

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

I. INTRODUCTION

The preservation of health and prevention of disease have been core pursuits of humanity since time immemorial. Across diverse medical traditions, the focus has oscillated between curing diseases and preventing their occurrence, with the latter gaining increasing attention in modern healthcare paradigms. Ayurveda, one of the most ancient and holistic systems of medicine, offers profound insights into preventive healthcare through its unique theoretical and practical frameworks.

One of Ayurveda's profound contributions is its emphasis on Nidanarthakara Roga—a concept that highlights the interdependent nature of diseases. This principle illustrates how untreated or inadequately managed primary diseases can act as causative factors for secondary disorders.^[1] For example, conditions like Pratishyaya (rhinitis) can lead to Kasa (cough) and eventually Kshaya, if left unchecked.^[2] Such insights from Ayurveda underline the critical importance of early diagnosis and effective management of diseases to break this cascade and prevent complications.

In contemporary healthcare, the rising prevalence of chronic diseases and multi-morbidity underscores the need for preventive strategies.^[3] Despite advancements in diagnostics and therapeutics, many primary diseases progress unnoticed, leading to secondary complications and a heavier disease burden. The Ayurvedic framework of Nidanarthakara Roga provides valuable guidance in addressing these challenges by offering a systematic approach to identifying and intervening at the root cause of disease progression.

This concept also aligns with the broader goals of modern preventive medicine, such as minimizing healthcare costs, improving quality of life, and reducing mortality associated with preventable conditions. By emphasizing early

intervention and lifestyle modifications, Nidanarthakara Roga embodies a preventive philosophy that resonates with the principles of global public health.

Through this review, we aim to explore the relevance of Nidanarthakara Roga in disease prevention, its clinical implications, and its potential to inform modern healthcare strategies. By examining its role in breaking the disease cascade, we highlight the integration of Ayurveda with contemporary practices, demonstrating how Ayurvedic principles can address current healthcare challenges and contribute to global wellness.

II. MATERIALS AND METHODS

A conceptual review was conducted by analyzing classical Ayurvedic texts, contemporary literature, and recent studies on disease progression and prevention.

III. RESULTS AND DISCUSSION

Conceptual Understanding of Nidanarthakara Roga

Nidanarthakara Roga describes a situation where a primary disease or its causative factors lead to the development of a secondary disease.^[1]

Diseases can also act as causative factors for other diseases, creating a complex interplay. For instance, elevated temperature in Jwara can lead to Raktapitta, and Raktapitta can, in turn, cause Jwara.^[4] Both conditions may ultimately result in Shosha (depletion of Dhatus). Similarly, Pleeha (enlargement of the spleen) can cause Jathara (abdominal disorders, including ascites), which may progress to Shotha (generalized edema). Arsha (hemorrhoids) can lead to Jathara, which may further develop into Gulma (abdominal lumps).^[5] Pratishyaya (rhinitis) may result in Kasa (cough), which can progress to Kshaya (Dhatu depletion) and eventually lead to Shosha (emaciation).

Diseases, in their primary stages, manifest as standalone conditions but can later act as causative factors for other illnesses. This dual role—as a disease and a causative factor—adds to the complexity of their nature. Some diseases function exclusively as either a primary condition or a causative factor, while others may persist even after triggering secondary diseases.^[6] Managing such interconnected diseases is particularly challenging due to the intricate nature of their causative relationships and the complexity of treatment required. This sequential progression underscores the necessity of addressing the primary disease comprehensively to prevent complications.

Observations of a study revealed that patients predominantly had a *Vatakaptha Prakruti*, suggesting that inherent constitutional dominance of *Dosha* predisposes individuals to diseases of similar *Dosha* characteristics. This aligns with the concept that *Prakruti* plays a significant role in disease manifestation.^[7]

Preventive Relevance of Nidanarthakara Roga

Nidanarthakara Roga underscores the importance of understanding how primary diseases lead to secondary conditions, enabling preventive strategies. For example, obesity contributes to diabetes, hypertension, and joint disorders, and addressing lifestyle factors like physical inactivity and poor diet can prevent further complications.^[8] Chronic stress predisposes individuals to cardiovascular and gastrointestinal disorders. Stress management techniques, including mindfulness practices, play a key role in prevention. Smoking-related diseases, such as respiratory and cardiovascular conditions, can be addressed by focusing on cessation and respiratory health strategies. In conditions like PCOS, early interventions targeting hormonal imbalances and lifestyle modifications can prevent secondary issues like infertility. Similarly, air pollution-related respiratory conditions require preventive measures like enhancing immunity and respiratory health to avoid severe outcomes.

These scenarios highlight the significance of addressing primary diseases to prevent secondary complications, aligning with the principles of Nidanarthakara Roga in holistic health care.

Public Health Implications

The concept of Nidanarthakara Roga emphasizes the prevention of secondary diseases by addressing the causative factors of primary conditions. Ayurveda advocates for Nidana Parivarjana (avoiding causative factors) and early interventions through Swasthavritta to reduce complications and improve health outcomes.^[9] Developing Standard Operating Procedures (SOPs) based on Ayurvedic principles can guide healthcare providers in identifying causative

factors and offering preventive care.^[10] Public health campaigns can raise awareness about the interconnectedness of diseases, promote early diagnosis, and encourage lifestyle changes, ultimately strengthening disease prevention at both individual and community levels.

Challenges and their Strategies in applying nidanarthkar roga in Disease Prevention

The application of *Nidanarthakara Roga* in disease prevention faces challenges due to the complex nature of *nidana* (causative factors), which can include multiple substances, activities, and imbalances. This complexity makes it difficult to identify and address all contributing factors effectively. Additionally, a lack of awareness about the interconnectedness of primary and secondary conditions hinders timely interventions. Early detection of emerging imbalances is often challenging, and Ayurveda's holistic approach may not always align with modern medical practices, limiting its adoption. Furthermore, societal habits and resistance to lifestyle changes can hinder the promotion of preventive measures.

Applying *Nidanarthakara Roga* in disease prevention requires raising awareness through targeted campaigns, integrating Ayurvedic and modern diagnostics for early detection, and promoting lifestyle modifications based on *dinacharya* and *ritucharya*. SOPs tailored to specific conditions and community health camps can ensure early interventions. Training practitioners and conducting research to validate preventive strategies will enhance their integration into public health policies, fostering a holistic approach to well-being.

IV. CONCLUSION

Principle of *Nidanarthakara Roga* underscores the critical role of early diagnosis and comprehensive management of primary diseases in preventing secondary complications, offering a valuable framework for modern preventive healthcare. While challenges exist in addressing complex *nidanas* and fostering lifestyle modifications, the integration of Ayurvedic strategies such as *Nidana Parivarjana* and early intervention holds immense potential for reducing disease burden and enhancing public health outcomes. By bridging ancient Ayurvedic insights with contemporary healthcare paradigms, *Nidanarthakara Roga* provides a robust foundation for advancing holistic and effective preventive medicine.

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