

**AYURVEDIC MANAGEMENT OF IMMUNOLOGICAL DISORDER A
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ABSTRACT

The immune system of the body reacts against the tissues of its own body; it is called an autoimmune disorder. To put it more dramatically, the body becomes its own enemy. The immune system of your body keeps fighting disease causing germs and bacteria, but in rare cases, the immune system might malfunction and fight its own body causing different disorders. These disorders may be caused due to genetic issues or due to mutations. According to ayurveda, autoimmune disorders are a result of constant unhealthy lifestyle and diet. Ayurveda works at the root cause of the disease where it starts treating the malfunctioning immune system. To study Nidan Panchak of autoimmune disorder.

KEYWORDS: Ayurved, Autoimmune disorder.

INTRODUCTION

Charaka defined Ayus (life) as combination of the body, sense organs, mind and soul.^[1] In other word, Ayurveda has given much priority to live healthy and joyful long life. Concepts related to health and diseases are discussed with detail in nearly all classical texts of Ayurveda. These concepts include knowledge of etiology, symptomology, therapeutics, various measures to maintain healthy status and reasons behind falling sick.^[2] Many people prone to disease due to breaking their dietary habit (Aharaja), change in climate, on the other hand, some people remain healthy in spite of breaking dietary rules or change in climate and do not get affected by any disease. Many micro-organisms enter the

human body through air and water, but fail to create disease due to immune response present in the living body. The most important thing in relation to health and disease is immunity of the body. Concept of Vyadhikshamatva (Immunity) described in the classical texts of Ayurveda is similar to immunity. It is not exaggeration to mention that, Ayurveda described Vyadhikshamatva in more detail and magnificent way which can be considered equivalent to modern concepts of immunity. Till date some works have been found published on Ayurvedic concepts of Vyadhikshamatva, but there are some more detail has remained to be highlighted. Present work is aimed to fulfill this gap and will serve as a torch bearer in understanding immunity with Ayurvedic view.

Causes of Autoimmune Disorders^[3]

Causes of Auto Immune Disorder are unknown but some prominent triggers are enumerated as under:

1. Bacteria
2. Toxins
3. Virus
4. Germs and parasites
5. Fungi
6. Drugs
7. Chemical irritants
8. Environmental irritants
9. Hereditary

Types of Autoimmune Diseases

Based on the location of the attack, autoimmune diseases can be classified into the following two types

1. Organ-Specific Autoimmune Disorders (Affects One Main Organ)

In these conditions, the immune system usually targets a particular tissue or organ in the body.

Examples

- The thyroid gland is targeted in Graves disease,
- The endocrine pancreas is targeted in type 1 diabetes
- Skin cells are targeted in vitiligo

Systemic Autoimmune Disorders (Affects Multiple Organs) In these conditions, the immune system produces auto-antibodies in almost any kind of tissue or body cells. This results in the damage of multiple tissues and organs in the body.

Examples

- Rheumatoid arthritis
- Scleroderma
- Systemic lupus erythematosus (SLE)
- Dermatomyositis

Common Symptoms of Autoimmune Diseases

The following are the most common early symptoms for various autoimmune diseases:

- Low-grade fever
- Rashes on skin
- Tingling and numbness in the arms and feet
- Fatigue
- Swelling and redness
- Hair loss
- Muscles-ache
- Difficulty in concentrating

Ayurvedic Approach

Nirukti

The word 'Ama' is, the combination of 'Am' Dhatu with 'Nich' Pratyaya forms the word Ama, which is subjected to digestion i.e., undigested or unprocessed matter. Ama is undigested, properly unprocessed consisting of heavy, unctous liquid, sticky, fibrous material which has foul smell. It is formed due to hypo-functioning of Agni, the first Dhatu 'Rasa' is not properly digested, instead the Anna Rasa undergoes fermentation being retained in the Amashaya. This Rasa is called as Ama.^[4]

Thus Ama is formed due to Agnimandhya and Aama production cause Agnimandhya & vice versa. General characteristic of Ama are, Srotorodha (obstruction of channels), Balabhransha (loss of strength), Gaurava (felling of heaviness), Anilmudhata (obstruction of Vayu), Alasya (laziness), Apakti (indigestion), Nisthiva (excessive salivation), Malasanga (constipation), Aruchi (anorexia), and Klama (fatigueness).^[5]

