



Ayurveda Perspective Of Immunity And Correlation With Modern Science

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Abstract - Currently, childrens are confronting a range of challenges such as viral outbreaks and pandemics. Children are susceptible to infections due to a weak immune system. In modern immunology the focus is primarily on the physiological and cellular aspects of the immune system, *Ayurveda* approaches immunity from a broader standpoint encompassing the interconnectedness of mind, body and environment. In *Ayurveda*, the concept of immunity is deeply combined with the system balance of the three *Doshas*- *Vata*, *Pitta*, *Kapha* and the harmony between various bodily systems. According to *Ayurvedic* principles, a child's susceptibility to diseases is influenced by their unique constitution (*Prakriti*), which determines their innate strengths and vulnerabilities. *Ayurvedic* texts emphasize the importance of maintaining a strong *Agni* (digestive fire) for optimal immune function. Proper digestion ensures the production of *Ojas*, the subtle essence of immunity, which nourishes and protects the body against pathogens. In *Ayurveda*, the concept of *Lehan* and *Swarnaprashan* has been advocated by *Acharyas* to boost immunity. Dietary and lifestyle practices are central to *Ayurvedic* immunology, with specific emphasis on consuming fresh, seasonal foods, herbs and spices known for their immune-boosting properties.

Key Words – *Lehana Karma*, *Ojas*, *Doshas*, *Ayurveda*, *Immunity*.

I. INTRODUCTION

Childhood is a very crucial period of the development as it is the phase of physical, mental and emotional development of the child. Immunity is the ability to resist infectious disease. Hence in *Ayurveda* this has been correlated with *Vyadhishamtva*. In *Ayurveda* *Vyadhishamtva* is also called *Bala*, *Oja* and *Kapha*. *Swasthasya Swasthya Rakshanam* is the main fundamental principle of *Ayurveda*. To achieve the first goal, it is necessary to increase the strength of healthy person¹. The classics explain various techniques for this purpose: *Lehan karma*, *Sadvritta*, *Ideal Aharvihar*, *Triyaupstambha*. The factors contributing to *Vyadhishamtva* include the balanced state of *Doshas*, *Dhatu* and *Agni*. *Acharya Charakhas* described in *Vividhshiptiya Adhyay* of *Sutrasthanam*. He stated that not all unhealthy foods are equally harmful, not all *Doshas* are equally potent and not all individuals are equally capable of resisting diseases.²

Children, being a vulnerable group, are highly susceptible to various pathogens, which can have detrimental effects on their health. Early exposure to diseases can have long-lasting consequences, potentially leading to chronic disorders later in life. Therefore, it is imperative to prioritize the development of a healthy immune system, especially in the current era of the COVID-19 pandemic. *Ayurveda* an ancient system of medicine does consider immunity as a crucial aspect of Health in children. It emphasizes maintaining balance in the body through *Aharvihar*, *Sadvritta*, *Lehan* to support immune system.

Ayurveda offer diverse approaches to enhance Vyadhishamtva (immunity) in children:**Bala³**

1 *Sahaja bala*–This trait is an innate characteristic inherent in the individual since birth for example People from the *Sindh* region possess inherent strength, great quality of *Bija* and *Kshetra* of parents excellence of diet, excellence of physique all mental faculties are superior promotes *Bala*.

2 *Kalajabala*–It is dependent on season and age ,loss of strength is observed in *Adankala*, gaining of strength is observed in *Visarga kala* and middle age is considered a full of strength.

3 *Yuktikrita* – Acquired Strength gained through healthy practices such as diet, exercise and other physical activities .Maintaining a cheerful mood consistently is also beneficial for acquiring strength.

Triyaupstambha

Aacharya Charak mentioned in *Tistreshniyaadhyay* of *Sutrasthanam* that There are three factors which supporting life *Ahara*, *Swapna* and *Brahmacharya*. Among these food is considered the first priority. because it is through diet that *Rasa* is generated, *Vatadi Doshas* are produced and *Dhatus* are formed. The Second place is ,if for sleep if a living beings does not sleep properly while regularly doing all his work regularly then the loss of health and even death are possible. In toddlers, napping appears to be necessary for memory consolidation, executive attention, and motor skill development. Sleep also has important effects on growth, especially in early infancy . This is worrying because poor sleep in early childhood has been linked to allergic rhinitis and problems with the immune system as well as anxiety and depression .There is also emerging evidence that poor sleep in childhood may carry future cardiovascular risks in the form of obesity, diabetes and high blood pressure. Nowadays, excessive use of mobiles and television affecting the sleep cycle of the children and *Anidra* results weak immune system. Account to *Ashtanga Hridya Sukham Dukham Pushti Karshya Bala* and *Abala* depends on *Nidra*.⁵ *Brahmacharya* is the individual who possesses mastery over their senses and radiates spiritual contentment. If we adhere to these three *Upstambha* our body will be full of *Bala*, *Varna* and *Upachaya*.

