

PRAJNAPARADHA AS A CAUSATIVE FACTOR OF CORONAVIRUS DISEASE 2019 (COVID-19)

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ABSTRACT

COVID-19, has been declared a pandemic by the World Health Organization (WHO) on 11 March 2020. Outbreak of COVID-19 occurred in 2019. Local transmission of the disease has been recorded across the world. Prajnaparadha is the main causative factor of many Nija (innate) diseases and all Agantu (accidental) diseases as well as Janapadhovans (Epidemic). Sudden outbreak of pandemic like COVID-19 has compelled us to think that why we became so prone to such diseases. In Ayurveda Prajnaparadha (intellectual error) is willfully ignoring one's inner knowing and going against norms, intuition and common sense. So here an attempt has been made to understand the COVID-19 outbreak relation with Prajnaparadha as a causative factor as it has become a need of an hour to study the cause of pandemic COVID-19.

KEYWORDS: *Prajnaparadha, Corona Virus, COVID-19, Intellectual Error*

INTRODUCTION

Ayurveda main aim is to maintain health of the healthy and treat the diseased. Physicians intention is to search for causative factors of a disease for proper treatment. Pandemic The word *Prajnaparadha* is made from two words 'prajna' and 'aparadha' where 'prajna' = *Dhi* (intellect) + *Dhriti* (patience) + *Smriti* (memory) and 'aparadha' means offence, fault or misuse. Thus, word *prajna* and *aparadha* together constitutes *Prajnaparadha* which means faulty conception or intellectual error. A person whose intellect, self-control and memory are impaired by virtue of his act.¹ *Prajnaparadha* is *Dhi-Vibhramsha* (deranged intellect), *Dhriti-Vibhramsha* (no self-control or will power), and *Smriti-Vibhramsha* (deranged memory) leads to all sorts of unwholesome actions (*Asubh karma*). Due to this various defects appear; ill health and sorrow ensue. According to Acharya Charaka three main causes of diseases *Prajnaparadha* (intellectual error), *Parinama* (Consequences relating to time and *purvakarma*, i.e., past deeds) and *Asatmyendriyarthasamyoga* (Unwholesome contact with the object of senses).² Among these three *Prajnaparadha* (intellectual error) is the main cause of Nija (innate) diseases and all Agantu (accidental) diseases. *Prajnaparadha* (intellectual error) is also considered as a major cause of *Manasa* (mental) and *janapadhovansavyadhi* (epidemic diseases like COVID-19).²

Concept of *Dhi*, *Dhriti*, *Smriti*–

1. **Dhi (intellect)** – It refers to getting new information. The function of *Dhi* is controlled by *Vatadosha* (humor which control all activities of brain and body), *Prana vayu* (subtype of *vata* of humor) which in its normal state keeps the mind concentrated there by facilitating to acquire correct knowledge.
2. **Dhriti (patience)** – It refers to control and processing of new information in brain. *Pitta dosha* (humor which control all type of metabolism), *Sadhaka Pitta* (Subtype of *Pitta* humor) controls the function of *dhriti*. If *Dhriti* in its normal state help in controlling and processing of acquired knowledge.
3. **Smriti (memory)** – It is responsible for stabilizing the memory in the brain and confirming that it can be recalled at will. *Kaphadosha* (humor which lubricate the brain), *Tarpakakapha* (subtype of *kapha* humor) maintain the function of *smriti* (memory), it is responsible for nourishment and lubrication of brain and help to stabilizing the memory.

