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RELATION BETWEEN SAMHANAN (COMPACT BODY BUILT) & VYADHIKSHAMATWA (IMMUNITY) – An Ayurvedic Review

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REVIEW ARTICLE

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RELATION BETWEEN SAMHANAN (COMPACT BODY BUILT) & VYADHIKSHAMATWA (IMMUNITY) – An Ayurvedic Review***Corresponding Author**

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ABSTRACT:

In the world of globalization human body loosing the ability to get adjusted to the changing stresses of environment so easily get affected by various diseases. Now a day it is a challenge to minimize the frequency of disease in individual. *Ayurved* explained the healthy individual who would not be easily affected by environmental stresses are those having good *Samhanan* (compact body built). To avoid or to reduce the frequency of occurrence of disease there is natural phenomenon in human body which is enlightened as *Vyadhikshamatwa* (Immunity). *Shonit* (blood), *Mamsa* (Muscle) & *Asthi* (Bones) are three common factors found between *Samhanan* (compact body built) & *Vyadhikshamatwa* (Immunity). It shows that there exists a definite link between *Samhanan* (compact body built) & *Vyadhikshamatwa* (Immunity). These three *Dhatus* in good state are responsible for good *Samhanan* (compact body built) & good *Vyadhikshamatwa* (Immunity). Therefore maintenance of *Shonit* (Blood), *Mamsa* (Muscle) & *Asthi* (Bones) *Dhatu* in good state provides prevention & improvement in their qualities will prevent the relapse of a disease.

Key Words: *Samhanan, Vyadhikshamatwa, Shonit, Mamsa, Asthi*

INTRODUCTION

The human body has been designed to resist an infinite number of changes & attacks brought about by its environment. The secret of good health lies in successful adjustment to the changing stresses on the body. The main objective of *Ayurved* is also in accordance of above statement which states that

The utility of this science is to help maintain the health of healthy individual & cure of disease of a patient.^[1]

Ayurved explained the healthy individual who would not be easily affected by environmental stresses is a person having proportionate musculature, good *Samhanan* (compact body built) & strong *Indriya* (Sensory & Motor organs) is not overcome by onslaught of diseases.^[2] In the world of globalization human body loosing the ability to get adjusted to the changing stresses of environment, so easily get affected by various diseases. Nowadays it is a challenge to minimize the frequency of diseases in individual. To avoid or to reduce the frequency of occurrence of disease there is natural phenomenon in human body which is enlightened as *Vyadhikshamatwa* (immunity) in *Ayurveda*. If the person has good *Vyadhikshamatwa* (Immunity) then chances of getting affected by a disease is less. So there could be hidden relation between *Samhanan* (compact body built) & *Vyadhikshamatwa* (immunity) as both of them contributes to a prevention of disease. Thus the study is being carried out to identify the link between the two.

AIM

To establish a relation between *Samhanan* (compact body built) & *Vyadhikshamatwa* (immunity)

OBJECTIVES

1. To identify the common factors between *Samhanan* (compact body built) & *Vyadhikshamatwa* (immunity).
2. Utilization of those factors for preventive purpose & *Apunarbhav Chikitsa*. (Treatment to minimize relapses)

MATERIALS & METHODS

If the concept of *Vyadhikshamatwa* (Immunity) is analysed retrospectively then such factors which decreases the preventive capacity of body against disease needs to be considered. Such factors are mentioned in *Charak Samhita Chikitsa Sthana* in chapter 1 i.e. *Rasayanadhyaya*. So from this reference & its *Chakrapani Tika* data is collected.

(A) General etiopathogenesis of development of disease according to Ayurved^[3]

All the defects in the body are caused by the following:-

1. Intake of *Gramya* (Substandard) diet & ingredients of food which are *Amla* (sour), *Lavana* (Saline), *Katu* (Pungent) & *Kshara* (Alkaline),
2. Intake of dry vegetables, meat, sesame seeds, paste of sesame seeds & *Pista Ahar* (pastries),

3. Intake of germinated cereals & Pulses, *Viruddha Ahara* (ingredients which are mutually contradictory), *Asatmya* (unwholesome), Dry, *Kshar* (Alkaline) & *Abhishyandi* (those which obstruct the channels of circulation),
4. Intake of softened, heavy, putrid & stale food.
5. Those who mostly indulge in irregular intake of food or taking food before the previous meal is digested
6. Those who are addicts to day sleep, excess sexual enjoyment with women & alcoholic drinks
7. Those who expose their physique to strain of irregular & excessive exercise
8. Those who are subjected to excess of fear, hunger, grief, greed, infatuation & overwork.

Because of above mentioned factors is *Mamsa Shaithilya* (flabby muscle), Vitiated joints, Vitiated *Rakta* (blood), Liquification of *Meda* (Fat), Loosing intactness of *Asthi – Majja* (Bones – Bone marrow), Impairment in ejaculation of semen & *Ojas* undergo diminution. In such circumstances, he feels sleep, drowsiness & laziness. He loses initiative, gets dyspnoea & he becomes incapable of physical & mental work. He also loses his memory, intellect & complexion & become an abode of diseases.

B) *Vyadhikshamatwa* (immunity). :-

It is common observation in society that some individuals are frequently affected by various diseases where few are capable of resisting strongly against it. In this reference *Acharya Charak* states that Not only *Hita Ahara* (wholesome diet) or *Ahita Ahara* (Unwholesome diet) is responsible for occurrence of disease but other factors are also important which explained under *Vyadhikshamatwa* (Immunity) in 28th chapter of *Charak Samhita sutrasthana*. So the reference of *Vyadhikshamatwa* (Immunity) & data related to it is collected from this reference along with its *Chakrapani Tika*.

