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Concept of *Janapadodhwamsa* in perspective of today's environment affecting human health

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ABSTRACT

Ayurveda is an ancient system of medicine, clearly mentioned about diseases causing epidemic under a broad term '*Janapadodhwamsa*' which literally means demolition of people or community. There are four factors that has been described which are common and essential for every living being i.e., *Vayu* (air), *Jala* (water), *Desha* (land) and *Kala* (season). Any abnormal alteration in these four factors can significantly influence individual or community or environment or all of them together. The reason for *Janpadodhwansa* has been described as *Adharma* (immorality) and the root cause of *Adharma* is said to be *Prajnaparadha* (delinquency of wisdom). Considering the noteworthiness of *Janpadodhwansa*, a whole chapter has been depicted in *Charak Samhita* illustrating its onset, causes, peculiar features and management. In *Janapadodhwamsa*, persons having distinct *Prakriti* (constitution), *Aahara* (diet), *Deha* (body), *Bala* (strength), *Satmya* (suitableness), *Mana* (mind) and *Vaya* (age) may be affected by one particular disease simultaneously. In *Ayurveda* terms like virus, bacteria don't exist, but term like *Krumi*, *Bhuta* etc. were considered as a causative factor for the diseases. On the basis of characteristic features of vitiated four factors in *Ayurveda* classics, catastrophe conditions like cyclones, earthquakes, endemic/epidemic or pandemic disease outbreak etc., may simulate with *Janpadodhwansa*. Restrained utilisation of natural, man-made resources, adoption of *Ayurveda* dietetics and lifestyle, *Panchakarma* therapies, *Rasayana* therapies may effectively contribute to prevent and manage these situations especially like disease outbreak. This review primarily focussed on the need of understanding the topic of *Janpadodhwansa* in current scenario.

Key words: *Adharma, Janpadodhwansa, Prajnaparadha, Panchakarma, Rasayana.*

INTRODUCTION

History of Epidemics in *Ayurveda*

Janapadodhwansa is a unique concept of *Ayurveda* involving demolition of community. *Acharya Charaka*,

called it as *janapadodhwamsa*^[1] while *Acharya Sushruta* called it as *Maraka*^[2] and *Acharya Bhela* called it as *Janamaar*.^[3] Foremost reason for *Janapadodhwansa* has been described as *Adharma* and the root cause of *Adharma* i.e. *Pragyaparadha* (delinquency of wisdom) means deranged *Dhee* (intellect), *Dhriti*(patience), and *Smriti* (memory).^[4]

Acharya Charaka has also described the *Lobha* (Greed) as a factor leading to *Adharma* Further, reason for *Bhutasangha* (contact with an organism), *Abhishapa* (curse) has also been described as *Adharma*.^[5] This leads to all sorts of *Ashubh karma*. *Acharya Sushruta* has mentioned that the reason behind the change in *Maraka* is *Adrishta* (invisible or idiopathic).^[6] Further *Dalhana* explains these to be caused by the *Adharma* (immorality) of population of that particular area.^[7]

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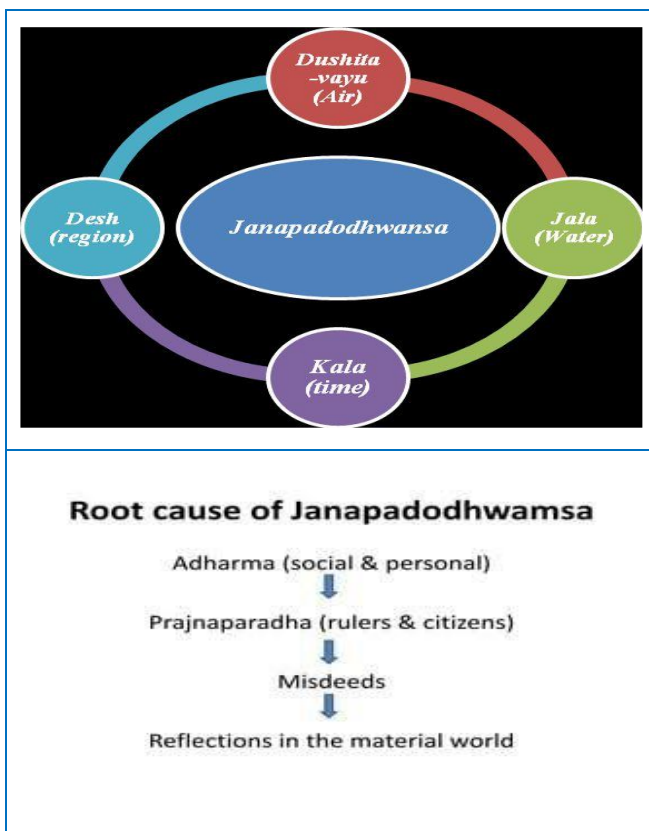
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ते तु खल्विमे भावाः समान्या जनपदेषु भवन्ति/ तद्यथा वायुः, उदकं, देश, काल इति ।।

