Concept of Yuktikruta Bala W.S.R. to Acquired Immunity Viz Passive Immunity

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ABSTRACT

To maintain the healthy status of human being is very important; especially in today’s era. Globally as well as nationally the immunity of humans is getting compromised by every passing day because of sedentary, busy and unorganised life style including eating habits. Immunity is one’s internal capacity to resist any physical anomaly or disease. In Ayurveda, Immunity can be well correlated with vyadhikshamatwa which is due to ojas and bala. Trividha Bala has been quoted in ayurvedic literature as sahaja, kalaja and yuktikruta bala. Innate immunity may be correlated to sahaja bala described in Ayurveda. Kalaja and yuktikruta bala may be correlated to acquired immunity. Yuktikruta bala can be acquired by making effective changes in the diet and physical activities in one’s daily routine and similarly the acquired immunity is the resistance developed against any bacteria, virus etc it may be either through active or through passive means. Bala is characteristic feature of healthy physical and mental state of body. Immunity and bala are interrelated terms.

Key words: Sahaja bala, kalaja bala, yuktikrita bala, innate immunity, acquired immunity.

INTRODUCTION

Immunity is defined as the one’s capacity to resist pathogenic agents or various diseases. It is the ability of body to resist the entry of different types of foreign bodies like bacteria, virus, toxic substances, etc. In Ayurvedic reference, it is the tendency of the body to keep dosha, dhatu and mala in equilibrium.

There are two types of Immunity mentioned in the texts:
a. Innate immunity.
b. Acquired immunity.
1) Innate immunity -

Innate immunity is also termed as Non-specific immunity and it is the capacity of the body to resist pathogens by birth. Somehow, if the organism enters the body, it eliminates them before they start developing any disease. It is also known as natural or non-specific immunity because it represents the first line of defence against any type of pathogens. Innate immunity is provided by antibodies.

It Ayurveda, innate immunity can be correlated with sahaja bala quoted among trividha bala as-

सहजं व्यधिक्रमस्तवम्: प्राकृतं [(च.सू.११/३६)]
which says sahaja bala is the one which is present in mind and body since birth.

2) Acquired immunity -

Acquired immunity is also termed as Specific immunity and it is the resistance developed in the body against any specific foreign body like bacteria, viruses, toxins, vaccines and grafted or transplanted tissues. It is the most powerful defence mechanism that protects the body. Acquired immunity is provided by B-Lymphocytes.
In Ayurveda, acquired immunity can be well correlated to yuktikruta bala quoted among trividha bala as-

युक्तिकृतं प्रृत्येकद्विदाङ्गन्योग्य योगरोजम्। (च०.स०- ११/१६६)

which says that yuktikruta bala is the one which can be gained by the combination of diet and other daily regimen i.e dincarya and ritucarya.

Acarya cakrapani commented upon the above verse and said-

युक्ति: आहारचेष्यो: समयः शरीरिण योजनाः।

आहारस्य मांससप्तिरादेऽ: चेष्या

उच्चितविश्लेषणायादेयौ: आहारचेष्यो:।

अन्ये तु योगशास्त्रन रसायणपूर्णां प्राइयति॥

which says that, human body bala can be gained by proper combination of consumption of wholesome food like meat, ghee etc and other regimen like proper rest, exercise etc and also through the use of various rasayanas.

It is of two types-

a. Active Immunity (Sakriya bala)
b. Passive Immunity (Nishkriya bala)

Passive immunity can be further subdivided into 2 types –

1) Natural Passive (Akrutrim / Sahaja)
2) Artificial Passive (Krutrim)

Ayurveda has described trividha bala as sahaja, kalaja and yuktikruta bala. Yuktikruta bala can be well correlated with acquired immunity viz passive immunity as in both, the inner strength to resist diseases has been developed by external means i.e by eating healthy and making effective changes in lifestyle.

**Aim** -

To study the various factors to find out the correlation between Yuktikruta bala and acquired immunity or passive immunity.

**MATERIAL AND METHOD**

A detailed study has been done from Charaka Samhita and its various commentaries along with other modern literature and digital media containing information about immunity.

**LITERATURE REVIEW**

In Ayurveda three types of bala have been described as Sahaja, Kalaja and Yuktikruta.

1. **Sahaja Bala (natural strength):** -

   It is natural strength of body which is present in an individual since birth from mother's artava and father's shukra. Sahaja bala also depends upon mansika and sharirika bala of mother & father at the time of conception and mansanumaksik garbhini paricharya (monthly regimens in pregnancy) of mother during her period of pregnancy.

