



## Preventive Measures For Aids With Respect To Ayurveda

Pradeep Shivram Pawar<sup>1</sup> Asit Kumar Panja<sup>2</sup> Kishor Shivaji Chaudhari<sup>3</sup> Vidyadhish Anantrao Kashikar<sup>4</sup>  
Pankaj Manikrao Gahunge<sup>5</sup>

1. Deptt of Basic Principles, National Institute of Ayurveda, Madhav vilas palace, Amer road, Jaipur (Raj.)
2. Deptt of Basic Principles, National Institute of Ayurveda, Madhav vilas palace, Amer road, Jaipur (Raj.)
3. Deptt of Agadtantra, National Institute of Ayurveda, Madhav vilas palace, Amer road, Jaipur (Raj.)
4. Deptt of Basic Principles, National Institute of Ayurveda, Madhav vilas palace, Amer road, Jaipur (Raj.)
5. Deptt of Basic Principles, National Institute of Ayurveda, Madhav vilas palace, Amer road, Jaipur (Raj.)

**Corresponding author:-**Pradeep Shivram Pawar Deptt of Basic Principles, National Institute of Ayurveda, Madhav vilas palace, Amer road, Jaipur (Raj.)

*In present era, on account of changing life style, food habit, different kinds of addictions, loss of ethics of moral conduct, so much life threatening hazards are causing various diseases. Acquired immune deficiency syndrome is one of them. AIDS is proven to be most dangerous syndrome among all other diseases in 21<sup>st</sup> century. It is a burning issue of present era for all suffering humanity. Main cause for attack of the AIDS is improper sexual contact among all other aetiological factors. AIDS is precious issue because of present era there is no any active remedy has been discovered yet which completely cures AIDS. Attention must be drawn for prevention of the disease with the help of means explained in ayurved.*

*Ayurveda the fountain head of Indian medicine, is one of the most ancient systems of medicine in the world. Ayurved is essentially a health oriented system of medicine and gives greater importance to promotion of health and prevention of disease rather than disease and cure. Its origin goes back to the Vedas. Description of maximum diseases with their line of treatment is given in Vedas in rudimentary form. Although detailed description of AIDS with the line of treatment and preventive measures is not seen in ayurved but the diseases having similarity with AIDS in the symptom logy and line of treatment is definitely found in texts of ayurved. So we can correlate and control the present health spoiling issues with the guidelines of ayurved. In ayurveda, for prevention of AIDS comprehensive description like sadvritta palan (ideal conduct of life with proper sexual conduct), sattvavajay (mental control therapy), achar rasayan, abrahmacharya (ideal sexual conduct) are described.*

**Key Words-** AIDS, sattvavajay, abrahmacharya, achar rasayan, sadvritta palan

### Introduction

Ayurved is based on sound tradition of science, philosophy and fundamental principles. Theory of five basic elements or panchamahabhuta siddhanta is the foundation of ayurved philosophy. These five earth, water, energy, air and space are basic elements for creation of human body and whole world also. In Ayurved mutual concomitance between sharir (body) and mana (mind) is explained.<sup>1</sup> three types of mind are explained namely satvik shuddha (Pure), rajas (Passionate), tamas (Ignorant).<sup>2</sup> Pure mind is said to be devoid of defects as it represents the beneficant aspect of intelligence. Whereas agitated mind and ignorant mind are defective as they represents the violent aspect and deluded aspect respectively.<sup>3</sup> Sharir (body) and mana (mind) are receptacles of all diseases as well as healthy happiness jointly and severally,<sup>4</sup> so all disorders are psycho-somatic. Ayurved has deep thought of human life, it's surrounding universe and the

basic constituents responsible for their formation. It regards that human life is the epitome i.e. a perfect example of universe.<sup>5</sup>

All the diseases are caused by imbalance of dosha i.e. vata, pitta, kapha and raja, tama.<sup>6</sup> Dosha are root cause of all the diseases. The diseases belonging to exogenous (agantuja) and endogenous (nija) factors are pathologically related with dosha (sharirika and manasika). The difference among them is that nija roga are primarily caused by dosha imbalance and agantuja roga caused by external or accidental or any other causes and later dosha vitiation takes place in pathogenesis and symptomology.<sup>7</sup>

Ojakshaya is generally correlated in context of AIDS. It is caused by HIV infection. Loss of deficiency of body immunity and disease resistance is main cause of morbidity and over indulgence and improper.

### **Modes Of Transmission Of Hiv**

There are three possible modes of transmission are- Sexual, Perinatal, Parenteral. The main mode of transmission worldwide is via the heterosexual route accounting for over 75% of global cases. As a control measure for spread of HIV, it has been shown that if sexually transmitted diseases can be controlled and reduced in incidence this is accompanied by a fall in HIV transmission rates. Perinatal transmission is of increasing importance globally as a direct result of the increase in numbers of women with HIV infection who are of childbearing age. Intravenous drug users (IVDUS) are at risk of HIV infection as a result of the practice of needle sharing, which allows transmission of HIV infected blood from individual to other<sup>8</sup>.

