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Critical appraisal of immunity in Ayurveda

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Abstract

During certain conditions, or due to certain factors, even unwholesome food does not produce diseases immediately. All unwholesome food articles are not equally harmful, all dosas are not equally powerful, and all persons are not capable of resisting diseases. The human immune system has evolved over millions of years from both invertebrate and vertebrate organisms to develop sophisticated defense mechanisms to protect the host from microbes and their virulence factors. The normal immune system has three key properties: a highly diverse repertoire of antigen receptors that enables recognition of a nearly infinite range of pathogens; immune memory, to mount rapid recall immune responses; and immunologic tolerance, to avoid immune damage to normal self-tissues. From invertebrates, humans have inherited the innate immune system, an ancient defense system that uses germ line–encoded proteins to recognize pathogens. According to Ayurveda immunity depends on ojas, equilibrium state of kapha and udana vata. There are two terminologies used in Ayurveda to discuss about the concept of vyadhiksamatwa (immunity) namely Ojas and bala. Diseases of immune system arise due to disturbance in ojas, kapha, bala and udanavata.

Aims and Objectives

Justification for the different status of immunity in parlance to modern immunity

1. Apathy ahara (Unwholesome food) is causing diseases in all individuals- All unwholesome food articles are not equally harmful
2. Role of doshas in the determination of immune status- all dosas are not equally powerful
3. All persons are not capable of resisting diseases because Immune status differs due to certain reasons

Materials and methods

Justification for the different status of immunity

Apathy ahara (Unwholesome food) is causing diseases in all individuals- All unwholesome food articles are not equally harmful

Unwholesome food substances become more harmful depending upon the nature of the locality, time, combination, potency and excessive quantity.

Role of doshas in the determination of immune status- all dosas are not equally powerful

The dosas are exceedingly painful, acute and difficult to cure during their multiple combinations, if they require mutually contradictory therapies, if they are deep seated i.e. deeper dhatu like majja etc. are involved in the pathogenesis of disease. If disease is chronic it become very difficult to cure because they are deep seated and gives displeasure and disease becomes incurable. If dasha pranayatana are involved in the disease process along with other vital organs like hridaya etc, then disease become difficult to cure. If vital organs afflicted, then disease become difficult to cure. If disease manifest instantaneously indicates disease become very difficult to cure.

All persons are not capable of resisting diseases because Immune status differs due to certain reasons-

Over obese individual; over emaciated person; whose muscles and blood are diminished markedly; debilitated person; one who consumes unwholesome food; one who consumes less amount of food; whose mental faculties are weak; on the other hand, individuals having opposite type of physical constitution are capable of resisting diseases.

Ojas is the essence of saptadhatu and it is the seat for strength.

Dhatugrahana refers to dhatuvaha srotas. It is also called ojovaha srotas as stated by Cakrapani. Ojas is the essence of saptadhatu and it is the mala of shukra. During the process of paka two things are observed i.e. mala and sara. Mala is the malarupi ojas & sara is the garbha.If astabindu quantity ojas (para ojas) decreases then person will die. On the contrary if ardhanjali (apara ojas) ojas decreases or vitiated manifest 3 kinds of abnormalities i.e. ojahakshaya, ojo vyapat and ojovisramsa. But person may die due to ardhanjali ojokshaya also.

Conclusion

The human immune system has evolved over millions of years from both invertebrate and vertebrate organisms to develop sophisticated defense mechanisms to protect the host from microbes and their virulence factors. The normal immune system has three key properties: a highly diverse repertoire of antigen receptors that enables recognition of a nearly infinite range of pathogens; immune memory, to mount rapid recall immune responses; and immunologic tolerance, to avoid immune damage to normal self-tissues. Resistance to diseases or immunity against diseases is of two kinds i.e. the one which attenuate the manifested disease and other variety prevents the manifestation of diseases .This paper critically discuss the ayurvedic approach to immunopathology.

Biography

Byadgi P S is working as a teacher in the area of Roga Nidan(Ayurvedic diagnostics) since 11 years. Byadgi began his teaching since 2000 and has been writing books and publishing many articles.Having expertise in research related to rogi-roga pariksha(clinical examination tools) and their applied aspect; clinico-etiopathological studies of diseases in relevance to present clinical knowledge; studies of prakriti, genes and their correlation to Diabetes Mellitus and a scientific approach to fundamental principles of Ayurveda. Byadgi earned BAMS degree in the year 1995 from Karnataka University, Dharwad and completed internship from Ayurveda Mahavidhyalaya, Hubli in the year 1997 and joined M.D (Ay.) RogaVijnan & Vikriti Vijnan in the year 1997 and completed post graduate degree from Calcutta University in the year 2000 and later joined for Ph.D in Kayacikitsa in the year 2001 and completed post doctor degree from Banaras Hindu University in the year 2003. Dr.Byadgi did his post graduate work on Amavata(Rheumatod Arthritis) and post doctor research on leishmaniasis both at BHU and CDRI, Lucknow. Advisory board member for International Journal of Research in Ayurveda & Pharmacy and serving as an editorial board member of reputed journals-- Journal of AYUSH: Ayurveda, Yoga, Unani, Siddha and Homeopathy (STM journals), Journal of Medical Science & Technology (STM journals), A Journal of Medicine (STM journals) and AMERICAN JOURNAL OF RESEARCH IN BIOLOGY -AN INTERNATIONAL OPEN ACCESS JOURNAL. Reviewer for articles published in JAIM, AYU and STM journals. Delivered guest lecture in CME /RoTP/conferences/seminars/colleges and participated as Chairman/co-Chairman/Rapporteur/Observer/Evaluator/Discussant/Programme Convener/Dy.cordinator in various conferences/meetings/congress. Life membership for AAPI, Indian academy of yoga. Dr.Byadgi published 47 papers and 13 full papers in seminar proceedings. He also published 5 books and wrote 2 chapters in a book and contributed significantly for MD scholars research work as a supervisor as well as co-supervisor and guided them to publish their work in reputed journals. . Presently working on relationship between Genes, Prakriti and diseases and their role in diagnosis and treatment. Effort is continuing to provide scientific explanation to fundamental principles of Roga Nidan. Dr.Byadgi P S lives in BHU, Varanasi.