



Review Article

Volume 12 Issue 3

May-June 2023

## CLINICAL APPLICABILITY OF CONCEPT OF *NIDAN PARIVARJAN* W.S.R. TO RESPIRATORY AND DIGESTIVE AILMENTS

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### Abstract

The root cause of all diseases is *Nidana*; numerous diseases are brought on by bad eating habits and lifestyle choices. This unhealthy way of eating and living aggravates *Nidanas*, which are considered as causes of many diseases. Information on *Nidana* is significant in clinical practice, since it helps to diagnose and treat disease. The identification of root causes of disease helps to prevent disease prevalence. Ayurveda believe that prevention is better than cure and, in this connection, Ayurveda suggested concept of *Nidana Parivarjan*. This concept helps to understand and avoid indulgence in disease causative factors. The concept of *Nidana Parivarjan* suggests that one should avoid etiological factors responsible for particular disease this helps to prevent pathological initiation and progression of diseases. The concept of *Nidana Parivarjan* resists disease invasion at early stage. Ayurveda described different factors or *Nidanas* which need to be avoiding for maintaining healthy status. In Ayurveda *Nidana Parivarjan* is regarded as a primary treatment for numerous diseases.

**Keywords:** *Ayurveda, Nidana Parivarjan, Nidana, Etiological, Pathogenesis.*

## Introduction

Ayurveda is the science of life that treats and prevents diseases, also promotes health as well as maintain harmony with nature. It promotes health of healthy living and resists pathogenesis of disease. Illness is caused by a variety of factors and manifests itself in the form of symptoms of the disease. The etiological factors play important role in disease pathogenesis and Ayurveda described various types of etiological factors for different diseases. Similarly Ayurveda also advocated some preventive and therapeutic measures for curing disease prevalence [1-4]. The major therapeutic approaches of Ayurveda are depicted in **Figure 1**.



**Figure 1: Major Therapeutic Approaches as per Ayurveda**

As depicted in Figure 1, the *Nidan Parivarjan* is one of the most important approaches of Ayurveda. In the context of diagnosing the primary cause of a disease, *Hetu* is used interchangeably with *Nidan*. In Ayurveda, the meanings of the word "*Nidan*" are primarily *Vyadhijanak nidan* and *Vyadhibodhak nidan*. The prevention of *Vyadhi janak nidan* is the main approach to prevent disease prevalence. The avoidance of *Nidan* is main preventive approach of Ayurveda which explained as "*Nidan Parivarjan*" in various Ayurveda literatures [4-7].

*Nidana parivarjan* means to take out the causative elements which may cause disease. *Nidan parivarjana* is most significant rule of Ayurveda since it considers various factors

associated with *Aahara* and *Vihara*. The goal of *Nidan Parivarjan* is to avoid the patient's diet and lifestyle that are known to causes of disease. It also includes the idea of avoiding factors that cause or exacerbate the disease. Avoidance of etiological factors has been recommended by *Acharyas Charak* and *Sushrut* as first step in treating any disease. *Hetu* provides an idea for diagnosing the disease and sometime clues for predicting its onset. When a person consumes or indulges in all of the etiological factors, they develop a severe illness that is incurable. Therefore, the chronic or acute behavior of disease also depends upon the indulgence in etiological factors. These all things play vital role during the diagnosis and treatment of disease [7-9].

### ***Nidana Parivarjan* for Digestive Ailments:**

The etiological factors of digestive ailments can be classified into different types i.e.; *Aharaj*, *Viharaj*, *Manas* and *Kalaj*, etc. *Aharaj Nidana* includes *Viruddhahara*, *Dushta Ahara*, *Amla Ahara*, *Atisevana*, *Abhishyandi Bhojan*, *Ushnatisevan*, *Rukshatisevan*, *Amlatisevan*, *Kultha Sevan* and *Snigdhatisevan*, etc. *Viharaj Nidana* includes lack of rest, fast moving lifestyle, and insufficient sleep at night, sleeping immediately after taking meal, suppression of natural urges, inadequate physical exercise, taking bath with hot water and excessive exposure to sun, etc. *Manas Nidana* includes stressful lifestyle, anxiety, anger, jealousy, fear, psycho, socio and familial stress, etc.

The *Aharaja* factors like *Abhojana*, *Vishama Bhojana*, *Atibhojanaa* and *Asatmya Bhojana*, etc. along with *Viharaja* factors like *Vega Vidharana* and irregular lifestyle causes *Dosha* vitiation and *Agni Dhushti*, which ultimately disturb bowel movements and affects overall process of digestion leading to the manifestation of *Ajirna*, *Amlapitta* and constipation [9-11]. Ayurveda suggested concept of *Nidanparivarjan* for digestive ailments as follows:

### ***Aharaj Nidanparivarjan* for Digestive Ailments:**

- ✓ One should avoid incompatible food combinations.
- ✓ Dry and to oily food items needs to be avoided.
- ✓ One should avoid fermented food items.

