

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 a good elaboration of Epidemics due to enemies. In Charak samhita, vimaansthan, 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 sangraha etc.

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

1. Introduction

यथा शस्त्रप्रभवस्यापि जनपदोद्ध्वंसस्याधर्म एव हेतुर्भवति
येऽतिप्रवृद्धलोभक्रोधमोहमानास्ते दुर्बलानमनात्मवन्तानस्वजनपदोपघा-
ताय शस्त्रेण परस्परमभिक्रामन्ति परान्
वाऽभिक्रामन्ति. परेर्वाऽभिक्रामन्ते || च.वि. ३/७

The description of above mentioned paragraph is the exact situation of today. the whole world is facing. Sinful act is the main cause of destruction of any country. Because of increased greed, anger, ego some people start fighting among themselves, kill their own citizens or enemies or weak persons. Such fight ultimately results death. Excessive exposure to electromagnetic radiation, drug addiction, unwholesome vitiated dilatory products; immunosuppressive infected diseases like HIV. induced diseases like Anthrax are some examples of cold war against opponent country.

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

अन्नेपाने दंतकाष्ठे तथाऽभ्यंगेऽनुलेपने |
उत्सादने कषाये च परिषेकेऽनुलेपने |

स्त्रक्षु वस्त्रेषु शय्यासु कवचाभरणेषु च |
पादुका पादपीठेषु पृष्ठेषु गजवाजिनाम् ||
विषजुष्टेषु चान्येषु नस्यधूमाञ्जनादिषु | सु.क. २५/२६

Common routes of administering poisons stated in ancient *samhitas* viz. food, drinks, toothbrush, oil, comb, polishing with powders, स्त्रक्षु (garlands), वस्त्र (Clothings), शय्या (bed), कवच (Armor), आभरण (Ornaments), पादुका (Foot wear), पादपीठ (Foot rest), पृष्ठेषु गजवाजिनाम् (bed on elephant's back), नस्य (Nasal administration), धूम (Smoke/fumes), अंजन (collyrium), छत्र (Umbrella), कर्णपूरण (instilling oil into external ear).

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), देश (Location), काल (Season) .

Reasons for epidemics-

प्रज्ञापराध योनि
असत्कर्मपूर्वकृतं तन्मूलं
अधर्म मूलं
जनपदोद्ध्वंस

Vitiated Air विकृत वायु

तत्र वातमेव विधमनारोग्यकरं विद्यात् | तद्यथा-
यथर्तुविषममतिस्तिमितमतिचलमतिपरुषमतिशीतमत्युष्णमतिरूक्षम-
त्यभिष्यन्दिनमतिभैरवरावमतिप्रतिहतपरस्परगति
कुण्डलीनमसात्म्यगन्धबाष्पसिकतापांशुधूमोपहतमिति | च.वि. ३/६-१

- No air movement (अतिनिश्चल)
- Excessively stormy (कर्कश)

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- Very hot/very cold (अत्युष्ण/अतिशीत)
- Noisy (अतिशय शब्द)
- Vortex shaped-hitting each other and attaining (कुण्डलीनी आकृती)
- 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 (धूपनकर्म) with एला, हरिद्रा, लाक्षा, अभया, प्रियंगु, etc. are done to purify air.
- 2) Fine powder of देवदारु, अनंता, अर्जुन, लोध्र, गैरिक
- 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-अग्नीहोत्र, were not affected by methane toxicity due to leakage

Vitiated Water

उदकं तु खल्वत्यर्थविकृतगन्धवर्णरसस्पर्श
 क्लेदबहुलमपक्रान्तजलचरविहङ्गमुपक्षीणजलेशयमप्रीतिकरमपगतगुणं
 विद्यात् | च. वि. ३/६-२

- 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 vitiated 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

भर्जनम् (roasting)
 अग्नीकथनम् (boiling),
 सूर्यातपप्रतपनं (Heating in sun),
 निर्वापणम् (immersing red hot iron/hot sand)
 प्रसादनम् (Rerifying) by कतक, गोमेदक, विसग्रन्थि, शैवालमूल, वस्त्र, मुकता, मणी

Treatment-

- 1) The medicated ash of धव, असन, पारिभद्र, पाटला, राजद्रुम, सोमवल्क etc.
- 2) For drinking शिग्रवादि अगद
- 3) The medicated ash of अजश्रुंगी, विशाला, विषव्री, प्रतिविष, फणिज्झक are dissolved in water and then filtered, it is again boiled by adding paste of, मराळ रजनीद्रव्य, एला, उदीच्य, मंजीष्ठा, सुनन्द, बाकुची this medication is dropped to detoxify where- ever necessary.

