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ROLE OF AYURVEDA IMPROVING IMMUNITY IN CURRENT SCENARIO

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ABSTRACT

Immunity is considered vital for disease resistance power and Ayurveda described *Vyadhi Kshamathwa* for immunity, Ayurveda also mentioned related terminology for strength as *Bala* and supreme resilience as *Ojas*. *Vyadhi Kshamathwa* or immunity helps in disease prevention in current scenario there is need to improve immunity and Ayurveda approaches helps greatly in this regards. *Vyadhi Kshamatwa* works against disease-causing pathogens and ancient Ayurveda philosophers advocated utility of natural drugs, concept of *Ahara-Vihara*, *Dincharya* and *Yoga* towards the restoration of immunity. AYUSH department also focusing now a day's towards the enhancing immunity due to the fatal spread of viral infections. Modern medical science also mentioned concept of daily regimen, dietary consideration and seasonal routine for balancing health status. This article focuses towards Ayurveda approaches which improves immune power and resist infectious diseases.

Key-Words: *Ayurveda, Immunity, Vyadhi Kshamathwa, Ojas, Bala*

Introduction

Ayurveda described various concept related to immunity such as; *Sahajabala*, *Kalajabala* and *Yuktikrutabala*. *Sahajabala* means natural immunity which acquire genetically and responsible for inborn capacity of disease resistance, *Kalajabala* means immunity acquired with age or time and *Yuktikrutabala* means strength acquire by modulating diet, regimen and exercise. Ayurveda concept of *Dinacharya* and *Rutucharya* helps greatly towards the restoration of immunity, similarly natural cleansing procedures (*Panchakarma*) and uses of *Rasayana* drugs as

immunomodulators can improve immunity. Ayurveda drugs such as; *Guduchi*, *Amalaki*, *Yashtimadhu* and *Ashwagandha*, etc. can play vital role for improving disease resistance power. Similarly when there is need to improve immunity against respiratory infections then drugs like; *Shunti*, *Haridra* and *Vasa* can work effectively. Ayurveda formulations such as *Taleesadi churna*, *Sitopaladi churna*, *Dashamoolarishta* and *Pippali rasayana*, etc. can also be considered useful in current respiratory infection [1-6]. The Ayurveda concepts which can helps to improves immunity are depicted in **Figure 1**.



Figure 1: Ayurveda ways of improving Vyadhi Kshamathwa

Concept of Oja and Immunity:

The ayurveda concept of Ojas described correlation between

immunity and digestion. *Ojas* contributed towards tissue nourishment and it is considered as product of physiological transformation. The essence of food is *Ojas* and healthy state of *Ojas* provides nourishment to the body. The *Ojas* directly not resist disease prevalence but it resists factors which may cause degeneration of *Dhatu*s, thus diminish state of *Oja* increases susceptibility towards the infectious diseases. As per *Chakrapanidatta* *Ojas* is *Sara* of *Dhatu*s and responsible for strength of *Dhatu*s. The etiological factor which causes *Ojo Visramsa*, *Ojoksaya* and *Ojo-Vyapat* ultimately reduces immune response. Trauma, malnutrition, starvation, stresses, grief and condition of chronic disease, etc. can hamper *Ojas* thus increases susceptibility towards the diseases. Therefore Ayurveda recommended that one should avoid indulgence in these and should follow regimen which improve *Ojas* thereby restoration of disease resistance power [1-3].

Ahara and Immunity:

The wholesome food is responsible for good health and it is believed that the healthy body is only outcome of good dietary habits. Three factors *Ahara*, *Svapna* and *Brahmacarya* contributed towards healthy well being and *Ahara* is first one. The current scenario of infectious health burden requires balance dietary habits so the spread of viral infections reduces by virtue of therapeutic properties of *Ahara*. The balances dietary habits not only provide strength, complexion and vitality but also strengthen immune power and resist disease prevalence especially

infectious diseases. The current scenario facing respiratory issues therefore it is require following dietary habits which pacify *Kapha* and maintain normal functioning of respiratory system. The food which can cause irritation to throat means *Sheeta Ahara* need to be avoided in current time. *Ahara* rich in vitamin C and possess antioxidants capacity such as; fruits, leafy greens, broccoli, cauliflower, capsicum, oranges, papaya, kiwi, guava, legumes and nuts, etc. can be used to boost immunity. The antioxidant foods help to cure inflammation, removes free radicals thus prevent oxidative damage and naturally prevent infections. The respiratory infections can be prevented by avoiding excessive consumption of salty, sour, cold, fermented uncooked food items [1-4, 6].

