

**VYADHIKSHAMATWA - CRITICAL UNDERSTANDING****S Deepika<sup>1</sup>, N R Navoday Raju<sup>2</sup>, Kulkarni Pratibha<sup>3</sup>**<sup>1,2</sup>P.G.Scholar, <sup>3</sup>Associate Professor and Head, Department of Shareera Kriya  
Sri Dharmasthala Manjunatheshwara College of Ayurveda & Hospital, Hassan,  
Karnataka, India**ABSTRACT**

*Ayurveda* is the science of positive health aiming at maintenance of health of the healthy and treating the diseased. *Swasthyam* (Homeostasis) refers to a state where all physiological entities are in harmonious condition and performing their normal functions. Derangement in this physiological entities leads to diseases. It can be evidentially noticed that, even after multiple exposures with various etiological factors few individuals are capable of tolerating the severity of etiology and will not become a victim for any diseases or a disease in specific. The entity which is acting as a protecting force behind individual's health is *Vyadhikshamatwa*. The concept of *Vyadhikshamatwa*, can be better understood by using different other concepts of *Ayurveda* like *Balam*, *BalavridhikaraBhavas*, *Ojas*, *VikaravighataBhavas*, and also it can be probable correlate with Immunity of contemporary science.

**Keywords:** *Vyadhikshamatwa*, *Immunity*, *Balam*, *Balavridhikara Bhavas*.

**INTRODUCTION**

*Ayurveda* is the science of positive health aiming at maintenance of health of the healthy and treating the diseased<sup>1</sup>. *Swasthyam* (Homeostasis) refers to a state where all physiological entities i.e. *Dosha*, *Agni*, *Dhatu*, *Mala* and including mind, which are in harmonious condition and could able to carry out their normal physiological functions in the body<sup>2</sup> and their vitiation causes condition called *Vyadhi*<sup>3</sup>. Individual's varied tolerance capacity from different diseases even after multiple exposures can be attributed to a concept called *Vyadhikshamatwa*<sup>4</sup>, which is a variable entity with person, place and time.

Immunity is defined as a resistance of a body to the effects of a deleterious agent such as a pathogenic microorganism

or an antigen<sup>5</sup>. It is having broad function like defence against microorganisms, homeostasis, removal of damaged or effected cells etc. So it is nothing but a power to resist and overcome the factors which brings about diseases. By considering this we can probably correlate concept of *Vyadhikshamatwa* with Immunity of contemporary science.

For understanding the concept of *Vyadhikshamatwa* we get very limited references. Here an attempt is being made for the better understanding of this concept by utilizing different other concepts.

**MATERIALS AND METHODS**

The *Bruhat Trayi* were scrutinised regarding the references for the concept of *Vyadhikshamatwa*. Later, physiological

aspects were studied from modern physiology books. Later, supportive correlation was done between Ayurvedic and modern views to build valid and reliable hypothesis regarding the Vyadhikshamatwa and immunity.

#### AIMS AND OBJECTIVES:

1. To understand broad concept of Vyadhikshamatwa taking the support of other related concepts.
2. To make probable correlation of concept of Vyadhikshamatwa with Immunity.

#### LITERATURE REVIEW

The word 'Vyadhikshamatwa' composed of two words: Vyadhi – non equilibrium state of physiological entities and Kshamatva means to be patient, to keep quiet or to resist. Vyadhikshamatwa is defined as

1. VyadhiBalam Virodhitwa i.e strength to arrest the progress of disease i.e. Improving the strength against a specific disease, what that can be achieved by Naimittika Rasayana.
2. Vyadyutpadaka Pratibandhaktwam as resisting power of the body is competent enough to arrest the occurrence & reoccurrence of disease<sup>5</sup>.

Multidimensional aspect of Vyadhikshamatwa can be understood with the help of synonyms used in one or other aspect like 1. Vikaravighatabhava, 2. Bala, 3. Ojas.

