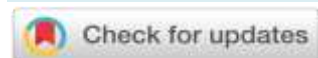


**AIDS –AN AYURVEDIC VIEW AND ITS MANAGEMENT THROUGH AYURVEDA****Purnima Bharti<sup>1</sup>, Bharati Kumari<sup>2</sup>, Arti Kumari<sup>3</sup>, Priyanka Priya<sup>4</sup>, Amarendra Kumar Singh<sup>5</sup>**<sup>1</sup>2<sup>nd</sup> year MD Scholar, Rog Nidana evam Vikriti Vigyana. <sup>2</sup>2<sup>nd</sup> year MD Scholar, Dravyaguna<sup>3</sup>2<sup>nd</sup> year MD Scholar, Rasa Shashtra, <sup>4</sup>1st year MD Scholar, Shalya tantra<sup>5</sup>Guide & MD. (Ayu)Vikriti Vigyana, Ph.D. Associate Professor Dept of Rog Nidana evam Vikriti vigyana, GACH Patna 800003.**Corresponding Author:** [purnimabharti3112@gmail.com](mailto:purnimabharti3112@gmail.com)<https://doi.org/10.46607/iamj2810102022>**(Published Online: October 2022)****Open Access**

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**Article Received:** 14/09/2022 - **Peer Reviewed:** 08/10/2022 - **Accepted for Publication:** 11/10/2022**ABSTRACT**

AIDS is presently assuming global importance as its wings spread far and wide, aids are the most dreaded modern disease which has spread over almost the entire world. Ayurveda is a science of life that teaches us disease management and the art of living also. it is difficult to directly interlink AIDS and Ayurveda because the word aids are not found in Ayurvedic texts, but Ayurveda has long back considered the difficulty in naming each and every disease in this large world. In *samhitas* we can find AIDS in a different form, *Acharya Charaka* said that the one who cannot label a disorder with some name should not feel ashamed because all disorders have no established footing by name the reason. the reason is that the same vitiated *Dosha* causes various disorders according to variation in etiology and location hence one should treat a disorder by keeping in mind the specific nature of the disease, its place, and its mode of occurrence from the concept [ *Vata Pitta Kapha*]. It is clear that the name of the disease is not as important as the correct diagnosis and therapy. According to texts it can be regarded that the name aids is not seen in ayurvedic *samhitas*, but similar conditions described in Ayurveda known as '*pratiloma Dhatukhsaya*' arising from STD stimulants AIDS. This works looks into the theoretical aspect of management and study of AIDS-related conditions as told in the *samhitas*.

**Keywords:** AIDS, *Pratiloma Dhatukhsaya*, STD, Immunity, *Ojakshaya*

## INTRODUCTION

AIDS is one such disease in which the Human Immunodeficiency Virus is a causative factor leading to weak immunity power and no longer efficiency to fight against the disease. AIDS/HIV in Ayurveda considered as *Ojakhasaya* means the loss of vital energy or immunity. The symptoms, signs, and causative factors (*Nidana*) and the treatment aspect has been described in many ayurvedic samhitas like *Charaka samhita*, *Shushruta samhita*, *Chakradutta*, etc. We all know about doshas vata, pitta, and kapha which is the pillar of our body. if *dosha* is vitiated it creates different disorders at different places in the body according to different causative factors which are mentioned in texts. one should treat a disorder by keeping in mind the specific nature of the disease its place and its mode of occurrence (1) According to *Charaka* it is clear that the name of the disease is not so important as correct diagnosis and therapy .accordingly it can be regarded that though the name of AIDS is not seen in ayurvedic texts, similar conditions described in Ayurveda, known as *Pratiloma kshaya* arising from sexually transmitted disease stimulates AIDS(2).

### CAUSES OF DISEASE: -

According to *Bhavprakash* disorders like Gonorrhea and vitiation of *Vata* cause derangement of the generative system caused by abnormal sexual intercourse like homosexuality or intercourse with an infected vagina(3). Here we can correlate, the cause of AIDS *Pratilomadhatukhasya* by vitiated vata dosha due to abnormal sex (oral sex homosexuality) or sex with women whose vagina is already infected by STD (4) Now we well know that aids is transmitted by infection of HIV virus and is also caused from an infected mother to child during childbirth through the infected vagina or from infected women to a man through sexual intercourse. *Charak* also mentioned *Ativichestitaihi Dhatunam Samskshayata* (5) means due to abnormal deeds like excessive coitus, abnormal sex, and wasting of *Dhatu*s, all the *Dhatu*s get emaciated. Later on, *dehe strotansi riktani*.... (6). means *vayu* gets aggravated by abnormal deeds and feeling up the vacant channels

in the body(*dhatu*s) produces various disorders pertaining to the entire body or one of the parts. In short, ayurveda regards that the cause of *pratilomakhasaya* (AIDS) is the vitiation of *vata*dosha due to various abnormal deeds including abnormal sex.

