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RESEARCH ARTICLE

THE CONCEPT OF ALLERGIC DISEASES IN AYURVEDA

Kachare S.V* and Suryawanshi S.R.**

* Dept. of Botany, Late L.D.M.M., Parli-V.

** Dept of Chemistry, Vaidyanath College Parli-V.

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ABSTRACT

The term allergy is a hypersensitivity to foreign proteins. In some individuals it can be hereditary. But it can also develop without heredity. The term allergy & allergic diseases often time confused & often used to describe the reactions of human body, which cannot be clearly attributed. It is well known that the cause of allergy may an expression indicating the reaction of human beings to a number of bioparticals as allergens. Usually it is due to vitiated pitta & blood. Low immunity is responsible for almost all types of allergies. We took the interviews of some Janatas in Beed district, visited places are Parli-Vajinath, Ambajogai, Beed, Saradgaon, Khapertone, Sirsala etc collected information, methods of treatment, utilized by local inhabitants.

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INTRODUCTION

Allergy itself is not a disease "It is an abnormal immunological response that can result in a disease like Asthama, eczema, urticaria, conjunctivitis itching, skin rashes etc.

This is a hypersensitivity of foreign proteins. It is well known that the cause of allergy may be expression indicating the reaction of human beings to a numbers of bioparticles, such as pollen grains, fungal spores, hairs, insect parts, microbes in dust, air & any other foreign substance. Extensive work has been carried out in the recent years clearly indication the role of bioparticals as allergens. These allergens come in contact with human body either through inhalation, injection or simple contact. According to Dr. Subhash Rande (1999). The main cause of allergy is ama or toxins produced by low digestive fire. Accordingly different symptoms are produced at different levels. Production of ama can vitiate blood & pitta or it can vitiate Kapha, producing different symptoms. Immunity also plays important role. All types of proteins either in animals or food origins can cause allergy. It was with this idea that an ancient, Indian literature was reviewed to find out the role of the constitution of human body in relation to allergy.

According to Ayurveda, if the body balance is maintained no allergic reactions are possible. This body balance according to Ayurveda, whose root is veda, the ancient literature of the world, the body balance is basically based on the balance of tridoshas. In other words on the Samyastha of vat, Pitta & Kapha. Body having these three in a balanced state will be more resistant & will not

give any allergic reactions. This has been show in Charak Sanhita, Susruta Sanhita, Nighunturatnakar. Bhavprakash & Other books of ayurveda, Sharma (1966) in his book, 'Arogya Prakash' described all these things Das (1971) described the importance of meal in maintaining the health in his book "Kewal Bhojan Dvara Swasthy." Vyas Shiv Kumar (1965) in his book "Panch Karma Vignyanam" described the Ayurvedic importance of Panchkarma i.e. vamen, virechan, Snehan, Swedan & Raktmochan, in curing the ill health & maintaining the health.

MATERIALS AND METHODS

The information collected through interviews & informal talks with Janatas in the area Beed, Ambajogai, Sirsala, Sardgaon, Khapertone, Parli-Vajinath, Survey is carried out during Jan.2006-07 voucher specimen were collected relevant data recorded in field note book. The specimens were identified using different floras. (Naik V.N. 1998, Maheshwari J.K. 1980, 1989; Hooker 1990; Jain 1991, 1963).

Observations

CHANG IN THE BODY BALANCE

Because of the change in the tridoshas. It has been reported in Ayurveda that when there is a change in the quantity of either, vat, pitta & Kapha alone or two at a time in the body then the body balance changed. When there is different in the quantity of either, Vat, Pitta & Kapha alone or two at a time in the body then the body balance changed. When there is difference in the quantity of each dosh, then body becomes dosh Pradhan. Ex. Pittapradhan, Vatpradhan or vattaja. Every dosh in dominance shows its symptoms or characteristics, which