1. Vikaravighatabhava means when the resistance power of the body is sufficiently strong enough to destroy the cause, there will be no manifestation of diseases<sup>6</sup>.
2. Balam – is only power that controls Doshas or Rogas(disease).<sup>7</sup>

3. Ojas is the final and excellent essence of Dhatus beginning with Rasa & ending in with Shukra. It is also called as Balam<sup>8</sup>.

**Balam:** It is strength, which is required to do physical activities, to counteract and surpass through various diseases and their fatal effects. This is dependent factor on all physiological entities along with Prakriti. So it is called as Adhistana (base) for Arogya (health)<sup>9</sup>.

Balam is categorised into 3 types like Sahaja Balam which is the inborn inherited strength of an individual to do physical activity and to resist against diseases. Kalaja Balam is the acquired strength of an individual with seasonal influence, age factor and time. And Yuktikruta Balam as the strength acquired by proper observance of Sarvarasatmya Ahara, Mamsa (Non-veg) and Sarpi (ghee) etc., dietetics. It also depends on relaxation, exercise and using of the Rasayanadravyas<sup>10</sup>.

**BalaVruddikarabhavas:** These are the factors having influence on Balam. Birth in a place where people are naturally strong, Birth at a time when people naturally gain strength, Favorable disposition of time, Excellence of the qualities of the sperm and the ovum, ingested food, physique, and mind, Favorable disposition of the race and species, Exercise, Cheerful disposition during sexual indulgence<sup>11</sup>.

**Immunity:** Immunity is defined as the capacity of the body to resist pathogenic agents. It is the ability of body to resist the entry of different types of foreign bodies like bacteria, virus, toxic substances etc.

It is of two types:

- I. Innate immunity/ natural / non-specific immunity: it is the inborn capacity of the body to resist pathogens. By chance, if

the organisms enter the body, innate immunity eliminates them before the development of any disease.

- II. Acquired immunity / specific immunity: is the resistance developed in the body against any specific foreign body like bacteria, viruses, toxins, vaccines or transplanted tissues<sup>12</sup>.

## DISCUSSION

### 1. Vyadhikshamatwa – Vikaravighata Bhavas, Ojas and Balam,

The *Bhavas* that create the defensive mechanisms against diseases are called as *Vikara Vighata Bhavas*. *Balam* is multidimensional functional identity of body; it is the output state of equilibrium of *Dosha, Dhatu* and *Mala* in our body. It is an inherent variable depends on *Prakriti*. Depending upon its functions it can be studied in 2 aspects. 1. *Vyayamashakti* 2. *Vyadhikshamatwa Shakti*. As *Balam* is the outcome of *Ojas*, it can be considered as *Karya* (effect) and *Ojas* as *Karana* (cause). So *Vyadhikshamatwa* is a type of *Balam*.

### Factors regulate Vyadhikshamatwa

Following of *Ojo/Balamvriddhikarabhava, Trayopastham bha (Ahara, Nidra & Brahmacharya), Sadvritta, Dincharya and Ritucharya, Rasayana yoga, Agnirakshana, Kaale Samshodhana, Balya Oushadhi Sevana Achara Rasayan, Jatakarmaadi Samskara. Avoidence of Ojokshayakarabhava, Vegadharana (suppressing natural urges), Dharaneeyavega (negative emotions), Ekarasabhyasa (habituated to specific food).*

### 2. Vyadhikshamatwa – Immunity:

*Vyadhikshamatwa* is the word having broad meaning in curative and preventive aspects. Immunity is a defensive mechanism of the body against diseases and also it is

helpful as a health promoting aid. So immunity can be brought under the heading of *Vyadhikshamatwa*.

Innate or Inborn immunity can be compared with *Sahaja Balam*. For example Feline destemper is a species (effects cats only not any other species)<sup>13</sup> specific disease and plasmodium falciparum is racial specific disease (will not affect Africans)<sup>14</sup>.

In gastro intestinal tract Lysozyme present in saliva destroys bacteria. Enzymes in digestive juices & acid in stomach destroy toxic substance or entry of organisms through food, in respiratory system Neutrophils, Lymphocytes, Macrophages & Natural killer cells present in lungs act against bacteria & virus<sup>15</sup> which can be compared to *Vikaravighata Bhavas*, factors responsible for cessation of production of diseases(*SahajaBalam*).

