



# Ayurvedic Concept of Disease Manifestation w.s.r. to *Prakriti, Sarata* and *Nidan-Dosha-Dushya Sammurchhana* and its Correlation to Manifestation of COVID-19 in Different Patients

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## ABSTRACT

Coronavirus disease or COVID-19 is an infectious communicable disease. W.H.O. declared it Pandemic. The virus is newly discovered that causes COVID-19. The virus is mainly transmitted through droplets when a COVID-19 infected person coughs, sneezes, or exhales. These droplets are too heavy and settle down on floors or surfaces. One can be infected by touching the contaminated surfaces and then touching eye, nose, and mouth and by breathing in the air within close proximity of someone who has COVID-19, most people infected with COVID-19 have mild to moderate symptoms. In this present situation everyone is panic due to spread of the pandemic. Meanwhile asymptomatic covid-19 cases catch attention of everyone in the world. Many surveys and researches have shown that around 40% of the covid-19 cases are asymptomatic. W.H.O. also claimed that asymptomatic cases very rarely spread disease. The main reason behind asymptomatic cases can be the immunity, but still it is a question that without any specific immunity the can general immunity work? Ayurveda has answer of every query. In charak Samhita and various Ayurvedic texts our ancient Acharyas has mention the different body types according to Sara, Samhanan, Dosha Dushya and prakriti etc. These factors determine the disease intensity in different person.

**Key Words:** COVID-19, Asymptomatic cases, Sara, Samhanan, Dosha, Dushya, Prakriti, Guruvyadhit, laghuvyadhit

## INTRODUCTION

COVID-19; the global pandemic remains unsolved along with the threat for human race. While its cases are continuously increasing after outbreak in Wuhan, it is also showing its different forms in different persons. Its earliest case was traced in China in December 2019, so far, a total

of 1 Crore 37 lakh cases have been reported to WHO all over the world with 586K fatalities<sup>1</sup>. According to Union Health Ministry, there are less than 1.94 percent of active cases in India in ICU, 0.35% on ventilation, and 2.81% are being given oxygen. India the most populous country with 1.35



billion people, has 727.4 cases per million population.<sup>2</sup>

The horror that with COVID-19 came-up, is now changing its form with same mystique. Somewhere severe illness, somewhere moderate, somewhere mild, somewhere prolonged and somewhere it is in form of asymptomatic COVID-19.

After all the matter of thinking is, what could be the cause of same disease having different forms in different humans.

Various studies and data shared by some countries on detailed group of investigations and contact tracing activities have shown that transmission by asymptomatic cases are lesser than the symptomatic cases<sup>3</sup>.

Paper published by 'Medical News Today' shows that around 40-45% of people contracting the corona virus are asymptomatic.

The 'Situation report- 46' by WHO on Coronavirus disease 2019 (COVID-19) has shown that 80% of infection are mild or asymptomatic, 15% are of severe type of infection which requires oxygen, and 5% are very critical in nature which requires ventilatory support<sup>4</sup>.

The Centres for disease control and prevention estimate that 35% of all people with COVID-19 are asymptomatic<sup>5</sup>

WHO has declared the following definition of asymptomatic and pre- symptomatic cases<sup>6</sup>: -

- Who never develop symptoms - asymptomatic
- Who test positive when they don't yet have any symptoms but go on to develop the symptoms - Pre-symptomatic

- People with very mild or atypical symptoms
- People with confirmed Covid-19 suffering with the symptoms for six weeks or even longer than six weeks – Prolonged cases

### AIM

- To correlate the knowledge of ancestors about disease severity and non-severity according to individual's *Prakriti*, *Sarata*, and the degree of *Nidana-Dosha-dushya Sammurchhna* with asymptomatic COVID-19 cases.

### OBJECTIVES

- To elaborate the different physical strength through *Prakriti*.
- To search the answer of questions from ancient ayurvedic *Samhitas* which are still unknown for public.

Modern science gives concept of immunity but Ayurveda has mentioned different concepts (concept of *Prakriti*, concept of *Sara etc*) which differentiate the disease response of various persons for particular diseases. Basically, *Sara* and *Prakriti* are the constitutional appearance and general physical strength of a human being. By the help of *Sara* and *Prakriti*, one can easily understand that how the communicable disease transmission varies from person to person and also the different responses towards noncommunicable diseases. This paper is all about the effort to solve the mystery of asymptomatic corona virus cases with the help of Ayurveda.

In *Charak Samhita*; *Agnivesh* asked to *Bhagwan Atrey* that it is seen that the persons taking wholesome diet are both diseased and healthy, similarly in case of the unwholesome diet. In such



situation how the difference in good and bad effects can be attributed to the intake of wholesome and unwholesome diet respectively<sup>7</sup>. According to *Acharya Charaka* diseases are innumerable because of being too numerous while *Doshas* are numerable because of being not too numerous<sup>8</sup>.

