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Analytical Study of *Janapadoddhwamsa* with special reference to COVID-19 like Pandemic

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ABSTRACT

Janapadoddhwamsa described in the *Charaka Samhita* is similar to *Sushruta's Maraka*, *Vagbhata's Ekogada*, and endemic or pandemic in current modern medical science. Its literal meaning is the destruction of the *Janapada* i.e., population. *Acharya Charaka* has rendered various reasons for the destruction of *Janapada* at different levels in details like- earthquakes, volcanoes, landslides, and world war, etc. All/various reasons are not the main subject of this study, only the *Janapadoddhwamsa* arising from the same type of infectious disease like COVID-19 in which all people are attacked by the same disease at the same time and resulting in death is its subject. Air, water, space, and time are the basic components of the environment and due to the violation of these environmental components, *Sadvritta*, etc, the origin of *Bhuta* is possible. In this study, it has been found that these *Bhutas* are similar to the virus of modern, and *Bhutaghna* medicines have also been proven to be antiviral. In the above situations, along with *nidana parivarjana* i.e., avoidance of causative factors, following mainly good habits, good conduct, abandoning the place and living in an auspicious place, *Shanti karma* (peace work), use of *Rasayan* drugs, *Samshaman* drugs, *Achara rasayan* is advised. It has been found in the study, following good habits increases immunity which works for both prevention and cure.

Key Words *Janapadoddhwamsa*, *Virus*, *Guptiratmana*, *Pandemic*, *Bhuta*

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INTRODUCTION

Janapadoddhwamsa is the fundamental description of the *Charaka Samhita*. Such a detailed description is not available; either in Ayurveda or in any Indian literature. Only in modern science, there is a description of the Endemic, Epidemic, and Pandemic similar to it. This description is also not as detailed as that of *Charaka Samhita*.

Janapadoddhwamsa is, when at the same time, one disease starts destroying the *Janapada*¹. *Acharya Charaka* has mentioned multi-layered reasons for the same such as *Rituvyapada* (season change), *Graha-Bhuta*, *Mahayudha* (great war) , *Krityadi abhicharaja* (destruction by man-made artificial means) etc². Believing the reasons behind them as *Asadvrutta* (unrighteous) – *Adharmika* (irreligious) – *Adrushtha*³ (invisible) etc, behind them too, the human beings

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intelligence- related *Pragyaparadha* (offenses against wisdom) has been considered the root cause⁴.

Vayu (Air) , *Jala* (water) , *Desha* (space) , and *Kaala* (time) are the basic components of the environment, and due to their effect- food, medicine, etc. are polluted and also due to their effect, a single disease takes the form of a deadly epidemic⁵, killing all human beings at the same time. When a disease outbreak is limited to a particular area, it is called an Endemic like malaria, chicken pox, etc. When the infectious disease spreads more in many places without being limited to a particular place, it is called an Epidemic like smallpox, measles, or polio, etc. When the infection spreads in the form of a worldwide spread, it is called a Pandemic e.g.– Plague, COVID-19, Spanish flu. The same disease can be converted into an Endemic, Epidemic, or Pandemic due to perverted air, water-country-time, etc. as seen in the context of COVID-19. For all these, the administration has been considered more responsible than the general public.

In the above situations, along with *Nidana parivarjana* i.e., avoidance of causative factors, following mainly good habits, good conduct, abandoning the place and living in an auspicious place, *Shanti karma* (peace work), use of *Rasayan* drugs, *Samshaman* drugs, *Achara rasayan* is advised⁶. Through *Gupti-Atmana*, *Panchakarma*, etc mentions are found of successful medical treatment⁷. *Gupti-Atmana* is to protect oneself through mantras, etc⁸. There are

many meanings of *Gupti* like *Kopana*, *Samvarana*, *Rakshana*, etc. In practice, *Gupti-Atmana* can be understood in terms of self-protection or self-isolation. This medical instruction has been followed uninterruptedly during the COVID period. Clear instructions were given to the patient infected with COVID to remain isolated, due to which the patient is protected from disease infection and the healthy person is also protected from disease infection.

