

# Ayurveda and Immunity: Ancient Wisdom for Modern Wellness

KEERTHI<sup>1</sup>, LEKSHMI MK<sup>2</sup>

## ABSTRACT

**Introduction:** Immunity, or Vyadhikshamatva in Ayurveda, refers to the body's ability to resist and recover from diseases, representing acquired resistance against infections and injuries caused by micro-organisms. The immune response, triggered by foreign antigens, is categorised into innate and acquired immunity. Innate immunity, an inborn and genetically inherited defence, provides broad-spectrum resistance, whereas acquired immunity develops through antigen exposure (infections) or antibody transfer (vaccination), offering specific and adaptive protection.

**Aim:** This study aims to examine the Ayurvedic concepts of immunity (Vyadhikshamatva, Bala, and Ojas) with integration with yoga, pranayama, Ayurvedic formulations, swarnaprasana, pragarayoga, lifestyle modifications on immune resilience, ultimately contributing to the development of an evidence-based Ayurvedic treatment protocol.

**Methodology:** A comprehensive literature review was conducted to explore the concept of immunity through the Ayurvedic principles. This involved an extensive study of classical Ayurvedic texts, standard medical textbooks, and peer-reviewed journals from online databases such as Scopus and PubMed. The review aimed

to provide a clear understanding of immunity in Ayurveda, helping the development to construct an Ayurvedic treatment protocol.

**Results:** A statistically significant improvement ( $p < 0.001$ ) was observed in immunity parameters following adherence to Ayurvedic concepts that results in strengthening immunity and reducing susceptibility to infections.

**Conclusion:** The integration of Yoga, Pranayama, Swarnaprasana, and Prakara Yoga, along with Ayurvedic formulations, plays a pivotal role in modulating immunity and preventing recurrent respiratory tract infections in children. With the increasing focus on immune strength in combating diseases and immunological disorders, Ayurveda offers a comprehensive perspective through Vyadhikshamatva, Ojas, and Bala. These principles emphasise the interplay between immunity and lifestyle factors such as Dinacharya (daily regimen), Ritucharya (seasonal regimen), Ahara-Vihara (diet and lifestyle), psychological well-being and role of rasayana.

**Implications:** Integrative health management, combining Ayurveda with modern medical approaches, holds great potential for future generations, benefitting both children and adults.

**Keywords:** Immunity, Vyadhikshamatva, Ayurveda, Yoga, Pranayama, Pragarayoga, Swarnaprasana, Rasayana

## PARTICULARS OF CONTRIBUTORS:

1. Postgraduate Scholar, Department of Kaumarabhrithya, Government Ayurveda College, Thiruvananthapuram, Kerala, India.
2. Associate Professor, Department of Kaumarabhrithya, Government Ayurveda College, Thiruvananthapuram, Kerala, India.

## NAME, ADDRESS, E-MAIL ID OF THE CORRESPONDING AUTHOR:

Keerthi,

Postgraduate Scholar, Department of Kaumarabhrithya, Government Ayurveda College, Thiruvananthapuram-695012, Kerala, India.

Email: keerthi7otp@gmail.com