

<https://doi.org/10.46344/JBINO.2023.v12i06.13>

PREVENTIVE MEDICINE AND ITS ROLE IN STUDY OF IMMUNITY ENHANCING DRUGS FOR BEHAVIOURAL MODIFICATIONS - A REVIEW

Dr.Pritam Ramesh Meher

MD KAYACHIKITSA ,Reader, Dept. Of KAYACHIKITSA BSDT'S AYURVED MAHAVIDYALAYA,WAGHOLI,PUNE

Email Id- dr.pritammeher26@gmail.com

ABSTRACT

According to Ayurveda immunity (Vyadhi Kshamatva) means the power of the body which decreases the damaging power of the disease and stops the genesis of the disease. Ayurveda a holistic approach of medical science is strongly emphasize on preventive and promotive aspects of health rather than curative. The main purpose of preventive attributes prescribed in Ayurveda is to improve immunity. If the power of the body to fight against the disease is less, various disease occurs and if the same is great, disease will not occurs or if occurs they were be of mild in nature.

Keywords: nil

INTRODUCTION

The word immunity means the fighting action of the body in protection from infectious disease. The immune system evolved as a defence system to protect animals from invading microorganisms and malignant disorders. Immunology is a branch of biomedical science that covers the study of all aspects of the immune response in all other organisms. This is the study of the molecular and cellular components that comprise the immune system, which including its function and interaction. Ayurvedic system of medicine not only deals with treating the diseases but also aims to prevention and fight against the disease. In Ayurveda, the concept of Immunity is explained in terms of Vyadhikshamatva. The herbs & drugs which are mentioned in this regards are called Rasayan. In Charaka Samhita Acharya has mentioned Rasayan drugs in the first adhyaya of chikitsasthan (Prof and Sharma, 2011a). According to him, the aim of Ayurveda is to first protect the health of a healthy person (Prof and Sharma, 2011b). Rasayanas are believed to build a good fighting capacity against stress and infection in the body. These Rasayanas act principally by strengthening the immune system of the body, acting as both brain and body tonic. They help to promote vitality and maintain it (Dandekarpradnya, 2014). Rasayana drugs are beneficial to prevent the disease as well as to cure disease (Rajnikamlakargurmule, 2020). Ayurveda has mentioned the

concept of immunity as Vyadhikshamatva. Acharya Chakrapani has interpreted the term Vyadhikshamatva as Vyadhibala Virodhi Kshamatva means opposed to the strength & virulence of the disease and Vyadhyutpadaka Pratibandhakatva means ability to restrain and blind the causes and factors of the disease.

The main purpose of Ayurveda is to protect the health of the person before the occurrence of the disease, for the fulfillment of this principle Ayurveda advocates some concepts and guideline to enhancement of immunity.

Now a day's Immunomodulators are considered as one of the most potent tools in the maintenance of health as well as to combat a wide range of diseases by modern medicine. But still more understanding is needed about the role of Immunomodulators in Modern science. More recently they are now getting to know that the diet, exercise, environmental variations, various psychological states are having a great impact on our immune system and in turn the health status of the individual which are very similar to Ayurvedic concepts of Vyadhikshamatva, Ojas and Bala.

Drugs In Ayurveda which Boost Immunity

Ashwagandha (Withaniasomnifera),
Amalaki (Embllica officinalis), Bibhitaka
(Terminaliabellicica), Haritaki
(Terminaliachebula), Brahmi
(Bacopamonnieri), Bala (Sidacordifolia),
Bhringraja (Eclipta alba), Jyothishmati

(Celastropsaniculatus), Pippali (Piper longum), Atmagupta (Mucunaprurita), Shatavari (Asparagus racemosus), Kashmiri (Gmelinaarborea), Guduchi (Tinosporacordifolia), Chitraka (Plumbagozeylanica)

Advanced Researches validating claims of Rasayana drugs shows that these drugs are immune busting drugs. Experimental researches done on various Rasayana drugs prove that Rasayanas have immune stimulant, antioxidant, and anti-stress etc. properties (Tripathi & Pandey, 2000).

Some herbs which are useful as immunity-boosting and their actions reflected in (Table 1)

Table 1: Some drugs and their actions

Drug	Action
1. Ashwagandha (Withaniasomnifera)(13)	Strength promoting Immune modulator Anxiety Insomnia Anti-ageing (Thilakchand et al., 2013) Best immunomodulator Against carcinogenesis (Zhao, Sun, Marques, & Witcher, 2015)
2. Amalaki (Emblicaofficinalis)	Cardio and hepatoprotective Increase gastric activities Antidiabetic, cancer, antioxidant Anti-oxidant Anti-inflammatory
3. Brahmi (Bacopamonniari)	Anti-convulsant Bronchodilator

Drug	Action
	Peptic ulcer protection
	Anti-oxidant, inflammatory (Karkal & Bairy, 2007),
4. Guduchi (Tinosporacordifolia)	Anti-allergic (Singh, Sinha, Sharma, Mishra, & Khanuja, 2003)
	Hepatoprotective activity (Spelman, 2001)
	Effects on stress, learning and Memory
	Sharpening the memory, improve concentration
5. Jyothishmati (Celastropsaniculatus)	Anti-inflammatory
	Immunomodulator (Aher & Wahi, 2011)
	Anti-oxidant, diabetic
6. Haritaki (Terminaliachebula)	Anti-carcinogenic (Reddy, 1990)
	Anti-viral
	Cardio and Hepato-protective (Tasduq et al., 2006)