It has been found in the study that the word *Bhuta* is widely used in *Ayurvedic* and other Indian literature. The classification of *Bhutas* is due to the mutual association of *Jarayuja-Andaja- Svedaja- Udbhija* and different ecological conditions in the form of *Yonisankara*⁹ (new species emerging out of existing ones) leading to the origin of different worms and insects, microorganisms (*Bhuta*), bacteria, viruses, etc. Pathogenic *Bhuta* have been given the name of *Graha*. The *Graha* means, which intakes, infects people, and causes various diseases. It has been found in the study that almost all types of *Bhutas* i.e., from human to subtle microscopic are considered to be eight¹⁰, ten, sixteen¹¹, eighteen, twenty, innumerable in number and has been named *Adi Daiva*, *Rakshasa*, etc after the special characters of the *Bhuta*. It has also been found in the study that *Ghrita* especially *Purana* and *Prapurana* has progressively Antiviral properties¹².

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AIMS AND OBJECTIVES

1. Scientific study of causes, form, medical principles, and medical system to prevent the *Janapadoddhwamsa* and COVID-19.
2. Estimation of harm by looking at the symptoms of vitiated *Vatadi doshas*.
3. Scientific study of *Ayurveda* Medicines and protection measures, mentioned in the scriptures from the Vedic period till the present time and its use in the present context.

METHODS

1. In the early period of COVID-19 i.e., in the first half of 2020, this study was started in the light of CCIM/Government of India's instructions for the prevention of COVID panic. No such research work was done at the time of the synopsis presentation. Reviewing the research work after three years of research work, the dissertation was completed and presented in October 2022.
2. In addition to the *Vedic* texts, the study of *Ayurvedic* principles described in the *Brihatrayi* and *Laghutrayi* related to *Janapadoddhwamsa*.
3. Scientific study of the related subjects according to the modern.
4. In this sequence, analyse and study the *Vaikarika Bhuta* (pathogenic) which can be destructive.
5. A comparative study of *Vaikarika Bhuta* (pathogenic) and viruses and to find out the solution for its prevention.

RESULTS

1. Due to *Asadvrutta* (unrighteous) and *Adharma* (irreligious) generated by *Pragyaparadha* (offenses of wisdom), the *Vayu* (air), *Jala* (water), *Desha* (place), *Kaala* (time) gets distorted and as a result, generates *Janapadoddhwamsa*. Below are Figures (fig.1 and fig.2) showing list of factors for origin of *Janapadoddhwamsa* according to *Acharya Charaka* and *Acharya Sushruta*.

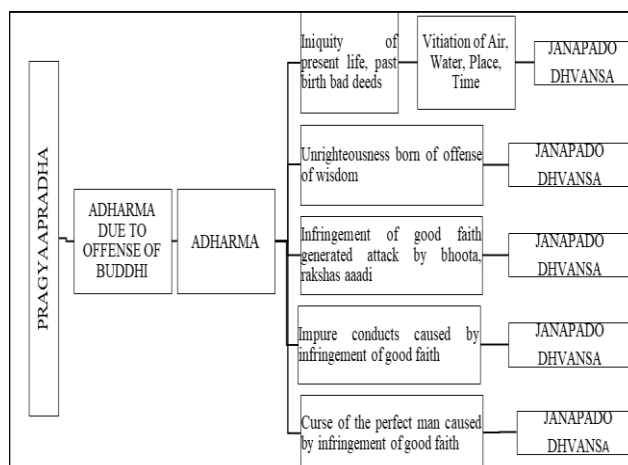


Figure 1 Origin of *Janapadoddhwamsa* according to *Acharya Charaka*

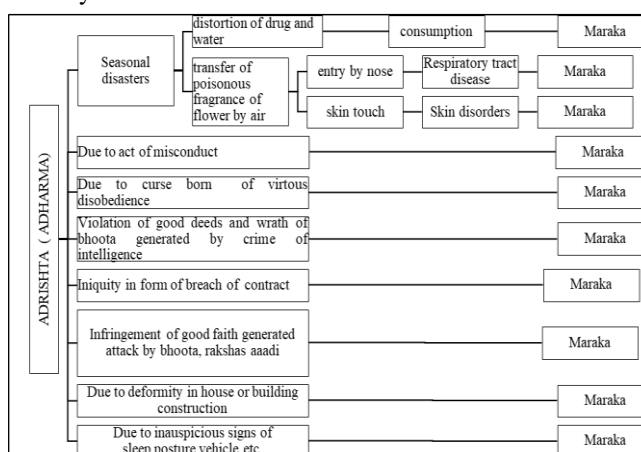


Figure 2 Origin of *Maraka* according to *Acharya Sushruta*

2. According to the degree of comparison of the above-mentioned factors, the origin of Endemic, Epidemic, Pandemic, etc occurs. Due to their deformity, there is a strong possibility of

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the origin of *Vaikarika Sukshma Jeeva* (pathological micro-organisms), *Yonisankara* or *Bhuta*, etc.