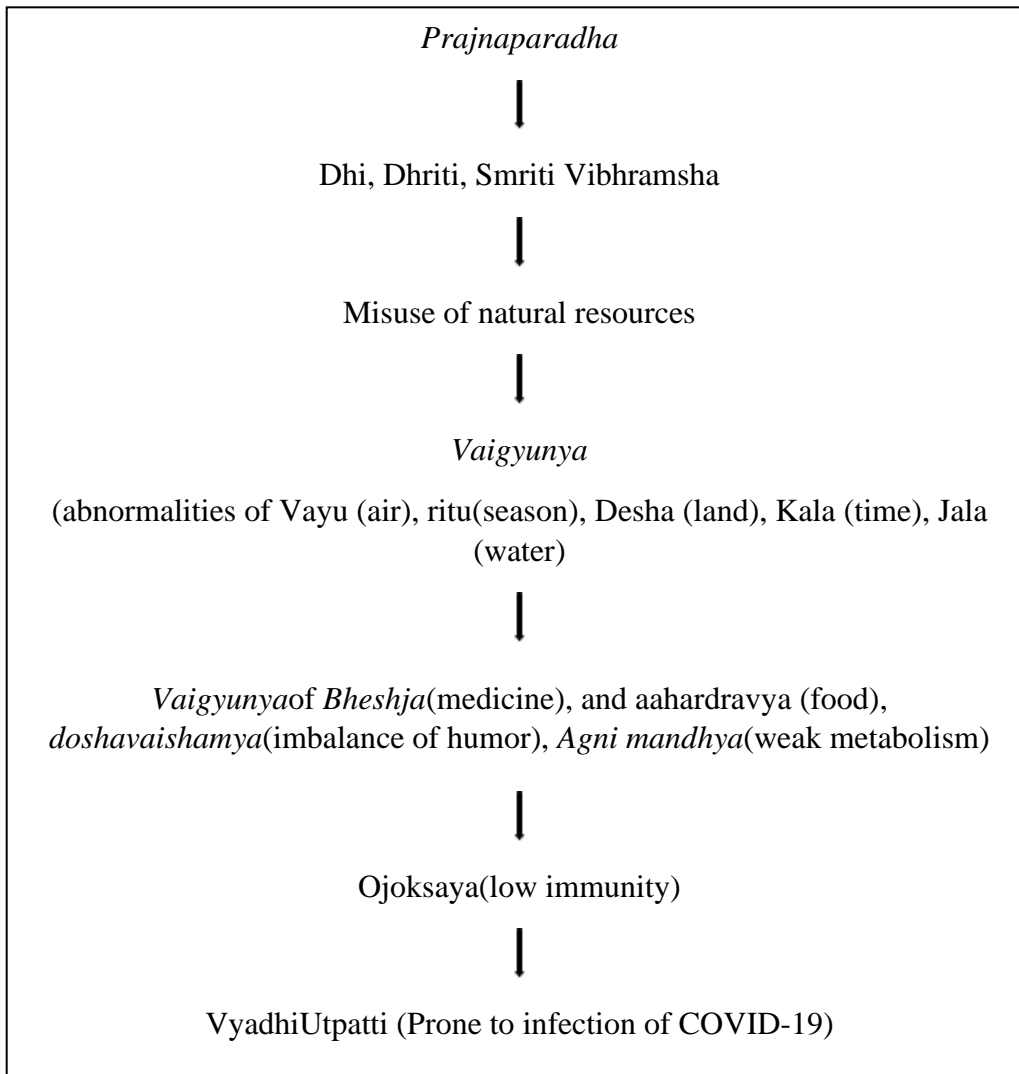
As *Dhi* (intellect)-*Dhriti* (patience)-*Smriti* (memory) *Vibhramsha* (impairment) known as *Prajnaparadha* (intellectual error).

***Dhi-Vibhramsha* (Impaired intellect)**- If something that is eternal is viewed as its opposite that is short lived and useful thing as harmful, then it is indicative of the impairment of intellect. Normal views the things as it is and deviation of intellect from normal is impaired.³

***Dhriti-Vibhramsha* (Impaired Patience)**- it is the patience which helps the mind to keep away from harmful, worldly pleasure cannot be kept away from harmful objects.⁴

***Smriti-Vibhramsha* (Impaired Memory)**- Memory refers to everything that is memorable. When mind is overcome by *Rajas* and *Tamas*, memory gets impaired.⁵

Due to *Dhi-Dhriti-Smriti Vibhramsha* person can get indulge in performing harmful actions or *asubha karmas* known as *Prajnaparadha*.