*Corresponding author: sangitakachare@gmail.com

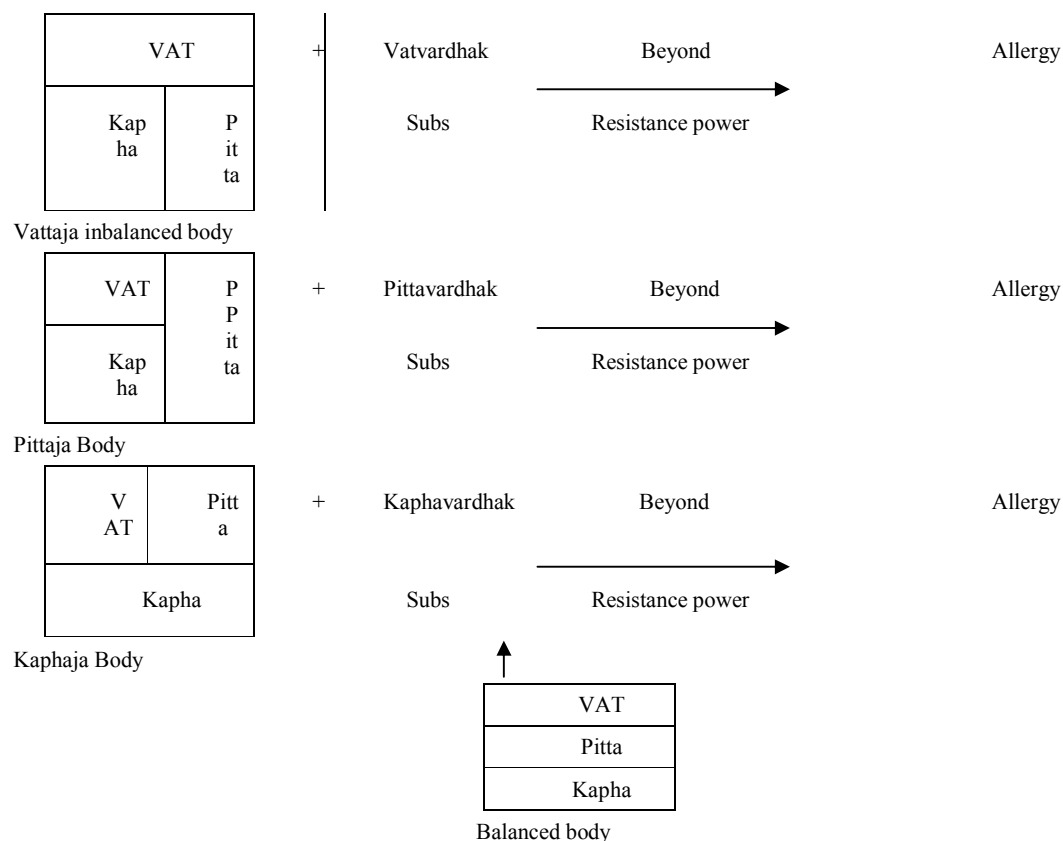


Table 1. Systematic enumeration of medicinal plants used on allergic disease

Botanical name/ family / vernacular name	Disease	Mode of preparation	Utilized by
<i>Pulmbago Zeylanica</i> / plumbaginaceae (Chinnamantana) 'Tellachitramulamo'	Tumer (fibroids in uterus)	<i>Bamboosa aurindinacea</i> , seeds of <i>Ricinus communis</i> made into pills, given orally alternate days 3 times.	Sangle P.D. At Parali-Vajjnath
<i>Cassia fistula L.</i> (Caesalpinaceae) Swarnaka.	Constipation	With <i>Mimosa pudica</i> ailenthus excelsa and <i>Berberis aristata</i> fruit powder (50gm) equal quantity with water given orally.	Lahane R.S. At Aurangpur M.Post.Sirsala Raghu Shivdas
<i>Balasamodendron mokul</i> Hook ex. Burseraceae	Muscle Tumor	Along with this <i>piper nigrum</i> chitraka & Punarnava a all this mixture of fruit powder in equal quantity given 1 or 2 gm orally.	Baslingappa at Parli Vajjnath
<i>Anogeissus latifolia</i> (Roxb.ex.Dc.) Wall/Combretaceae; Thirmanu	Cancer	Along with <i>Azadirachta indica</i> A juss. leaves of <i>Euphorbia hirta</i> ground paste as poultice	Maske S.V. At Sirsala Dist. Beed
<i>Piper hymenophyllum</i> / Piperaceae / 'Adavithmalapako'	Gas	Root powder along with <i>Carum capticum</i> , ground in cow milk, paste given orally.	Chate P.A. Khapertone Dist. Beed
<i>Premna tomentosa</i> willd/ verbanaceae; 'Naguru'	Headache	Juice of leaves for external application	Chate T.B. Khapertone Dist.Beed
<i>Calatropis procera</i> (Ait.) R.Br/Asclepiadaceae; 'Jillendu'	Skin rashes	Stem bark ground & juice applied externally	Chate T.B. Khapertone Dist.Beed
<i>Bioerhavia diffusa</i> Linn./ Nyctaginaceae ; 'Punarnava'	Rheumatism	External massage to lower abdomen with Punarnava oil done regularly	Tak R.S. at Parali-Vajjnath Dist. Beed
<i>Wrightia tintoria</i> R.Br./ Apocynaceae 'Palapariki'	Easy digestion	Two drops of fresh juice added to one tumbler of go at milk & allow it for half an hour & the solidified milk given orally.	Maske.S.V At- Sirsala Dist-Beed
<i>Celastrus paniculatus</i> willd (Celastraceae) "Khajur"	Skin diseases	Seed oil is applied on affected parts thrice a day for one week.	Tak.R.S At- Parli-v Dist-Beed
<i>Abelmoschus moschatus</i> Medik (Malvaceae)	Gout and rheumatism	Root paste is applied on affected part at bed time, once a day for 3 week.	Chate.P.A At-khapertone Dist-Beed

