

**REVIEW OF AYURVEDA SAMHITAS ON MICROBIAL DISEASES  
W.S.R. TO JANPADODHWANS****Hrishabh Datt Sharma<sup>1\*</sup> and Indumati Sharma<sup>2</sup>**<sup>1</sup>PG Scholar, PG Dept. of Kaya Chikitsa; M.M.M. Govt. Ayurved College, Udaipur.<sup>2</sup>Associate Professor PG Dept. of Kaya Chikitsa; M.M.M. Govt. Ayurveda College, Udaipur.Article Received on  
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Govt. Ayurved College,  
Udaipur.**ABSTRACT**

Ayurveda described concepts of Bhoota–Graha Rogas as disease of microorganism which mainly arises when Sharir Bala get reduced. Currently diseases like H1N1 influenza, Swine flu, Ebola, Covid-19 etc. are the recent examples. These are big challenges & creating a burden over health care system. In Ayurvedic literatures the communicable diseases are mentioned under the Janapadoddhvamsa and Aupasargik Rogas. Its causative agents, method of prevention has been clearly explained. To manage Janapadoddhvamsa it is advised to include the usage of Rasayana therapy, Panchkarma procedures, Sadvrit Paalan (code of right conducts) and Aachara Rasyana i.e behavioural therapy, Dhupan Karma (Fumigation) and Vaad Chikitsa

(Sound therapy).

**KEYWORDS:** Ayurveda, Janpadodhwans, Aupasargik Rogas, Bhoota–Graha Roga, Rasayana, Panchkarma.

**INTRODUCTION**

Communicable disease spread from person to another or from an animal to a person. The spread often happens via air borne viruses or bacteria, but also through blood or other bodily fluids. It may also spread easily due to large population, crowd, unhygienic conditions and low immunological status of individual.<sup>[1]</sup> The current scenario of world facing many health issues and prevalence of communicable diseases (Aupasargik Rogas) are predominantly causing health problems globally. These disease mainly occurs due to the pathogenic microorganism and spread via various mode of transmission. The microbial pathogens infect person when defense mechanism get reduced. The severity of such types of disease mainly

depends on multiplication capacity of infectious agent. These infectious agents grow or multiply inside the human body after their invasion and utilize biological system of host for their multiplication. The toxins; endotoxins or exotoxins released by microbial agents initiate pathogenesis of diseases.<sup>[2-4]</sup>

### **Review of janpadodhwans**

#### **Charka samhita description**

Acharya Charak has described the term Janapadodhwans meaning destruction of a population living in an area. It is similar with epidemics. People having different prakruti, sarata and aahar but some factors like air, region are common to them and vitiation of these factors leads to disease production and death which is termed as Janapadodhwans.<sup>[5]</sup> Janapadodhwans occurs due to vitiation of vayu, jala, desh, kala. They are nothing but modes by which infectious diseases spread. Acharya Charaka has mentioned Adharma<sup>[6]</sup> as the root cause of Janapadodhwans. Not following one's duty to a community is termed as adharma. Pragyaparadh<sup>[7]</sup> is also included in it. Not following Dincharya (daily regimen), ritucharya (seasonal regimen), vegavidharan (suppression of urges), paapkarma (sins) is included in Adharma. All these things are responsible for hampering immunity of an individual. Thus not directly but surely Adharma is responsible for Janapadodhwans.

#### **Sushrut samhita**

Acharya Sushrut has mentioned Aupasargikrogas<sup>[8]</sup> in Kushthanidan. They are contagious diseases which spread through direct contact or contaminated objects of patient. According to sushrut samhita by physical contact, expired air, eating with others in same plate, sharing bed (sexual contact also) using clothes, garlands and paste (anulepa or cosmetics) infectious diseases spread from person to person.

#### **Ashtang sangrah samhita descriptions**

Here concept of Aagantuj Roga was elaborated which can occur due to the microbial invasion. Garbage, dirt, Debris of dead body, contaminated water, infected fishes and infection of urine/feces can lead to pathogenesis of such diseases.

#### **Acharya bhav prakash samhita descriptions**

Kustha, Upadamsa and endemic fever were considered as contagious disease which transmits from one person to another person. Skin contact, sexual intercourse, infected air and sharing objects of infected person, etc. were considered as mode of transmission. Bhav prakash

mentioned Phiranga Roga as Gandharoga under highly contagious condition. The Phirangini relates with diseased female, the physical contact and sexual intercourse with such person can transmit disease. Somewhere it is considered as Agantu disease caused by external factors.

### **Yogratankar descriptions**

Yogratnakar emphasizes Netraroga and Twak Roga as communicable disease which occurs through pathogens. These diseases spread via physical contact, eating and sleeping with infected person and sharing objects of diseased patients. Kushta, Sosa, Netrabhishynda and Jwara were considered as Aupsargika roga which can transmit from one person to another.

### **Yagvalygya samhita descriptions**

Akshi roga, Twak roga, Apasmar, Masurika and Rajyakshma, etc. were considered as Sankramak rogas which transmitted via various mode of transmission including Sparsh and Danat.<sup>[9-12]</sup>

## **CONCLUSION**

Modern science described term endemic and epidemic related to the effects of infectious disease on mass destruction. Factors such as climatic and environmental condition of specific area contribute significantly towards the prevalence of such diseases. Samhita's described diseases caused by microorganism and elaborated concept of Janapadodhwans. Jwar and Kushtha described by Acharya Charak under Bhutabisangaj as diseases similar to infectious disease. Acharya Sushrut considered term Aupasargik Rogas for microbial diseases. Some other ayurveda texts described Kuprosangaj and Yoni Janya Roga as microbial diseases. Modern science mentioned leprosy, pyrexia, tuberculosis and conjunctivitis, etc. as communicable diseases which spread from one person to another. This article concluded that ancient Aacharya were equipped with knowledge of communicable or infectious diseases which occurs due to the microbial invasion.

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