



SIGNIFICANCE OF VYADHIKSHAMATVA W.S.R TO IMMUNITY: A REVIEW

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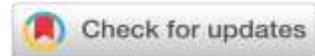
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ABSTRACT

Ayurveda is the science of life. The two primary aims of *Ayurveda* is to maintain the health of a healthy person and to help a diseased person to be healthy and stay healthy. *Vyadhikshamatava* means the resistance power of the body against disease or the defensive system of the body many years ago, our *Acharyas* mentioned this defence system, which we know as the immunity system in modern medical science. The far most aim of *Ayurveda* is to prevent the disease. *Vyadhikshamatva* was first defined by *Acharya Chakarpani* in a very scientific manner. One of the fundamental principles of *Ayurveda* is *Vyadhikshamatva*. Concept of “*Vyadhikshamatva*” The term *Vyadhikshamatva* is made of two words *Vyadhi* and *Kshamatva*. The term *Vyadhi* meaning is to harm, injure, damage, or hurt. The word *Kshamatva* means to compose, suppress, anger, keep quiet, to resist. So, the word “*Vyadhikshamatva*” means to be patient towards resisting the disease. The term *Vyadhikshamatva* denotes the resistance power of the body. Also, in another term, it indicates that its body once is being encountered some disease, it will not allow the disease to be manifested because of possessing a specific resistance power for the prevention of disease, *Ayurveda* has advocated the adherence to concepts like *Dina Charya*, *Ritu Charya*, *Na Vega Dhaaran*, etc. The two main purposes of *Ayurveda* is to preserve the health of a healthy person and to treat the diseased person. *Ayurveda* suggests that prevention is an equally important feature of disease management as a cure and thus, strengthening the immune system, is a natural way to help the body fight against the disease our *Acharyas* advocated the use of *Rasayana* (Rejuvenation) to enhance *Ojas* and *Vyadhikshamatva* (Immunity) The word immunity means of protection form an infectious disease.

Keywords: Immunity, *Vyadhikshamatva*, *Rasayana*, *Ojas*,

INTRODUCTION

In Sanskrit “*Ayurveda*” means the science of life. According to *Ayurveda*, the immune system is composed of not only the physical body but of the mind and also spirit. In *Ayurveda* immunity is called *Ojas*. *Ojas* refers to our underlying strength. The two main purposes of *Ayurveda* are to preserve health in a healthy person and to treat the diseased person. *Ayurveda* suggests that prevention is an equally important feature of disease management as a cure and thus, strengthening the immune system, is a natural way to help the body fight against disease. Our *Acharyas* advocated the use of *Rasayana* (Rejuvenation) to enhance *Ojas* and *Vyadhikshamatva* (Immunity) *ojas*, *Rasayana*. In modern ^[1] science *Vyadhikshamatva* is referred to as immunity which is defined as the balanced state of the organisms having adequate biological defence to fight infections and disease or other biological invasion while having adequate tolerance to avoid allergies and autoimmune diseases. *Ayurveda* is the science of life. The two primary aims of *Ayurveda* are to maintain the health of a healthy person and to help a diseased person to be healthy and stay healthy.

Vyadhikshamatva means the resistance power of the body against disease or the defensive system of the body. Many years ago, our *Acharyas* mentioned this defence system, which we know as the immunity system in modern medical science.

Material and Method: -

Information regarding *Vyadhikshamatva* is collected from various journals, published articles, previous P.G thesis, and also from various *Samhitas*.

Aim and Objective: -

The aim of the article is to review the significance of *Vyadhikshamatva* W.S.R to immunity.

Definition ^[2]: -

It is made of two words i.e., *Vyadhi* and *Kshamatva*

- *Vyadhi* – It means the condition which gives *Pida*.
- *Kshamatva* – It means *Samarthyaya* or *Shakti*.

Synonyms ^[3]: -

Synonyms of *Vyadhikshamatva* in different *Samhitas*

- *Ojas*
- *Bala*
- *Sleshma*

OJAS^[4]: - According to *Ayurveda* the essence of *Sapta Dhatus* is called *Ojas* and it is the seat for strength, hence it is called *Bala* situated in the heart. It is viscous, greasy, unctuous, clear, *Somatamaka* (preponderant in watery principle), and slightly reddish yellow in colour. Its loss (destruction) may lead to death, and its presence in the body is sure to survive.