### PROGNOSIS OF DISEASE: -

details. According to him, all three provoked *Doshas* to get circulated throughout the body and when they enter various *Sharira Sandhis*, they affect the *Siras of Sandhis* leading to obstruction of the orifices of *Srotamsi*, resulting in the dilatation of the *Srotamsi*. Thereafter these *Doshas* move upwards, downwards, and obliquely and produce various symptoms depending upon their localization (,7). The emaciation of different *Acharya Charaka* and *Sushruta* have mentioned two probable ways of manifestation of the disease viz. *Anuloma Kshaya* and *Pratiloma Kshaya*. Indulgence of etiological factors leads to *Dosha* provocation which gets spread all over the body. Out of these *Dosha*, the dominated *Kapha Dosha* obstructs the *Srotamsi* specially *Rasavaha Srotas* leading to malnutrition of further *Dhatu*s and hence *Shosha*. *Acharya Vagbhata* has described the process of obstruction in the *Srotamsi* with some more *dhatu*s called *dhatukhasaya*, here the emaciation of *dhatu* starts in a *pratiloma* (reverse) order from the last seventh *shukra dhatu* hence this type disease called *pratiloma dhatukhasaya*(8). *Acharya Charaka* said *Shukram ojasaya hiyate* means *shukra* and *oja* which is the extracts of all the *dhatu*s are emaciated and such emaciation of *dhatu*s is fatal which is *khshayat pranakhshayapradam*. (9) now according to this concept, we well know that it aids patients in wasting and emaciation of *Dhatu*s and it leads to different complications and ultimately death of the infected patient. According to modern Acquired immune deficiency syndrome is caused by the human immune deficiency virus (HIV-1). A similar but less aggressive illness is caused by HIV-2 and is restricted to western Africa. By genomic study, it has been confirmed that both viruses originated from the Simian immune deficiency virus which was

introduced into a human in early 1930. Immune deficiency is a consequence of continuous high-level HIV replication leading to virus and immune-mediated destruction of CD4 lymphocytes a key effector in the immune system.

### MODE OF TRANSMISSION

HIV is present in the blood, semen, and other body fluid like breast milk, and saliva. Exposer to infected fluid leads to a risk of acquiring infection which is dependent on - (a) the integrity of the exposed site, (b) the type and volume of body fluid, and (c) the viral load of the infected fluid. (10)

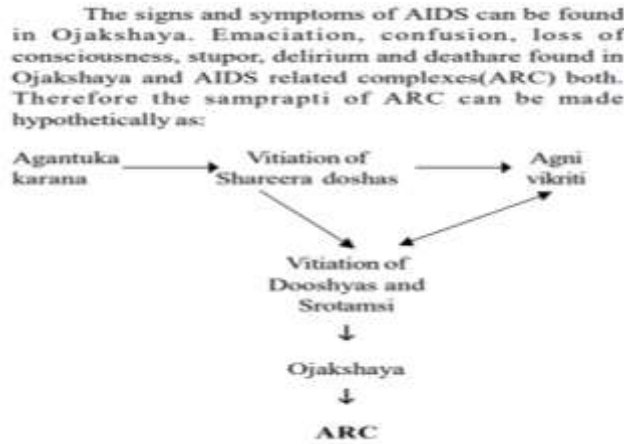
The major mode of transmission is (in our country):

- (a) Sexual contact > 85%.
- (b) Parenteral transmission - Blood or blood product recipient.
- Injection drug users.
- Occupational injury.

(c) Vertical transmission from mother to child.

