



IMPACT OF STRESS ON VYADHIKSHAMATWA (IMMUNITY)- A REVIEW ARTICLE

Kiran Kumari¹, Vijay Shankar Pandey²

¹MD Scholar, Department of Ayurveda Samhita & Siddhanta, Government Ayurvedic college & Hospital, Patna-03Bihar ²Professor & HOD, Department of Ayurveda Samhita & Siddhanta, Government Ayurvedic college & Hospital, Patna-03 Bihar

Corresponding Author: kiranarayofhope26@gmail.com

<https://doi.org/10.46607/iamj2610122022>

(Published Online: December 2022)

Open Access

© International Ayurvedic Medical Journal, India 2022

Article Received: 25/11/2022 - Peer Reviewed: 07/12/2022 - Accepted for Publication: 15/12/2022



ABSTRACT

Despite having more awareness about health, the better medical facilities in the city, the people suffer more from diseases in the cities. We already saw it in the case of COVID-19. The only reason is poor immunity which is because of the altered lifestyle and the stress. Stress is necessary to perform the work that is called the eustress but if it starts effecting our mind than it is called distress. This causes a lot of pathological conditions like peptic ulcer, Diabetes Mellitus, Coronary Artery disease, etc. In Ayurveda, *Alpa satwam* (weak mental strength) is described as one of the factors that are prone to diseases. *Mansik doshas* like *chinta* (worry) *bhaya*(fear), and *shok*(grief) ultimately effects our *oja* & *bala* that leads to many diseases like Anaemia (*Pandu*), Tuberculosis(*rajayakshma*), *Kshatkshheen* (physical debility), Diabetes mellitus (*Madhumeha*). We the people of India have inherited Ayurveda from our ancestors. That's western people were affected more severely by Covid- 19 than any other developing country like India. People around the world accepted the potential of Ayurveda and realised if we follow the principles of Ayurveda, it will increase our immunity and keep diseases at bay.

Keywords: Stress. Mental health, *oja*, *bala*, *Vyadhikshamatva*(immunity)

INTRODUCTION

During Covid-19 we realised the importance of immunity (*vyadhikshamatwa*). Billions of people died because of less immune power that helps in resisting diseases. So, what may be the reason? The people are in the race to earn more money which results in poor lifestyles and bad food habits. People are in rush to achieve all materialistic things in life which have made them stressed. Stress is an inevitable part of our life. As far as the body is able to cope with stress, it is necessary for one's growth and development. But if that stress becomes chronic it causes pathological conditions in the body. So, stress is of two types basically- positive stress (Eutress) and negative stress (distress) where the body is unable to cope with it. Thus, eutress helps in improving performance, whereas distress is known to induce a number of pathological conditions like hypertension, tuberculosis, peptic ulcer, coronary artery diseases, etc. This stress weakens our immune system which makes us vulnerable to diseases.

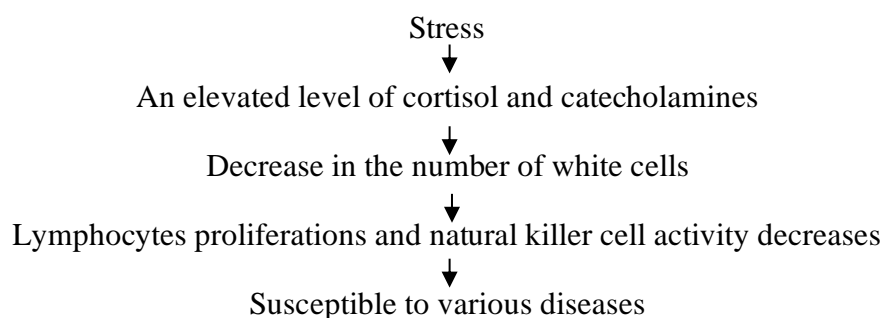
In Ayurvedic Literature, Acharya Charak has already mentioned the following reasons why persons are not able to resist diseases. *Alpa satwam*^[1] is weak mental strength is one factor.

1. Overweight person (*Atisthulani*)
2. Over emaciated (*Atikrish*)
3. Muscles & blood are diminished markedly (*Anivishishtmamsashonitasthini*)
4. Debility person (*Durbalani*)
5. Consume unhealthy food (*asatmaya ahar*)
6. Weak mental strength (*alpasatva*)
7. eating food in less quantity (*Alpa ahar*)

In Ayurveda Immunity(*vyadhikshamatwa*) can be understood with the synonyms like *bala* and *Oja*. *Oja* is the essence of all the *saptadhatus*, and it is also known as *bala*^[2]. The reason for the decrease in the *oja* is also the mental factors like *Kopa* (Anger), *Shoka*(grief), and *Bhaya* (Fear)^[3]. And the symptoms of the *oja* decrease are *vibheti* (Fear Complex) and *Durmana* (distressed)^[4].