Classification of *Ojas* ^[5]: -

According to *Chakrapani* two types

- *Para Ojas* – It is 8 drops in quantity, and present in the heart, even a part of the destruction of *Para Ojas* leads to death. *Para Ojas* are prime *Ojas*, which are yellowish-red in colour.
- *Apara Ojas* – It is less important as compared to *Para Ojas*. *Apara Ojas* is half *Anjali* in *Pramana* (quantity)

Ojakshaya (Loss or decrease of *Ojas*): - The *Ojas* undergo loss (decrease) by anger, worry, hunger, exertion, and grief. With the loss of *Ojas*, the person becomes fretful, worries much again, is debilitated, feels discomfort in the sense, dryness of skin, and bad mention.

According to *Sushrut*, these are three stages of the abnormality of *Ojas*.

- *Oajovyapada*
- *Oajokshaya*
- *Oajovisransa*

BALA ^[6]: -

This means *Bala* imparts firm integrity to the muscles, improves the voice and complexion, and helps the person to perform his natural functions.

Three types of *Balas* are described.

- *Yuktikrita Bala*
- *Sahaja Bala*
- *Kalaj Bala*

Yuktikrita Bala: -

Yutkrit Bala is acquired strength which is achieved by the combination of physical activities and diet.

Sahaja Bala^[7]: -

According to *Ayurveda*, the *Sahaja Bala* is the constitutional strength present since birth. Its dependents on the healthiness of *Artava* (ovum) and *Shukra* (sperm)

Kalaj Bala: -

According to *Ayurveda* in *Visarga Kala* (rainy seasons, autumn, and winter) it will be more and in *Adana Kala* (late winter, spring, and summer) *Bala* of individual will be less. *Bala* will be *Uttam* (maximum) in young age and *Alpa* (minimum) in child and old age.

Modern View^[8]: -

There are two types of immunity: active and passive Immunity can be defined as the ability of the body to defend itself against disease-causing organisms. Everyday the human body comes in contact with several disease-causing organisms like bacteria, viruses etc, but only a few result in disease. The reason behind this is the human body has the ability to release antibodies against these pathogens and protects the body against disease.

The immune system has an important role. It protects our body from harmful substances, germs, bacteria, viruses, and cell changes that could make our body ill. It is made up of various organs, proteins, and cells.

Acquired immunity and passive immunity are two types of immunity: passive immunity is due to antibodies that are produced in a body other than your own. Whereas acquired various antigens.

Following persons enjoy good immunity as per *Ayurveda*^[9]

- Young Individual
- Strongly built person
- Those who do regular exercise.
- People have a strong appetite.
- A person who takes a balanced diet.

Properties: *Acharya Charaka* has explained ten properties of *Oja*^[10].

- *Guru* (heavy)
- *Sheeta* (cold)
- *Mridu* (soft in nature)
- *Shalkshana* (smooth in nature)

- *Bahalam* (which spreads into the minute channels)
- *Madhura* (sweet in nature)
- *Sthira* (stable)
- *Prasanna* (pleasant)
- *Pichhilam* (sticky)
- *Snigdha* (unctuous)

The factor responsible for the reduction of *Oja* *Acharya* is mentioned about the causes of *Oja*^[11]

- *Chinta* – Constant worry.
- *Anashana* – Fasting for a long period.
- *Bhaya* – Grief and sorrow.
- *Pramita Shana* – Consuming a very less quantity of food.
- *Rukshapan* – Drinking strong wines.
- *Ativyayama* – Excessive physical exercise.
- *Vata-Atapa Sevan* – Excessive exposure to heavy blows of wind and sun heat.
- *Prajagar* – Keeping awake at night.
- Excessive elimination of *Kapha*, *Shonita*, *Shukra*, and *Mala*.
- *Ativyavaya* – Excessive sex.
- *Kala* – Due to old age.
- *Abhigata* – Mental or physical trauma or injury to *Marma* or vital parts of the body.

Immunity boosting herbs in *Ayurveda*: -

- *Amalaki* – Indian gooseberry
- *Yashtimadhu* – Licorice
- *Guduchi* – *Tinospora cordifolia*
- *Brahmi* – *Bacopa monnieri*
- *Ashwagandha* – *Withania Sorninfera*
- *Shatavari* – *Asparagus racemosus*
- *Swarna Makshika* – Chalcopryrite
- *Swarna Bhasma* – Calx of gold
- *Rajata Bhasma* – Calx of silver

Immunity herbs with *Rasayana* – Anti Aging property

- *Haritaki* – *Terminalia Chebula*
- *Pippali* – Piper longum
- *Nagabala* – *Sida Veronicaefolia*
- *Guduchi* – *Tinospora Cordifolia*

Ways to Boost your immune: -

- Take a healthy diet.
- Meditation
- Regular exercise
- Hydrate our body.

