

HEALTH ENNOBLEMENT IN JANPADODHWANS: AN AYURVEDIC REVIEW

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ABSTRACT

Health is never an issue until someone get sick, it is the reality in current situation. Because of improper diet, lack of exercise, stress, low quality of food grains and global warming over all health status of individuals is poor & they are getting easily prone to communicable disease. Ayurveda thought an ancient medical science has clearly described such communicable disease & their cause, mode of transmission, prevention as well as cure. Charaka has quote JANPADODHWANS & it's four reason. Asdushita vayu (Air), Jala (water), Kala (time), desh(region.) Sushruta has already mentioned aupsargika rogas (Communicable disease) ie Kushta (skin disease). Jwar (fever) etc. "Prevention as well as cure of disease is goal of Ayurveda" with the help of panchkarma, Aushadha, & Rasayana.

These disease can be cured. Ayurveda can help and face challenge of Janpadodhwansa.

KEYWORD: Janpadodhwans, Rasayana, Panchkarma, Aushadha.

INTRODUCTION

Different communities & its surroundings may be affected at the same time -irrespective of their nationality, religion, cast, diet & lifestyle pattern in certain condition. Certain common Components have been described in Ayurveda which when affected together leads to widespread evolution of disease or illness in all living beings. In Ayurveda the reason behind

every disease has been divided into two factors by Acharya Charaka, firstly the factors that are common to every living being & secondary that are different in each & every individual. For instance, Aahara- Vihara is the uncommon factor which differs from person to person and any irregularities in this component may result in individualistic development of disease. Through vitiation of doshas, whereas, there are four factors in Janpadodhwansa as described ie VAYU, JALA, DESH, KALA.

Any abnormal alteration in these four factors and can significantly influence individual or community or environment or all of these together. Acharya Charaka termed these condition as Janpadodhwansa.

Foremost reason for Janpadodhwansa has been described as Adharma & root cause of Adharma is said to be Prajnaparadha.

Restrained utilisation of natural, man made resources, adoption of Ayurveda dietetics, lifestyle, Panchakarma therapies, Rasayana therapies may affectively contribute to prevent & manage these situations especially like disease outbreak.

In this literary work effort has made to find how Ayurveda can help to face growing challenge of Janpadodhwansa.

Review of Literature

Acharya charaka has described the term Janpadodhwans in charak samhita viman sthan third adhyaya and the root cause of Janpadodhwans is adharma.

Ayurvedic Management

भेषान्मृत्युसामान्यं सामान्यं न च्छर्मणाम् ।

Some disease are incurable if arishta lakshana are present, while others even without such sign are incurable because of certain purvajanma krut karma. Ayurveda emphasize on threatment and sadhya vyadhis only.

1. Karma Panchavidham

(1) Vaman, Virechan, niruhabasti, anuvasan basti and Shirovirechan are Panchakarma.^[3]

Described by Acharya Charaka, Acharya Sushrut and Acharya Vagbhatt included rakt

mokshan amongst shodhan aupkramas.

(4) Depending upon Doshabala, vyadhibala appropriate remedy from above should be selected.

2. Rasayanam Viddhi vat upyoga (use of Rasayana) I According to Acharya charak treatment is of twotype.^[5]

A. Promotive - it is of two types.

(a) Which provides strength of immunity to healthy person - Rasayana (Rejuvenation). The Rasayana is of two types i.e. Kutipravesik and Vatatapika. In case of communicable disease vatatapik- Rasayana can be used. It has minimal precaution and can be easily used in day to day life.

In Charaka samhita chikitsa sthanaadhyay various rasayan and their indication, benefits have been mentioned out of which Chyavanprash, Triphala Rasayan, etc will prove helpful.

(b) Which promotes sexual vigor vajikaran.

2. Curative

Treatment which cures the disease of suffering people.

3. Aachar Rasayana & Sadvirtta palan

सत्यं भूते दयादानं बल्योदेवतार्चनं आयुषः परिचालनम् | वशि 3/13, 14)
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These rules & regulations help in maintenance of mental & spiritual wellbeing of a person. Truth, sympathy, respecting elders and teachers, helping needy people, eating nutritious and satvikaahar eg.

Milk, ghee etc. in daily food. Properly following these rules will benefit the people in the same way as that of consuming rasayana, hence it is called aachara rasayana.^[5]

Along with this regimen treatment of symptoms as per mentioned in chikitsa sthana can be done.

SUMMARY AND CONCLUSION

From the above discussion we can conclude that ancient acharya had knowledge of

Janpadodhwans Vayadhi that is why a thorough description is given in Samhitas regarding them. Treatment of patient not showing fatal sign is given as Panchakarma & use of rasayana as main stream treatment. Thus by improving immunity of individual spread of disease can be Controlled.^[6] Further research should be done in order to implement Ayurveda against infectious disease, in Public health for worldwide acceptance of Ayurveda.

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