



INVOLVEMENT OF TRIDOSHA IN COMMUNICABLE DISEASE W.S.R AGANTHUJVARA

Devi D Das¹, Arjun Chand C P², Arun Pratap³, Kasthuri Nair A⁴

¹PG Scholar, ²Associate Professor, ³Professor & HOD, ⁴Assistant Professor

Department of Kayachikitsa, Pankajakasthuri Ayurveda Medical College & PG Centre, Thiruvananthapuram, Kerala, India, 695572

Corresponding Author: deviddas1990@gmail.com

<https://doi.org/10.46607/iamj05p9022025>

(Published Online: January 2025)

Open Access

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Article Received: 17/12/2024 - Peer Reviewed: 05/01/2025 - Accepted for Publication: 14/01/2025.



ABSTRACT

A healthy community is the true wealth of a nation. Social, economic, and educational status depends on public health. Communicable diseases are one of the significant threats in the current scenario. In Ayurveda, these diseases come under *Aupasargikaroga*. Even though it is a different classification, they strongly connect with *Aganthujvara*. The vitiation of *Tridosha* in *Aganthujvara* is influenced by several factors such as *Ahara*, *Vihara*, *Desa*, *Kala*, *Vyadhikshamatwa*, and *Bhuta Prabhava*. Understanding the role of *Tridosha* in *Aganthujvara* provides a fresh perspective on diagnosing communicable diseases. This article explores the Ayurvedic approach to communicable diseases and their connection with *Aganthujvara* by understanding the involvement of *Tridosha*.

Keywords: Communicable disease, *Aganthujvara*, *Bhootaprabhava*

INTRODUCTION

Communicable diseases are a major threat to an individual's physical and mental well-being, and society faces a significant challenge in fighting them. Diseases

such as dengue fever, leptospirosis, and COVID-19 are examples of communicable illnesses that per-

sist in our society. These diseases spread either directly or indirectly from one person to another.

Communicable diseases are divided into two categories: contagious and infectious. Contagious diseases are transmitted through direct contact, while infectious diseases are transmitted via physical, chemical, or biological pathways, including vectors. Common approaches to treating communicable diseases include identifying the source, stopping disease progression, and managing symptoms. Furthermore, enhancing immunity through vaccines is a significant advancement in modern science for preventing such diseases.

Ayurveda is fundamentally based on the *Tridosha Siddhanta*, which explains that all diseases are produced by the imbalance of bodily elements such as *Vata*, *Pitta*, and *Kapha*. While imparting the modern concept into Ayurveda, communicable diseases are recognized as caused by external factors and can correlate with *Agantuja Vyadhi*. Though these diseases come under *Agantuja Vyadhi*, after a certain point it shows the nature of *Nija Vyadhi*. In that time the imbalance of *Dosha* is influenced by *Ahara*, *Vihara*, *Desa*, *Kala*, and *Vaya*. All these factors play a crucial role in the development of diseases. This article explores how these elements impact the progression of communicable disease by affecting the *Tridosha* and explain why individuals exposed to the same external factor may exhibit varying symptoms.

MATERIALS AND METHOD

Literary materials from different classical texts, modern textbooks, and online sources were collected for this review. Discussions formulated logical explanations.

Review of Literature

Ayurvedic Concept of Communicable Disease

Ayurveda, the ancient science of healing, addresses communicable diseases through various principles. The concepts of *Janapadodhwamsa* and *Aupasargikaroga* provide insights into the pathological basis of diseases. The concept of *Janapadodhwamsa* highlights the role of vitiated factors such as *Vayu*, *Udaka*, *Desa*, and *Kala* in the emergence of disease, resembling the biological pathways of infectious dis-

ease transmission.¹ Similarly, the concept of *Aupasargikaroga*, which explains the different modes of disease transmission through contact, aligns with the modern understanding of how contagious disease spreads.² These principles demonstrate the ancient Ayurvedic texts had already outlined the mode of transmission of communicable diseases.

Relation Between Communicable Diseases & Aganthujvara

Most of the communicable diseases manifest with symptoms of fever. It can affect both body and mind.³ Due to its severity, it is also called *Rogapathi*, *Papma*, *Mrityu*, and *Ojoasnanthaka*.⁴ Based on their origin and the involvement of *Dosha*, *Jvara* can be classified into *Nija* and *Aganthu*.

Aganthujvara is a separate entity in which *Dosha Dooshya Sammurchana* occurs after the disease has manifested. When analysing communicable diseases concerning *Aganthujvara*, it is observed that the involvement of *Tridosha* largely depends on *Ahara*, *Vihara*, *Desha*, *Kala*, and even the *Vyadhikshamatwa* of the individual. Understanding the role of *Tridosha* in *Aganthujvara* offers a new perspective for diagnosing communicable diseases from an Ayurvedic viewpoint.

Ashtasthana Pareeksha, *Dashavidha Pareeksha*, and *Srothopareeksha* provide knowledge about the different aspects of *Dosha* involvement. In diseased conditions, the *Dosha* exhibits variations in *Nadi*, *Mutra*, *Mala*, etc., which can be identified through the *Ashasthana Pareeksha*. The influence of the *Desa*, *Kala*, *Ahara*, *Prakriti*, and *Bala* can be identified by the *Dashavidha Pareeksha*. The *Srothopareeksha* helps to know about the systemic involvement of *Dosha* by identifying the manifested symptoms.