On the basis of aetiology, *Doshas* and *Dushyas* response occurs in the form of no manifestation or otherwise of the disorder. When these (above) three factors (*nidana etc.*) do not combine together or if combined after a long time or in weakened state, disorder will not be there, or it will manifest later, or in a mild form or without all the said symptoms<sup>9</sup>. On the contrary the disease will manifest with all the symptoms.

The theory of disease manifestation says that due to exercise, intensity of heat and non-observance of wholesome and also speediness of *Vata*, *Doshas* spread from the trunk (*Koshtha*) to exterior parts (*Shakha*). Sometimes when *Doshas* are not excited, they wait again and again for exciting cause, because they never vitiate in improper place or time<sup>10</sup>.

Different types of disease response can be due to different types of *Doshaj Prakriti*. *Acharya charak* said the body of the foetus is determined by the constitution of sperm and ovum, that of time and uterus, that of food and behaviour of mother and that of the products of *Mahabhutas*. *Dosha*, one or more than one, which predominates in these factors, get attached to the foetus. This is said as *Dosha-Prakriti* (physical constitution) of human

beings emerged from the initial stage of the foetus<sup>11</sup>.

*Acharya sushrut* also elaborated about the *Prakrit*. There are seven kinds of *Prakriti* (constitution of the body), by each *Dosha* separately, by the combination of all the three *Doshas*. Whichever the *Dosha* that is predominant all the time of union of *shukra* (semen/ spermatozoon) and *Shonit* (menstrual blood/ovum) the *Prakriti* of person gets formed from the particular *Dosha*<sup>12</sup>.

Hence, *Dosha Prakritis* are seven in number in which three are *Ekdoshaj* (*Vataj, Pittaj, kaphaj*), three are *Dvidoshaj* or *Dvandaj* (*Vata-pittaj, Pitta-kaphaj, Kapha-vataj*), and remaining one is *Tridoshaj* or *Sannipataja* (*Vata-pitta-Kaphaj*) Hence, some persons are constitutionally *Vatala*, some *Pittala*, some are *Sleshmala* some having combined *Doshas* and some with balanced *Dhatus*. *Acharya Vagbhatta* has mentioned that *Dvidoshaj Prakriti* is *Nindya*<sup>13</sup>.

In the description of *Prakriti*, *Acharya* has described that *Kaphaja* persons are strong, wealthy, learned, brave, calm and long-lived<sup>14</sup>. Similarly, *Pittaj* are moderate in strength, life span, knowledge, understanding, wealth and means<sup>15</sup>. The person having predominance of *Vata* have mostly low degree of strength, lifespan, progeny, and wealth<sup>16</sup>.

Due to combination of *Doshas*, characters are found accordingly. In persons having equilibrium of all *Dhatus* the characters of all *Dhatus* are found. Thus, the strength of each and every person also differs due to different types of *Doshaj Prakriti*<sup>17</sup>.



Among these *Prakritis*, *Vataj Prakriti* people have inferior degree of strength (*Bala*), and health, *Pittaj Prakriti* people have medium degree of strength (*Bala*) towards any illness and the people who have *Kapha Dosha* predominance, have higher degree of strength. So, symptoms of any disease will show its maximum severity in *Vata dosha* predominance and minimum in *Kapha dosha* predominance depending on the degree of *Bala*.

The tools for assessment of *Prakriti* can be taken from website of CCRAS.

As mentioned above, *Sara* (physical constitutional essence) also affects the diseases response and severity in different persons. There are eight types of *Sara* in human beings which shows the degree of strength. These are: - *Twak, Rakta, Mamsa, Meda, Asthi, Majja, Shukra*, and *Satva Sar*<sup>18</sup>.

➤ *Twak Sarta* indicates happiness, good fortune, power, enjoyment, intelligence, learning, health, cheerfulness and longevity<sup>19</sup>.

➤ *Rakta Sarta* shows happiness, sharp intellect, moderate strength, lack of endurance and intolerance to heat<sup>20</sup>.

➤ *Mamsa Sarta* indicates lack of greed, wealth, learning, happiness, simplicity, health, strength and longevity<sup>21</sup>.

➤ *Medas Sarta* indicates wealth, power, happiness, enjoyment, charity and simplicity<sup>22</sup>.

➤ *Asthi Sara* people are enthusiastic, active, enduring, having strong and firm body as well as longevity<sup>23</sup>.

➤ *Majja Sara* people are long-lived, strong, and endowed with learning, wealth, understanding, progeny and respect<sup>24</sup>.

➤ *Shukra Sara* people are strong, happy, healthy, wealthy and endowed by honour and progeny<sup>25</sup>.

➤ *Satva Sara* people are endowed with memory, devotion. They are courageous, free from anxiety, having good intellect, and activities<sup>26</sup>.

