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## Concept of *Vyadhi Kshamatva* w.s.r. to Autoimmune Disorders in Women : A Review

Dr. Pravesh Tomar<sup>1</sup>, Dr. Shalinee<sup>2</sup>

<sup>1</sup>Professor, <sup>2</sup>Post Graduate Scholar, Department of Prasuti Tantra and Stri Rog, Rishikul Campus Uttarakhand Ayurved University, Dehradun, Uttarakhand, INDIA.

### ABSTRACT

An autoimmune disease, our over active immune system mistakenly attacks our body. Women are more often prone to autoimmune diseases compared to men. 80% of individuals with autoimmune disorders are women. This higher prevalence is partly attributable to the X-chromosome, which has many genes relating to the immune system such as CD40LG, CXCR, OGT, FOXP3, TLR7, TLR8, IL<sub>2</sub>RG, BTK and IL<sub>9</sub>R. Women account for 80% - 95% of patients with Primary Sjogren's Syndrome, Systemic Lupus Erythematosus, Primary Biliary Cirrhosis, Autoimmune Thyroid Disease and Systemic Sclerosis, Autoimmune Thyroid Disease and about 60% of Arthritis and Multiple Sclerosis patients are women. Ayurveda includes both the preventive and curative aspects of human disease, hopeful it as a holistic science. This holistic approach of Ayurveda resembles to the entire function of *Vyadhi Kshamatva*. The process of capacity to resist disease is known as *Vyadhi Kshamatva*. In Ayurvedic literature, the natural innate strength of the body which is responsible for the health is termed as *Bala*. *Bala* depends upon the health status of *Dhatu*, *Prakurti*, *Desha*, *Kala* and *Oja*. *Bala* is classified into three types - *Sahaja* (Innate immunity), *Kalaja* (Acquired immunity) and *Yuktikrita* (Acquired active and passive immunity). *Vyadhi Kshamatva* plays an important role in autoimmune disorders. For prevention and cure of autoimmune disorders in women we need to do improvement in *Dhatu*, *Prakurti*, *Desha*, *Kala* and *Oja* for activation of adequate amount of *Bala* (Immunity). Prevention of an autoimmune disorders in women, it is natural concept without further any types of hazards.

**Key words:** Auto immune disorders, *Vyadhi Kshamatva*, Ayurvedic literature, Holistic approach.

### INTRODUCTION

According to Ayurveda immunity correlated with *Vyadhi Kshamatva* (resistance against diseases) which mean, व्याधिक्षमत्वं व्याधिबल विरोधित्वं व्याध्युत्पाद प्रतिबंधकत्वमिति यावत् || (च. सू. २८/१६ पर चक्रपाणि). *Vyadhi Kshamatva* is strength of body which slows power and

origin of disease.

In our body *Vyadhi Kshamatva Bala* is classified into three types - *Sahaja* (Innate immunity), *Kalaja* (Acquired immunity) and *Yuktikrita* (Acquired active and passive immunity). This *Bala* depends upon the health status of *Dhatu*, *Prakurti*, *Desha*, *Kala* and *Ojas*.<sup>[1]</sup> *Oja* is thought to be the ultimate finest extract (*Sara*) of all the tissues in our body. *Ojas* (The proper essence of all *Sapta Dhatus*) strengthens our body and keeps it healthy and free from any diseases or ketabolic (degenerative) changes.<sup>[2]</sup>

In developing the resistance or immunity against diseases two terms are used, one is *Vyadhibala Viroditva* developing and agents to fight the strength of the disease that means, the virulence of the disease is brought down. The other thing is, "*Vyadhi Utpada Prati-Bandhakatva*", the capacity to inhibit or contain the factors that produce the disease. The capacity to

#### Address for correspondence:

Dr. Shalinee

Post Graduate Scholar, Department of Prasuti Tantra and Stri Rog, Rishikul Campus Uttarakhand Ayurved University, Dehradun, Uttarakhand, INDIA.

E-mail: seepalshalinee307th@gmail.com

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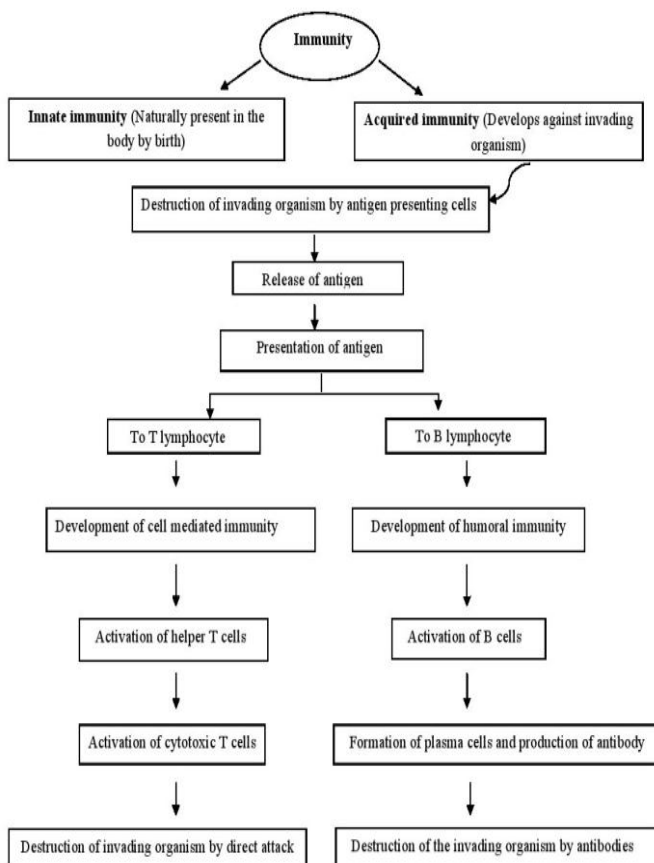
resist the disease depends on genetic factor and seasonal factor.<sup>[3]</sup>

