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An Ayurvedic outlook on communicable diseases and their mode of transmission

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ABSTRACT

Introduction: That which causes agony to body and mind is called *Vyadhi* (disease). In Ayurveda disease manifests mainly due to three causes, namely, *Nija* (internal cause), *Aganthu* (external cause) and *Manasa* (psychological). *Nija* is due to derangement in balanced state of *Doshas* in the body due to various causes. *Aganthuja* may be due to *Abhigata*, *Bhuta Abhinivesha*, contact with polluted water, soil, air, due to contact with fire or by sexual contact with diseased. Psychological causes are due to imbalance in *Manasika Doshas - Satva, Raja and Tamas*. *Aupasargika Vyadhi* can be considered under the *Aganthuja Vyadhi*, where the disease occurs by external cause.

Methodology: The various modes of transmission of communicable diseases and its symptoms explained in different Ayurvedic text books where compiled, analyzed and a literary review is been prepared.

Discussion and Conclusion: Ayurveda has explained almost 9 various mode of transmission and 6 different path gnostic probable symptom sequel are also mentioned under the heading of *Aupasargika Vyadhi*. Explanations in Ayurvedic classics regarding sexually transmitted also substantiate the above mentioned modes of transmission of diseases

KEY WORDS: *Aupasargika Vyadhi, Ayurveda, Communicable diseases.*

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