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## Introduction

Communicable disease is amongst the important group of human diseases coming into contact. These diseases have specific etiological cause usually a microorganism. These microbial agents are usually specific in nature, lodge in particular tissues, and grow with the help of human biological system, usually precipitate as disease as a result of toxins (endotoxins or exotoxins). Development in investigative

depending on localization and involvement of Dhatus (Body Tissues) status of Doshas or body's immune system in manifestation of infective fever (temperature) rises a er a particular interval only. More over it is diseases also.

It is advocated that body's immunity system is of more importance than the infective organisms. It is mentioned that Bij (seeds) soaked in Bhoomil (land) ourishes only in correct time (atmosphere), and Doshas vitiate (microorganism ought to vitiate Doshas) Dhatus if Dhatus Bala (immunity) depleted and in correct time [5].

Above description is quite clear that the body's speci c and non-speci c immunity plays major role in occurrence and non-occurrence of disease. Charaka describes in details the role of amalgamation of causative factors, Doshas and Dushyas in occurrence and non-occurrence of disease. If these factors amalgamate by massive exposure or indulgence of etiological factors (massive microbial load), during very short period and depleted strength of Dhatus leads to occurrence of disease with gigantic presentation of disease and symptom. If the case occurs disease even if produced will be with mild to mildest form only or mere induce an immune response in body thus no disease occurs [6]. Amalgamations of these three components are even described in Jwara by Acharya Charaka with speci c role of debilitating strength of body [7]. Acharya Charaka scholarly describes in Jwara (Fever – the most common presenting clinical manifestation of any type of inflammatory process in body) that in ammatory process due to pathogen occurs only when body's defense mechanism is compromised or in other words, disease occurs only in immno-compromised subjects.

## Ayurvedic Approach for Pathogenesis of Infectious Diseases

No separate description for pathogenesis is described for the pathogenic occurrence of disease. In some diseases like Agantuj Jwara (variety of fever occurring due to external factors), Agantuja Atisara (Diarrhea due to external factors), Ajirna (indigestion), Visuchika (Cholera), etc are fewer disease where immediately disease occurs followed by vitiation of Doshas, which may be correlated with the infectious agents. In rest of the cases, no separate description is available for infectious diseases and they are understood with the reference to general description of disease.

Disease origin, progression and development of disease is described in the description in Shat Kriya Kala (here one thing must be clari ed that basic motto of Ayurveda is to obtain the state of Dhatu Samya – equilibrium of dhatus [8] and for achieving these objective studies of a through knowledge of Hetu (etiological factors), Linga (clinical presentation) and Aaushadha (Drugs or medicines) [9] for healthy & diseased person for maintenance of health of healthy individual and treating the diseased person to obtain the status of Prakriti Satmya) stages of pathogenesis are referred as the stages of arresting the progression of disease [10] and hence are termed as the stage of treatment. ese stages involve vitiating condition of Dosha, Dhatu and Malas. Out of those, rst stages involves only Dhatus, followed by them is the stages where Dhatus & Malas and last stage is the stage of differentiation or complications. e rst three stages is the time in which lodgment of infective agents, disturbing the status of Doshas. Environmental, diet, life style modi cations, indulgence, etc leads to vitiation of the bodily elements. e third stage of pathogenesis is the stage of migration and circulation, which happens by the action of Vayu by the means of Rasa (blood circulation, lymphatics, interstitial uid, etc) [11] these circulating Doshas settle in places of Lowered vitality [12-14]. is means that, though the knowledge of infective knowledge is not poor to Ayurvedic scholars emphasized more on the

## Ayurvedic Approach of Management of Infective Diseases

Ultimate goal of Ayurveda is to ensure complete and comprehensive health and all literature is all about maintenance of the status of equilibrium of body tissues [15]. Ayurved provides three fold comprehensive management modalities for disease [16]. It is believed in Ayurved that infective agents producing bodily disease also e cts psyche [17, 18]. us even in Infective pathologies too three fold management of Ayurveda has definite role to play. Daivavyapaashrya and Satvavajaya the methods of psycho-spiritual healing practices help in correcting disturbed state of Psyche which in turn help in potentiating body's immune system. Yukti Vyapaashrya Chikitsa is the considered to be more important as certain speci c measure against disease are carried out, including puri cations, medications, surgical interventions etc. In Yukti Vyapaashrya Chikitsa Charaka describes unique three fold management for the disease esp. occurring due to any infections. Charaka describes in three di erent [19] modalities in management of Krimi (micro & macro organisms tend to produce disease) viz: 1) Apakarshana, 2) Prakriti Vighata and 3) Nidaana Parivarjana [20].

- 1) Apakarshana: is the process of removal of disease producing Krimi out of body using various therapeutic puri catery process like Vaman (erapeutic emesis), Virechana (erapeutic purgation), Basti (Enema usually decoction enemas), Shirovirechana (Nasal drops), Rakta Moskha (blood letting) & manual removal of visible macro organisms. ese processes are to be done in accordance to the feasibility of these processes i.e. a er proper examination of Ama, Pachayamaana and Niram stages. is may be employed depending on clinical presentation of disease, easy removal of Doshas, etc.
- 2) Prakriti Vighata: is a very unique medicament described by Charaka that uses the drugs which stops growth of disease producing microbes by creating an unfavorable condition of growth of these organisms. In Prakriti Vighata drugs having Katu, Tikta, Kashaaya, Kshra (alkali), Ushna (worm material), etc are utilized which decreases Kapha and Malas on which these microorganisms lodges, ourish, grows in increase in numbers, thus leading to disease. Increase in number of microorganism is very important step in infective diseases, as increased number of the microbes will increase toxin load and also uses body physiological mechanism in increasing the number more, thus disease progress and if this chain is blocked at this level, disease even though occurs will be of mild form, requires very less medication, reduces toxicity & complications and early recovery. us load on the medical management may be decreased. is is even more useful in infective diseases having long incubation and window period. Even a er known infection, this if utilized will help in treating the condition very easily. Scholar has tried the same principal in managing symptoms less patients of HbSAg (Hepatitis B), TORCH, chronic & latent malaria, etc. where most of the other medicament usually having limitation, having the chances of therapeutic adverse drug reactions. Details of the cases are not discussed here as there are very few cases and are under study, moreover the subject of the paper is ayurvedic principles in infective disease thus it is not discussed here. It may be dealt in separate paper.

- 3) Nidaana Parivarjana: is the most efficient method of managing the disease condition. It is considered to be the first and foremost method of management. Stopping the invasion of pathogenic organisms into the body will cease the chances of getting disease. To understand and effectively using Nidaan Parivarjana, it is required that the knowledge of invasion, factors responsible for the disease must be known, and all necessary steps are to be employed for reducing the chances of contacts so that one is not exposed to disease producing microbes and doesn't indulge the same.

### Summary Decision and Conclusion

It may be summarized that Ayurved was having adequate knowledge about microorganisms, but emphasized more on body's response towards them. This is the reason that Ayurvedic Scholars described very little about these microbial agent, where ever necessary they described with most precise details. According to Charaka disease is only due to amalgamation of Dosha and Dhatus and impartation of vitiated qualities of Doshas over Dhatus. This justifies that Body's immune system plays vital role in production and non-production of diseases.