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Review Article

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ETIOLOGICAL FACTORS OF NON COMMUNICABLE DISEASES PERTAINING TO PRANVAHA STROTAS

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Abstract

Non-communicable diseases are those which are not caused by infectious agents, these are the chronic diseases, which last for long periods. These are the major cause of adult mortality and morbidity worldwide. These diseases are identified by WHO as group 2 diseases -A category that aggregates the following conditions/ causes of death- Malignant neoplasia, Diabetes mellitus, endocrine disorders, respiratory diseases. According to WHO, there are four main types of non-communicable disease - cardiovascular diseases, chronic respiratory disease, cancers and diabetes. Ayurveda is a science of life which believes in stability of health and prevention of diseases. In *Ayurveda*, different types of *nidana* are mentioned which can be responsible for various diseases. Separate *nidana* are also mentioned according to different strotas. In *Pranvaha srotas dushti nidana* it is mentioned that excessive indulgence of exercise and work out causes exhaustion and loss of normal smooth texture of *pranvaha srotas*. In modern science we can correlate vyadhis of this srotas with the respiratory diseases on the resemblance with the symptoms.

Keywords: *Nidana, srotas, srotodushti, pranvaha srotas*

INTRODUCTION

Non communicable disease is a medical condition or disease that is not caused by infectious agents¹ these are distinguished by their non infectious cause, not necessarily by their duration, though some chronic diseases of long duration can be caused by infections. Non Communicable diseases kill 40 million people each year equivalent to 70% of all deaths globally.² Each year, 15 million people die from a NCD between the ages of 30 and 60 years; over 80% of these premature deaths occur in low and middle income countries. A number of diseases come under the title Non Communicable diseases but there are mainly 4 groups of diseases in NCD – CVD, Cancers, Chronic respiratory diseases and diabetes.³ In addition to these 4 main diseases, mental disorders are considered to be major contributors to the economic losses stemming from NCDs. NCDs are a serious threat to the global development agenda. These diseases are caused by a number of causes like, lack of physical activities, poor and unbalanced diet etc. In *Ayurvedic text*, exact term “Non Communicable disease” is not mentioned but diseases which are not of infectious origin and of long duration can be considered under this title. It is mentioned by *aacharyas* that the diseases occur due to imbalance in the *vata, pitta* and *kapha doshas*. It is caused by different types of *srotodushti*⁴. In *ayurvedic text*, different types of *srotas* have mentioned by a number of *aacharyas*.⁵ These are *prana, udaka, anna, rasa, rakta, mamsa, meda, asthi, majja, shukra, pureesha, sweda, mutravaha srotas*.⁶ All *vyadhis* occurred by *srotodushti*. *Aacharya Charak* has mentioned four types of *srotodushti* which leads to different types of diseases.⁷

MATERIAL AND METHOD

In modern medicine, Non communicable diseases are those conditions that are usually not passed on from one affected person to other, but are caused as a direct result of life style changes and environmental factors. General causes of NCDs are lack of physical activities, poor and unbalanced diet, tobacco chewing, alcohol abuse which leaves people vulnerable to a host of diseases including lung disease, metabolic disorders and cancers. According to *Ayurvedic system of medicine* the diseases are caused by vitiation in *tridoshas* which leads to different types of *srotodushti* which in turn produces diseases. *Aacharya charak* has mentioned thirteen types of *srotas*, these are- *prana, udaka, anna, rasa, rakta, mamsa, meda, asthi, mija, shukra, mutra, pureesha* and *sweda*.

Pranvaha is one among them. Four types of *srotodushti* are also explained in the text. These are *atipravriti*, *sanga*, *siragranthi* and *vimargagamna*.

Pranvaha srotas are the channeled system which deals with functioning of *vata* thereto functioning related to respiration. Organs related to respiration are included in the *pranvaha srotas*. Their *moola* is *Hridya* and *Mahasrotas*⁸. The causes of vitiation of *pranvaha srotas* are⁹

Etiological factors

*“kshyaat sandharnat rokshyat vyayamat kshudhitsya cha
pranavahani dushyanti srotansyanyaishcha darunaiy”*

Kshya - Depletion of *dhatu*s.

Sandharna- Suppression of natural urges

Raukshya- Dryness to the *srotas* due to continual intake of dry, harsh and preserved food items.

Vyayama- Excessive physical exercise leads to undue rapidity to respiration which causes stress and it causes exhaustion to respiratory organs.

Kshudha-long standing starvation causes *rasa dhatu* concentration leads to rendering imbalance of bodily fluid which weakens the *pranvaha srotas*.

Anyasrotas dushti - Abnormality of the other system.

Kasa and *Tamaka shwasa* are two among those diseases which are mentioned under *Pranvaha Srotas vyadhi*. *Tamaka Shwasa* is caused by inhalation of dust and smoke, residing in cold atmosphere, intake of chilled water or cold beverages, excessive physical exercise and injury to vitals points of the body.¹⁰ Now-a-days, craze of smoking is increasing among people. Smoking is one among the leading causes of *Tamaka Shwasa*. In this disease the person suffers from attack of strenuous breathing which produces severe restlessness with the feeling of suffocation and frequent bouts of coughing with production of small sputam. On the basis of symptomatology, *Tamaka Shwasa* can be correlated with Bronchial asthma in modern science. *Kasa* is caused by accidental entry of food particles or foreign body inside the respiratory tract, intake of dried food items, inhalation of dust, mist and smoke.¹¹ In modern medicine *kasa* can be correlated with cough.

DISCUSSION

As told by different *aacharyas* imbalance in natural constituents of the body occurs due to repeated intake of causative/ etiological factors which in turn leads to *srotodushti*. It is the main cause of production of diseases in *ayurvedic* science of medicine. *Pranvaha srotas vyadhis* are caused by suppression of natural urges, excessive physical exertion, continual intake of dry, harsh and preserved food items. Continual uptake of following factors leads to exhaustion and loss of normal smooth texture of *pranvaha srotas* and finally production of different disease. As non Communicable Diseases are mainly divided into four main diseases- chronic respiratory diseases, cardiovascular diseases, cancers and diabetes so on the basis of etiological factors and symptomatology, *pranvaha srotas vyadhis* can be correlated with respiratory diseases. Removal of causative factors is helpful in cure of the diseases and life style modification will be helpful in maintaining the normal constituent of body and prevention of the diseases.

CONCLUSION

Non communicable diseases can be correlated to diseases of long duration which are of non-infectious origin. As these are caused by change in life style, excessive indulgence with tobacco and alcohol so life style modification can be helpful in prevention of NCDs. According to *Ayurveda* repeated acceptance of *nidana* leads to vitiation of *tridosha*. Imbalance in natural components of body leads to formation of ailments in different ways. These diseases if treated timely are *sadhya* (easy to cure) and if these are left untreated they become chronic in nature and difficult to cure. As NCDs are diseases of long duration with non infective origin and mainly divided in four groups- chronic respiratory diseases, cardiovascular diseases, diabetes and cancers so, on the basis of symptomatology and etiological factors diseases of *Pranvaha* and *raktavaha srotas* can be correlated with respiratory and cardiovascular diseases in modern medicine.

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