Vitiated land (विकृत देश)

देशं पुनः प्रकृतिविकृतवर्णगन्धरसस्पर्श क्लेदबहुलमुपसृष्टं
 सरीसृपव्यालमशकशालभमक्षिकामूषकोलूकशमानिकशकुनिजम्बूकादिभिस्तु
 णलूपीपवनवन्तः प्रतानादि बहुलमपूर्ववदवपतितशुष्कनष्टशस्यं धूम्रपवनं
 प्रध्मातपतत्रिगणमुत्कृष्टश्वगणमुद्धानतव्यथितविविधमृगपक्षिसङ्घमुत्सृष्टनष्ट
 र्मसत्यलज्जाचारशीलगुणजनपदं शश्वत्क्षुभितोदीर्णसलीलाशयं
 प्रततोल्कापातनिर्घातभूमिकम्पमतिभयारावरूपं
 रुक्षताम्राणसिताभ्रजालसंवृताकचंद्रतारकमभीक्ष्णं ससम्भ्रमोद्वेगमिव
 सत्रासरुदितमिव सतमस्कमिव गुह्यकाचरितमिवाक्रंदितशब्दबहुलं चाहितं
 विद्यात् | च. वि. ३/६-३

Hey lost normal colour, odour and texture

- Its excessively slimy to feel
- Its invaded by predators
- Have lots of over grown grass and hay.
- Have dried habitat.
- Blowing air is polluted with smoke and sand particles.
- Commonly seen surrounding in such place is constantly flying birds, irritating barking of dogs, irritated other animals.
- People residing at such places lose their tolerance and civic qualities.
- The water reservoir like ponds and lakes in such place presents stormy and high waves.
- The sun looks as if masked, do not have pleasant look, has coppery cloud along with moons and stars
- According to Acharya Sushruta coming in contact with such land cause oedema, burning sensation, hair fall, nail fall, vomiting, fainting, fever, delusions, headache...

Treatment

कर्म पंचविधं तेषां भेषजं परमुच्यते |

Rejuvenation therapy plays an important role in management of disorder by such land. According to Acharya Sushrut sprinkling of water and milk made *siddha* with अनंता and त्रिसुगंधक detoxifies the land.

Roots of vetiver, drumstick, somavalk, asfoetida mixed with little amount of curds and sprinkled on land. The urine, flesh and blood of goat, sheep, and elephant along with fragrant drugs boiled well in water used to sprinkle over vitiated land.

Vitiated season (विकृत काल)

कालं तु खलु यथर्तुलिङ्गाद् विपरितलिङ्गमतिलिङ्गं हीनलिङ्गं चाहितं
 व्यवस्येत् | च. वि. ३/६-४

- Absence of characteristic features in -----with season
- Excessive or violent blow
- Extreme dry, cold, heat and humidity.
- Frequent cyclone

- 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, poisoness 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

- पंचकर्म -eliminating procedures
- रसायन - rejuvenation therapy
- औषधी - medication according to condition
- सत्य - Observation of truth
- भूतदया - compassion for living being
- दान - charity
- बली - sacrifices
- देवतार्चन - prayers to god
- सद्वृत्तस्यानुवर्तनम् - Adopting preventive measures
- प्रशम - tranquility
- मंत्र - self protection by chanting mantras
- शिवानामुपसेवनम् -Residing at religious place
- संकथार्थमशास्त्रम् - 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 administered by poison by near once.

हन्ति स्पृशन्ति स्वेदेन गम्यमाना च मैथूने |
पक्वं वृत्तादिव फलं प्रशातयति मेहनम् ||

By touching , kissing, hugging, or by sexual intercourse with such beautiful lady, the sexual activity of that person would have been permanently seized or person could even die after sex with such lady. Now a days, beautiful lady is utilized as human bomb. In old days only King or higher authority has to sacrifice his life because of *Vishakanya*; but now a days lady human bomb destroys targeted person as well as citizens in disaster

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.

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-*आरती*, ,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 regime-*ऋतुचर्या* and Daily routine *दिनचर्या* as described in Ayurved enhances our immune system .Ayurved has put a system to follow the rules right from awakening at *Brahm muhurta* up to sleep at night Diet ,sleep 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.

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