DISCUSSION

Vyadhikshamatva - resistance to diseases or immunity against diseases is of two kinds i.e. the one which attenuate the manifested disease and other variety prevents the manifestation of diseases. Sleshma in normal state considered as Bala and Oja and function of normal Kapha like that of Ojas. Agni (food assimilation power of body) is important for proper digestion of diet. Proper nourishment of Dhatus will be depends on wholesome and unwholesome food. Doshas are vitiated due to continue taking

unwholesome food ultimately production of excellent essence of Dhatus i.e Ojas is not done. Final and excellent essence of Dhatus beginning with Rasa to Shukra is Ojus and that Ojus is said to be Bala. The concept of Vyadhikshamatva is related with Kapha, Bala, Agni and Ojas. Ayurvedic Rasayana therapy in light of the concepts of modern immunology, particularly the immunomodulation will be quite rewarding.

Many research works on the Rasarana drugs are effective in improving immunity and prevent the disease as antibacterial and antifungal. Lehana is also helpful for the strength, intelligence and ultimately improve the immunity. Such attempts might bring about much needed integration of traditional Indian Ayurveda and modern scientific medicine and help in the development of a holistic approach towards human health. Evam Vishuddhakostasya Kayagnibhivardhate | Vyadhayasyopashamyanti Prakrutischanuvartate || Indriyani Manobuddhirvarnaschamsya Praseedati | Balam Pushtirpattam Cha Vrushata Chasya Jayate || Jaram Kruchrena Labhate Chiram Jeevatyanamayaha | Tasmatsamshodanam Kale Yuktiyuktam Pibennaraha |

Ayurveda believes that mind, soul and the body are like pillars of life. The disease occurs either in the body or mind. Sadvritt is about good conduct of mental, religious, social, moral and personal habits. Achara Rasayana is a type of Rasayana for psychological and spiritual health. It is a code of conduct which includes the maintaining living standard based on honesty, trust, faith, love and truth.

Following the rules relating to eating, sleeping, celibacy create rejuvenation in a person. In addition, following a Satvik diet and lifestyle, speaking truth, practicing nonviolence, living in harmony with the nature, following social ethics and conduct are help in the complete wellbeing of a person.

The person who has undergone the purification regimen, the digestive power increases, his disorders disappears and his health returns to normal, senses, mind, understanding and complexion become clear and individual acquires strength, vigor and virility and also prevent the process of premature aging.[8]

Panchakarma therapy is effective against treatment of majority of diseases on the other hand this therapy improves the body resistance (immunity) and there by checks the pathogenesis of the disease confirming its preventive effect also.

CONCLUSION

Ayurvedic concept of Vyadhikshamatva is similar as normal condition of the Kapha, Bala and Oja. Oja is final and excellence of the product Dhatu and Vyadhikshamatva depends on it. Production of excellence of Dhatu depends on the Hita and Ahita Ahara and Agni. Rasayana therapy help in produce excellence Dhatu and lastly it convert into Oja, ultimately increase in Oja and similarly increase in immunity. Many researches proved immunomodulatory effect of drugs which are used in Rasayana therapy. Medhya Rasayana (Nootropics drugs) is life-promoting, disease-alleviating, promoters of strength, Agni, complexion, voice and intellect-promoting. Lehana will be also helpful in the improve immunity. Hence, for attaining good Vyadhikshamatva, we should use various regimens and follow

conducts as described in Ayurvedic texts for the same.

REFERENCES

1. Charaka. Charaka Samhita, Part 1. Sharma PV, editor. 1st ed. Varanasi: Chaukhamba Orientalia; 2011. Sutrasthana, 1/42. p.6.

2. Charaka. Charaka Samhita, Part 1. Sharma PV, editor. 1st ed. Varanasi: Chaukhamba Orientalia; 2011. Sutrasthana, 1/42. p.4.

3. Sharma MK. Concept of vyadhikshamatva (immunity) and its relationship with Bala (Vital strength). Global J Res. Med. Plants & Indigen. Med. 2013;2(5):386–391.

4. Charaka. Charaka Samhita (Ayurveda Dipika Commentary by Chakrapanidatta) Yadavaji

Trikamji, editor. 1st ed. Varanasi: Chaukhamba Surbharti Prakashana; 2014. Sutrasthana, 28. p.178.

5. Sharma MK. Concept of vyadhikshamatva (immunity) and its relationship with Bala (Vital strength). Global J Res. Med. Plants & Indigen. Med. 2013;2(5):386–391.

6. Vagbhata. Astanga Hridayam. Murtthy KRS, editor. 9th ed. Varanasi: Choukhamba Krishnadas Academy; 2013. Sutrasthana, 1. p.8-9.

7. Charaka. Charaka Samhita (Vidyotini Hindi commentary), Part-I. Kashinatha Shastri, Gorakha Natha Chaturvedi, editors. 1st ed. Varanasi: Chaukhamba Bharati Academy; 2005. Sutrasthana, 17/117. p.366.