



REVIEW ARTICLE ON SHAMANAUSHADIS IN VIRAL DISORDERS

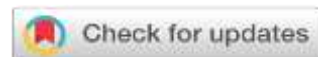
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ABSTRACT

As *Ayurveda* is not only a system of medicine but a way of life, which focuses more on prevention than Curative. The virus is a part of life, one of six organisms that maintain our Eco system has been explained in *Ayurveda*. *Acharya Charaka* explained the *Janapadodhwamsa Vyadhi* in *Samhita*, is due to the Vitiating of *Vayu, Jala, Desha, Kala* which is Contagious in nature, *panchakarma* and *Rasayana* is the best line of treatment in those conditions. The virus is compared with *Ama* or toxins, Root cause behind the *Aam* is vitiating digestive fire. *Aam* produces abnormal Proteins in the body which causes different diseases. In *Ayurveda* Viruses considered under *Agantuja Roga*, *Chakrapani* states *Bhootabhishanga* (Contact with invisible Organism)-This proves the role of infectious microorganisms in the Pathogenesis of *Agantuja Roga*. *Ayurvedic* Medicines guide us to Strengthen our natural defense systems & many immunomodulatory drugs have been described in *Arogya Raksha Kalpadrumah* for enhancing *Vyadhikshamatwa* in children. *Ayurvedic* Management of Viral infections includes three methods they are:- *Ahara- Tulsi, Pippali, Amala, and Shunti* Formulations & Consumption of boiled water with *Triphala, Yastimadhu, and Sunthi*. *Vihara-Pranayama, Sadvrittapanan*, Following *Dinacharya, Rutucharya, Pratimarshanasya*, Fumigation of the area with dry *Neem patra, Karpura*. *Aushada-* are the same which are mentioned in *Samhita*, if required *Shodana and Rasayana* can be planned in risk areas. *Shamana Aoushadi -Sudarshana Churna, Guduchi Churna, Bhumiamlaki, Vidanga, Sitopaladi churna, Agastya haritaki, Shamshamana vati*. An

anti-inflammatory like *Nirgundi*, *Shallaki*, *Guggulu*, *Punarnava* etc. It can easily be Concluded by Strengthening the immune System of a person by advising the *Shodana* and *Shamanaushadis*.

Keywords: Virus, Aam, Agantuja Roga, Vyadhikshamatwa, Shodana, Shamana

INTRODUCTION

As Ayurveda is not only a system of medicine but is a way of life, which focuses more on prevention than curative. In Ayurveda, there is thinking of epidemics under the term '*JanapadaDhwamsa*'¹ due to Vitiated *Jala*, *Desha*, *Vayu*, and *kala* by certain diseases to arise which kill a mass of people. *Chrakas* description is more of an infectious disease and narrates contamination of Physical, Chemical & Biological factors in the occurrence of the Disease. According to Ayurveda, there are two types of disease namely *Nija&Agantuja*², As of Charaka *Agantujajwara* is caused by *Abhighta*, *Abhisanga*, *Abhichara*, and *Abhishapa*. *Chakrapani* states *Bhutabhisanga*³(Contact with invisible Organism). This proves the role of infectious micro-Organisms in the pathogenesis of *Agantuja Jwara*. Acharya *Shusruta* has described the disease during that time only, *Vikaras* like *Shosha*, *Jwara*, and *kushta* are Contagious & Spreads through direct Contact or indirect Contact. its Description in '*Aupsargika Roga*'⁴. He also mentions the infectious Condition & Preventive measures in the chapter '*Shasti Upakrama*'⁵. In Ayurveda Viral infections are related to *Ama dosha*⁶ which leads to weak Immunity, thus our body fails to fight against Unhealthy cells within it, as well as virus present in Surrounding leads to viral Disease. Acharya *Chakrapani* has a Commentary on the term '*Samupsevati*' which implies that the Micro Organism enters in body and Creates the Disease.

MODERN ASPECT OF THE VIRUS:

Viruses are small particles of genetic material that are surrounded by a protein coat. viruses can affect many areas of the body, including the reproductive system, respiratory, GIT, liver, and Brain and they can do many cancers as well. In case of weak immunity, our body fails to fight against the unhealthy cells within it, as well as viruses present in our surroundings, which leads to viral infections.

SOME OF THE VIRAL DISEASES ARE:

1. Mumps (Karna Moola Sopha)

This is an infectious disease caused by a virus, which usually affects the Salivary gland and CNS. The recommendation of medicaments are analgesics and potassium paramagnet gargles to prevent secondary infection. This jwara is specific with the involvement of Vata and Kapha at the site of Mamsa-Medho dhatu this is treated by following jwarachikitsa and Amagranthi chikitsa.

2. Measles (Romantika)

It is the most common viral infection in children, it has a specific virus of RNA. In Ayurveda it is correlated with Romantika, where Pidaka of variable size and shape appears all over the body, Chikitsa is the same as Visarpa.

3. Chickenpox (Masurika)

The causative agent is the DNA virus, varicella zoster virus where yellowish red pidakas are all over the body with fever and pain, treated with acyclovir oral or IV. Chikitsa is of Kustahara Lepa and same as of Pitta kaphaja visarpa.

4. Poliomyelitis

This is an acute viral infection of humans with a wide range of symptoms causative factor is an RNA enterovirus called Poliovirus. here using of vaccines against poliomyelitis disease.