There are four factors that have been described which are common and essential for every living being i.e. *Vayu* (air), *Jala* (water), *Desha* (land) and *Kaala* (season).^[8] Among these four factors *Kaala* is mainly main factor.^[9] Any abnormal alteration in these four factors can significantly influence individual or community or environment or all of them together.^[10]

Location of Sambhasha (Discussion)

In summer weather, forest area near the banks of Ganga at Kampilya, capital of Panchala region (i.e., today Kampilya is Farukhabad district in UP of India), which was the residence of the *Dwija* (elite of the twice born communities like brahmins).^[11]

जनपदानां जनसमूहानां उध्वंसनं इति जनपदोध्वंसनम् । -
(जल्पकल्पतरु)

Need of Study

Health is never an issue until someone gets sick; this is the reality in current situation. Vitiated four factors are causing catastrophe conditions like cyclones,

earthquakes, floods, extreme weather events etc. Also, the incidence of viral and bacterial infections is increased which can be compared with *Aupasargik Vyadhi*. Prevention as well as cure of disease is main goal of *Ayurveda* which can be achieving through maintenance of *Dincharya*, *Rutucharya*, *Sadvritta Palan* etc.

AIM AND OBJECTIVES

To study Concept of *Janapadodhwamsa* in perspective of today's environment affecting human health.

MATERIALS AND METHODS

For this review article, literary materials have been compiled, screened, rearranged and analysed from *Ayurveda* texts such as *Charaka Samhita*, *Sushruta Samhita* and *Ashtanga Hridaya*. Online literature searched from various databases such as PubMed, Scopus, Ayush Research Portal, Dhara, Google Scholar, etc.

OBSERVATIONS

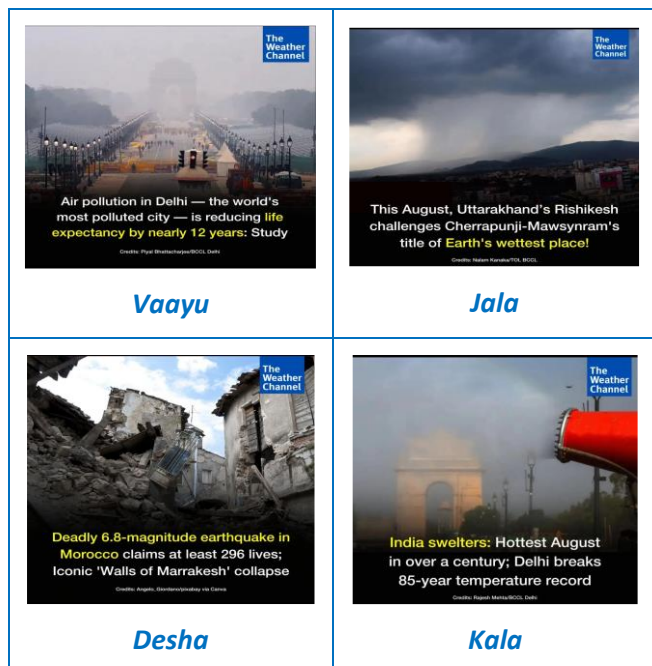
Janpadodhwamsa in current scenario

- Vitiation of Vayu (Air):** Industrial emission, open burning of garbage waste, burning of fossil fuels leads to Air pollution which became aggravating factor for many airborne diseases. Area becomes unsuited for habitation. Both human life and ecosystem suffer due to air pollution. The covid 19 pandemic caused by virus named as SARA-COV-2, which can be considered as *Janapadodhwamsa*.
- Vitiation of Jala (Water):** The most common cause of water pollution is use of fertilizers, natural calamities like flood, storm, inadequate sanitation; poor hygiene is responsible for approximately 90% of diarrheal deaths worldwide. The causes for waterborne illnesses may be because of ingestion, contact of pathogens (bacteria, viruses, or parasites) or chemicals in water.
- Vitiation of Desha (Land):** The Land contamination can result from an event such as mineral extraction, abandonment of mines, national defence activities, waste disposal, illegal dumping,

and leaking underground storage tanks. The quality of land has direct relation with water and air of that area.

4. Vitiation of Kala (Time): The *Kaal* (Climate) changes can be identified with warming temperatures, increases in frequency or intensity of some extreme weather events, rising sea levels. This further threaten our health by affecting the food we eat, the water we drink, the air we breathe, and the weather we experience.

This causes Seasonal infections in human from childhood such as measles, diphtheria, chickenpox, to faeco-oral infections, such as cholera, rotavirus, vector-borne diseases including malaria.



RESULTS

Role of Ayurvedic Chikitsa in Epidemics

One does not suffer from these diseases even if all four vitiated factors are at work, if people are assured with proper medicatesion. The herbs used for the medicinal preparation should be collected prior to the onset on diseases in that particular area.^[12]

Panchakarma, as a therapy, has proved to be effective in treating many pathological conditions. Performing *Panchakarma* will help in prevention of diseases and preservation of health. Primary prevention, curation

and promotive aspects should be given emphasis through *Panchakarma*.