- Proper sleep
- Minimise stress.
- Stop use of smoking and alcohol
- Do *Yoga* and *Pranayama* regularly.

Role of *Vyadhikshmatava*: -

1. *Vrana Ropana* – Wound heals.
2. *Harsha* – having a mind free of anxiety and depression.
3. *Arogyavardhini* – preserves life.
4. *Dosha Nigraha* – Balances *Dosha*

Vyadiabavighatha – inhibits the effect of the disease.

Improving immunity with *Ayurveda*^[12]

1. Maintaining proper digestive power
2. The use of *Rasayana* is specially described in *Ayurveda* for promoting rejuvenating and healthy bodies. It also improves immunity by resisting disease both physically as well as mentally.
3. Maintaining tripods of life – *Ahara* (food), *Nidra*(sleep), *Bramhacharya*(celibacy).
4. Following code of conduct(*Sadvritta*) *Ritu Charya* (seasonal regimen) *Din Charya* (Daily Regimen).
5. Use of Rejuvenating therapy (*Rasanayanal*) timely internal purification procedures (*Kaee Shodhana*), Aphrodisiacs (*Vajikarana*)

Ayurvedic Medicines^[13]

Rasayana - *Ayurvedic* medicines to boost immunity: -

<i>Chyawanprash</i>	<i>Brahma Rasayana</i>
<i>Agastya Haritaki Rasayana</i>	<i>Ashwagandha</i>
<i>Narasimha Rasayanam</i>	<i>Arogyavardhini</i>
<i>Vati</i>	

<i>Triphala Guggulu</i>	<i>Vasantha</i>
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Kusumakara Rasa

Lauha Bhasma

Chyawanprash – It is used as general immunity against viral infection, respiratory infection.

Lauha Bhasma – useful in cardio-vascular care, and also as a natural source of iron.

Brahma Rasayana – It is used in chronic disease, cancer, tiredness, and fatigue and is also used for improving immunity.

Triphala Guggulu – It is useful in vain care and bowel care.

Narasimha Rasayanam – This product says that it makes the body as strong as a lion's.

Arogyavardhini Vati – useful in improving immunity against liver infection and skin disorders.

Agastya Haritaki Rasayana – Used mainly to strengthen the immune system.

Yogas to Boost Immunity^[14]: -

Tadasana (Mountain pose) - This helps to restore balance, steadies breathing, increases awareness, also releases tensions, and boosts blood circulation.

Trikonasana (Triangle pose) - *Trikonasana* improves blood circulation in the body. (Tree pose) This *Asana* strengthens the spine, nerve muscles, and coordination, increases stamina, and keeps you focused. *Padangusthasana* (Big toe pose) relaxes the nervous system, reduces stress, and improves sleep.

Utkatasana (Chair pose) Improves strength, energy and balance stimulates the heart, and also massages the abdominal organs.

Factors Affecting Vyadhikshamatva^[15]: -

According to *Acharya Charaka* the main factors affecting *Vyadhikshamatva* are.

- *Desha*
- *Kala*
- *Virya*
- *Pramana*
- *Bala*
- *Jatakarma*
- *Oja*
- *Samyuga*
- *Suvarna Karma*
- *Lehana Karma*
- *Dhoopana Karma*
- *Niyamita Vyayama*

DISCUSSION

Acharya Chakrapani defined the word *Vyadhikshamatva* in a proper scientific way covering both the preventive and as well the curative aspect of immunity. In the described definition, the word antibody is referred to as *Dehadhatu*, and the word antigen is referred to as *Pratyanik Dravya*. According to *Acharya Charak*, the *Sharir Bala* enhancing factors play a vital role in building immunity in the body.

CONCLUSION

In *Ayurveda*, the concept of *Vyadhikshamatva* is nothing but the immunity concept described in modern medical science both the conception and importance of *Vyadhikshamatva* are very well described in *Ayurveda* by our *Acharayas*. Ways of boosting immunity include dietary and regular exercise, avoiding alcohol and smoking, and having a healthy lifestyle.

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