Obese or too emaciated individuals, *Anivishtha Mamsa* (Loose muscles), *Anivishtha Shonit* (vitiated blood) & *Anivishtha Asthi* (weak Bones), weak or nourished with unwholesome food or accustomed to the intake of less food or having feeble mind are unable to resist diseases. On other hand, individuals having opposite type of physical constitution (i.e. *Sunivishtha Mamsa* (compact musculature), *Sunivishtha Shonit* (non vitiated blood) & *Sunivishtha Asthi* (strong bones) are capable of resisting diseases.^[4]

C) *Samhanan* (compact body built):-

To examine the strength of individual *Acharya Charaka* has explained 10 parameters in *Vimansthana* 8th chapter. Out of these *Samhanan* (compact body built) is important contributing factor in maintenance of health. So reference related to *Samhanan* (compact body built) are collected from there & along with its *Chakrapani tika*.

Samhanan, *Samhati*, *Samyojana* these are three synonymous terms. A *Susamhat* (Compact) *Sharir* composed of *Suvibhakta Asthi* (strong & compact bones), *Subadhha Sandhi* (strong & compact joints), *Sunivishtha Mamsa* (compact musculature), *Sunivishtha Shonit* (Non vitiated blood). Individual having *Uttam Samhanan* (compact body built) has *Uttam Bala* (Strength) & those of *Hin* (Poor) *Samhanan* (compact body built) are weak.^[5]

DISCUSSION

Samhanan (compact body built) in *Ayurvedic* term indicating body strength of individual. We can interpret that those having good *Samhanan* has good preventive capacity against diseases, when textual reference of *Samhanan* is analysed, it is found that *Shonit*(Blood), *Mamsa*(Muscle) & *Asthi*(Bone) are most important for providing strength to body. In similar manner when textual reference of *Vyadhikshamatwa* (Immunity) is analysed it is found that out of seven *Dhatus* it depends on these three *Dhatus*.

From above textual references, Common factors found between general etiopathogenesis of development of disease, *Samhanan* (compact body built) & *Vyadhikshamatwa* (immunity) are -

Common factors between 3 Ayurvedic textual references mentioned above:-

Sr. No.	General Etiopathogenesis of disease	Hin (poor) Samhanan (compact body built)	Vyadhikshamatwa (immunity).
1	<i>Sandhiyate Asthishu Majja</i> (loosing intactness of Bones & Myeloid tissue related to it)	<i>Vibhakta Asthi</i> (Weak bones)	<i>Vibhakta Asthi</i> (Weak bones)
2	<i>Vimuchyate Sandhi</i> (weakness of joints)	<i>Abadha Sandhi</i> (weak joints)	-
3	<i>Shithilabhavanti Mamsani</i> (Flabby muscles)	<i>Anivishtha Mamsa</i> (loose muscles)	<i>Anivishtha Mamsa</i> (loose muscles)
4	<i>Vidahyate Raktam</i> (Vitiated blood)	<i>Anivishtha Shonit</i> (vitiated blood)	<i>Anivishtha Shonit</i> (vitiated blood)

As per the above chart the common factors between *Samhanan* (compact body built) & *Vydhikshamatwa* (immunity) are - *Shonit* (Blood), *Mamsa* (Muscle) & *Asthi* (Bone) surprisingly these factors are in accordance with general etiopathogenesis behind development of disease.

- 1) As *Shonit* (Blood), *Mamsa* (Muscle) & *Asthi* (Bone) are common factors there exists a connecting link between the two.
- 2) *Shonit* (Blood), *Mamsa* (Muscle) & *Asthi* (Bone) when exists in good state then they will be responsible for good *Samhanan* (compact body built) & *Vydhikshamatwa* (Immunity)

According to Ayurved body is made up of *Dosha*, *Dhatu* & *Mala* so the normal state of body is actually depends on the normal state of *Dosha*, *Dhatu* & *Mala*. *Vata*, *Pitta* & *Kapha* are actual disease causing factors. But they can induce disease only when they can surpass the preventive strength of individual & this preventive strength depends on good quality of *Shonit* (Blood), *Mamsa* (Muscle) & *Asthi* (Bone). To prevent relapse of disease one should concentrate to improve *Vydhikshamatwa* (immunity) which is possible by improving *Samhanan* (compact body built) i.e. improving the qualities of *Shonit* (Blood), *Mamsa* (Muscle) & *Asthi* (Bone).

Immunity is ability of body to defend itself against specific invading agents such as bacteria, viruses, Toxins & foreign tissues is called specific resistance or immunity.⁽⁷⁾ On contrary the *Ayurvedic* concept of *Vydhikshamatwa* (immunity) includes protection to the body against any type of disease, it may be infectious or life style related or autoimmune or Vitamin deficiency diseases or degenerative type. Though here the term immunity is used to describe *Vydhikshamatwa* (immunity) actually it's the part of it, so *Vydhikshamatwa* (immunity) is broad terminology according to *Ayurved* & immunity is just one part of it so it is irrational to compare these two & to study *Vydhikshamatwa* (immunity) in perspective of Modern concept of immunity.

RESULT

Shonit (Blood), *Mamsa* (Muscle) & *Asthi* (Bone) are common factors between *Samhanan* (compact body built) & *Vydhikshamatwa* (immunity). So when these *Dhatus* exist in good state, they won't

allow development of general pathogenesis of disease & provide preventive protection to a person.

CONCLUSION

- 1) *Shonit* (Blood), *Mamsa* (Muscle) & *Asthi* (Bone) are basic contributing factors between *Samhanan* (compact body built) & *Vydhikshamatwa* (immunity).
- 2) So there exists a definite link between the two
- 3) Maintenance of *Shonit* (Blood), *Mamsa* (Muscle) & *Asthi* (Bone) in good state provides prevention & improvement in their qualities will prevent the relapse of disease.

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