2. **Kalaja Bala (periodic strength):** -

   Strength of mind and body also depends upon season and age which varies accordingly and it is hence called kalaja bala.

3. **Yuktikrut Bala (acquired strength):** -

   Strength of mind and body which depends upon proper diet, physical activities, aushadha, rasayana (rejuvenating drugs) and vajikarana (aphrodisiacs) is yuktikruta bala. It can be achieved by the proper and regular usage of above factors.

   In Jwara chikitsa, it is mentioned that,

   बलंकृ च्च तत् (च०.चच- ३/१६६)

   which means healthy status of the individual depends upon bala.

   In the same chapter it is also mentioned that,

   बलंकृ च्च तत् (च०.चच-३/१६६)

   Means bala is responsible for elimination of disease if they anyhow caused. So, it is clear that the concept of bala is directly related in maintaining the healthy status of body and the management of disease.

   In Charaka Samhita, Rogabhishagitiya adhyaya of Vimanasthana; sara pariksha have been
specially described for measuring the bala of an individual.

In Charaka Samhita, Shariravicaya sharira of Sharirasthana; various factors that promotes the strength of one’s body have been quoted as ‘Bala vridhikara bhava’ 

Hence, sharir bala enhancing factors mentioned above plays an important role in building the immunity and among all these balavridhikara bhava; yuktikruta bala can be enhanced by sukhascha kalayoga, beeja kshetra guna sampat, ahara sampata, sharira sampata, satmya sampata, karma and samharsha. Rest other factors improves sahaja and kalaja bala.

There are various methods mentioned in ayurveda that are considered to enhance the bala of an individual and as they are done by external means so it can be considered to promote the yuktikruta bala of an individual. They are-

- By following masanumasika garbhini paricarya, pumsavana karma for the outcome of a healthy foetus.
- By the use of lehana karma, medya rasayana to promote the health of infant.
- By following the daily regimen (dincarya) and seasonal regimen (ritucarya) to lead a long and healthy life.
- By using the satmya ahara-vihara and avoiding asatmya ahara-vihara.
- By having good sleep, performing different vyayamas and yogas.
- By adopting various shodhana therapies according to the season, the demand of one’s bodily constitution and doshas aggravated.
- By following sadvrutta & achara rasayana for promoting mental and spiritual strength.
- By using rasayanas and vajikarana dravyas for a better life.

In vividhashitapiteeya adhyaya of surastrhana of caraka samhita, it is mentioned that -

Which means not every individual have capacity to fight against diseases. It also means that vyadhikshamatwa varies with age, seasonal variations and the constitution of the body. Commenting on the above verse Acarya cakrapani has clarified that –
Both naturally and artificially acquired immunity can be further subdivided depending on whether immunity is induced in the host or passively transferred from an immune host. *Yuktikruta bala* and acquired immunity is dependent on healthy practices related to diet, activities etc. to develop this kind of immunity *ayurveda* described many points which author described in detail in the article.

**CONCLUSION**

Immunity against diseases is of two kinds i.e. the one which attenuate the manifested disease and other variety prevents the manifestation of diseases. It may be correlated to concept of immunity. *Sahaja bala* may be correlated to innate immunity. *Kalaja* and *yuktikrita bala* may be correlated to acquired immunity. All unwholesome food articles are not equally harmful, all *dosas* are not equally powerful, and all persons are not capable of resisting diseases. Over obese individual; over emaciated person; whose muscles and blood are diminished markedly; debilitated person; one who consumes unwholesome food; one who consumes less amount of food; whose mental faculties are weak; on the other hand, individuals having opposite type of physical constitution are capable of resisting diseases. Factors which contribute for *vyadhikshamatwa* are normal *dosa*, equilibrium state of *dhatu*, normal *agni*, patency of *srotas* etc. or factors which supports the equilibrium state of all physiological parameters. Innate immunity may be correlated to *sahaja bala* described in *ayurveda*. Present article through light on the concept of *yuktikruta bala* w.s.r to acquired immunity viz passive immunity. In *ayurveda samhitas*, concept of *vyadhikshamatwa*, *ojas* and *bala* are described in scientific manner and factors responsible for increasing *bala* and described during treatment in *cikitsasthana* also various factors responsible for preventing particular disease in the form of *ahara*, *vihara* and drugs are also described.

It is the need of time to compile them and
make protocol for increasing bala and vyadhikshamatwa for every disease i.e common for all as well as for particular disease. Concept of rasayana and vajakarana is just guideline for increasing bala and vyadhikshamatwa. One who adopts ayurveda principles in day today life will become free from diseases and can lead healthy and prosperous life.

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