**MODERN VIEW OF IMMUNITY**

Immunity is defined as the efficiency of the body to resist the pathogenic agents and capability of the body to protest the entry of different types of foreign bodies like virus, bacteria, toxic substances etc. it is of two types:-

- 1. Innate immunity (natural immunity) :** It is the inborn power of the body to protest the pathogens. By chance, if any organism enters the body, innate immunity eliminates them before the growth of any disease. This type of immunity represents the first line of defense against any type of pathogens. Therefore, it is also called nonspecific immunity.
- 2. Acquired immunity (specific immunity) :** It is the resistance developed in the body against any specific foreign body like bacteria, viruses, toxins, vaccines or transplanted tissues.

**Development of Immunity<sup>[4]</sup>**



**Autoimmune Disorders**

Autoimmune disorders cause abnormally over function of the immune system, in such cases body attacks and damage its own tissue.<sup>[5]</sup> Autoimmune disorders first recognized by Ian Mackey and Macfarlane Burnet.<sup>[6]</sup>

Normally, an antigen induces the immune response in the body. The condition in which the immune system fails to give response to an antigen is called tolerance. This is true with respect to body’s own antigens that are called self antigens (auto antigens). Normally body has the tolerance against self antigen. But, in some cases, the tolerance becomes incomplete against self antigen. This state is called autoimmunity and it leads to activation of T lymphocytes or production of auto antigens from B lymphocytes. The T lymphocytes (cytotoxic T cells) or auto antigens attack the body’s normal cells whose surface contains the self antigens. Thus, the autoimmune disorders is produced when body’s normal tolerance decreases and the immune system fails to recognize the body’s own tissues as ‘self’. The autoimmune disorders are of two types.

1. Organ specific diseases which affect only one organ.
2. Organ nonspecific or Multisystemic diseases, which affect many organs or systems.<sup>[7]</sup>

For most autoimmune disorders there are clear sex differences in prevalence whereby female are generally more frequently affected than males. The X chromosomes contain a large number of genes that are involved in immunity. While females carry two X chromosomes, one X chromosomes is inactivated early in embryogenesis. This allows for equal gene expression dosage between males and females, but also results in cellular mosaicism. Consequently, females may avoid any effects that arise from harmful gene-mutations, and cellular mosaicism may result in added advantages in response to immune challenges. It has been suggested that X chromosomes inactivation, loss of X chromosomes may underlie the development of autoimmune disorders.<sup>[8]</sup>

Female prone autoimmune disorders are;<sup>[9]</sup>

1. Sjorgren's syndrome
2. Systemic lupus erythematosus
3. Hashimoto's thyroiditis
4. Myasthenia gravis
5. Rheumatoid arthritis
6. Multiple sclerosis
7. Ulcerative colitis

### Treatment

It varies depending on the type of disorder. Autoimmune disorders can't be cured. We can only control the overactive immune response by various treatments according to disorders. Ancient Ayurveda gave *Vyadhi Kshamatva* theory for better management of autoimmune disorders. By improving body's *Dhatu, Prakurti, Desha, Kala* and *Ojas*, we can regularize body's uncontrolled immune system, which is the main cause of autoimmune disorders. According to Ayurveda the defense mechanism of the body or disease resisting power of the body directly depends upon *Ojas* (The proper essence of all *Sapta Dhatu*). Apart from providing strength to the body for physical and mental activities the main function of *Ojas* in human body is to provide *Vyadhi Kshamatva Bala*. It works on two aspects by prevention and cure of disease without further derangement in the body.

### DISCUSSION

Autoimmune disorders are born by immune system derangement in body. Therefore it is only treated by improvement of improper function of immune system. Ancient theory of *Vyadhi Kshamatva Bala* is better works on it. In female body, symmetry in *Dhatu, Prakurti, Desha, Kala* and *Oja* produce natural adequate amount of *Vyadhi Kshamatva Bala* (Immunity). The strength of *Vyadhi Kshamatva* totally depends upon *Ojas* present in the body. More the presence of *Ojas*, the more will be the immunity power. The natural defence mechanism i.e. *Ojas*

depends upon proper *Ahara* (diet), *Vihara* (Physical activities) and *Vishrama* (Physical and mental rest). Due to this uncontrolled activation of immune system prevent and body cured by autoimmune disorders. *Vyadhi Kshamatva* is natural prevention treatment for autoimmune disorders.

### CONCLUSION

It is concluded that autoimmune disorders are more prone in female than male. *Vyadhi Kshamatva Bala* is boon of ancient Ayurveda for autoimmune disorders. It plays its role by holistic approach prevention and cure of diseases.

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