3. Eight, sixteen, eighteen, twenty or innumerable differentiation of Microbes, viruses, etc. is possible on the basis of distinctions of body and mind of human beings mentioned in *Charaka Samhita* like *Daiva, Pishaach, aadi*.

4. Out of the various reasons for *Janapadodhdwamsa*, *Bhutavesha* or *Graha-akraman* (*Graha* invasion) is currently a viral attack or viral infection. In this, *Bhutopsargaja Janapadodhdwamsa* is equivalent to present-day Corona Virus generated COVID-19.

5. Diagnosis of infections mentioned under *Aupsargika rogas*¹³, are mode of transmission of an infectious disease in today's context.

6. *Sadvritta, Achara Rasayan, Rasayan, Aushadha* (Drug) use, *Daivavyapashraya* therapy described in treatment are equivalent to currently used immunomodulator therapy and psychological treatment.

7. *Bhutaghna*, and *Rakhsoghna* medicines described in treatment are equivalent to currently used antiviral and antibacterial drugs.

8. *Sadvritta* (Right) and *Swasthavrutta* (healthy) directions are the ideal preventive and follow-up treatment of the present context.

DISCUSSION

1. In Ayurveda, *Kaala* (time) has been described as the productive cause of all beings. In appropriate times and non-approaching seasons

only, food and medicines with the best *Rasa, Guna, Virya, Vipaka* and *Prabhava* are produced¹⁴. If the *Kaala* (time) is vitiated, then the creatures are born unnaturally.

2. *Acharya Charaka* has considered the vitiation of *Kaala* (time) as the most serious¹⁵. Due to this, the components of air, water, and land also get distorted automatically, and everything can be destroyed due to distortion or destruction of *Kaala* (time). In order to prevent *Kaala*'s deformation, the deformity of the first three has to be stopped.

3. The *Yonisankara* described under the quadruple classes of *Jangam* classification by *Acharyas* shows that different types of microorganisms are generated due to the deformity of productive factors and productive *Yoni*. Modern science also describes the inactive stage of viruses, bacteria, etc. Due to *Kaala vikruti* (ecological changes over time), they become active or the growth of these viruses etc. increases after getting favourable environment.

4. The medical principles of *Janapadodhdwamsa* are as follows –

- i. Use of pure diet and medicines.
- ii. Following *Sadvritta* (good faith).
- iii. *Guptiratmana* (isolation).
- iv. *Sthana parityaga* (Abandonment of place) and consumption of beneficial/ impaired district.
- v. *Shanti karma* (peacekeeping).
- vi. *Panchakarma*.
- vii. *Rasayan* and *Achara Rasayan* (behavioural therapy).

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- viii. *Mangal Chanting - Homadi Daivavyapashraya Chikitsa.*
- ix. *Anjali namaskar* (gesture of greeting with the palms folded together).
- x. *Rakhsoghna* and *Bhutaghna* drugs and actions.

CONCLUSION

Acharya Charaka has mentioned the main reason for *Janapadodddhwamsa* stating the perversion of air, water, country, and time. Many reasons were given behind the deterioration of these components of the environment, whose importance keeps on changing from time to time. From the modern perspective, due to the distortion of these components of the environment, terrible population destruction is being envisaged. From the theory of modern scientists related to water, air changes, and ecological imbalance, *Acharya Charaka's* theory of distortion of *Jala*, *Vayu*, and *Kaala* is confirmed. This distortion results in the origin of mass-killer diseases. Therefore, efforts should be made by the general public and the administration to save them from getting polluted. Based on the knowledge obtained from the study of the effects of *Janapadodddhwamsa* described by *Acharya Charaka*, this type of epidemic can be prevented in the future.

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