- ✓ Junk food, hot and spicy foods should not be included in routine practice.
- ✓ One should avoid eating too quickly.
- ✓ Fasting or over eating must be avoided.
- ✓ One should avoid consumption of sour fruits.
- ✓ Avoid consumption of newly growing grains.
- ✓ *Pittaprapakoka Ahara, Tila, Avidughda, Lavana Ahara, Guru Annam and Anupa Mamsa*, etc. should be avoided in digestive health problems.

#### ***Viharaj Nidanparivarjan for Digestive Ailments:***

- ✓ One should avoid late night awakening.
- ✓ One should avoid day sleeping.
- ✓ Sleeping immediately after taking food need to be avoided.
- ✓ Excessive physical exertion or sedentary life style should not be followed.
- ✓ One should avoid suppression of natural urges.

#### ***Manas Nidanparivarjan for Digestive Ailments:***

- ✓ One should refrain from anger and grief.
- ✓ One should keep the mind cool and happy.
- ✓ One should avoid high stress situations.
- ✓ Social isolation, anxiety and over thinking

#### **Respiratory Disease:**

Respiratory diseases are diseases of respiratory system and nasal cavity, which includes symptoms of breathlessness, asthmatic attack, shortness of breathing, nasal discharge, uneasiness, fever and headache, etc. The etiological factors of these conditions includes *Aharaja Nidana* such as; *Atijalapan* after meal, *Ati guru*, *Madhura* and *Sheeta Anna sevana*, etc. The *Viharaja Nidana* includes; *Vega sandharana*, *Atisambhasanam*, *Rituvashmya*, *Rajadhumarasevan*, *Divasyanam*, *Atiswapna*, *Atijagaran*, *Atyambupaan* and *Atapa sevan*, etc. The *Manasik Nidana* includes; *Atikrodh* and *Chinta*, etc.

*Sheetasthanai* and *Sheetambusevana* cause *Vataprakopaka*, *Maasha* and *Pistannasevana* leads *Kaphaprakopaka* which further involves in disease pathogenesis. *Amapradoshaja Hetu* increase production of *Ama* which acts as toxin. *Dhuma* and *Dwandva* induce symptoms of *Kasa* [10-12].

#### **Aharaja Nidana Parivarjana for Respiratory Disease:**

- ✚ Avoidance of heavy food, congestive food and too cold food items, etc.
- ✚ It is advises to avoid banana, yellow grams and soar foods, etc.
- ✚ Excessive sweets food items also prohibited.
- ✚ Yogurt and curds should be avoided due to their cold characteristics.
- ✚ Alcohol and cold beverages need to be avoided.

#### **Viharaja Nidana Parivarjana for Respiratory Disease:**

- ❖ Avoid contact of natural allergens like; pollen grain, dust and smoke, etc.
- ❖ Excessive uses of cold water
- ❖ Exposure to the cold or windy climatic conditions
- ❖ Taking water just coming from sun or eating cold stuffs after taking hot meal.
- ❖ Avoid dark or dump places.
- ❖ One should avoid daytime sleeping or late night awakening.
- ❖ Suppression of natural urges not recommended.

#### **Conclusion**

*Nidana Parivarjana* helps to achieve complete cure of curable diseases and management of palliable diseases. Half of the treatment is completed by itself if the causes get eliminated. This helps the host to return in normal physiological state and also preventing disease progression. *Mrijjavarjana*, *Mutravardhka Aasanai*, *Prasanga* and *Vyayamavarjana*, etc. is *Kapha Viharajanya Nidana* which should be avoided. *Ati Ushna*, *Ati Amla*, *Ati Vishama Ahara*, *Ati Katu* and *Ati Lavana*, etc. are considered as *Pittaja Aharjanya*

*Nidana* which are need to be avoided where *Pitta Dosha* triggers disease pathogenesis. Similarly *Aatapa*, *Krodha* and *Santapa*, etc. are considered as *Pitta Viharajanya Nidana* which are to be avoided in case of *Pitta* vitiation. *Kashaya*, *Tikta*, *Sheeta*, *Katu* and *Ruksha*, etc. are considered *Vataja Aharjanya Nidana*, similarly *Avyayama* is described as *Vataja Viharajanya Nidana*, these all need to be avoided when there is *Vata* vitiation. The pathogenesis of diseases can be delayed by avoiding specific *Aharaja-Viharaja* factors which can induce disease pathogenesis. The concept of *Nidan Parivarjan* helps to keeps balances of *Dosha*, *Dhatu* and *Agni*. The concept of *Nidan Parivarjan* offers overall wellbeing and provides health benefits against sicknesses.

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