

UNDERSTANDING HEALTH RELATED QUALITY OF LIFE PARAMETERS IN AYURVEDA

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ABSTRACT

HRQOL (Health related quality of life) is a multidimensional construct that consists of at least three broad domains – physical, psychological, and social functioning – that are affected by one's disease and/or treatment. HRQOL is usually measured in chronic conditions and is frequently impaired to a great extent. The estimation of the relative impact of chronic diseases on HRQOL is necessary in order to better plan and distribute health care resources aiming at a better HRQOL. Most QOL measures are generic rather than disease specific viz. WHOBREF, SF-36, EUROQol etc. In Ayurveda studies also, these QOL measures are commonly using. But in Ayurveda, these QOL

parameters cover under the heading of equilibrium of *Dosha, Agni, Dhātu, Mala* and *Mana*. And the domains like physical, psychological, and social functioning covered under the heading *Dashavidha Pariksha* for example Physical & Psychological aspect covers under *Prakriti, Sara, Samhanana, Pramana, Satmya, Aharashakti, Vyyamashakti* and *Vaya Pariksha*. Psychological and social aspect covers under *Satva Pariksha* & under *Prakriti Pariksha* & equilibrium of *Dosha, Agni, Dhātu, Mala* covers under *Vikriti Pariksha*.

KEYWORDS: HRQOL; *Dashavidha Pariksha*; equilibrium; *Dosha*.

INTRODUCTION

The concept quality of life refers to “the degree to which a person enjoys... in the areas of being (who one is: physical being, psychological being, spiritual being), belonging (connections with one’s environments: physical belonging, social belonging, community belonging) and becoming (achieving personal goals, hopes, and aspirations: practical becoming, leisure becoming, growth becoming) the important possibilities of his or her life”.^[1] One of the central components in the areas of ‘being’, ‘belonging’ and ‘becoming’, is the person’s perception of his/her own health. It is therefore important to shed more light on the concept health-related quality of life.

HRQOL (Health related quality of life) is a multidimensional construct that consists of at least three broad domains – physical, psychological, and social functioning – that are affected by one’s disease and/or treatment. Physical functioning is usually defined as the ability to perform a range of activities of daily living, as well as physical symptoms resulting from the disease itself or from treatment. Psychological functioning ranges from severe psychological distress to a positive sense of well-being and may also encompass cognitive functioning. Social functioning refers to quantitative and qualitative aspects of social relationships and interactions and societal integration.^[2] HRQOL is usually measured in chronic conditions and is frequently impaired to a great extent. The estimation of the relative impact of chronic diseases on HRQOL is necessary in order to better plan and distribute health care resources aiming at a better HRQOL.

The estimation of the relative impact of chronic diseases on HRQOL is necessary to better plan and distribution resources for research, training and health care, to further promote living well with chronic diseases. Consequently, collaboration among different sciences could produce better treatment outcomes for people living with chronic disease, especially those who are in greatest need. An integrated framework, such as the biopsychosocial model, for healthcare would be built on a single guiding principle: that the aim of addressing the physical, social and psychological aspects of chronic disease is to help patients with chronic diseases and the whole population, to live well, regardless of the chronic disease or an individual’s own current state of health.^[3]

MATERIALS AND METHODS

This article is based on a review of modern literature and Ayurvedic texts. Materials related to QOL concept, and other relevant topics have been collected. The main Ayurvedic

texts used in this study are Charaka Samhita, Sushruta Samhita and available commentaries on these. We have also referred to the modern texts and searched various websites & reports to collect information on the relevant topics.

Concept of Quality of Life (QOL) in Ayurveda

Ayurveda is an ancient science of healing. *Ayurveda* is derived from two *Sanskrita* words: “ayus” meaning life and “vid” meaning knowledge. “The science of life”, *Ayurveda* is much concerned with enhancing the quality of life and the prevention of ill-health as it is with treatment of disease. This ancient science deals with not only longevity but also with maintaining good healthy body and mind. The concept of health is well elaborated in *Ayurvedika* classics.

Acharya Sushruta, has described the features of a healthy person as the *Dosha* must be in equilibrium, the *Agni* must be in a balanced state and *Dhatu* & *Mala* must work in a normal state & *Indriya*, *Mana* and *Atma* must be also in a pleasant state. Such a person is called a healthy person.^[4] This definition of Health closely resembles to that given by World Health Organization (WHO). Thus, *Ayurveda* has said thousands of years ago what WHO (World Health Organization) admits today. *Ayurveda* has emphasized all parameters like; anatomical, physiological, mental and spiritual wellbeing. Means *Ayurveda* says the person is healthy who's body, mind and soul are in normal state and all physiological actions are proper, not the person who is physically healthy but mentally and spiritually not in proper state. So QOL parameters can be understand on the basis of equilibrium of *Dosha*, *Agni*, *Dhatu*, *Mala* and *Mana*.

Most QOL measures are generic rather than disease specific viz. WHOBREF, SF-36, EUROQol etc. In *Ayurveda* studies also, these QOL measures are commonly using. Quality of life parameters viz. physical, psychological, and social functioning are also covered under the heading *Dashavidha Pariksha* for example Physical & Psychological aspect covers under *Prakriti*, *Sara*, *Samhanana*, *Pramana*, *Satmya*, *Aharashakti*, *Vyayamashakti* and *Vaya Pariksha*. Psychological and social aspect covers under *Satva Pariksha* & under *Prakriti Pariksha* & equilibrium of *Dosha*, *Agni*, *Dhatu*, *Mala* covers under *Vikriti Pariksha*.

Prakriti is the *Svabhava*/ inherent characteristic property of an individual which are expressed in the physical, psychological, and physiological characteristics of an individual. *Vikriti Pariksha* is for *Dosha Bala Pramana* of *Atura*. The *Sara Pariksha* helps to determine

the *Rogi Bala* (Physic and Psychological health). *Samhanana* means compactness of body which reflects the quality of overall body built. It is the qualitative assessment of the body frame. (Physical health) *Pramana Pariksha* means the measurement of the body and its parts i.e. Anthropometry. *Satmya Pariksha* includes examination of homologation. *Satva Pariksha* is essentially *Manobala Pariksha* i.e. examination of mental stamina (tolerance). *Aharashakti Pariksha* gives information about the *Agnibala* of that individual as it is the root cause of life, complexion, strength, health, initiation, anabolism, glow, *Oja*, *Teja* etc. In *Vyayamashakti Pariksha*, examination of the patient should be done in reference to his/her capacity for exercise which is determined by one's ability to do work. This helps in categorization of strength of individual which is the basic requisite for maintenance of health. *Vaya Pariksha* indicates about the dominance of *Dosha* thus indicating which diseases are more likely to occur in different stages of life. In this way, Quality of life parameters are explained already in *Ayurveda*.

CONCLUSION

From the above discussion, it can be concluded that *Ayurveda* has emphasized all parameters of QOL viz. physical, physiological and psychological under the heading of equilibrium of *Dosha*, *Agni*, *Dhatu*, *Mala* and *Mana*. The QOL parameters also covered under the heading *Dashavidha Pariksha* for example Physical & Psychological aspect covers under *Prakriti*, *Sara*, *Samhanana*, *Pramana*, *Satmya*, *Aharashakti*, *Vyayamashakti* and *Vaya Pariksha*. Psychological and social aspect covers under *Satva Pariksha* & under *Prakriti Pariksha* & equilibrium of *Dosha*, *Agni*, *Dhatu*, *Mala* covers under *Vikriti Pariksha*.

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