| | |
|--|---|
| <i>Oja kshaya</i> reason (<i>Hetu</i>) | <i>Oja Kshaya</i> Laxana |
| exertion (<i>Kshrama</i>) | fear complex (<i>Vibheti</i>) |
| Hunger (<i>Kshudha</i>) | General weakness (<i>Durbalta</i>) |
| Injury (<i>Abhighaat</i>) | Discomfort in the sense organ (<i>vyathitheindriya</i>) |
| Depletion (<i>Kshaya</i>) | Worry (<i>Dhyayati</i>) |
| Anger (<i>Kopa</i>) | loss of complexion (<i>Dushchaya</i>) |
| Grief (<i>Shok</i>) | distressed (<i>Durmana</i>) |
| Fear (<i>Bhaya</i>) | (Roughness) <i>Ruksha</i> |

Even in Contemporary Science, it is mentioned that stress reduces the number of WBC in the human body.



quently affects the digestive system leading to various disorders like IBS/ In Ayurveda, Acharya charak has said if a person is eating food in proper quantity and if a person is having mental issues like *chinta*, *bhaya*, *shoka*, *krodh*, food doesn't get digested⁵ properly and it leads to *Ama* (undigested food parti-

cles). This *Ama* can lead to various disorders. Following is the table where some of the diseases have been mentioned in Ayurveda where mental issues can lead to various diseases-

| | Mental factors | Effects |
|---|---------------------------------------|---|
| Rajayakshma ⁶ | Envy, eagerness, terror, anger, grief | Loss of oja |
| <i>Kshatksheen</i> ⁷ | Mano dainyata (misery) | Emaciation of oja |
| <i>Pandu</i> ⁸ | Anxiety, fear, anger, grief | Leads to the deficiency of oja |
| <i>Madatya</i> ⁹ | - | In the second stage oja is damaged and in the third stage oja is damaged severely |
| <i>Atisaar</i> ¹⁰ (diarrhoea) | fear and grief | <i>Bhayaja, Shokaja Atisaar</i> |
| KshayajaKasa ¹¹ (cha. Chi 18/24) | <i>Ghrininam shoctam</i> | <i>Deha kshaya</i> |

Management

1. Satvavajaya Chikitsa¹²

This therapy mentioned in Ayurveda aims at restraining the mind from a desire for an unwholesome thing. This is done through *jnanam* (knowledge), *vigyan* (analytical thinking), *dheryam* (calmness), *smriti* (recollection of previous experience), and *Samadhi* (control over mind).

2. Nutrition

Proper nutrition is the most important thing that is required to boost the mind. *Anna* is said to be the *Prana* for all living beings. According to acharya charak *hitkar*, *ahar* (food that is good for health) boosts up the mind that is *satwam urjayati*^[13]. Example- Milk, Ghee The ten properties of milk are similar to *oja*. So according to the principle of ayurveda, *sar-*

vada sarvabhavanam samanyam vridhhi karanam, milk increases the *oja* too. *Ghee* balances *pitta* and *vata doshas*. It is conducive to *rasadhātu*, *sukradhātu*, and *ojas*.

3. AGNI

Proper *Agni* is necessary for the proper digestion of the food. Thus, *Agni* is responsible for longevity, complexion, strength, health, luster, and *oja*^[14]. One dies if the fire is extinguished and lives long free from disorders if it is functioning properly.

4. DINCHARYA^[15]

One must follow *dinacharya* according to Ayurveda. Doing *Nasya*, *Dhumpana*, *Sharirparimarjan*, *abhyanga*, and *padabhyanga*, all either increase the *sthanik bala* (of the body or increase the whole-body strength).

| | |
|---|--|
| Nasya | सर्वेन्द्रियानाणां वैमल्यं बलं भवति च अधिकम् । |
| Dhumpana | बलिनोऽप्यूर्ध्वजवृजाः ॥ |
| Abhyanga | सुस्पर्शोपचिताडश्च बलवान् प्रियदर्शनः । |
| Snana(bathing) | शरीरबलसंधानं स्नानमोजस्करं परं ॥ |
| Shiroabhyanga (head massage) | बलं शिरःकपालानं । |
| Swachh vastra dharan (Wearing clean cloth) | प्रहर्षणम् |
| Sugandh dravyon lepa and mala dharan | पुष्टि बल प्रदम् । |
| Wearing ratna and abhushan (jewellery) | हर्षणं काम्यमोजस्यं । |
| Padra dharan | बल्यं पराक्रममुखं वृष्यं । |
| Chata dharan | इतिः प्रशमनं बल्यं । |

