



CONCEPT OF NIDAN PARIVARJAN IN CHIKITSA IN AYURVED - A LITERATURE REVIEW.

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ABSTRACT

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. This concept of Nidan Parivarjan best explained in charak Samhita at Viman sthan 7th Chapter while explaining krumi chikitsa. This concept is useful to learn Ayurveda, to use and to teach to the students. So, it is relevant to review the description available in the ayurvedic text books in relation to Nidan Parivarjan concept. This concept is necessary to understand, easy to learn and also useful to Promotion & propagation of Ayurveda.

KEYWORDS : Nidan Parivarjan, Avoid causative factors.

INTRODUCTION:

Ayurveda is the science of life which provides healthy long life as it deals with prevention and promotion of health as well as the treatment of diseases. Illness is because of different causes and its effect is seen in the form of linga (symptoms of the disease) for which aushadh is essential to treat that's why ancient seers and sages of Ayurveda propounded the "Trisutra-Ayurveda" namely Hetu, Linga and Aushadha. Hetu is the synonym of nidan in the context of diagnosis of the diseases. It is the first and foremost factor which initiates the pathology and crucial in diagnosis as well as treatment also.

The term 'nidan' in the Ayurveda has been used in two sense mainly i.e. vyadhijanak nidan and vyadhibodhak nidan. This article is focusing on Prevention of Vyadhi janak Nidan. In this article Nidan as main causative factor and its avoidance is one of the main principle of treatment.

To prevent, manage the disease and its complication it is necessary to follow the first line of treatment in Ayurveda that is "NIDAN PARIVARJAN". So it is necessary to learn this concept. This article focusing the included disease concept mentioned in Ayurveda.

OBJECTIVES:

To understand the Nidan Parivarjan mentioned in Ayurveda.

METHODS:

Manual searching and collection.

DISCUSSION:

In charak vimansthana 7th chapter, charak has mentioned three main principles for treatment of Krimi Roga – "Sarvakriminamapakarshanaamevaaditah karya, tatah prakrutivighatah, anantaram nidanoktanam bhavanamanupasevanamiti ||" (ch.vi.7/4)

- i. Apakarshan-
- ii. Prakruti vighata-
- iii. Nidana parivarjan-

Nidana parivarjan means to eliminate the causative factors which help in producing, germinating and growing of krumi. Hence, factors responsible for production of krumi should be avoided. Nidan parivarjana is most important principle as Ayurveda gives importance to aahara, vihara as treatment.

*Samshodhanam shashamnam nidansya cha varjanam I
Etavad bhishyjam karyam roge roge yathavidhi II ch.vi.7/30.*

This concept of Nidan Parivarjan Mentioned for the krumi

chikitsa can be used to all disease for treatment point of view because every disease has its causative factors that should be avoided.

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. It inhibits the prognosis of disease like vata vardhak ahar vihar is restricted in vatj 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.

Intake or indulgence in all the etiological factors causes severe disease resulting in incurability¹³ where as intake of less hetu causes mild disease which is easy to cure¹⁴. It is equally important in treatment also as physician advice the chikitsa considering the cause such as diseases caused by extreme effect of cold are treated by hot substances and vice versa. Diseases which are caused by over indulgence in fatty substances are treated by non-unctuous substances.

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 sevam (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 parivarjan itself is one of type of Treatment.

In this way it is necessary to study in detail on this concept. This article is focusing on it.

CONCLUSION:

The first line of treatment is nidan - parivarjana (to avoid causative factors) of diseases.

The nidan - parivarjana concept is useful for treating simple, chronic or complicated disease & preventing from recurrence. This concept adding knowledge regarding treatment of disease in Ayurveda.

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