EDITORIAL

Ayurveda for Immunity

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The Ayurveda- Traditional medicine is also known as folk medicine, indigenous medicine, Indian system of medicine. The Ayurveda medical care, such as daily regime, lifestyle are being practiced since ancient time. The WHO mentioned that these are helpful in prevention, improvement or treatment of physical and mental illness. In present scenario, human being is affected with number of contagious diseases, allergic diseases, auto-immune diseases, chronic diseases. There is no definitive treatment are available for such diseases. Further, the result of available treatment is not very encouraging. Hence, there is a search for alternative and traditional modalities for the prevention by enhancing the immunity which is safe and cost effective. Most of the diseases are able to affect the human due to their low diseased resistance power (immune compromised person). The term VyadhiKshamatva in Ayurveda has unique importance in regards immunity enhance by preventing the disease.

The Ayurveda aims to protect the body first. In the Ayurveda classics so many common social practice, selection of Satmya Ahara (Suitable diet), knowledge of Viruddhahara Aharar (diet combination-intoxication), Nindra (Proper Sleep), Hasta Pada Prakshalana (hand and foot hygiene): Regular cleanliness of hands and feet in routine activities are supportive to prevent infection. Also some traditional practices includes Lepan (painting inner wall of home with cow dung (Gomay Lepan), Yagya Samskar (offerings made to the Deity Fire) Hawana, Hom, at many sacred occasions that impact to clean the mind, body and atmosphere, mediation, Pranayama, for mental health, rejuvenation drugs described in Ayurveda classics that can helps to enhance the immunity of individuals. The immunity is self disease resistance power that play a key role in disease hindrance. The concept of Oja or Bala mentioned in Ayurveda is indicative of innate immunity. Many methods and herbal drugs are indicated for the enhancement of innate immunity. In Ayurveda Rasayana (Rejuvenation and Immune enhancer) is most suitable for the enhancement of the immunity. Also, many herbs like Guduchi

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(Tinospora cordifolia(Thunb.) Miers), Bala (Sida cordifolia), Amalaki (Emblica Officinalis.Gaertn), Yastimadhu(Glycyrrhiza glabra Linn), Ashwagandha (Withania somnifera(Linn.) Dunal), Gokshura (Tribulus terrestris), Pipali (Piper longum L), as well as medicinal formulations like Chyavanaprasha, Brahmrasayana, Vardhmana Pippali Rasayana etcetera potentially boost the Bala (immunity) of the persons.

The primary aim of Ayurveda is Swasthasya Swasthya Rakshanam (disease preventive and health promotive aspect) through Dinacharya (daily routine regime) Ritucharya (seasonal regime), Ahara-Vihara (diet and life style- daily regimen, seasonal regimen), Pathya- apathy (do’s and dont’s), Sadavritta, (social norms) Rasayana (rejuvenation therapy-immune enhancer therapies) Panchakarma (body purification) etc. It helps to prevent contagious diseases, allergic diseases, auto-immune diseases, chronic diseases, and maintain health of individuals as well as community. Ayurveda can play a profound role in the field of preventive and social medicine through its concepts of Swasthavritta and Rasayana.

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