Rasayana-

Ayurveda describes a number of drugs as *rasayana* and ojavardhak (increases oja) which are claimed to have immunomodulatory effects. Studies have been done on some of the rasayana drugs which are claimed to possess immunomodulatory effects are Ashwandha, Shilajatu, Amalaki, Tulasi, Guduchi, and Punarnava. Medhya Rasayana like Sankhpushpi, Mandukparni have an effect on mental health and promotes memory and intellect. A compound of four important rasayana drugs viz. Guduchi, Ashwagandha, Amalaki, and Tulasi in equal amounts were found to boost both cellular and humoral immunity (Chattarjee S.& Das S.N 1996)¹⁶. Yashtimadhu another important rasayana is found to have antiallergic, anti-inflammatory, and antioxidant activity¹⁷. (Yamamoto M 1975).

CONCLUSION

So, stress is good for us until it leads to the overall development of the mind and body. If it is affecting our mind in a negative way, it is distress. Weak mental strength is said to be one of the main causes of having less immunity because the *Rajasik* and *Mansik* are the *Mansik dosha* responsible for all diseases. In Ayurveda, vyadhikshamatwa is compared to oja and bala. Stress decreases the ojas. Even contemporary science says that the WBC count decreases due to negative stress. Stress has a negative impact on all the systems of the body. We can do Satvavajaya chikitsa to boost mental strength. Proper food and

lifestyles must be followed which increases the bala in the body, and along with all these various rasayan therapies should be taken which have immunomodulatory effects on the body.

REFERENCES

1. Dr Laxmi dhar dwivedi; Charak Samhita; Chawkambha Krishnadas Academy, Sutrasthan; chapter 28; page 595; edition 2020
2. Kaviraj Ambika Dutt Shastri Susruta Samhita Chawkambha Sanskrit Sansthan Varanasi Sutrasthan chapter 15-page no.79; edition 2011
3. Pd Kashinath Pandey chawkambha sankrit sansthan sutrasthan chapter 17-page no.305; edition 2020
4. Pd Kashinath Pandey Pd Gorakhnath chaturvedi; chawkambha sankrit sansthan chapter 17; page no 305; edition 2020
5. Pd Kashinath Pandey, Pd Gorakhnath chaturvedi chawkambha sankrit sansthan vimanstan; page no.611; editions 2020
6. Pd Kashinath Pandey Pd Gorakhnath chaturvedi chawkambha sankrit sansthan chikitsa sthan; chapter 8; page no. 253; editions 2020
7. Pd Kashinath Pandey Pd Gorakhnath chaturvedi chawkambha sankrit sansthan chikitsasthan chapter 11; page no.308; edition 2020
8. Pd Kashinath Pandey Pd Gorakhnath chaturvedi chawkambha sankrit sansthan chikitsasthan; chapter 24; page no.441; editions 2020
9. Pd Kashinath Pandey Pd Gorakhnath chaturvedi chawkambha sankrit sansthan chikitsasthan; chapter 16-page no.611; editions 2020
10. Pd Kashinath Pandey Pd Gorakhnath chaturvedi chawkambha sankrit sansthan chikitsasthan; chapter 19 page no;507; edition 2020

11. Pd Kashinath Pandey Pd Gorakhnath chaturvedi chaw-kambha sankrit sansthan chikitsasthan; chapter 17; page no.483; edition 2020
12. Pd Kashinath Pandey Pd Gorakhnath chaturvedi chaw-kambha sankrit sansthan sutrasthan chapter 11-page no.208; editions 2020
13. Pd Kashinath Pandey Pd Gorakhnath chaturvedi chaw-kambha sankrit sansthan Sutrasthan chapter 27; page no.450; edition 2020
14. Pd Kashinath Pandey Pd Gorakhnath chaturvedi chaw-kambha sankrit sansthan; chikitsa sthan chapter 15; page no.245; edition 2019
15. Pd Kashinath Pandey Pd Gorakhnath chaturvedi chaw-kambha sankrit sansthan sutrasthan chapter 5; edition 2020
16. Dr. J.S. Tripathi & Prof R.H. Singh; The concept and practice of immunomodulation in Ayurveda and the Role of Rasayana as immunomodulators; Ancient science of life; vol. No. XIX, 1999; page 59-63
17. Dr. J.S. Tripathi & Prof R.H. Singh; The concept and practice of immunomodulation in Ayurveda and the Role of Rasayana as immunomodulators; Ancient science of life; vol. No. XIX, 1999; page 59-63

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Kiran Kumari & Vijay Shankar Pandey: Impact of Stress on Vyadhikshamatwa (Immunity)- A Review Article. International Ayurvedic Medical Journal {online} 2022 {cited December 2022} Available from: http://www.iamj.in/posts/images/upload/3418_3422.pdf