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## A Survey Study To Assess The Status Of *Bala* And Morbidity Among The Individuals Of Jaipur City In *Yamadamstra Kala*

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### ABSTRACT: -

**Introduction:** Various health care measures are mentioned in Ayurveda to maintain the health of the healthy persons, like *Dincharya*, *Ritucharya*, *Ahara-Vihara*, *Adharniya-Dharniya Vega*, *Achar rasayan*, *Rasayana* and *Vajikarana*. *Ritucharya* or seasonal regimen teaches us how to adapt various seasons and seasonal changes in terms of small adjustments which we need to make during various seasons with respect to diet, lifestyle and behaviour. *Ritusandhi* is the transition period between two seasons. Therefore, the status of *Bala* (*Sharira Bala*, *Satva* and *Agni*) should be assessed.

**Method:** In this study the assessment of *Bala* (*Sharira Bala*, *Satva* and *Agni*) and morbidity of people during *Yamadamstra Kala* (6 to 21 November 2019) and one month before (5 to 20 October 2019) has been done with the help of survey and the hospital's OPD data respectively.

**Result:** Insignificant change has been found in *Bala* (*Sharira Bala*, *Satva* and *Agni*) of 300 healthy individuals. Morbidity was increased in new OPD patients during *Yamdanstra Kala*.

**Conclusions:** There was no effect of *Yamadamstra Kala* on *Bala* (*Sharira Bala*, *Satva* and *Agni*) according to survey of healthy volunteers but morbidity is increased during *yamadamstra kala* in comparison of one month before.

**Keywords:** - *Ritucharya*, Lifestyle, *Ritusandhi*, *Yamadamstra Kala*, Seasonal Disease.



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## INTRODUCTION

The basic principal followed in the *Ayurvedic* system of medicine is *Swasthasya Swasthya Rakshanam*,<sup>[1]</sup> which means to maintain the health of the healthy person. For this purpose, various health care measures are mentioned in *Ayurveda* like *Dincharya*, *Ritucharya*, *Ahara-Vihara*, *Adharaniya-Dharaniya Vega*, *Acharya Rasayana*, *Rasayana* and *Vajikarana*, to maintain proper healthy state of people. Most of us have capacity to get adjusted to one or more season. Summer is comfortable for some of us while winter is compatible for others. Only few of us are easy to adjust in all the seasons. These few people were having good immunity and tolerance. Many times, it becomes very difficult for us to get adjusted to different seasons as and when they change. This difficulty is more experienced during the transition phase where in one *Ritu* changes to other. While describing the *Ritucharya* or *Ritulakshana Acharya* clearly mentioned that each *Ritu* has a different level of body strength and different level of *Agni* i.e. digestive fire, on the basis of which all the measures are taken accordingly to adapt that particular *Ritu* or

season. Therefore, it is clear that we cannot follow the same diet, lifestyle and same behavior during the whole year. It is very difficult to adapt when we move from one season to another or at the time of *Ritusandhi*.<sup>[2]</sup>

## MATERIAL AND METHOD

It was an observational study. The data were collected from in and around the Jaipur district Rajasthan for assessment of *Bala* (*Sharira Bala*, *Satva* and *Agni*) of individual. The sample size for this study was 300 apparently healthy volunteers for assessment of *Bala*. People were registered during period one month before *Yamadamstra Kala* <sup>[3]</sup>(5 to 20 Oct.2019). A proforma having general details and *Bala* assessment was filled before and during *Yamadamstra Kala*.

### Assessment of *Bala* (*Sharira Bala*, *Satva* and *Agni*)

#### Inclusion criteria

- Age between 18 to 60 yrs.
- Irrespective of gender and occupation

#### Exclusion criteria

- Person suffering from any chronic diseases.