AOUSHADI IN VIRAL DISORDERS:

In *BhaisajyaRatnavali*⁷ Explains about 'Worm Infestation' is due to the presence of Worms in the body, For that *Shaman Oushadis* like *Palash beeja dhuma*, *Krividinasa Rasa*, *Vidanga Loha*, *Haridra Khanda*, *Triphala Ghrita*. As well as there is a reference to *Krimigna Ganas*⁸ in Charaka Samhita and *Draavyaguna*. Ayurvedic Management of Viral infection includes three methods they are.

- *Ahara*

- *Vihara*
- *Aoushada*
- **Ahara** – *Tulsi, Pippali, Amala, Shunti, Lashuna, Palandu, Haridra*, etc Curcumin inhibits the zika virus replication, As Shunti is a ‘*Vishwabhaisajya*’ *Palandu & Lashuna* poses antiviral qualities. Ahara should include all the essential nutrients for the growth and development and function of healthy cells.
- **Vihara** – *Nasa, Netra, and Mukha* are the main entry points of *Krimi*, as mentioned in ‘*Naso hi Shirasodwarm*’⁹. Micro-Organisms are entered through this marga and to prevent them, we followed *Pratimarsha Nasya, Gandusha* with *Triphala & Yastimadhu Kashaya. Dhupana* (Fumigation) is one of the unique methods for the removal of *Krimi* using drugs like *Guggulu, Vacha, Haridra, and Jatamamsi*. *Bahya Lepa* for the body with *Nimba taila, Eladi Taila, and Gandha lepa* to avoid pricking by mosquitoes. In the Ancient period, they use to wash their hands and foots before entering the house.
- *Rudraksha, Pravala, mani* should wear on the body for preventing affliction of *Bhoota, Preta, Pishacha*, etc.
- **Aoushada** – *Ekamulika prayoga: Neem, Vidanga, Bhumyamalaki, Ashwagandha* Formulation are *Sudarshana churna, Guduchi churna, Sudarshana vati, Haridra Khanda, Sanjeevini vati, Mrutyanjaya rasa, Vidangarishta, Maha Sudarshana Ghana vati, Samshamana Vati*.
- *Rasayana* -Best as of *Agastya Haritaki Rasayana, Chavyana prasha* etc.
- ✓ The first line of treatment in Ayurveda is Prevention, followed by curative treatment so for **Preventive** measures explained in *Sadvritta*¹⁰ as of
 - One should not yawn or Sneeze without covering the Mouth
 - Apply oil to *Shiras and Nasa* as *Dinacharya*
 - Appropriate following *Pratimarsha Nasya, Gandusha, Dhupana krama*
- Curative** – As of the above measures adopting *Ekamulika Prayoga also* Formulation of Medicine and *Shodana Rasayana Chikitsa, Pathya palana* by

this we can cure Viral or Contagious disorders. Ayurvedic medicines guide us to strengthen our natural defense systems by increasing the immunity system and body. it is mentioned in Samhita that potent medicine should be given, and if required Sodhana, Rasayana is planned in risk areas.

DISCUSSION

Many Viral infections are either fatal or leave behind complications that can cause permanent disability or affect the life of the patient with Mortality or Morbidity. Now Outbreak of Infectious Disease Occurs more often and spread faster than ever, Existing Situation demands that more research is needed to know medical measures. Improper *Ahara Vihara* leads to the Vitiating of *Tridosha*, which is the cause of *Agni Mandya*¹¹ further it leads to *Utpatti of Roga*. It is mentioned in *Samhita*, Potent Medicine should be given if required *Shodana and Rasayana* can be planned in risk areas. In *Arogya Raksha Kalpadruma*¹² mentioned *Daivavyapashraya Chikitsa* as the wearing of *Rudraksha, Pravala, Mani* on the body for Preventing Affliction of *Bhoota, Pishacha*, etc. According to *Ayurveda*, Combating Infectious disease has to be done at various stages like Stopping the Progression (In case of Communicable Diseases), Building Immunity (In the Context of Covid 19) against disease using various measures.

PREVENTION:

The first treatment principle of Ayurveda is Prevention, Ayurvedic medicines guide us to strengthen our natural defense systems by increasing the body's immunity. In case of weak immunity, our body fails to fight against the unhealthy cells within it, as well as the virus which is present in the surrounding cause for viral infections. It was explained in ayurveda, that the concept of *Vyadhikshamatva* and *janapada dhwanasa* is for the prevention of such Contagious diseases. Infectious and preventive measures are explained in *Shasti Upakrama*. , Formulations for this are *Sitopaladi Churna, Agastya Haritaki, Samshamana vati, and Maha Sudarshana ghana vati* with Lifestyle **modification** and following appropriate *Ahara*

and Vihara by these all we strengthened the immune system of the person.

CONCLUSION

Ayurveda Explains the Concepts of 'Vyadhikshamatva' and 'Janapadodhwamsa' for the prevention and curing of Contagious Diseases. To treat such a contagious disease through an Ayurvedic line of management that had no adverse effects. If we prevent or cure the Imbalance and Strengthen the host defense System through Ayurvedic Drugs & Lifestyle Modification which are mentioned in Samhita those are Sadrivattapalana, Ahara, Vihara, Rasayana, etc. Through this body get immune to fight against diseases.

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