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## Review Article

### A REVIEW ON MICRO-ORGANISMS AS THEY ARE IN VEDAS

Pradeepta Kumar Singh<sup>1</sup>, Nibedita Mohanta<sup>2\*</sup>

<sup>1</sup>Lecturer, Department of Rasasashtra and Bhaishajyakalpana, K.A.T.S Govt. Ayurved College, Ankushpur, Berhampur, Odisha, India

<sup>2</sup>Reader, Department of Rachana Sharira, Gopabandhu Ayurved Mahavidyalaya, Puri, Odisha, India

\*Corresponding Author Email: [dnibedita.mohanta@gmail.com](mailto:dnibedita.mohanta@gmail.com)

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#### ABSTRACT

We have seen barren playground on which children play, but in rainy season many types of grasses, plants, weeds etc. grow up. It is possible because the seeds were already present there and waited for a favorable climatic condition. Likewise, the Human body being the micro cosmos contains every elements of creation including the seeds of every species. Our body consists of about 37 million cells and 370 million are microorganisms in it. We can admit that our own body contains microorganisms, innumerable. To be unaware of this fact is quite natural but to ignore this fact will be perplexing.

**Keywords:** Ojha, Immunity, Infections, Rakshasa.

#### INTRODUCTION

Particularly in Ravan Samhita, Agastya Muni narrates to Ram Chandra about the genesis of microorganisms<sup>1</sup>. Their evolutionary steps in becoming a Virus, logically it took millions of years to be so. The Vedas holds "Human Body" in high esteem because it is the ultimate stage of evolution. Unlike modern science Ayurved being aware of this fact had never magnified these microbes, rather these microorganisms were considered as foreign entities which affect a person only when his immunity becomes low. The Purana segment of *Veda* described them in detail, in the form of stories calling them *Rakshasa* or 'Asuras' (Tarakasur, Mahisasur, Sumbh – Nisumbh, Vakasur etc.). The background thought is that "Fungus, Bacteria & Virus are the complicated bi-products of Kapha, Pitta & Vata dosa complications respectively. The Vata dosa dominating body environment favors the virus to replicate inside the body, Pitta dosa for Bacteria & Kapha dosa for Fungal infection." Ayurved did not discover or invent medicines to kill these microorganisms specifically, rather its advice that by altering the body's environment with respect to Prakriti (constitution of the body by birth) of individual and these microbes would then be knocked out effectively & quickly. It is a fact observed that no species except Human Being could survive & flourish in the extreme opposites of climate, food habit & geographical contradictions. Chemicals though kills harmful microbes but at the cost of many friendly microbes assisting our physiology, thus leading to further complications in various ways. Virus, among the microbes is more evolved entity to be contained by chemicals.

#### IMMUNITY IN AYURVED

The Ayurved definition of body is very simple. Tridosas (Vata, Pitta & Kapha), Saptas dhatu (Rasa, Rakta, Mamsa, Meda, Asthi, Majja & Sukra) & Trimalas (Purisa, Mutra & Sweda) together is the body's foundation. The ultimate digested food juice is called the Aahara rasa and is still considered a foreign matter to the

body. It is only when it gets assimilated then is called as Rasa Dhatu, the first Tissue of human body (Lymphatics) and keeps on changing by the metabolic action of the body to become the blood, flesh, adipose, bone, bone marrow & CSF. According to Ayurved, Sukra Dhatu is the 7<sup>th</sup> last tissue to be formed & after that everything ultimately get converted into 'Ojah'. This Ojah is the essence of all the seven bodily tissues<sup>2</sup>. This invisible but perceivable ojah is the actual immunity power of the body. It is present right from the day of conception in the mothers' womb and lasts till death and regarded one with 'Prana' (Vital life force). It is only when this *Ojah* is displaced from its place (Heart), vitiated or decreased in amount, the immunity system of the body gets compromised, and the body is vulnerable to inside & outside infections. (Neeja & Agantuka Roga).