Jatahragni

Jatharagni is the Agni or bioenergy present in the Jathara (stomach and duodenum). Grahani is the site of Agni which is responsible for the digestion of the ingested food. Importance of Agni When the Agnistops functioning, the individual dies; if the Agni functions normally, the individual can lead a healthy and long life. Similarly, if the Agni becomes abnormal, the individual suffers from various diseases; and hence, the Agni is said to be the root cause of health and longevity.^[6] Bala, Arogya, Ayu and Prana are dependent on the state of Agni that burns when fed by the fuel of food and drink or dwindles when deprived of them. Grahani is seat of Agni and it is so called since it holds the food for proper digestion and assimilation. It holds the food just above the umbilical region and it is supported and nourished by the Agni.^[7]

DISCUSSION

CONTRIBUTING FACTORS

The following factors, alone or in combination with each other, may contribute to the development of autoimmune diseases: A. The penetration of deep tissues Ama. The reasons for this are as follows: 1. Weak digestion: - Weak digestion leads to the accumulation of incompletely processed metabolites in coarser level. This in turn has an impact on all metabolic processes, allowing the production of Ama, both superficially and on a deeper level rise. 2. Vitiating of Dosha: - When the Dosha be for any reason, also adversely affected, they cause a variety of diseases. Depletion of Dosha, where the normal physiology of metabolism disrupts touches, also leads to Ama. 3. Accumulation of metabolic waste: - Suppressing the natural urge to get rid of metabolic waste, leads to physical obstructions in the discharge channels of the body. The resulting accumulations of waste at different levels of metabolism, does the number of toxins rise, which ultimately leads to an increase in the body Ama. When there is dysfunctioning of Agni proper digestion is hampered resulting in the formation of Ama. Then Bhutagni have been enumerated, Bhuta means the physico-material classification of food and body elements. Thereafter Dhatvagni have been expounded, Dhatu here means the basic elements of the body. The functions of Dhatvagni refer to tissue metabolism. Ama formed at the levels of Jatharagni and Dhatvagni and initiated many pathological events inside the body. Ama further deteriorates digestive and metabolic activities, obstructs Strotas, vitiated Dhatus and Rakta therefore causes various diseases including auto-immune disorders. In Sum, Jatharagni, Bhutagni and Dhatvagni constitute the thirteen types of Agni or metabolic factors of hampered in Autoimmune

disease. Ama: - is formed due to Agnimandhya and Aama production cause Agnimandhya & vice versa. General characteristic of Ama is also seen in Autoimmune diseases: - 1) Srotorodha (Obstruction of Channels) 2) Balabhransha (Loss of strength) 3) Gaurava (felling of heaviness) 4) Anilmudhata (Obstruction of Vayu) 5) Alasya (Laziness) 6) Apakti (Indigestion) 7) Nisthiva (Excessive Salivation) 8) Mala-Sanga (Constipation) 9) Aruchi (Anorexia) 10) Klama (Fatigueless). Ayurveda looks at what causes the inflammation and work backward. Inflammation caused by lack of cellular recognition / communication. This breakdown in communication is due to cells being covered with something or having some intercellular component bad behavior. In Ayurveda this mis-behavior of cell component or covering is considered due to metabolic disturbance and excess production of toxins in body which is corelated with Aama Dosha and this Aama. Dosha is form due to Manda - Agni which at end leading to low Oja (vital essence of all seven dhatus in body). So, the root cause of auto immune disorders is Manda – Agni and weak Oja in body. Therefore, the Ayurveda treatment focuses on restoring Agni and Oja. Vata Dosha and autoimmune: - Vata doshas can be effective in treating autoimmune disorder. If the immune cells are high then Vata should be decreased and if the antibodies are high then Vata should be increased. In Vitiated Vata doshas may need medicine to reduce both antibodies and Vata dosha by using of Rasayana Dravyas (Immunomodulatory drugs) Pitta doshas: - Pitta Doshas should be treated anti-inflammatory and immune – modulating drugs to balance Pitta. Herbal medicines help boost immunity and treat autoimmune disorder.

CONCLUSION

Ayurveda treatment includes various remedies and medicines that can be helpful to treat these autoimmune diseases. This is a natural treatment and include detoxification of the body, improving metabolic activities, increase Ojus production Yoga and considerations of concept of Pathya and Apathya helps to avoid prevalence of autoimmune disorders. The Ayurvedic line of treatment for autoimmune disorder focuses on restoring balance and strengthening the natural immunity. In addition to that, a customized combination of remedy, medicines, diets and lifestyle recommendations work on the overall problem.

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