



## Ayurveda on Disease, Nature and Health

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Ayurveda, the oldest system of health science, is said to have unknown origin, continuous flow in its spread and universal facts. The classics say that, founder of Ayurveda was LORD BRAHMA, the creator of the universe. The initial advice of Ayurveda was of one lakh sloka which came to the earth for human benefit through the wise and expert personalities like Daksha Prajapati, Lord Indra, divine physicians Ashwinikumaras, Bharadwaja, Atreya Punarbasu/Dhanwantari. Founding of Ayurveda was aimed in (1) Prevention of diseases and (2) Cure of the sufferings of the diseased ones.

Ayurveda has given a detail, interesting discussion on the concepts of total health which is concerned with the physical, mental and spiritual balance and well being. Vivid discussion on Anatomy, Physiology, Pathology, Toxicology, Medicine, Surgery, ENT, Gynaecology and Obstetrics, Paediatrics, Social and Preventive Medicine reflects the wisdom, experience, research and dedication of the ancient Indian scholars of health science. Initially Charaka and Susruta, who are basically of experts on Medicine (Kayachikitsa) and Surgery (Shalyatantra) respectively have branched Ayurveda as (1) Kayachikitsa (medicine), (2) Shalyatantra (Surgery), (3) Shalakyatantra (eye and ENT), (4) Agadatantra (Toxicology), (5) Bhutavidya (Virology/Bacteriology), (6) Balaroga (Paediatrics), (7) Rasayana (Rejuvenation therapy) and (8) Bajikarana (Aphrodisiac therapy). These 8 branches are dealing with all the spheres of health.

Ayurvedic scholars start their discussion on the human body with the concept of the 3 basic factors that govern the activities of the nature viz. Sun, Moon and Air. In the nature, Sun is the source of heat energy, Moon is the cooling energy and air is the energy to cause mobility basically. Keeping the similarity with these three natural factors Ayurvedic scholars have identified 3 basic elements to govern the structural and functional integrity of the human body. They are – Vata – the component of the body that contributes in framing the structures of the body like bones and maintains the shape of the hollow organs. Functionally it is responsible for all types of seen and unseen movements that occur continuously including blood circulation, lymphatic circulation, functions of the heart, lungs etc. including the movements governed by the nervous system which is closely comparable with the natural air. Pitta - The responsibility of regularisation of the body temperature, digestion, production of energy etc. are conducted by another factor which is named as Pitta and it is compared with the Sun in the nature as it acts as the source of heat and energy. Kafa - Moon gives cool light which produces strength and beauty. Kafa is said to be as the Moon in the nature and all functions of this component is described in favour of the energy, beauty, lustre, resistance etc. Even in some references it is said as the OJA, which as per the Ayurvedic scholars, is the vitality and basic of resistance.

Charaka and Susruta are the chief advisors of Ayurveda and their literary contributions Charaka Samhita and Susruta Samhita are the constitutions of Ayurveda. Though in broad sense it is said that,

Charaka Samhita basically deals with Medicine whereas Susruta Samhita with Surgery then also the width of the area of study and research of these two eminent scholars can not be denied. They have covered the whole sphere of health with the aim to educate not only the physicians but also general public with the rules of prevention and cure of diseases. Diets for healthy and diseased persons, behaviours beneficial for individual health, social responsibilities of an individual, preservation of environment, rules of excretion, factors that help to build personality, behavioural rules to maintain friendship and social relationship, advice to attain health etc. are the interesting and important features of these two books.

It is also to be noted that, a good number of diseases are discussed in detail with special reference to their aetiopathogenesis (nidana), signs-symptoms (rupa), prognosis (sadhya-sadhyata), treatment (chikitsa) etc. A detail and rich discussion on the medical ethics, though available in scattered manner, is another valuable ornament of the Ayurvedic Samhitas. Rasayana and Bajikaran are another two special concepts of Ayurvedic scholars.

Study of Charaka and Susruta Samhita reveals that, they kept the base of life as the nature. As per the concept "human body follows the nature in all aspects. Sun, Moon and Air in the nature are the maintaining force of the nature, like that, Pitta, Kafa and Vata are responsible for individual life. Whatever may be the disease it always occurs due to deviation of these 3 factors from the balanced state. Hence, the sole and main mantra to remain healthy keeping diseases away can be framed as - to remain under the natural rules".

Let us all give effort to honour and preserve the nature and follow it's rules.