Acquired immunity can be compared with *Yuktikrita Balam*. For example after taking *Rasayana Yogas (Samskaras* like *Swarnaprashana, Jatakarma, KarnaVedhana, Phala, Annaprashana* etc) person will acquire immunity towards different disorders.

### 3. Balavriddhikarabhava - Immunity

- According to *Desha, Balam* of individual's varies<sup>16</sup>. For example North Indians are stronger than south Indians. *Kaala* refers to seasons and age. *Kaala* i.e. season will have its own influence over *Balam*. For example, in *Adaana Kaala* persons will be having good *Balam* compared to *Visarga Kaala*<sup>17</sup>. *Kaala* i.e. age, young individuals will be having good strength and stamina compared to old people. Person with pleased state of mind are comparatively less prone to psychological as well as

somatic diseases. Even researchers also have discovered the close association and interdependency of emotions and immune system<sup>18</sup>. It is even evident with peaceful aged people.

- Ayurveda has explained hereditary cause as one among the common reasons for occurrence of diseases. So quality of progeny depends on quality of sperm and ovum. This can be supported by example of Hashimoto's thyroiditis where abnormalities of X chromosomes lead to production of Thyroid auto antibodies and also auto reactive T cells resulting in the disease in progeny<sup>19</sup>.
- Nutritive balanced diet increases *Balam* (strength) due to development and nourishment of normal healthy body elements. So *Ahara* (diet) also play as an important role in increasing *Balam* of an individual. Impaired immune responses are generally seen in nutrient deficiencies. For example in Protein energy malnutrition decline in cell-mediated immunity is observed due to reduction in helper T cells and CD4<sup>+</sup> cells<sup>20</sup>.
- *Ayurveda* has emphasized normal quantity and quality of body elements. So individual possessing this *Prakruta Pramana* of *Shareera* will possess *Uttamabalam*. This can be supported by the instance like altered immune responses are seen in obesity. Altered level of some micronutrients, lipids & hormones leads to these immunological changes. Studies conducted over obese subject and animals reveal that alteration in immune responses has been observed including cytotoxicity, NK activity & ability of phagocytes to kill ingested

bacteria & fungi<sup>21</sup>. Mental health leads to physical health. Mind and nervous system are interdependent on one another. Similarly mind, nerves, endocrines are interdependent. Through this chain mind is responsible for developing Immunity<sup>22</sup>.

#### 4. Vyadhikshamatwa – Rasayana

*Rasayana* is a health promoter and rejuvenator. It is the therapy given/ taken to obtain best qualitative and quantitative *Rasadi Dhatu* thereby giving rise to excellent *Vyadhikshamatwa* because of excellence of *Ojas*. It strengthens the individual's capabilities at both physical and Psychological levels<sup>23</sup>. By this it will obviously provide resistance against different physical as well as mental ailments. So *Rasayana* will surely help in improving *Vyadhikshamatwa* of an individual.

*Vyadhi Utpadaka Pratibandhaka* effect can be attributed to *Kaamyas Rasayana*<sup>24</sup> as it is having preventive action against different diseases by boosting up *Yuktikrita Balam*. For example *Triphala Rasayana*<sup>25</sup>

*Vyadhibalam Virodhaka* action can be correlated with *Naimittika Rasayana* (disease specific)<sup>26</sup> which is having curative effect against diseases in specific. For example in case of *Pandu Roga* (anaemia) administration of *Lauha* and *Amalaki* will provide disease specific immunity.

#### CONCLUSION

*Vyadhikshamatwa* which can be compared with Immunity is of prime importance to maintain homeostasis of the body. Proper understanding of the versatile functions of *Vyadhikshamatwa* is possible with the prior knowledge of concepts like

*Balam, Balavridhikara Bhavas, Ojas, Vikaravighata Bhavas* which intern are helpful for the better management of various ailments.

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