

ROLE OF ACHARA RASAYANA AND SADVRTA IN THE Prevention of AIDS

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ABSTRACT: *Acquired Immuno Deficiency syndrome (AIDS) has emerged as a real threat for mankind since last decade. Lack of knowledge and awareness about AIDS is an important factor responsible for the rapid spread of the disease. Ayurveda as a part of its holistic approach offers the concepts of Achara Rasayana and sadvrta i.e good conduct for the self and for society. Such concepts can prevent the disease which are basically caused by Prajnaparadha which also appears responsible for the spread of AIDS.*

INTRODUCTION

The pandemic AIDS is defined as a retroviral disease characterized by profound immuno suppression associated with opportunistic infections, secondary neoplasms and neurologic manifestations. What is *Prajnaparadha* (Blasphemy)? *Prajnaparadha* is one of the important group counted under the general causative factors for disease in Ayurveda.

This is the very group which is characterized by the impairment of intellect (*dhi*), patience (*dhrti*) and memory (*smrti*). A person whose intellect, patience and memory are impaired subjects himself to intellectual blasphemy by virtue of his bad actions. This intellectual blasphemy (*prajanaparadha*) aggravates all the dosas (*Manasika & Saririka*). Out of the various acts of prajnaparadha some have a direct relation for the spread of this particular disease like over indulgence in sexual act (*parastrigamana*), enjoyment of harmful objects (e.g. IV use of substances of abuse, which is also responsible for transfer of AIDS from infected mother to child).

Epidemiologic studies in United States have identified five groups at risk of developing AIDS, which are as follows:

- I. Homosexual or bisexual Males – 70% of reported cases (7% are IV drug abusers).
- II. IV drug abusers (with no previous history of homosexuality)-18%.
- III. Homophiliacs (those who received large amount of factor VIII) – about 1% of all cases.
- IV. Recipients of blood and blood components (Whole blood platelets, plasma) - 2.5 % of patients.
- V. Heterosexual contacts of members of other high risk groups (Chiefly I, IV, V, drug abusers) =4% of patient population.

Based on the epidemiologic studies and laboratory investigations, it is now established that transmission of HIV may

occur through three routes, ie. Sexual contacts, parenteral inoculation and passage of the virus from infected mother to the newborns. Earlier most sexual transmission has occurred among homosexual men, but the recent studies shows that the rate of increase of heterosexual transmission is beginning to outpace transmission of the means.

HIV infection cannot be transmitted by casual personal contact in the household objects, workplace or school. In India, HIV positive cases have been reported from all states but Maharashtra, Tamilnadu and Manipur are maximally affected. In contrast to Tamilnadu and Maharashtra where the disease is transmitted mainly by sexual contact with professional sex workers, IDU's are major source of transmission in Manipur and other NE states. Till March 1999 about 7,500 cases of AIDS were reported from our country with the estimated HIV infected patients.

Keeping the epidemiology of AIDS in mind it is evident that all the groups have a direct of indirect relations with the acts of prajnaparadha. If an individual can overcome his desires, it will minimize the risk of HIV infection to a great deal. Till date, there is no such medicine which can help an individual to overcome his desire. The only alternative left behind is to follow the concepts of sadvrta and Achara Rasayana.

Recommendations of WHO for the prevention of AIDS pandemic includes the following:

- * Increased emphasis on care.
- * Better treatment for other STDs.

- * Greater focus on HIV prevention through improvement of women's health education, legal and social status.

- * A major supportive environment for prevention programmes

- * Provision for socio-economic impact for the AIDS pandemic.

- * Greater emphasis on explaining the dangers of stigmatization and discrimination.

As well as increased surveillance, research and improved provision of Health care Deliver services at all level

Recommendations of WHO have close resemblance with the principles of Sadvrta and acharya resayana of Ayurveda. This ancient system of medicine puts lot of emphasis on sadvrta i.e good conducts, personal, religious, social and ethical. Sadvrta helps us to keep health mentally as well as socially. Achara Rasayana in Ayurveda and Yama niyama of yoga have also the same purpose on the basis of Sadvrta and acharya rasayana certain principles for prevention of AIDS can be given as follows:

- * *Sadvrta plan* (following good conducts) Achara Rasayana and Yoga.

- * *Samyaka Vega dharana* and *Udirana* (proper restraining and elimination of natural urges).

- * Wholesome contact (*Samyaka Yoga*) of Kala, Buddhi and Indriyatha.

- * Following the rules of diet, exercise and conduct.

CONCLUSION

If an individual, even after suffering from AIDS follows the principles of sadvrta and Achara Rasayana, it will minimise the risk of spreading AIDS to the other members of the Society. Those who fail to follow the good conduct are prone to suffer from the acts of prajnaparadha thus, helping the disease to spread more rapidly in the population. So, there should be more and more training programmes, even at the level of schools to educate the people about the concepts of sadvrta, achara rasayana and yoga in order to improve awareness about AIDS, so that the spread of this dreaded disease can be controlled to a great extent.

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