are expressed through body. In such a case only one Dosha Prokop is seen. But the body may also shows the subordinate dominance along with the main dominance

i.e. dominance of vat along with sub dominance of Kaph. Such bodies are described as Vat-pitta or Vat-Kapha and Kaph-vat-pitta pradhan bodies. Such bodies have their

own tolerance to the substances. Such bodies will also have their own resistance power beyond that they give reactions, causes of the change in Tridoshas.

Because of the foreign substances; The foreign particles in the nature also having tridosha property. Hence every substance either vat, Pitta or Kaph so it may be Vardhak. Other may be Pittavardhak but Khapanashak and Vatshamak.. So in the body of human being if man take counter acting vatnasak substances in the daily meals i.e. intake of preservatives, junk food, state food, improperly cooked food & improperly stored food can cause allergies, then this will shift the body balance to the Vattaja. Such in balanced bodies beyond there resistance power further cannot accept particular substances which will increases substances which will increase the pradhan dosh. Hence reactions will be seen Vattaja body cannot accept more vat increasing substanced, Pittaja bodies cannot accept more Pitta increasing substances. This Pradhan dosh can be again through to be normal by taking more counter acting substances. This will again increase our immunity power. So this will show us that whatever we take should be balanced in the terms of Vat, Pitta, Kaph & also favorable to the nature of the body. Indian cooking science is mainly based on this Ayurvedic Principal. Allergic diseases affecting some 29% of our population are milk more common than diabetes or arthritis Dr. Shaik's data also shows that allergy cases are on the increase. Allergic diseases were cured by various herbal plants. Detailed information on botanical name, family, locality, vernacular names, hand parts used purpose & mode of administration & utilized by persons etc. Provided in table no. 1.

RESULT AND DISCUSSION

It is quite clear from the above explanation that first of all the body becomes imbalance and hence its resistance, tolerance is also changed up to certain extent. Body can also try to tolerate the changes and excess substance cannot accept the vat provocation substances or the Dincharya and hence in excess of these gives reaction. In the same way Kaphaja body cannot accept the Kapha provocating substances. Hence its tolerance it gives reactions to such substances, when coming to it such reactions to the allergens, are not given by all bodies but few.

This clearly indicates that for allergic reactions both the factors are responsible but the main cause is the body and its imbalance. For this survey is revealed that the

allergic disease can be cured with the help of herbs such as *Calatropis procera* Ait. R. Br. *Boerhaevia diffusa* Linn. It appears therefore that as per ancient Indian literature the imbalance in the internal constitution of the body is the basic important factor initiation allergic reactions. Such imbalance associated with the allergenic particle results into the expression of allergy. Panchkarma, Purificatory procedure, rejuvenating procedures and herbs play imp roles. If the proper purification is done then the effects of herbal treatment and rejuvenation treatment are better and the patient's life expectancy is increased. So if we want to cure and prevent such allergenic reactions then one should try to know the body constitution and should try to maintain the balance. By the use of doshas reducing substances and avoiding doshas increasing substance, making Dincharya favorable to maintain the body balance.

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