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“Role of Nidan Parivarjan Chikitsa in Ayurveda wsr to Kriya sharir - A Literature Review”

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Abstract:

Nidanparivarjan leads to better results and complete eradication and prevention of the disease; thus serving the main principle of Ayurved science - Prevention is better than Cure. Nidan parivarjana is most important principle as Ayurveda gives importance to aahara, vihara as treatment. Nidan Parivarjan (Avoidance of disease causing and aggravating factors) Nidan Parivarjan is to avoid the known disease causing factors in diet and lifestyle of the patient. It also encompasses the idea to refrain from precipitating or aggravating factors of the disease.

Nidanparivarjan is useful for the breaking the the chain of samprapti i.e. the Nidan sevan to Dosha prakop. So it will be maintain the homeostasis of dosha which is important from sharir kriya point of view. So this article is focusing on role of Nidanparivarjan chikitsa in Ayurved wsr to kriya sharir.

Keywords: Nidanparivarjan Chikitsa

Introduction:

Nidanparivarjan Chikitsa: It is mentioned in Ayurveda under Krumi chikitsa Charak viman 7 chapter. It can be considered under the special type of chikitsa.¹

In Ayurveda it is explained that nidan parivarjan (avoidance of causative factors) is the best treatment to be disease free”. Nidan parivarjan has dual effect in its control. Nidan parivarjan stops the pathogenesis leading to cure the disease.

Hetu is the prime factors for the causation of disease. That's why both Acharyas Charak and Sushrut have advised to avoid the etiological factors¹² and it is the primary step in the management of any disease. Hetu gives an idea to diagnose the disease and as well as some time clue to predict the forthcoming disease. The purpose of Ayurveda is to protect health of the healthy and alleviate disorders in the diseased. The Concept of Nidan Parivarjan is useful for the both purposes. This Concept is useful for the treatment of disease, prevention of disease & to stop the recurrence of it.²

'Nidana' means cause and 'parivarjana' means removal or eradication. It is important principle of management. Any treatment is not successful without eradication of cause. This treatment is specifically indicated in management of diseases caused due to micro-organisms.[\(Cha.Vi.7/15\)](#).

Aims & Objectives:

To study the Role of Nidanparivarjan Chikitsa in Ayurved wsr to Kriya sharir .

Material & Methods:

Manual Searching & Collection.

For Example Nidan Parivarjan In Prameha: Nidan parivarjan means avoidance of etiological factor of Prameha helps in preventing the disease in normal individual, control disease in pre-diabetic individual and manage disease in diagnosed diabetic patient along with medication. Aetiological factors described in

Ayurved like Avyayam (lack of exercise), Swapnashayana (over sleeping), Pishta-snigdha annasevana, (consumption of starchy and fatty food), Kshirikshu vikar sevan (consumption of milk and sugarcane products) excessive consumption of curd or soup of certain marshy or aquatic animals, excessive consumption of jaggery products, new cereals, sheeta (cool) and snigdha (soft) drinks and other kapha-increasing edibles. All these causative factors should be avoided. Acharya Sushrut gives importance of Siddhant by mentioned a “Sankshepatah Kriyayoge Nidan Parivarjanam” Means In short Nidan parivajan itself is one of type of Treatment.³

Concept of Nidan parivarjana gives prime importance to the Ahara and Vihara, the general factors which are to be avoided for preventing common diseases are as follows:

1. One should avoid suppression of natural urges
2. It is always suggested to consume meal as per Prakriti of an individual
3. Excessive involvement in sexual conduct are to be avoided
4. Consumption of oily, spicy and heavy food items should not be consumed in excess quantity.
5. It is always advised to get sleep at night after 2-3 hrs. of dinner.
6. Late night awakening not suggested and one should avoid junk food.
7. Ayurveda advocated avoiding anger, grief and anxiety, etc. to prevent mental problems.
8. One should follow Ahara-Vihara as per the Ritu since seasonal variation can affect quality of food.
9. It is advised to avoid day time sleeping and awakening after sunrise.⁴

Discussion:

The diseases involved three doshaj or Samprapti is dhatugata or two or more dosha marga involved. The disease have long duration or chronic in nature are advised to do total Nidanparivarjan treatment. Those diseases having kashthasadhyata, yapya & asadhyata are advised for full Nidanparivarjan chikitsa. Some of the important references are mentioned in above table.

Nidanparivarjan is useful for the breaking the the chain of samprapti i.e. the Nidan sevan to Dosha prakop. So it will be maintain the homeostasis of dosha which is important from sharir kriya point of view.

Without proper knowledge of hetusevan and dosha-dushya sangraha one cannot suggest nidan parivarjan to any patient.

Conclusion:

1. Role of Nidanparivarjan chikitsa in Ayurveda is diagnostic, curative & preventive therapy to the patients.
2. The Nidanparivarjana concept is useful for treating simple, chronic or complicated disease & preventing from recurrence.

3. Nidanparivarjan chikitsa plays an important role in physiology by maintaining homeostasis of the dosha, dushya & dhatus.

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