



## Virus: An Ayurvedic View

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**Received:** August 20, 2018; **Published:** September 10, 2018

### Abstract

We know that all diseases occurs due to virus, bacteria, and fungus. Virus is mostly at top for causes of most of diseases. Description of virus is found in all modern books. If someone is ask that, is there is description of virus in Ayurved? than might everyone will be confused and probable answer is negative.

We all known that Ayurved is not only one pathy but its science of life.as virus is one of the part of life than it must be described in Ayurvedic samhita. We need to take effort to find out its descriptions.

In Ayurvedic view, we can compare virus with an aam. This aam produced virkut rasa dhatu. Ultimately it produced abnormal cell. This cell has abnormal DNA and gens. Protein synthesis occurs in RNA will be abnormal.at last gene which is itself protein molecules will be become abnormal. This genetic material made from abnormal protein is virus.

This review paper is one of the start to think about concept of virus in Ayurvedic view.it will be helpful to combine approach of Ayurved and modern science to think and solve genetic disease.

**Keywords:** Virus; Aam; Pathogen; An Ayurvedic View

### Introduction

Ayurved is science of life in which we will get description of whole universe. How to live healthy to how to fight with any diseases are mentioned in that. In this review research paper will discuss Ayurvedic view on virus.

Life on earth was began nearly 3.5 billion years ago. Various changes occurs on earth from that that time to till present. Evidences show that condition on earth is different than todays. The atmosphere doesn't has oxygen and ozone layers. Harmful radiations and all unfavourable for origin of life, still life starts to developed in such extreme condition [1]. Microorganisms cover a large part of the earth. Microorganisms are microscopic organisms or cell clusters. Microorganisms has major role in maintain of eco systems. at some cases Microorganisms causes serious harm. Bacteria, archaea, fungi, protozoa, algae and virus are types of Microorganisms. Virus is one of the types among that six.

In epidemiology, disease that can a directly attributes to environmental factors is called as environmental disease. Stress, pollution, pathogens, radiations and some chemical present in daily used products are cause of non-hereditary disease [2].

### The concept of Ama

There are many fundamental principles of Ayurveda which are useful to get knowledge of the physio-pathology of the diseases, The concept of Ama is one of them. Maharshi charak said that, knowledge of Sama-Nirama condition is necessary for treatment of disease. According to Ayurved, Ama Dosha are causes of all vhadhi. Agnimandya (vitiation of Agni) produce Ama. We can said that Ama is indigested food particle [3].

In short, we can be said, Agnimandya produces Ama which can compare with toxic substance, which are not capable of nourishing the body but vitiated to the doshas and cause disease [4].

### Swarupa of Ama

- Due to hypo-function of agni Apakwa aahar rasa doesn't absorbed in body as prakruit aahar-rasa. This Apakwa aahar rasa remains stagnate in gastro-intestinal track. It has fermented type of this food particle, which is harmful to our body. In short we can said that Ama act like as a poison in body [5].
- Ama is undigested, unprocessed consisting of heavy, unctuous, liquid, sticky, fibrous material with foul smelling. This Ama is cause of drubalya, debility to body and many disease [6].

### Pathogenesis of Ama

Vagbhat said that, the condition in which the Ama mixed with tridoshas, sapta dhatus as well as Malas spread in whole body, which produce heaviness like symptoms in body called as Sama types of diseases. Doshas and Dushayas get mixed with Ama term as sama [7].

Vitiated doshas mix with dushyas and malas produced all the disease. Ama circulate along with Rasa Dhatu and accumulate in the place where it gets obstructed and become the site of origin of the disease. Ama is 'Nidnaarthakara' things which produce 'Khavaigunya'.

### Discussion

Life evolutions occurs in water from unicellular prokaryotes. The major elements like C, H, O, N, P joined in hot water on earth and become cell. Although its incomplete cell which is called as viroid. In evolution process cover get developed on that. Now this viroid with cover is called as bacterioides. This evolution still going on. In short we can said that, virus formed due to incomplete digestion of CHONP element in hot water [8].

Scientist can recognise virus only when it's connected with living cell. Its proved that virus is abnormal product of cell formation and not come from outside on cell. When indigestion condition occurs in our body, than all consumed elements from food is not digested proper, it's make undigested Ama. This make abnormal aahar rasa called as Ama. This aahar rasa make our cells of body. As aahar rasa is abnormal than produced cells also abnormal. If cell is abnormal

than DNA, GENE and protein synthesis of RNA also abnormal. Due to abnormal protein synthesis nucleic acid also become abnormal. Ultimately gene which is itself protein molecules also become abnormal [9]. This genetic material which is produced from abnormal protein is virus.

If we done lot work on computer and not refresh and problem occurs during saving than dead file or corrupted file produced in computer. If we not delete this corrupted file than its converted into virus [10].

In our body Ama -rasa which is occurs due to Agnimandya is produced abnormal protein/genetic code/genetic material and its virus.

This concept will useful to us to recognize heredity disease. Gene's stimulation is two types - environmental and internal. Environmental is due to life style and internal is due to parental transfer. But in future this environmental stimulation is converted into internal stimulation. Ayurved also said that vhaydhi can occurs with bahya and abhyantar hetu. Krumi is one of the hetu of Ama. Krumi can produce Ama and Ama can produce krumi, Agnimandya can produce aam and aam can produce agnimandya, Same that Ama can produce virus and vice versa.

### Conclusion

Virus is one genetic material without capsid. There are many question in-front of us like Virus is enter in our body from outside or its get generated in our body? Modern science give different theory regarding virus. In Ayurved abnormal aahar rasa called as Ama. This Ama is cause Which turn into virus and other pathogen. This concept will useful to us to recognize heredity disease.

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**Volume 2 Issue 7 October 2018**

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