COVID-19

The World Health Organization (WHO) has given the name COVID-19 to this disease. COVID-19 is a dictionary representing the 2019 coronavirus caused by (SARS-CoV-2) "Severe Acute Respiratory Syndrome Coronavirus 2." Coronaviruses are a large family of viruses. Both of these viruses have caused serious respiratory infections in humans: acute respiratory syndrome coronavirus (SARS-CoV or SARS-CoV-1), which caused an outbreak of respiratory infections (SARS) in 2002-2004. Respiratory disease Coronavirus 2 (SARS-CoV-2), which causes the 2019-20 epidemic of coronavirus 2019 (COVID-19).^{6,7} COVID-19, has been declared a pandemic by the World Health Organization (WHO) on 11 March 2020.⁸ An outbreak that typically affects a large proportion of the population in a wide geographical area, such as part of a nation, whole nation or continent, is known as a pandemic. India comes across a variety of pandemics and epidemics like influenza, cholera, dengue, smallpox & many more. Many of them remain a threat to the community.⁹

Most patients with COVID-19 mainly have respiratory-related infections associated with SARS-CoV-2 infection. However, in a few cases, they can progress to a more serious and systemic condition characterized by Acute Respiratory Distress Syndrome (ARDS), sepsis and septic shock, multiorgan failure, including severe kidney damage and heart damage.⁸ COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

Most common symptoms: fever, dry cough, tiredness and less common symptoms: aches and pains, sore throat, diarrhoea, conjunctivitis, headache, loss of taste or smell, a rash on skin, or discolouration of fingers or toes. **Serious symptoms:** difficulty breathing or shortness of breath, chest pain or pressure, loss of speech or movement.

Prevention measures: promotes the promotion of hand washing, respiratory hygiene, avoid contact with the face, cleansing and disinfection of frequent contact items, ensuring adequate ventilation of the indoor environment, wearing masks, avoiding crowds and close contact with sick people and Social isolation. Different vaccines are in different stages of development.¹⁰

Risk factors: weakened immune systems during the coronavirus pandemic to a person who is immunocompromised has an immune system that is impaired, which makes it easier to contract an infection and diminishes the ability to fight the infection. When a person with a weakened immune system does get an infection, it tends to be more serious because it affects more organs and causes more damage to their body.

AIM AND OBJECTIVES

AIM - To analyse *prajnaparadha* as the causative factors of Coronavirus Disease 2019

OBJECTIVES – To understand the concept of *prajnaparadha*

To understand the concept of COVID-19

MATERIAL AND METHODS

Ayurveda and contemporary texts and internet sources.

RESULT AND DISCUSSION

The capacity of intellect (*dhi* or *buddhi*) is to preserve knowledge, rational thinking and ability to take decisions. Nature of intellect is righteousness. It sees things rightly. The main function of *buddhi* is firmness, contentment and resolution. It also collects past experiences and memories. The intellect possesses the qualities (*guna*) of *satva*, *rajas* and *tamas*. Among the three qualities only *Sattva* *guna* is essential for the correct interpretation of knowledge. If *rajas* and *tamas* *guna* cloud the intellect, interpretation of knowledge becomes wrong and person begins to deviate from right path.

According to WHO some guidelines measures are mentioned for public like¹⁰

- ✓ People should maintain at least a 1-metre distance between each other to reduce the risk of infection when they cough, sneeze or speak.
- ✓ All should wear face mask.
- ✓ Regularly and thoroughly cleaning of hands with an alcohol-based hand rub or should be washed with soap and water.
- ✓ This eliminates germs including viruses that may be on hands.
- ✓ Everyone should avoid touching their eyes, nose and mouth. Hands touch many surfaces and can pick up viruses.
- ✓ Once contaminated, hands can transfer the virus to eyes, nose or mouth. From there, the virus can enter body and infect.
- ✓ Mouth and nose should be covered with bent elbow or tissue when cough or sneeze. Then dispose of the used tissue immediately into a closed bin and wash hands.

