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Review Article

PREVENTIVE MEASURES OF JANAPADADHWANSA (EPIDEMICS) IN AYURVEDA

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ABSTRACT

Janapadadhwansa is defined in 3rd adhyay of “Vimanasthana in charaksamhita” in Ayurveda.

When people of different Ayu, Bala, Prakruti, Ahar, Deha and Satmya, died all of sudden at a same time it is called as “Janapadadhwansa”. The factors like Vayu, Jala, Desha, and Kala are common in human being and vikruti of these factors cause Janapadadhwansa.

Now a days the epidemics like SWINE FLUE, BIRD FLUE, LEPTOSPIROSIS, CHICKEN GUENIA and the latest one i.e. EBOLA these all can be considered as Janapadadhwansa vyadhi.

The viruses of all above epidemics are also growing because of vikrut Vayu and Jala. It spreads same way as that of explained in Ayurveda.

Preventive Measures: Prevention can be done by,

1. Hetuviparit Chikitsa
2. Vyadhiviparit Chikitsa
3. Rasayan
4. Achara Rasayan

If everybody decides to protect our self and surrounding, we can minimize the consequences due to these epidemics by using simple principles suggested in Ayurveda to make our life healthy and safe.

Keywords: Janapadadhwansa, Vikrut Vayu, Vikrut Jala, Vikrut Kala, Vikrut Desha, Hetuviparit, Vyadhiviparit, Rasayan & Achara rasayan,

INTRODUCTION

In Ayurveda “Janapadadhwansa wyadhis are described in many granthas.

Community of different Ayu, Bala, Prakruti, Ahar, Deha and Satmya, died all of sudden at a same time it is called as “Janapadadhwansa”.

The factors like Vayu, Jala, Desha, and Kala (air, water, place and time) are common in communities and vikruti of these factors cause Janapadadhwansa.

1. Vikrut Vayu (Air): Vayu not in accordance with the season, excessively moist, speedy, harsh, cold, hot, blocking, rough, terribly sounding excessively clashing with each other, whistling and affected with unsuitable smelling, containing fumes, smoke, causes different types of disease.

2. Vikrut Jala (Impure water): Water is said to be vikrut when it is of Vikrut Gandha (Smell), Rasa (Taste), Varna (Colour), Sparsha (Touch), and unpleasing, Virut jala causes the storm like Tsunami, Katrina...etc.

3. Vikrut Desha (Place): It should be known as unwholesome when it's normal rasa (Taste), Varna (Colour), Sparsha (Touch) is too much affected. It contains excessive moisture; it troubled by reptile, violent animal, mosquitoes, flies, rates, vultures...etc. The rivers constantly agitated and over flooded, frequent occurrence of meteorites, thunderbolts, and earth quake. Environment of such place is unhealthy, the water in the area is impure and air is polluted. Hence people are not living peaceful life. This type of place is called as vikrut desha.

4. Vikrut Kala (Time): Time should be known as unwholesome if it is having signs contrary, excessive or deficient to those of the season.

These vikrut four factors cause Janapadadhwanasa wyadhis such description is given in charaksamhita in Vimanasthana 3rd adhyay i.e. "Janapadadhwanasaneeyaviman". This description is given in ayu which is 4000 years old but till today the situation is same.

These vikrut factors causes the epidemics which are of different names like **Chicken Geunia, Swine flu, Bird flu, Leptospirosis and the latest is Ebola virus infection.**

Due to fumes, smoke air get polluted, water gets polluted due to number of impure sources got connected to natural flow of rivers, number of unwanted, rubbish material thrown in river flow. Places are affected due to uncleanness, distraction of plants or greenery and kala is also affected and it has signs contrary deficient to those of the season. In all these vikrut factors viruses of above mention diseases produced and which is resulted into death of many people (JANAPADADHWANSA).

It can be controlled by **Ayurvedic Chikitsa**. It is classified as

1. Hetuviparit Chikitsa:

- a. **Purification of Vayu:** It can be done by burning the dried leaves of Neem, Tulsi, Haridra, Vacha, Guggul, etc. This destroys viruses i.e. "Jeevajantu" in the atmosphere. The tradition of using "dhoop" in the evening is one of the types of purifying the surrounding.
- b. **Purification of Jala:** can be done by using dravyas like Dhanyak (Dhane), Vidanga, Shrutsheet Jala, Shadangodaka...etc. in this process krumighna and mutral dravyas are used so that toxins can throw out of body.
- c. **Purification of place:** Due to distraction of trees, air get polluted and resulted in low rain fall. Plantation of more trees can be one of the remedy on this issue. If everyone contribute in tree plantation, environment will pollution free.

2. Vyadhiviparita Chikitsa: in these cases mainly upper respiratory tract infection occurs. To prevent this we can use Trikatu, Yashtimadhu, Vasa, Kantakari, Guduchi, Bhallataka, Trifala...etc. which are helpful in URI.

3. Rasayan Chikitsa: Wamanadi shodhnoparant rasayan chikitsa can be done to improve immunity i.e. Chyavanprashavaleha, Wardhamana pippali rasayan, Haritaki rasayan... etc. Bala (sida cordifolia), Lahsun (allium sativum), Bhallataka (semicarpus anacardium) can be used as a single drug rasayan chikitsa.

4. Achar Rasayana: Truth fullness, benevolence, charity, offerings, worship of god, observance of nobles conduct, self-protection, residence in healthy places, discourse of religious scriptures, suppuration of impelled urges, non-suppression of suppressible urges should be avoided, diet in accordance with agni, irregular meal should be avoided, complicated body postures should be avoided, over indulgence in sexual intercourse, avoidance of over exertions, narratives of self-controlled grate sages., constant company with religious and those regarded by the elders this is the management for the protection of life.

CONCLUSION

Janapadadhwanasa is a worldwide problem; each country is going through this condition. If everybody decides to protect our surrounding and one self from these epidemics, we can minimize worldwide problem easily with the help of Ayurveda.

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