

Applying the Ayurvedic Concept of *Nidanarthakara Roga* for Strategic Disease Prevention and Public Health Integration: A Review

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Abstract: *The concept of Nidanarthakara Roga, a cornerstone of Ayurvedic medicine, emphasizes the progression of primary diseases into secondary complications, underscoring the interconnected nature of illnesses. This review explores the relevance of Nidanarthakara Roga in preventive healthcare, highlighting its alignment with modern public health principles. Through a conceptual analysis of classical Ayurvedic texts and contemporary literature, the study underscores the importance of early diagnosis and comprehensive management of primary diseases to mitigate secondary complications. The review also examines the preventive strategies advocated by Ayurveda, including Nidana Parivarjana (eliminating causative factors) and lifestyle modifications, to reduce disease burden and enhance health outcomes. Challenges such as complex nidanas, societal resistance to lifestyle changes, and integration with modern medical practices are discussed. By bridging ancient Ayurvedic principles with contemporary preventive approaches, Nidanarthakara Roga offers a robust framework for advancing holistic healthcare and addressing current global health challenges*

Keywords: Nidanarthakar Roga, Prevention, Swasthavritta, Public Health, Preventive Medicine