### **Preventive Aspects For Aids**

According to Ayurved philosophy, prevention of any disease can be successfully done by prevention of its own causative factors i.e. nidanparivarjan (avoiding indulgence of causative factors). Nidanparivarjan is the prime treatment of all mentioned and unmentioned disorders.<sup>9</sup> This nidanparivarjan is not possible without sattvavajay i.e. mental control therapy. Sattvavajay is to restrain the mind from indulgence of unwholesome objects.<sup>10</sup> Without retraining mind and senses from desire and unwholesome objects, it is impossible to avoid their indulgence. So the ultimate and unique preventive measure for AIDS is sattvavajay i.e. mental control therapy without which next proceedings of prevention are not possible. Prevention of AIDS can be done in two ways i.e. Avoidance of causative factors. (by sattvavajay therapy) and other is enhancing the immunity (oja vrudhi).

Among three modes of transmission of AIDS sexual route is the most probable mode accounting 75% cases of AIDS. For successful prevention of AIDS it is essential to concentrate on this mode of transmission rather than other two modes. Four basic pillars are described in ayurved on which the monument of management or treatment is successfully stands.<sup>11</sup> These pillars are vaidya, dravya, paricharak and rugna. On the basis of above facts it can be concluded that, rugna or any healthy individual himself is responsible for prevention of sexual mode of transmission. vaidya and paricharak are responsible for prevention of parenteral mode of transmission. vaidya and rugna combinely responsible for prevention of perinatal mode of transmission. Prevention depends mainly upon self control of patient or any healthy individual. As soon as we become successful to control over the mind, senses and emotions of any healthy individual, 1<sup>st</sup> two modes of AIDS can be successfully prevented. 3<sup>rd</sup> mode is prevented by awareness of vaidya and paricharak. So main focus should be on restraining the mind, senses of normal healthy individuals with the means explained in ayurvedic classics -namely

- Abrahmacharya (proper sexual conduct)
- Sadvritta palan (ideal path of good conduct)
- Rasayan therapy

### **Abrahmacharya (proper sexual conduct)**

Here abrahmacharya signifies unwanted sexual practice.<sup>12</sup> Acharyas explain three subpillars (upstambha) for normal healthy state of body. These are diet (ahar), sleep (nidra) and proper sexual conduct (abrahmacharya).<sup>13</sup> Person who observes self control and proper conduct in regard to sexual contact with women, gains good qualities of memory, intellect life-span, disease free state of health, nourishment, power of sensory organs, semen, glory, fame and strength.<sup>14</sup> In the same way improper sexual conduct causes vertigo, fatigue, weakness in thighs, loss of strength, diminution of tissues (dhatukshaya) and ultimately death.<sup>15</sup> Acharyas also explained that, act of coitus is strictly prohibited or restricted in the women those do not belong or possess these qualities. Female lying down in any position other than supine should be avoided. Avoid all postures other than supine (uttana) position of women's body. Avoid in menstrual phase of women (rajasvala). Avoid oral, anal and other orifices which are not natural. These are some features of ineligible sex partner relate with that disease.

It can be said that, if normal healthy individual will follow this path of proper sexual conduct then he can be successfully prevent the sexual mode of transmission of AIDS. In this process his sense organs and mind gets controlled gradually and slowly.

### **Sadvritta palan (ideal path of good conduct in life)**

Ayurved not only deals with the treatment of disease but also has given categorical view of every lively dealings for enhancing the quality of life. Exercise of the ideal conduct leads to restraining of senses and mind also gets controlled in sequence. The incorporation of the practice of ideal conduct within the childhood and gurukul customs in vedic period signifies the importance of its practice and role for maintaining the health. By virtue of that they became mentally strong and potent to overcome the unlogical practices. Along with learning and teaching the striver should also march on the path enjoined by shastra. The same is applicable to the pair of listener and sermonizer. Idea is that the learning and teaching both are very useful. It is through the scriptural studies, a person comes to know his duties, the methods and procedures and the resultant fruits. Man must follow the path of righteousness (dharma), he should speak always truth, always suffer for the sake of observing svadharma, he should restrain his sense organs, always try to control of mind, take efforts on hospitality to guests, treat everybody in humanistic way, not covet to another's wife or another's wealth (long to possess something belonging to someone else.), he should never commit sin even against sinner.<sup>16</sup>

Method of teaching (gurukul method) in vedic periods is mainly responsible for learning the ideal path of good conduct in life. In present era, it can be easily said that we have to bring some important changes in our method of teaching also for transmission of threatening lifestyle disorders like AIDS.