Rasayanas described in *Ayurveda* are used in clinical practice for strengthening immunity. According to *Sushruta*, *Rasayanatantra* includes different steps of delaying aging process, increases longevity, and intelligence and provide disease resistant power to the individual.^[13] According to *Charaka Rasayana* is the method to produce the *Dhathus* of optimum quality.^[14]

Raksoghana Dhupana is mentioned in *Kashyap Samhita*^[15] for protection from infections .In ancient time and even today *Yagya* is done for the welfare of the mass population as it resulted in mass hygiene. In *Charaka* and *Sushruta Samhita* different type of *Dravyas* Like, *Guggulu (Commiphora mukul)*, *Nimba (Azadiracta indica)*, *Vacha (Acorus calamus)*, *Kustha (Saussurea lappa)*, *Haritaki (Terminalia chebula)*, *Sarshapa (Brassica campestris)*, *Yava (Hordeum vulgare)* with *Ghrita* fumigation with them to be done twice a day for 10 days.

Nasyakarma of medicated oils such as *Anutaila*, *Shadbindutaila*. This may protect the respiratory tract from pathogen entry. Nasal oil application possibly forms a biofilm and can help as a barrier to the entry of the virus particles. Steam inhalation and hot fomentation (with aromatic oils such as menthol) provide satisfactory clinical relief in nasal and throat congestion, bronchoconstriction, headache, and sinusitis.

Sound of instruments will destroy *Ghor Visha*. As *Acharya Sushruta* said that if food is contaminated with poison, then different symptoms arise due to that poison and to treat them apply different pastes on various types of instruments and produce sound from them. Equal parts of each of these contents *Taar* (Silver), *Sutaar* (Mercury), *Suvarna* (Gold), *Saariva* and *Kuruvind* (A kind of precious stone) total of above four *Dravya*, these should be mixed with *Pitta* of cow of *Kapila Varna* (color).^[16]

Prevention of epidemics Having self - control (*Jitatanam*), who follow religion (*Dharmik*), and who observes *Satvik* behaviour are key to remain

unaffected with epidemics. Along with this taking care of nature is also important.

To prevent epidemics due to communicable diseases, the concept of *Aupsargic Rogas* of *Acharya Sushrut* should be followed. He has explained avoiding physical contact, expired air, eating with others by sharing plates, sharing bed, clothes and cosmetics to check the spread of communicable diseases.^[17]



DISCUSSION

Acharya Charaka has divided the etiological factors into two different categories i.e., *Niyata Hetu* and *Aniyata Hetu*.^[18] The *Niyata Hetu* are factors that affect commonly to all the individuals in a particular-community and include the harmful effects of sun, moon, stars, and planets such as floods, cyclones, landslides, earthquakes, and tsunami. *Aniyata Hetu* is factors that include *Pragyaparadha* (terrorism, War etc.) *Shastra Prabhavaja* (nuclear weapons, advanced weapons like bio-weapons), *Abhisyangaja* (effects of pathogens, evil forces and unhygienic condition) and *Abhishapaja* (curse). These factors may affect the entire community and cause communicable disease known as *Janapadodhwamsa*.

Achar Rasayana has power to prevent war like situations.^[19] Along with this *Satyabhuta*, *Bhoote Daya*, *Dana*, *Bali*, *Devatarchana*, *Mantra* chanting, etc can lead to mental health.^[20] *Yagya* practice can result in the welfare of mass population as it results in air

purification. *Sadvrutta Palan* like conservation of natural resources, tree plantation, proper waste disposal techniques, use of ecofriendly techniques to avoid pollution can help in preventing natural threats like Global-warming.

Ayurvedic drugs contribute towards *Ojas* and boost process of tissue nourishment thus enhances natural immunity of body. The antioxidant, anabolic, anti-microbial and nutritive properties of *Rasayana* drugs offers remarkable benefits in common infection. *Ayurveda* advocates several non-pharmacological measures that are critical to overall health, including diet, sleep, mental relaxation, lifestyle behaviour, *Yoga*, *Pranayama*, *Asanas* in improving lung health and exercise tolerance.

CONCLUSION

The main objective of *Ayurveda* is *Swasthasya Swasthya Rakshanam*.^[21] Prevention is best way to avoid *Aupsargik Vyadhi* (communicable diseases) and consider under *Janapadodhwamsa* so remedies that are told like *Rasayana therapy*, *Panchkarma* procedures,^[22] *Sadvrit Palan* (code of right conducts) and *Aachara Rasayana*, *Homa (Yagya)* should be tried as preventive measure. *Ayurveda* also believed that a drug having *Katu*, *Kashaaya*, and *Ushna* properties helps to reduces pathological progression of microbial infections. *Neem*, *Ginger*, *Guggulu*, *Amla*, *Guduchi*, *Pippali*, *Turmeric*, etc. are some natural origin plants/herbs which can be used effectively for the prevention and treatment of infectious disease which mainly arises due to the viral infections. The recommended daily diet includes vegetables and pulses, seasoned with spices such as *Mulaka*, *Lahsun*, *Ajwaain* and *Sarshapa*, etc. Restrained utilisation of natural, man-made resources, adoption of *Ayurveda* dietetics and lifestyle, *Panchakarma* therapies, *Rasayana* therapies may effectively contribute to prevent and manage situations especially like disease outbreak.

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