### SIGNS AND SYMPTOMS

Ayurveda states that eleven signs and symptoms i.e Cough, Pain in chest and shoulder, Fever, Hoarseness of voice, Headache, Chest pain, Dyspnoea, Diarrhoea, Anorexia, Mucoid sputum vomiting, occur due to *Dhatukashaya* or emaciation of *Dhatu*s, there is a similarity between the above mentioned ayurvedic sign and symptoms complex in *Pratiloma dhatukshaya* and AIDS, more or less the same sign and symptom mention in AIDS also. According to Ayurveda *Pratilomakshaya* is fatal i.e *Kshayat pranakshayapradam* (11) because of *Dhatukshaya* death occurs, in the present scenario AIDS is 100% fatal.



Ref fig 1. (12)

क्षयात् प्राणक्षयप्रदम् च.चि.८/२७. (13)

Therapeutics need to be found to maintain the immune system of the body of the person suffering from HIV/AIDS. Rasayana drugs are considered to play a vital role in improving the immune system of the body, that way it may be helpful to promote the health of the person suffering from AIDS.

AIDS is fatal and *dhatukshaya* disease so here we give some therapy for relief of symptoms and complications is suggested. The basic treatment is applied here i.e

समानेन समानस्य वृद्धिः भवति । विपर्ययेण विपर्ययः ॥ वाग्भट सूत्रस्थान १०(14)

This means equal things increase equal qualities and the opposite ones decrease the opposite according to the above shloka in *pratiloma dhatukhasaya*, basically emaciation of the *shukra dhatu* and occurs oja and then there is reverse emaciation of all the other *dhatu*s; so according this to *Yogratnakar*

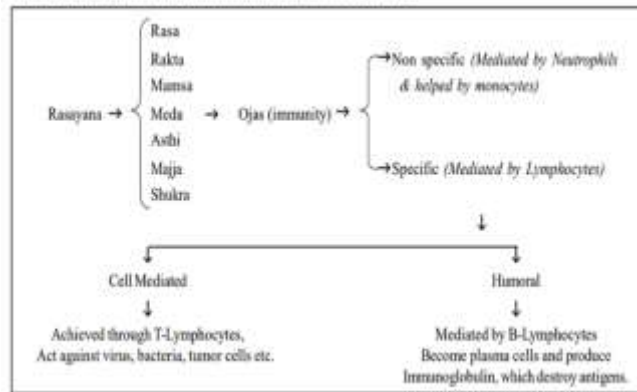
1. Cow's milk (सद्यः शुक्रकरं पयः । भावप्रकाश) (15)
2. Mutton extract: -mutton extract increase the strength of our muscular tissue and increases body weight
3. Ghee धृतं रसायनं । ओजः तेजोवृत् । बलायुष्यप्रदं । भावप्रकाश घृतवर्ग! (16)

4. life promoting drugs should be given: -products like Amalaki, Madhuka, Shatavari, and Ashwagandha are helpful in Pratiloma dhatukhashya.
5. Vangabhaqshma, it nourishes the Dhatu and cures emaciation of dhatus. •) धातुस्थौलयकरं क्षयी क्षयहरम् भावप्रकाश (16).
6. Should also smell of sweet, scented flower-buds, according to shloka.

Here the therapy suggested by Yogratnakara aims in increasing the resistance of the body and achieving weight gain. once basically this is achieved the complication can be relieved and decreased.

7. The disease is as mentioned, produced due to the infection of HIV, which has the ability to destroy the T-helper cells that play an important role to maintain the immunity of the body. After the infection with the HIV virus, the person gradually loses his immunity, as a result of which other opportunistic pathogenic organisms affect the person and gradually the health deteriorates, and ultimately, he dies with one of the manifestations. Therapeutics need to be found to maintain the immune system of the body of the person suffering from HIV/AIDS. *Rasayana* drugs are considered to play a vital role in improving the immune system of the body, that way it may be helpful to promote the health of the person suffering from AIDS. (18)

CHART NO. 1 : HYPOTHESIS DEPICTING RELATION OF RASAYANA AND OJAS :



Ref fig 2. (19)

Contraindications for *Vajikarana* preparations- *Acharya* has framed a few rules for the consumption of *Vajikarana* preparations.

- These preparations have to be consumed by “*Jitendriya purush*” (the man who has complete control of his senses and de- sires). If *Vajikarana* preparations are consumed by “*Ajitendriya purush*” (the man who has lost control over his senses and desire), he may prove harmful to society. (20)
- Before 16 years of aged people are unfit for sexual acts as in younger boys’ the formation of *Dhatus* (tissues) especially *Shukra* is not complete. The age of 16 years is at which *shukra dhātu abhi*

*Vyakti* takes place, whereas by the age of 25 years *Shukra dhātu* reaches its *pari Purna vastha*.