### **Rasayan therapy**

Rasayan promotes longevity and prevents diseases by providing strength and immunity. Long life, heightened memory and intelligence, freedom from disease, youth, excellence of lusture of skin, complexion of voice, optimum strength of body and senses, utterance that always gets fulfilled, the reverence of people, body glow, all these does a man obtain by the use of vitalizers (Rasayan).<sup>17</sup> vitalizers are so called because they help to replenish the vital fluids of the body.<sup>18</sup> Rasayan drugs are not merely have an antioxidant activity but also having antimicrobial and a good nutritional value. Rasayan drugs not only enhance physical immunity but mental immunity also. The ayurved regards that rasayan is utmost necessary and most important for everyone of us to avoid disorders and old age problems and to lead a happy, healthy and prolonged life.

### **Concept of rasayan therapy (vitalization procedure) through conduct**

In this context, acharya charak explained some rules of good conduct and said that if someone follows these rules in life he will get all the benefits of vitalization therapy. This is called as achar rasayan.

### **Achar rasayan (vitalization procedure through conduct)<sup>19</sup>**

One who speaks truth, who is free from anger, who abstains from alcohol and sexual congress, hurts no one, avoids overstrain, is tranquil of heart, fair spoken, is devoted to repetition of holy chants and to cleanliness, is endowed with understanding, given to almsgiving. Diligent in spiritual endeavour, delights in reverencing the gods, cows, brahmanas, teachers, seniors and elders, is attached to non-violence, is always compassionate, moderate and balanced in his waking and sleeping. is given to regular taking of milk and ghee, is conversant with the science of climate, season, and dosage, is versed in propriety (correctness of behaviour), devoid of egoism, blameless of conduct, given to wholesome eating<sup>20</sup>, One free from narrowness and having respect for different religions<sup>21</sup>, spiritual in temperament, attached to elders and men who are believers and seldom controlled and devoted to vedas (vedas are the rules of good conduct written by wise persons of ancient time)

If one who is endowed with all these qualities makes use of vitalization therapy, that man will reap all the benefits of rasayan therapy which have been described above. Along with that on account of following this path immunity of person (ojas) can also be improved gradually.

## DISCUSSION

There is no any active treatment has been discovered yet which completely cures AIDS. If a person gets HIV positive mark it will remain HIV positive for his entire life. No any existing therapy can convert that person from HIV positive to negative. These kind of disorders can be categorized under anushangi diseases explained in ayurved. One important example of such diseases is prameha (Diabetes mellitus).<sup>22</sup> Active management of these kind of disorders is prevention only. So here main focus is on preventive aspects of AIDS with respect to ayurved.

Ayurved is not merely a medical science but it is an ideal life style teaching philosophy of the soil of India. AIDS is a syndrome arises due to changing life style and it is being a burning issue of present time. Sexual mode of transmission is important. On account of which around 75% transmission occurs. For active prevention of Aids it is important to prevent this mode of transmission. Rajas (passionate) and tamas (agitated) kind of states of mind (mana) are mainly responsible for mode of transmission of Aids. Satvika kind of mind (mana) is devoid of defects. So main focus should be on maintaining the satvika state of mind. By gradual following of the means directed in ayurved such as abrahmacharya, sadvritta palan, and rasayan therapy (achar rasayan) satvika kind state of mind can be successfully maintained. In that state the person is capable to avoid the indulgence of causative factors (nidanparivarjan). This is nothing but sattavajay chikitsa. Other important preventive mean for Aids is enhancing immunity (oja). with the help of aforementioned means, gradually immunity (oja) of the person can be enhanced successfully.

One important fact in this regard is that all the above explained means can prevent Aids by their gradual and long term exercise only. This is a gradual and very slow process, it requires proper time. It is not like an analgesic drug of modern medicine which neutralizes any kind of pain within half an hour. So for control of mind and sense organs and maintain satvika state of mind with the help of these factors requires proper time. The time required is varies from person to person and it depends on other factors also because ayurved has an unique characteristic of its holistic approach.<sup>23</sup> Other important fact is that person has to follow these means throughout his entire life. Thus the holistic approach of ayurved and its unique fundamental principles on one hand and the mentioned safe nutritional remedies of ayurved on other hand, if pooled to the main stream of world medicine of today, it can bring a big positive revolution to the quality of health care for the suffering humanity world over.

## Conclusion

Among the above mentioned three points, with 1<sup>st</sup> two points i.e. abrahmcharya and sadvritta palan mind and senses of person gets controlled gradually and he is capable of avoiding the indulgence of causative factors. With 3<sup>rd</sup> point i.e. rasayan chikitsa basically physical and mental immunity of person will enhance gradually and also satvik kind of mind also predominant as compare to rajas and tamas kind. Rasayan therapy mainly promotes satvika guna of mind and decrease the raja and tama guna. At last the action of

above 3 points is interrelated. Naturally after avoiding causative factors and enhancing immunity prevention of AIDS should be successfully done. Ayurved science is preciously belonging to that each and every individual who belonging to the soil of India so it is necessity of time to follow the path of ideal conduct and other ethics directed by ayurveda for conquering the present health hazards successfully.

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