#### FUNDAMENTAL TREATMENT PRINCIPLE OF AYURVED

Tridosas i.e. Vata, Pitta & Kapha are nothing but manifested qualities of the 5 elements of creation within the body. Space and Air elements together constitute the Vata Dosa. Fire and water constitute Pitta Dosa & lastly Water and Earth constitute Kapha Dosa. Our body and entire creation are made up of these 5 elements. Even an atom is made up of 5 elements. So, when there is imbalance in these basic elements (Vata, Pitta & Kapha) then we have to increase or decrease them in order to balance them. According to Maharishi Shusruta Health is defined as the one who is established in Self and exhibits balanced Dosha, balanced Agni, balanced tissue metabolism, balanced excretion and both senses and mind are in enthusiastic state. By doing so we prevent the decrease, displaced & vitiation of Ojah and maintain Immunity of the body. Prim face it looks like when Kapha dosa within the body accumulates and decompose then this favors some of the fungus in the body to feed on, grow and replicate. When Pitta dosa accumulates and decompose then it becomes the food of some bacteria to grow and replicate. Lastly when Vata dosa aggravates will activate some of the virus within the body to replicate. We

have to rethink the infection theory from outside the body alone, because when the microbes were present within our body from birth itself, then why we are said to be infected now, only after a disease has occurred? Due to imbalance/disturbance of the Dosa, Dhatu & Mala, the immunity system is weakened and facilitate the invasion of outer microbes. Whereas the microbes within the body are always attached to a host cell but without replicating and infecting the person. Hence maintenance of health is the prime moto of Ayurved.

Ayurved says only Kapha Dosa produce 20 types of diseases. Only Pitta Dosa produce 40 & only Vata Dosa produce 80 types of diseases<sup>3</sup>. The diseases produced by the combination of the three Dosas are innumerable. There are three pathways in the body through which a disease manifest viz. Sakha (limbs), Kostha (GIT & related organs) & Marmasthi Sandhi (Nervous system & joints). The fungal infections are limited to Sakhas & skin in general, the bacterial infections affect the Kosthas along with the Sakhas. The viral infections can spread the entire micro-Cosmos.

Ayurveda holds the principle that in *Vasant* (spring season) Kapha Dosa is aggravated, in *Sarad* (winter season) Pitta Dosa & in *Varsha* (rainy season) Vata Dosa is aggravated. We find that there is a natural tendency of having a fungal infection in spring season, bacterial infection in winter & viral infection in rainy season. Many Ayurveda practitioners no doubt have treated many diseases where fungal, bacterial & viral infections had been associated unknowingly. They have treated these diseases with traditional medicines only. The Tridosha principle is fundamental to Ayurveda where we simply alter the environment within the body and the infection causing microorganism cannot survive or replicate in a reverse climatic condition. Human life is possible on Earth, only because of its suitable environment. Likewise, Dosa indicates both outer and inner environment without which the *Dhatu*s/tissues cannot be metabolized. Mala or waste products are produced continuously at every step of catabolism. These three components of the human body are interconnected by Srotas (Metabolic pathways of the body). Knowledge of Srotas is an integral part of treatment in Ayurved.

Infection in Ayurveda is called “Upasarga”. Maharishi Sushruta counts the causes for infection as repeated touching, breathing, eating in same plate, sitting & sleeping together, wearing other’s clothes & ornaments. By these unconscious actions, man suffers from skin diseases, fever, T.B, eye infections and others<sup>4</sup>. Rig Veda states that another designation of the Healer or Visak/Vaidya is “RAKSOHAA”, because he is able to kill the Rakshas and protect the body<sup>5</sup>. In Charak Samhita it is mentioned that “Ojah is the food of the Rakshas”. who are also called Nisachara<sup>6</sup> i.e.. roaming at night/dark? This means Vaidya is a

person who is able to kill the Rakshas by his medicines basically intended to balance the Dosas only.

## CONCLUSION

As per Ravan Samhita the evolution of microbes started after the creation of water. All microbes lived in water, then evolution may have taken millions of years to enable them to live on land also. At last, they evolved more to live on air too. Dosas in Ayurved are 3 in numbers because there is no 6<sup>th</sup> element of creation. Therefore, the microbes may be divided into 3 broad categories viz Fungus are related to Kapha Dosa, Bacteria to Pitta Dosa & Virus to Vata Dosa. In Ayurved we believe that nothing is new, neither this body nor the microbes/Rakshas. This can be verified by taking a clinical study to find the efficacy of Kapha decreasing drugs in Fungal infection, Pitta decreasing drugs in Bacterial infection & Vata decreasing drugs in Viral infection.

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