Role of Ayurved in Epidemic Diseases Due to World War-A Critical Review

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Abstract: Until 21st century, there is lot of invention in every aspect of life; Greed to conquer the world has made everyone’s life miserable. The third world war is almost on the door step of India. The various methods are used to pollute the rivalry nations. Ayurved has got a good elaboration of Epidemics due to enemies. In Charak samhita, vimaanashan, sinful act leading to war is explained. We, as Ayurved physicians should educate our citizens about the different pollutants and their solutions, in Ayurved. Ayurved is science of life; it guides us about behavior in warfare conditions. Detailing of such guidelines is available in ancient books like Sushrut samhita, Charak samhita, Astang samhita etc.

Keywords: Ayurved janapadoddhwan, agnihotra, poisons, epidemic diseases, panchakarma

1. Introduction

Causative factors for epidemics which commonly affect certain locality causing threatened death are vitiated air, water, soil, and season. Though the people having different nature, diet, physical strength, mental conditions, age, they simultaneously get afflicted by same epidemic disease and thus destruct the health of country, because the factors which are common to all inhabitants are air, water, place and season.

The third world war has started with use of advanced weapons, molecular bomb like hydrogen bombs. This war not only involve soldiers but civic too. Among many other weapons, biological weapons play important role in turn generating epidemic in rivalry nations.

There are many references in our ancient samhitas to administer poisons through various routes in the higher authorities leading the army in turn conquering the rivals by assassinating the authority leading the army

Vitiated Air विकृत वायु
व वातविद्युतविद्युतमायापेद्वस्य वायुत्थर्स्ताणां वायुत्थर्स्ताणां
यथा वायुमायापेद्वस्य वायुत्थर्स्ताणां वायुत्थर्स्ताणां
मायापेद्वस्य वायुत्थर्स्ताणां वायुत्थर्स्ताणां
अन्यानां वायुमायापेद्वस्य वायुत्थर्स्ताणां

2. Aims and Objectives

1) To identify and correlate the symptoms in ancient references in Ayurveda to modern episodes
2) To find out the positive solution for protection of society from epidemics concerned with war.
3) To re-emphasize Ayurvedic culture against epidemics caused by war.

3. Materials and Methods

Factors responsible for epidemics are vitiations of वायु (Air), उदक (Water), शैल (Location), काल (Season) .

Reasons for epidemics- वायुमायापेद्वस्य वायुत्थर्स्ताणां वायुत्थर्स्ताणां
अन्यानां वायुमायापेद्वस्य वायुत्थर्स्ताणां
अन्यानां वायुमायापेद्वस्य वायुमायापेद्वस्य

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very hot/very cold (अतिस्वरूप/अतिविचार

noisy (अविश्वास) जमानत

vortex shaped-hitting each other and attaining (कुण्डलीनी आकृति)

possessing bad odour, sand, dust and smoke

difficulty for birds to fly.

diseases related to eye, cough and cold prevails.

poisoned air will be cold during summer and warm during winter, causes giddiness, fainting and other such symptoms.

stormy sea

tsunamis

change in direction of flow of river

earthquake

induction of high intensity thunder.

breaking of peaks of mountains

uprooting of huge trees.

crop destruction

Treatment-

1) Smoke treatment (घुप्तप्रक) with एला, तिरंगा, लाला, अम्ला, पिस्ते, etc. are done to purify air.

2) Fine powder of तेनाली, बना, अरू, लोबु, मैरोक

3) are to be sprinkled over tree tops, flag posts, tall pillars, gables of tall houses etc., air blowing over these powders detoxifies the effect of poison.

4) Recently in union carbide gas leakage at Bhopal, the resident doing-अप्रीती, were not affected by methane toxicity due to leakage.

viti cated water

उदीच्य काल काल रहू ची देश

vitiated water possesses abnormal odour, taste, touch, and appearance

it is devoid of aquatic flora and fauna.

it is tasteless

it shows presence of insects and worms, contaminated with excreta and decayed material.

it has very foul smell

it loses its color and shows presence of foam.

presence of web is seen around the stagnant dirty water.

person /animals develop vomiting, confusion, fever, oedema and burning sensation after bathing in viti cated water.

it is heavy to digest

the water with above features will give rise to edema of skin, cough, cold, pain, and ascitis. consuming food cooked in such water causes fever and fainting.

According to Ayurved

भर्जनम (roasting)

अधीराधावण (boiling),

मूर्तपन (Heating in sun),

निर्माणम (immersing red hot iron/hot sand)

प्रयंगु (Refrigering) by कोक, गोमेयक, विसम्यक, शेतालपूप, कब्र, मुक्तज, समी
• Associated with toxic gases, ashy sand, smoke
• Presence of crying noise as if haunted.

According to Koutileeya Arthshastra, several strategies could be implemented in war amongst them some common methods adopted in poisoning are listed
1) The king is assassinated in remote places by fire, smoke and serpents
2) Poisoning through his food, drink, dress, ornaments, poisoaneous animals, alcohol and so on.
3) Poisoning of food or drink likely to be used as offering for god, festival on funeral rites
4) Through wine merchants
5) Through sex with beautiful vish kanya
6) Through animals used in war
7) Through poisoned flowers and incense

These ancient methods can be implemented over higher authorities to assassinate them. so one has to be alert as stated in Koutileey Arthshastra by Arya Chanakya.

Measures to prevent and control epidemic

- Eliminating procedures
- Rejuvenation therapy
- Medication according to condition
- Observation of truth
- Compassion for living being
- Prayers to god
- Self protection by chanting mantras
- Residing at religious place
- Indulging in religious discussion

4. Discussion

The higher authorities or economically higher people generally have many rivals than their well-wishers. It becomes easier for a person who is close to administer poison. In ancient books there is reference of beautiful maiden (vishkanyas) who were used to assassinate kings by indulging in sex. So the kingdoms use to have appointed royal physicians who use to protect the king from being affected by epidemics after war as well as the higher authorities/ good officers/army form being administered by deadly poisons which may in turn lead to destruction.

There are many remedial references for vitiated air, water, land and season. Including them in our daily regimen after proper research studies may prevent pollution. Many traditions in India knowingly or un knowingly follow some rituals to detoxify. viz. spraying of turmeric as bhandara at many temples, use of dhol, bell, nagara etc. by spreading medicated ash on them in turn relieves pollution. Lighting camphor during daily prayer-अर्थरी, sacrificial fire (Agnihotras) with the same intensions.

The only science which can protect the humanity from disasters after forth coming wars is our ancient science Ayurveda. The seasonal remedies नृत्यकर्म and Daily routine दान भूतदया as described in Ayurved enhances our immune system. Ayurved has put a system to follow the rules right from awakening at Brahm mukharta up to sleep at night Diet शैल औषधी and brahmcharya (a vow of celibacy )are the three pillars of life .In ancient text, it is clearly stated about the healthy and ideal behavior one has to follow for long life. So studies, researches, implementation in our daily regimen of Ayurveda is necessary and should be globally accepted.

References

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[5] Astanga sangrah Uttaranta

5. Conclusion

The third world war is at the doorstep, with the help of ancient science Ayurveda we can protect our nation from being affected by epidemics after war as well as the higher authorities/ good officers/army form being administered by deadly poisons which may in turn lead to destruction.

Author Profile

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