



Review Article

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PRAJNAPARADHA AS A CAUSATIVE FACTOR OF CORONAVIRUS DISEASE 2019 (COVID-19): A REVIEW ARTICLE

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ABSTRACT

COVID-19 has been declared a pandemic by the World Health Organization (WHO) on 11 March 2020. Outbreak of COVID-19 occurred in 2019. Local transmission of the disease has been recorded across the world. Prajnaparadha is the main causative factor of many Nija (innate) diseases and all Agantu (accidental) diseases as well as Janapadhodhvans (Epidemic). Sudden outbreak of pandemic like COVID-19 has compelled us to think that why we became so prone to such diseases. In Ayurveda Prajnaparadha (intellectual error) is wilfully ignoring one's inner knowing and going against norms, intuition and common sense. So here an attempt has made to understand the COVID-19 outbreak relation with Prajnaparadha as a causative factor as it has become need of an hour to study the cause of pandemic COVID-19.

KEYWORDS: Prajnaparadha, Corona Virus, COVID-19, Intellectual Error

INTRODUCTION

Ayurveda main aim is to maintain health of the healthy and treat the diseased. Physicians intention is to search for causative factors of a disease for proper treatment. Pandemic The word Prajnaparadhais made from two words 'prajna'and 'aparadha' where 'prajna'= Dhi(intellect)+ Dhruti (patience)+ Smriti (memory) and 'aparadha' means offence, fault or misuse. Thus, word prajna and aparadha together constitutes Prajnaparadha which means faulty conception or intellectual error.A person whose intellect, self-control and memory are impairedby virtue of his act. Prajnaparadha is Dhi-Vibhramsha (deranged intellect), Dhruti-Vibhramsha (no self-controller will power), and Smriti-Vibhramsha (deranged memory) leads to all sorts of unwholesome actions (Asubh karma). Due to this various defectappear; ill health and sorrow ensues.According to Acharya Caraka three main cause of diseases Prajnaparadha (intellectual error), Parinama (Consequences relating to time and purvkarma i.e., past deeds) and Asatmyendriyarthasamyoga (Unwholesome contact with the object of senses). Among these three Prajnaparadha (intellectual error) is main cause of Nija (innate) diseases and all Agantu (accidental) diseases. Prajnaparadha (intellectual error) also considered as a major cause of Manasa (mental) and janopadhodhvansavyadhi (epidemic diseaseslike COVID-19).

CONCEPT OF DHI, DHRUTI, SMRITI-

1.Dhi(intellect) –It refers to getting new information. The function of Dhiis controlled by Vatadosha(humor which control all activities of brain and body), Prana vayu(subtypevataof humor) which in its normal state keeps the mind concentrated there by facilitating to acquire correct knowledge.

2.Dhriti(patience)–It refers to control and processing of new information in brain. Pitta dosha(humor which control all type of metabolism), Sadhaka Pitta(Subtype of Pittahumor)controls the function of dhriti.If Dhritiin its normal state help in controlling and processing of acquired knowledge.

3.Smriti(memory)–It is responsible for stabilizing the memory in the brain and confirming that it can be recalled at will.Kaphadosha(humor which lubricate the brain), Tarpakakapha(subtype of kaphahumor) maintain the function of smriti(memory), it is responsible for nourishment and lubrication of brain and help to stabilizing the memory.

AsDhi(intellect)-Dhriti(patience)-Smriti(memory)Vibhramsha(impairment)known as Prajnaparadha(intellectual error).

Dhi-Vibhramsha(Impaired intellect)-If something that is eternal is viewed as its opposite that is short lived and useful thing as harmful, then it is indicative of the impairment of intellect.Normal views the things as it is and deviation of intellect from normal is impaired.

Dhriti-Vibhramsha(ImpairedPatience)- it is the patience which helps the mind to keep away from harmful, worldly pleasure cannot be kept away from harmful objects.

Smriti-Vibhramsha(impaired Memory)-Memory refers to everything that is memorable. When mind is overcome by RajasandTamas, memory gets impaired.Due to Dhi-Dhriti-Smriti Vibhramshaperson can get indulge in performing harmful actions or asubha karmas known as Prajnaparadha.

COVID-19

The World Health Organization (WHO) has given the name COVID-19 to this disease. COVID-19 is a dictionary representing the 2019 coronavirus caused by (SARS-CoV-2) “Severe Acute Respiratory Syndrome Coronavirus.” Coronaviruses are a large family of viruses. Both of these viruses have caused serious respiratory infections in humans: acute respiratory syndrome coronavirus (SARS-CoV or SARS-CoV-1), which caused an outbreak of respiratory infections (SARS) in 2002-2004. Respiratory diseaseCoronavirus 2 (SARS-CoV-2), which causes the 2019-20 epidemic of coronavirus 2019 (COVID-19). COVID-19 has been declaredapandemicby theWorld Health Organization(WHO) on 11 March 2020. An outbreak that typically affects a large proportion of the population in a widegeographical area, such as part of a nation, whole nation or continent, is known as a pandemic. India comes across a variety of pandemics and epidemics like

influenza, cholera, dengue, smallpox & many more. Many of them remain a threat to the community.

Most patients with COVID-19 mainly have respiratory-related infections associated with SARS-CoV-2 infection. However, in a few cases, they can progress to a more serious and systemic condition characterized by Acute Respiratory Distress Syndrome (ARDS), sepsis and septic shock, multiorgan failure, including severe kidney damage and heart damage. COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

Most common symptoms: fever, dry cough, tiredness and less common symptoms: aches and pains, sore throat, diarrhoea, conjunctivitis, headache, loss of taste or smell, a rash on skin, or discoloration of fingers or toes. Serious symptoms: difficulty breathing or shortness of breath, chest pain or pressure, loss of speech or movement.

Prevention measures: promotes the promotion of hand washing, respiratory hygiene, avoid contact with the face, cleansing and disinfection of frequent contact items, ensuring adequate ventilation of the indoor environment, wearing masks, avoiding crowds and close contact with sick people and Social isolation. Different vaccines are in different stages of development.

Risk factors: weakened immune systems during the corona virus pandemic to a person who is immune-compromised has an immune system that is impaired, which makes it easier to contract an infection and diminishes the ability to fight the infection. When a person with a weakened immune system does get an infection, it tends to be more serious because it affects more organs and causes more damage to their body.

RESULT AND DISCUSSION

The capacity of intellect (dhi or buddhi) is to preserve knowledge, rational thinking and ability to take decisions. Nature of intellect is righteousness. It sees things rightly. The main function of buddhi is firmness, contentment and resolution. It also collects past experiences and memories. The intellect possesses the qualities (guna) of satva, rajas and tamas. Among the three qualities only Sattva guna is essential for the correct interpretation of

knowledge. If rajas and tamasguna cloud the intellect, interpretation of knowledge becomes wrong and person begins to deviate from right path.

CONCLUSION

In Pandemic COVID-19 all people should follow the guidelines of safety and prevention so that disease can be prevented from further spreading. Old age and immune compromised people should also follow preventive measures as they are more prone to infection of COVID-19. So, it is clear that dhi-dhriti-smriti Vibhramsha that is intellectual error has caused people to not follow the preventive measures in the pandemic situation so it plays an important role in spreading and causing the COVID-19. As COVID-19 has affected each and every person directly (physically) or indirectly (mentally and socially) so it's our responsibility to avoid Prajnaparadha.

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