According to Ayurvedic principles, the pathogenesis of communicable disease can be understood through the *Samprapthi* of *Aganthujvara*. In this context, all etiological factors are exogenous in origin and considered *Sannikrushta Nidana* (immediate causative factor). Based on *Nidana*, *Aganthujvara* can be classified into four types. *Abhighata*, *Abhishanga*, *Abhishapa*, and *Abhichara*.⁵

Here, *Abhishanga Jvara* can be considered as a form of communicable disease. It is a type of *Aganthujvara* caused by *Bhoothadi* (microorganisms). The term *Bhootha* denotes invisible agents under which microorganisms are included. *Jvara* manifests immediately after the entry of these microorganisms, leading to

pathophysiological changes in the body, which in turn cause disturbances in the *Dosha*. Typically, this type of *Jvara* involves the aggravation of all *Tridosha*. It impacts *Dhatwagni*, resulting in specific symptoms of *Jvara*, depending on the *Dosha* involvement and *Vyadhikshamatwa*.

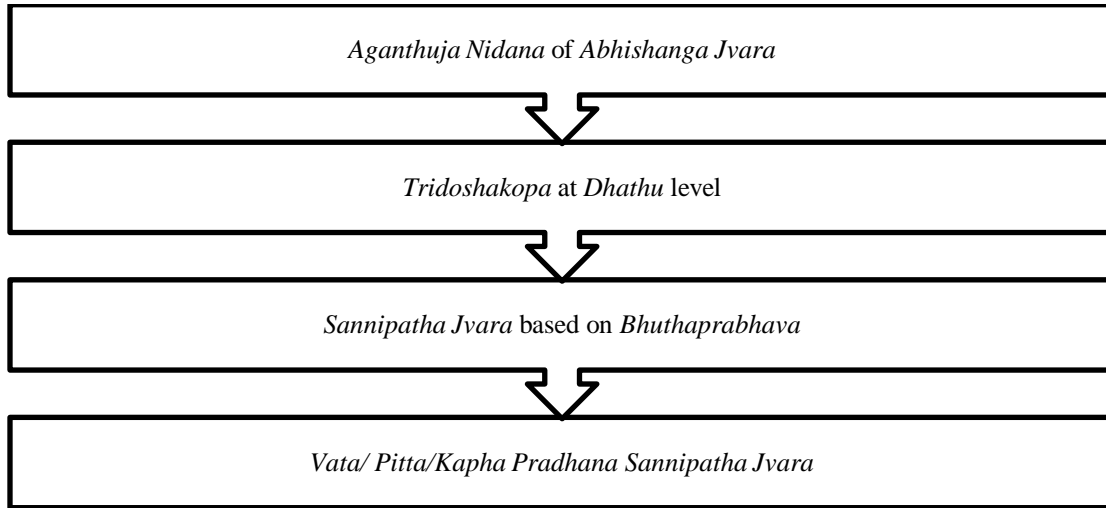


Fig.1 Samprapti of Aganthujvara

Bhootaprabhava is the nature of microorganisms. Certain organisms have a special affinity for a particular system and produce disease. *E. coli* is usually present in the gastrointestinal tract. Still, it produces urinary tract infections when it enters the urinary system.⁶ Viral hepatitis is produced by different strains of the virus. Still, the severity of each type differs from each other. Coronavirus has a special affinity towards the respiratory system all these are examples of *Bhootaprabhava*. So, the vitality of *Dosha* and the manifestation of the symptoms also depend upon the nature of the microorganisms.

Another concept of *Aganthujvara* can be explained through variations in *Dosha* status. Normally, based on *Prakrithi*, *Desa*, *Kala*, and *Charya*, there is a natural fluctuation in *Dosha* levels within the body. These *Dosha* may be in *Chaya* or *Prakopa* stage. In such situations, the entry of microorganisms further provokes the *Dosha*, and the vitiated *Dosha* settles in areas of lowered vitality, leading to *Doshadoshya Sammurchana* and manifesting as a disease with corresponding *Lakshana*.

DISCUSSION

Ayurveda explains the different modes of spreading communicable diseases. However, the involvement of the *Tridosha* in this disease is understood by pathogenesis *Aganthujvara*. When analysing the *Samprapthi* of *Aganthujvara*, it is initially independent. After a certain point, it begins to show the symptoms of *Nija Jwara*. Here, *Dosha Kopa* is influenced by *Ahara*, *Vihara*, *Desa*, *Kala*, and *Prakrithi*, and it was analysed through the *Ashtasthana Pareeksha*, *Srothopareeksha*, and *Dashavidha Pareeksha*. The symptoms vary depending on the *Bhootaprabhava* (strength and nature of the microorganisms), *Doshadoshya Sammurchana* (vitiating of *Dosha* and *Dhatu*), and the *Vyadhikshamatwa* (individual's immunity). This explains why the severity of communicable diseases can vary from person to person.

CONCLUSION

The concepts of *Janapadodhwamsa* and *Aupasargika Roga* highlight the mode of spreading communicable

diseases. The combination of causative factors, *Dosha* and *Dooshya*, contributes to the manifestation of such diseases. This is clearly understood from the pathophysiology of communicable diseases through the lens of *Aganthujvara*. The severity of the disease depends on the body's immune response and the involvement of the *Tridosha*, concerning *Kala*, *Ahara*, and *Vihara* of the individual more than the strength of the microorganism.

Although Ayurveda describes the influence of exogenous factors in communicable diseases, it emphasises the status of *Dosha*. Understanding the role of *Tridosha* in *Aganthujvara* provides an idea about the pathophysiology of communicable diseases, which will help prevent and manage such diseases.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Devi D Das et al: Involvement of tridosha in communicable disease w.s.r aganthujvara. International Ayurvedic Medical Journal {online} 2025 {cited January 2025} Available from: http://www.iamj.in/posts/images/upload/132_135.pdf