Ojas

In *Ayurveda* immunity is correlated with *Oja* and it is also known as *bala*. *Ojas*, the essence of all *Dhatus*, determines bodily strength. The superior quality *Ojas* resides in the *Hridya* and its quantity is *eight drops* and Another type of *Ojas* is the ordinary one, which resides in the vessels connected to the heart and its quantity is *half Anjali*. The loss of *Ojas* leads to death, while its presence ensures the body's survival. The type of food consumed directly affects *Ojas*, as a balanced and nutritious diet supports the production and maintenance of *Ojas*, while unhealthy dietary habits can deplete it.

Aaharvihar

As per *Aacharya kashyap* mentioned in *LehanAdhyay* of *Sutrasthanam*. He stated that the type of food consumed by a pregnant woman that food is useful in three ways. A portion of food is used to nourish his mother's body and one part nourish the foetus, one part nourish the breast. *Prakriti* is formed in the beginning of *Garbhkal* according to the type of food consumed by mother.⁷ *Aacharya charak* mentioned in *Sutrasthanam Yagyapurushiy Adhyay* different types of *Aahar* according *Prakriti hitkar* and *Ahitkar aahar*⁸. During pregnancy, it's essential for the mother-to-be to pay close attention to her diet as it directly influences the immunity of the developing child. Any abnormalities or mutations could potentially result in congenital immunodeficiency.

VirudhAahar

Unwholesome food refers to items that are detrimental to our health. Unwholesome food is associated with *Virudh Aahar* in *Ayurveda*. *Acharya charak* has described the *Virudh aahar* in *Aatrey Bhadrakayiyadhyay* of the *Sutrasthanam* Certain foods and medications may increase *Doshas* without aiding in their elimination from the body. *The elements of Virudh Aahar is Desh kala Agni Matra Satmaya, Vayu, Dosh, Sanskar, Virya, Koshta, Avastha, Kram, Parihar, Upchar, pak, Sanyog, Hridya, Sampad, Virya, Vidhi*. An example of *VirudhAahar* in *Ayurveda* would be consuming milk with fish or fruit with milk, as combining incompatible foods is considered *Virudh Aahar* and can lead to digestive issues and other health problems according to Ayurvedic principles. *Virudh Aahar* correlates with unhealthy, eating habits such as junk food : Junk food has become increasingly prevalent in children's diets, raising concerns about its impact on their health. Junk food is often high in calories, sugar, and unhealthy fats, while lacking essential nutrients such as vitamins, minerals, and fiber. This can lead to nutritional deficiencies and hinder proper growth and development in children. Regular consumption of junk food is a major contributing factor

to childhood obesity. These calorie-dense foods can lead to excessive weight gain and increase the risk of obesity, diabetes, heart disease, and joint problem. Regular consumption can lead to tooth decay, cavities and gum disease, impacting their overall oral health and well-being.

Sadvritta¹¹

Aacharya charak described in *Indriyopkramniya Adhyay* of *Sutrasthanam*. Children who follow *sadvritta* can achieve *Arthdavya*. *Arthdravya* means *Aarogya* and *Indriyviya*, for example always in cheerful mood, worshipping god, give respect to elders and teacher's, maintain hygiene, always says truth, forgiving nature, one who devoted to learn people, treating all people equally and be kind to people and do not overload the senses. Consumption of wholesome diet and forever joyful while dining. *Sadvritta* plays a vital role in enhancing children's immunity by promoting a balanced lifestyle that supports physical mental and emotional well being, thereby reducing the risk of illness and promoting overall health.

Lehan

As per *Aacharya kashyap's Lehana* refers to medicated paste prepared with honey. *Lehana* refers to tools that enhance immunity and have a positive impact on children's health. This implies that it promotes children's growth and development while also boosting immunity against infections. In *Ayurveda*, *Lehana* refers to rejuvenation therapy. It involves techniques to nourish and revitalize the body, mind, and spirit, aiming to promote longevity and overall well-being. In children, *Lehana* plays a crucial role in promoting growth, development and overall health. It focuses on strengthening their immune system, improving digestion and enhancing nutrient absorption. *Lehana* therapies may include specific dietary recommendations, herbal formulations and lifestyle adjustments tailored to support the unique needs of children, ensuring they thrive physically, mentally and emotionally.