Dinacharya and Immunity:

The concept of *Dinacharya* promotes healthy lifestyle and boost natural immune power, the various regimens suggested under the heading of *Dinacharya* which helps to maintain balance daily routine. The concept of *Dinacharya* includes various conduction such as; *Brahama-muhurat-jagrana*, *Vega nissaran*, *Mukha & Netra Prakshalana*, *Gandoosh & Kawala*, *Nasya*, *Dhumpana*, *Abhyanga*, *Vyayama*, *Snana*, *Sandhyopasana* and *Bhojan Kala*, etc.

Brahama-muhurat-jagrana provides fresh energy thus improve resistance against *Vata* diseases, *Vega nissaran* detoxifies body and eliminate toxins, *Mukha Prakshalana*, *Gandoosh & Kawala* are important modalities suggested in current scenario even regulatory agency

of Ayurveda also advocated these measures to prevent current respiratory infections. *Gandoosh* & *Kawala* works effectively for the management of viral infections related to the respiratory distress which currently affecting large number of global population. The concept of *Nasya* means administration of medicaments through nostril helps to cleans nasal pathways and this way it is very helpful for infections in which nasal congestion occurs. Medicated smoke means *Dhumpana* improves lungs capacity and respiratory passages thus helpful in respiratory infections. *Abhyanga*, *Vyayama* and *Sandhyopasana* are also useful to restore normal health status and good immunity.

Drugs and Immunity:

Rasayana drugs acts on *Rasa* level thus improves quality of nutrition which potentiate *Dhatu*s thus improve immune response. Ayurveda drugs boosts *Agni* thus improves digestion, metabolism hence thereby provide better nutrition which resulted good immunity. Ayurveda drugs also clears *Srotas* improves perfusion and nourishment of the tissues which potentiating *Ojas* and enhances quality of *Dhatu*s thus provides body immunity against infectious diseases. Ayurveda mentioned many drugs especially from *Rasayana* category which can works effectively in current scenario. The natural *Ojovardhak* remedies offers immunomodulatory effect thus alter immune response against disease causative organism. *Rasayana* drugs possessing immunomodulatory effect are

Punarnava, *Aswagandha*, *Amalaki*, *Tulasi*, *Guduchi*, *Pippali* and *Shilajatu*, etc.

Amalaki rasayana used for nourishment purposes and contains Vitamin C thus can be used in current pandemic situation where Vitamin C recommended. *Arogyavardini vati* improves immunity and boost liver functioning. *Ashwagandharishta* strengthen muscles and internal organs. *Chyawanprash* used for general immunity and strengthening respiratory health thus considered useful for current scenario. *Triphala guggulu* prevent fever thus useful for respiratory infection where fever becomes prime symptoms of infection. Similarly *Vasantha Kusumakara rasa* advised for improving general health and immunity, it also boost overall health status [6-10].

Yoga and Immunity:

Yoga asana provides natural health and support immune system, *Yoga* lower stress hormones that can compromise immune system thus in this way *Yoga* helps to boost general immunity. *Yoga* maintain functioning of lungs and respiratory tract, stimulate circulatory functioning and improves oxygenated blood supply thus can be served as useful modality for current scenario where good oxygenation and lung capacity are desirable. *Yoga* improves immunity by nourishing respiratory function and other organs. *Yoga* removes toxins from the body through respiratory and sweating thus keep our body energetic and maintain vitality [11]. Ayurveda mentioned following *Yoga-asana* for restoring good health and

immune system which prevent common infectious diseases:

- ❖ *Balāsana*
- ❖ *Dhanurasana*
- ❖ *Bhujangāsana*
- ❖ *Paschimottānasana*
- ❖ *Savasana*

Conclusion

The Ayurveda concept of *Vyadhikshamatwa* (immunity) can play pivotal role in current conditions of infectious respiratory problems. The capacity of body to work against viral infection can be improved using Ayurveda approaches including drugs, obeying rules of *Ahara-Vihara*, good conduction of concept of *Dincharya* and *Yoga* practices. Ayurveda helps to restore immunity thus optimizes health of an individual and provide disease free states. *Vyadhikshamatwa* means immunity not only prevent infection to an individual but in this way resist spread of diseases into the community.

Aharasampaccha, *Kalabala*, *Sharirasampaccha*, *Satmyasampaccha* and *Samharsha* are ayurveda ways which can contribute towards the immunity of body. Ayurveda drugs enhance *Vyadhikshamatwa* by improving *Ojas*, *Agni* and functioning of *Srotas*.

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