- After 70 years of age, a person is unfit for sexual acts. Because in aged persons there will be *Dhatu kshaya* (deterioration of tissues) due to old age. (21)
  - Evil-minded people or people with bad intentions.
  - Traumatic and hereditary impotence.
8. Panchgavya gomutra Advantages: Starting treatment of HIV at the right time prevents infected people from spreading or developing aids. Continuous treatment can reduce inflammation which in turn helps to protect our systemic organs. Treatment reduces, anxiety and

depression things, etc, And the best part of treatment is that it helps to improve quality of life. CCRAS research wings of Ayush was researched on herbs for its AIDS activities as per modern science, these herbal extract which has established AIDS-reviving properties are processed with with Cow Urine (*Gomutra*) in an ultra-modern Ayurvedic pharmaceutical industry. (22) Cow Urine (*Gomutra*) has been researched and patented for its ability to improve the efficacy and absorption of drugs of modern medicine (allopathy) and herbal extract. Hence our Ayurveda medicines made of Cow Urine (*Gomutra*) and herbal extracts are effective for HIV/AIDS Diseases (23)

9. Ayurveda, HIV can be correlated to *Ksaya* or *Oja Ksaya*, the loss and consumption of vital energy. “*Ksaya*,” is most commonly associated with tuberculosis, it is characterized as an end-stage respiratory condition with all three *Doshas* vitiated. Any disease that is not properly treated can result in this condition and is considered, *Rajyakshma*, “king of diseases.” [24] In the Ayurvedic Encyclopedia, Swami Sadashiva Tirtha writes, “In an ancient Ayurvedic text, Madhava Nidan, written around 700 A.D., the author, Madhavakara foretells a disease that will come to India. From its description, we know it as HIV/AIDS. Its cure was said to be *Shilajit*.” [25]

*Shirodhara* is effective in calming the mind, relaxing the nerves and immune system, and providing individuals with a profound state of rest. Deep-seated stressors can be released via this treatment. [26]. A mantra is a sacred sound. On an esoteric level, it is the sound or vibration pattern behind the universe itself. [27] Connecting to this sound vibration puts one in harmony with the universe and unlimited potentiality. It connects the individual with the sound vibrations available to awaken the internal pharmacy of healing.

#### AIM AND OBJECTIVES

To understand AIDS and HIV in general for causative factors, preventions, precautions, and management. To co-relate the importance of vital

aspects of the line of management for awareness and prevention of HIV and AIDS in young society. To realize the scope of ayurvedic medicine advertisement through media and medicine. And last is providing awareness and free from myth and rumors.

#### MATERIAL AND METHOD

For information regarding HIV and AIDS, Articles and the internet are referred to. For the literary material which includes references to *vajikarana milk ghril Shilajit* etc collectors through ayurvedic text mainly *Shushruta Vagabhatta charak* etc.

#### CONCLUSION

AIDS is the disease of *Ojakhasaya* at different levels is the main *samprapti*, responsible for the disease, cow milk is the best and immediately increases *Shukra Dhatu*, and nourishes all other *Dhatu*s, and the entire body, mutton extract of *Mamsarasa* increases the strength of our *mamsha dhatu* and increases body with *ghee (Ajya)*, ghee is most nutritive, anabolic and acrimature. it increases *oja*, and *strength (bala)*, and also it is life-promoting (*Jeevaniya*), life propagative. herbal drugs, *Vangabhasma Shilajit* nourishes *dhatu* and cures emaciation of *dhatu*s. Apart from direct references related to *Vajikarana*; references related to *Sadvrutta* (28) (ideal behavior pattern or restrictions) should be studied, followed, and frequently hammered upon the young generation. This would prevent all human beings from mis- concepts & misbehavior in society. To increase alertness and awareness in society, all the *Vaidyas* should come forward. Simultaneously efforts should be done in the direction to reduce and stop the advertisements which provoke the common man for getting attracted to abundant sex. Following ideal *Aahara* and *Vihar* along with *Sadvrutta* according to Ayurveda can prevent major incidences of HIV infection & AIDS as well as any other kind of illnesses (.29)

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