The concept of *Sarata* shows the degree of strength. People with *Satva Sara* have greatest strength, these people have a high level of intellect and are courageous and also these people are less commonly affected by any disease. *Twak Sarata* have lesser degree of strength than the other *Sara*. The persons having all the *Sara* are very strong and happy, enduring, confident in all directions, having firm and balanced physique, with slow aging and pathogenic process, healthy and long-lived progeny. Those having lesser essence, have lesser degree of strength<sup>27</sup>.

*Acharya Charak* had mentioned that there are two types of persons having appearance of the diseased; one, who though suffering from a very severe disease but appears to be suffering from a mild disorder because of the excellence of the psyche (*Satwa*), strength (*Bala*) and body. The other is that who though suffering from a mild disorder appears to be suffering from very severe disease due to inferiority of *Satwa* (psyche) and strength. Here people with higher level of psyche (*Satwa Sara*), not have all the symptoms of the disease or milder or asymptomatic, similarly the people present with higher body strength and immunity (*Kapha Pradhan prakriti*) have great



degree of *bala* and *oja*, so they remain asymptomatic or mild symptomatic in any diseased situation.

*Acharya Charak* had also mentioned that according to the particular feature of *Nidana* (etiology), *Dosha* and *Dushya* response occur in the form of non-manifestation of disease or otherwise manifestation of the disease. When these three factors (*Nidana*, *Dosha*, *Dushya*) do not combine together or if combined after a long time or in weakened state, disorder will not be there, or it will manifest lately, or in a mild form or without all the said symptoms. On the contrary if these three factors are combined in a very short time and in strong state, the disease will manifest at its higher level<sup>28</sup>.

## DISCUSSION

Ayurveda is a life science. It is mother of all medicinal system existing in the world. Its principles are unique and unbeatable. Modern science has different parameters for diagnosis and treatment of any disease as well as Ayurveda has its own parameters for diagnosis and treatment of any disease. But we can reconcile between Ayurveda and modern science. When we go through our ancient texts we found that many years ago there have been various discoveries done on such concern regarding symptomatic and asymptomatic patients and manifestation and severity of any disease according to patient's strength and *Bala*.

Now a day's cases of COVID-19 come out as a matter of concern. Various data are suggesting the occurrence of COVID-19 cases world-widely and also the different pattern of its occurrence (as some people are present with mild illness, some with moderate and some are with serious illness). There are millions of cases world-wide, among these cases, not all cases are presenting same signs and symptoms, but showing different degree of severity (like Asymptomatic, pre-symptomatic, symptomatic etc), such concern is novel for world. According to the article published in "Systemic review in Pharmacy" interpret that different type of manifestation of COVID-19 also depends on virus inoculum dose, host vulnerability and immune response<sup>29</sup>. These factors can affect the different incubation periods. An article entitled "The hidden vulnerability of COVID-19 observed from asymptomatic cases in Indonesia" published by Systemic reviews in pharmacy also elaborates that variety of factors in human being can affect the progress of COVID-19 infection, such as the correlation between the quantity of virus being inoculated and the immune system condition and its response during pre-symptomatic conditions (incubation period), genuine asymptomatic and pseudo-asymptomatic condition<sup>30</sup>. Genuine asymptomatic condition can be caused by low virus dose during the inoculation phase responded to the optimal immune response, so the virus could be inactivated before causing any ostensible symptoms. Viral load can also show impact on the severity of disease. A low viral load at the onset of symptoms caused a mild clinical manifestation in



the comparison to a high viral load. It was concluded that a low viral load assisted the development of the asymptomatic case and extended viral incubation period<sup>31</sup>. Here viral dose or load can be correlated to quantity of *Doshas* as *Acharyas* said when *Nidana, Dosh, Dushyas* do not combine together or if combined after a long time or in weakened state, disorder will not be there, or it will manifest lately, or in a mild form or without all the said symptoms. On the contrary the disease will manifest with all the symptoms. Similarly host vulnerability toward any infection can be *Prakriti* and *Sarata*. In Ayurveda degree of strength is described by the concept of *Sara*. *Oja* is also responsible for degree of strength in the form of immunity in Ayurveda, so people with weak immune system will be present as symptomatic patients

*Acharyas* told thousands of years ago how *Doshadushya Sammurchhna, Prakriti* and *Sarata* affects severity and non-severity towards a disease in human beings.

## CONCLUSION

This article shows the Ayurvedic concept of disease manifestation with the help of *Prakriti, Sarata* and *Nidan-Dosha-Dushya Sammurchhana* and its correlation to symptomatic and asymptomatic patients (regarding severity and non-severity of disease). This article shows the scientific thinking of our ancestors, that a disease is not always manifest with all its symptoms, its *Nidana-Dosha-dus.hya Sammurchhna, Prakriti* and *Sarata* of patient always work and varies from

person to person that's why a same disease have various sign and symptoms and various degree of disease manifestation. Hence, we can define all type of patients of any single disease with its severity in the light of Ayurveda.





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