogenesis. The ancient Ayurveda text *Charak Samhita* in *Viman sthan* chapter explained concept of *Nidan Parivarjan* while explaining *Krumi chikitsa*. This concept not only prevents disease pathogenesis but also helps to promote general health.

*Chikitsa chatushpad* is another concept of Ayurveda which deals with disease management and involves role of physician, medicines, care taker and patient himself. The role of physician and medical staff (nurse) came in practice after disease manifestation, similarly medicines provides therapeutic benefits when physician prescribed medicines after disease identification but avoidance of

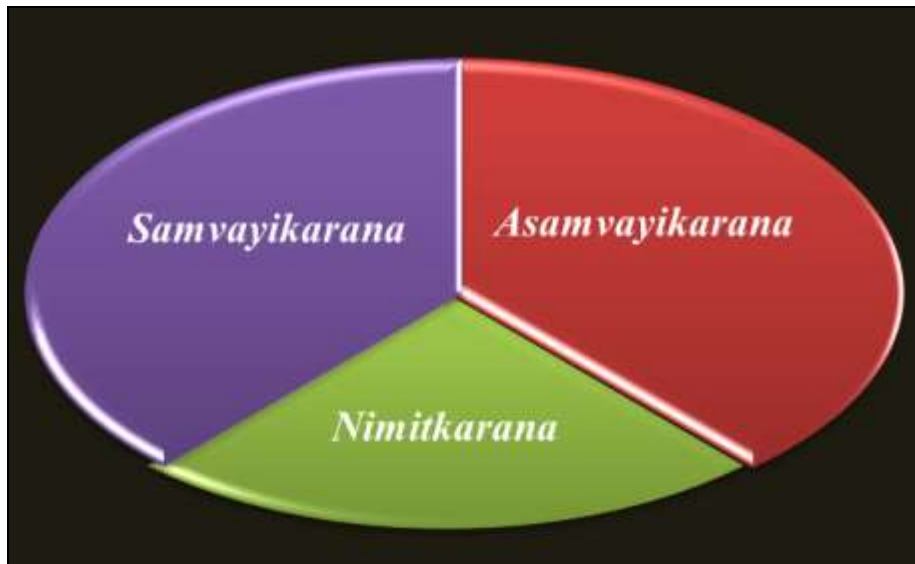
causative factors prevent disease at initial stage [3-6].

Concept of *Nidan parivarjana* gives prime importance to the *Ahara* and *Vihara*, the general factors which are to be avoided for preventing common diseases are as follows:

1. One should avoid suppression of natural urges
2. It is always suggested to consume meal as per *Prakriti* of an individual
3. Excessive involvement in sexual conduct are to be avoided
4. Consumption of oily, spicy and heavy food items should not be consumed in excess quantity.
5. It is always advised to get sleep at night after 2-3 hrs. of dinner.
6. Late night awakening not suggested and one should avoid junk food.
7. Ayurveda advocated avoiding anger, grief and anxiety, etc. to prevent mental problems.
8. One should follow *Ahara-Vihara* as per the *Ritu* since seasonal variation can affect quality of food.
9. It is advised to avoid day time sleeping and awakening after sunrise.

### **Nidana and Nidan Parivarjan:**

*Nidana* is the causative factors of disease; *Karata*, *Hetu*, *Sammuthan* and *Pratyaya* are associated terminology. Ayurveda described *Nidana* in three phases (**Figure 1**) which are to be avoided.



**Figure 1: Three Phases of Nidana**

- ✓ *Samvayikarana* are factors which can cause aggravation of *Doshas*
- ✓ *Asamvayikarana* in later stage can results combination of *Dosha dushaya*
- ✓ *Nimitkarana* are causes related to the diet, lifestyle and microbial invasion, etc.

Ayurveda mentioned different types of *Nidana* which are to be avoided under the concept of *Nidan Parivarjan*; these are *Sanikrishta Nidan*, *Viprikrishta Nidan*, *Vyabhichari Hetu* and *Pradhanika Hetu*. *Sanikrishta Nidan* are factors which are responsible for immediate manifestation of disease i.e.; *Ruksha aahar* can vitiate *Vata dosha* immediately thus elderly person should avoid *Ruksha aahar* since they are prone to *Vata* vitiation. *Viprikrishta Nidan* causes disease through distant reasons i.e.; *Rudrakop* can be considered as *Viprikrishta* cause of *Jawara*, similarly *Kapha* accumulated in *Hemant Ritu* and aggravated in *Basant Ritu* thus one should avoid *Kapha* vitiating *Ahara-Vihara* in these particular seasons. *Vyabhichari Hetu* means factors which are not produces

disease since these factors are too weak to develop a disease i.e.; *Prameh Nidan* in Ayurveda considered as weak factors so not able to cause disease at initial level. *Pradhanika Hetu* is intense factors which definitely cause disease since these are powerful etiological factors to initiates pathological progression inside the body i.e.; poison.

