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Random withdrawl - Knocking allergies a cross-sectional study w.s.r to ritusandhi

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Abstract

Epidemic of allergic diseases is spreading its dreadful arms all over the world. Increasing incidences of allergy in the present population is a matter of global concern. Every third person is allergic to one substance or another. It has been proposed that there is a global epidemic of allergic diseases which is likely to be a consequence of the changing environment superimposed on a range of genetic susceptibilities. The great sages were well acquainted with the atmospheric changes resulting in different seasons and the specified measures to get acclimatization into those seasons regarding lifestyle. Ayurveda being an ancient and natural science of life showcases the significant but regularly ignored aspect of the present lifestyle regarding following of the specified regimens of six seasons in India and then gradually tapering it off in the Ritusandhi period and then gradually adopting the succeeding Ritu regimens in the same period of fifteen days. Ritusandhi is defined as the conjunction period of proceeding and succeeding seasons. Acharya Vagbhat has introduced with the grave consequences of non- following of this method of gradual withdrawl and adoption resulting in the form of Asatmyja diseases. A cross sectional study was conducted on thousand sample study population to trace the incidences of allergic diseases in Ritusandhi period and their mode of lifestyle in the respective period. As per the hypothesis 75% volunteers were found diseased during the Ritusandhi period and among those 50% were found suffering with allergic diseases. Data of diseased population was found quite much proportionate to the random withdrawl and adoption seasonal regimens.

Biography

Dr. Nisha Gupta has completed his MD (Samhita) in 1999 from Rajasthan University and Ph,D (Ayu) studies from DSRRAU Jodhpur. She is the Assistant Prof. in the Dept. of Basic Principles of Ayurveda, NIA, an apex institute of the Department of AYUSH, Ministry of Health and Family Welfare, Govt. Of India. She has published more than 30 papers in reputed journals and has been serving in Research, teaching and clinical activities of Institute.