By following good ‘respiratory hygiene’, people can protect themselves and people around them from viruses, which cause colds, flu and COVID-19. Clean and disinfect surfaces frequently especially those which are regularly touched, such as door handles, faucets and phone screens.¹⁰

Dhi-Vibhramsha: Like in COVID-19 disinfectant of hands with sanitizer or soap and using face mask decreases the chances of transmission of disease but not following it can come under *Dhi-Vibhramsha*.¹⁰

DhrutiVibhramsha: The *Dhruti* self-control or will power be required to act according to the decisions taken by the intellect. Function of restraint is to control the mind. As seen in such a pandemic situation caused due to COVID-19 social distancing suggested to decrease the frequent transmission of COVID-19. To avoid going to a desired place self-control or will power required. Even knowing consequences of pandemic situation not taking preventive measures can be taken as *DhrutiVibhramsha*.¹⁰

Smriti Vibhramsha: The memory is the deposit of events to be recalled. The capacity of the intellect to recollect promptly the decisions taken by intellect and to behave without interruption according to courage is memory. Memory is defined as recollection of the seen, heard and experienced things. When the reminiscence of the knowledge of reality is impaired; it is called as the derangement of memory *Smriti-bhramsa*.^[1] Improper perception is cause of intellectual error and improper action is done due to intellectual error. Abnormal initiation of action (by intellect) is said in metaphorical sense, since this being action of mind. With improper knowledge of objects of mind improper speech and physical activities take place.¹¹

Preventive Measures:[1, NidanaSthana; 1/19&28] [13, vol.1, sutra sthana 8/13e14].

| Avoid | Follow |
|---|---|
| 1. Excessively cold foods/drinks | 1. Timely meals |
| 2. Excessively cold air conditioning. | 2. Mindful eating |
| 3. High fiber diet/fat free diet | 3. Light diet (eating as per appetite) |
| 4. Fasting/weight loss regimen. | 4. Balanced/Moderate diet as per season/Health. |
| 5.Excessively Spicy(mirchi), Bitter (bitter gourd), Astringent (Bengal gram) etc. | 5. water e boiled to half and cooled/Boiled with coriander seeds - If summer like weather or hot constitution |
| 6. Inter meal snacking | 6. Boiled with ginger if cold weather. |
| 7. Excessive Tea/coffee/Nicotine/Alcohol | 7. Timely sleep. |
| 8. Heavy & excessively fatty foods. | 8. Light exercises - to half of one's Capacity |
| 9. Irregular meal timings. | 9. Pranayama |
| 10. Excessive exercise (particularly after food orbefore bowel evacuation) | 10. Meditation/Prayer |
| 11. Excessive sex | 11. Relaxed mind. |
| 12. Day sleep immediately after heavy food | 12. Observance of Dharma (protecting nature) |
| 13. Constipation | |
| 14. Late night awakening. | |
| 15. Exposure to unseasonal weather. | |
| 16. Excessive anxiety/depression, lust. | |

CONCLUSION

In Pandemic COVID-19 all peopleshould follow the guidelines of safety and prevention so that disease can be prevented from further spreading. Old age and immune compromised people should also follow preventive measures as they are more prone to infection of COVID-19.So, it is clear that dhi-dhriti-smriti *Vibhramsh* that is intellectual error has caused people to not follow the preventive measures in the pandemic situation so it plays an important role in spreading and causing the COVID-19. As COVID-19 has affected each and every person directly(physically) or indirectly (mentally and socially) so it'sour responsibility to avoid *Prajnaparadha*.

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