#### ***Nidan Parivarjan with reference to specific Hetu:***

Normally aggravation of the *Dosha* occurs due to the excessive consumption of *Madhur*, *Amala* and *Katu rasa* therefore one should avoid over intake of these *Ahara*. *Vata Dosha* normally aggravated in *Varsha Ritu* thus it is advised to avoid *Vata* vitiating *Ahara-Vihara* in specific season. With special attention to the *Krimi Roga* ayurveda philosopher advocated avoidance of contact with infected person and it is also advised to maintain general hygiene for preventing microbial invasion. Here it is suggested to avoid causative factors which can help in producing, growing and invasion of *Krumi*. It is advised to indulge in *Vata vardhak ahar vihar* in

Vataj disease. Similarly Swapnashayana, Pishta-snigdha annasevana, Kshirikshu vikar sevan and Snigdha Ahara, etc. are to be avoided in case of Kapha disorders like obesity and diabetes.

Sahaja Nidana means hereditary causes which cannot be avoided and Apathya Nimitaja means acquired factor which can be avoided to prevent disease progression. Apathya Nimitaja is various types on the basis of Dosha aggravating capacity i.e.; Kaphakara, Pittakara and Vatakara Nidana. Therefore to avoid disease progression it is required to prevent Kaphakara, Pittakara and Vatakara Ahara-Vihara. The Dosha vitiating Ahara-Vihara mainly initiates disease pathogenesis thus one should remain cautious for such types of Ahara-Vihara i.e.; Madhura Rasa Ahara should be avoided to prevent diseases of Kapha vitiation [6-8].

#### **Nidan Parivarjan with reference to Doshas:**

Yavaka, Kuddalaka, Navanna, Sarpishmatam, Mahavrihi, Shaka, Palala, Payasa, Krishara, Ikshu Vikarai and Vilepi, etc. are Kapha vitiating Ahara which are to be avoided. Vyayamavarjana, Swapna, Mrijjavarjana, Mutravardhka Aasanai and Prasanga, etc. are Kapha Viharajanya Nidana which are to be avoided.

Ati Ushna, Ati Amla, Ati Lavana, Ati Kashaya, Ati Katu and Ati Vishama Ahara, etc. are Pittaja Aharjanya Nidana which are to be avoided in Pitta aggravating disorders. Aatapa, Agni, Santapa, Shrama and Krodha, etc. are Pitta Viharajanya Nidana which are to be avoided in diseases associated with Pitta vitiation.

Sheeta, Kashaya, Tikta, Ruksha and Katu, etc. are Vataja Aharjanya Nidana while Vyavaya and Avyayama are Vataja Viharajanya Nidana which are to be avoided in case of arthritis and painful inflammatory diseases.

Avoidance of specific Ahara-Vihara in particular Doshas vitiating condition helps to prevent pathogenesis of diseases like; diabetes, gout, arthritis, indigestion, hyperacidity, migraine and anorexia, etc. The good conduct of concept of Nidan Parivarjan helps to maintain balances of Dosha, Dhātu and Mala, etc.

Ayurveda principles of Dinacharya and Ritucarya along with Nidan Parivarjan provide great health advantages against common diseases and infections. Regular exercise, usage of Rasayana drugs, avoidance of excessive intake of sugar, dairy products & fried food, etc. helps to control pathogenesis of metabolic disorders or disorders related to the awful pattern of life style [7-9].

#### **Conclusion:**

The study and knowledge of Nidana is important to know the possible causative factors of diseases. These etiological factors are responsible for disease manifestation and avoidance of such factors can help to prevent disease prevalence. In this regards Ayurveda emphasizes concept of Nidan Parivarjana which says that one should remain away from etiological factors which can initiates disease pathogenesis. The concept of Nidan Parivarjana is described in Ayurveda as first line treatment of disease and this concept greatly helps in case of metabolic and life style related disorders. Ayurveda texts also put special attention towards the

*Nidan Parivarjana* concept for the prevention and treatment of infectious diseases. The concept of *Nidan Parivarjana* support Ayurveda philosophy which always believes in prevention rather than treatment of disease.

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