According to different *Aacharya* role of *Ayurvedic* immunomodulation in children-

<i>AacharyaKashyapa</i>	<i>AacharyaSushruta</i>	<i>AacharyaVagbhata</i>
<i>Swarnaprashna: Madhu and Ghrita Swarnabhasma</i>	<i>Swarnabhasma Madhu and Ghritawith Ananta churna</i>	<i>Sarswatghrita:ajasheer abhya vyoshpathashigruvachasendhav</i>
<i>Abhaya ghrita: Brahmi kushta sendhav sidhartam vacha pippali</i>	<i>Swarnbhasma 4 recepies :</i> <ul style="list-style-type: none"> • <i>Swarnabhasma with Kushta Vacha Madhu and Ghrita.</i> • <i>Swarnbhasma Brahmi Shankpushpi Madhu Ghrit</i> • <i>Arkapushpi Madhu Ghrita Vacha Swarnbhasma</i> • <i>Swarnbhasma Kedarya Shweta Durva Ghrita Madhu</i> 	
<i>Samvardhan Ghrita- Khadir Prashnaparni Arjun Sendhav Bala</i>		

Children are hesitate in taking the medicine in the form of *vati*, *Churna*. *Lehanais* acceptable to taste and easy to consume. serves as supplemental nourishment to support the proper growth and development of children. Nervous tissue growth is rapid during the initial five years, and *Lehana* medications are *Medhya* in nature.

Role of Immunity In children according to Modern perspective

Immunity refers to the body's ability to resist or defend against harmful pathogens, such as bacteria, viruses, and parasites, thereby preventing illness or disease. It can be innate meaning it's present from birth, non-specific and provides the first line of defence against infections.

- Innate immunity may be correlated to *Sahaja Bala* described in *Ayurveda*. Acquired is the immunity that our body acquires or from one generation to another without depending on previous contact with microbe. Acquired developed through exposure to pathogens or through vaccination *Kalaj aand Yuktikrita Bala* may be correlated to acquired immunity.¹
- Acquired immunity can be categorised into two main types: active and passive :-
 1. Active immunity : this type of immunity develops when the body's immune system responds to a pathogen by producing it's antibodies active immunity can be natural through exposure to an infection or artificial through vaccination.
 2. passive immunity: passive immunity occurs antibodies are transferred from one individual to another. This can happen naturally, such as through the transfer of antibodies from a mother to her foetus during pregnancy or through breastfeeding and artificially antibodies acquired from an immune serum medicine eg. Anti tetanus serum, anti venom.¹⁶

Discussion

It's a strategy for promoting children's well-being by boosting their immunity. *Vyadhishamtva* resistance to disease or immunity against disease is of two kinds i.e. One type lightens the symptoms of a manifested disease, while the other type prevents the onset of disease altogether. The *Rasayan Lehana* and *Swarnprashna* drugs are supposed to increase all the *Sharirdhatu*, both qualitatively and quantitatively. In Ayurveda Aahar plays a fundamental role in maintaining balance and promoting health. The type of food consumed directly affects Oja. Oja refers to the essence of immunity and vitality in Ayurveda. Triyaupstambha on the other hand refers to the three supporting pillars of health in Ayurveda. Sadvritta promotes mental peace and spiritual growth. If children follow Ayurvedic practices into their lives, children may experience improved immune function better resistance to infections and overall enhanced well being.

Conclusion

Ayurveda places equal emphasis on both medicines and dietary items, elaborating on them extensively in its texts. As per *Kashyap Samhita Ahara is Mahabhaishajya*, food is a great medicine.¹⁷ The objective of a balanced and nutritious diet is to support the formation of *Ojas*, which contributes to the physical, mental, and spiritual strength, as well as the maintenance and protection of an individual's body. *Ayurveda* introduces the concepts of *Lehan aand Swarnaprashan*, aiding in the prevention of recurring infections and offering essential nutritional supplements crucial for the child's optimal physical and mental development. In modern medicine immunity is established through vaccination against particular antigens although numerous diseases still lack vaccine. Furthermore, these vaccines do not influence the mental health or intelligence of children, unlike that mentioned in the benefits of *Lehana*.

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