### Assessment criteria:

S.N.	<i>Bala</i>	<i>Pravara</i> (3)	<i>Madhyama</i> (2)	<i>Avara</i> (1)
1	<i>Satva</i> <sup>[3]</sup>	Able to cope up with adverse conditions easily himself	Able to cope up with the help of other	Unable to cope up with adverse conditions even with the help of other
2	<i>Agni</i> <sup>[4]</sup>	Takes more than normal diet	Takes normal diet	Takes less than normal diet
3	<i>Sharira Bala</i> <sup>[5]</sup>	Do not exhaust even after more than normal workout	Do not exhaust after normal workout	Exhausts even after normal workout

### Assessment of morbidity status

Data of new patients was collected from NIA, OPD registers. This data was compiled and classified according to diseases. The trend of

morbidity was compared during one month before *Yamadamstra Kala* (6 to 21 Oct.2019) and during *Yamadamstra Kala*. (5 to 20 Nov.2019)

## OBSERVATION AND RESULT

If we see the disease wise classification about the number of patients, it was revealed as follows:

- The patients suffering from the diseases like *Amvata, Arsha, Madhumeha, Manas Rog and Sweta Pradara* showed a spike between 15 to 20%.
- While the patients of the diseases like *Amlapitta, Bhrama, Hridya Rog, Katishul, Mutra Vikara and Vibandh* shows the increment between 10 to 15%.
- Diseases like *Ashmari, Bhagandra, Jvara,*

*Kasa, Tamakswas and Uccharakatchap* showed increment between 5 to 10%.

- *Gridharisi, Kamla, Pradara and Sandhivat* patients showed below 5% increase.
- Some diseases like *Netraroga* showed 12.60% decrease in number of patient while *Pandu* and *Atisara* patients showed 0.46% and 6.29% decrease respectively.

**Comparison between *Sharira Bala* of survey volunteers before *Yamadamstra Kala* and during *Yamadamstra Kala***

**Table I : Assessment of *Sharira Bala* by feeling tiredness during exercise (workout).**

S.N.	Before <i>Yamadamstra Kala</i> (Count in %)	During <i>Yamadamstra Kala</i> (Count in %)	Total
A	147(49.0%)	128(42.7%)	275(45.8%)
B	116(38.7%)	127(42.3%)	243(40.3%)
C	37(12.3%)	45 (15.0%)	82(13.7%)

A = More than normal, B=Normal, C= Less than normal

**Table II: Statistical analysis of Assessment of *Sharira Bala***

	Value	Df	P-Value
Pearson Chi-Square	2.591	2	0.274
N of Valid Cases	600		

From above table we can observe that P-Value is greater than 0.05. Hence, we conclude that there is no significant change observed in

responses before and during *Yamadamstra Kala*.

### Comparison between quantity of *Agni Bala* of survey volunteers before *Yamadamstra Kala* and during *Yamadamstra Kala*

- Table III: Assessment of quantity of food of an individual

S.N.	Before <i>Yamadamstra Kala</i> (Count in %)	During <i>Yamadamstra Kala</i> (Count in %)	Total
A	36(12.0%)	30(10.0%)	66(11.0%)
B	236(78.7%)	242(80.7%)	478(79.7%)
C	28(9.3%)	28(9.3%)	56(9.3%)

A= More than normal B= Normal C=Less than normal

- Table IV:

	Value	Df	P-Value
Pearson Chi-Square	0.621	2	0.733
N of Valid Cases	600		

From above table we can observe that P-Value is greater than 0.05. Hence, we conclude that there is no significant change observed in

responses before and during *Yamadamstra Kala*.

### Comparison between facing adverse condition before *Yamadamstra Kala* and during *Yamadamstra Kala* of survey volunteers.

- Table V: Assessment of *Satva* by facing of adverse condition by individual.

S.N.	Before <i>Yamadamstra Kala</i> (Count in %)	During <i>Yamadamstra Kala</i> (Count in %)	Total
A	84(28.0%)	84(28.0%)	168(28.0%)
B	185(61.7%)	177(59.0%)	362(60.3%)
C	31(10.3%)	39(13.0%)	70(11.7%)

A= Easily without any help/ assistance B =With help/ assistanc C=Not able to face adverse condition.

Table VI:

	Value	Df	P-Value
Pearson Chi-Square	1.091	2	0.580
N of Valid Cases	600		

From above table we can observe that P-Value is greater than 0.05. Hence, we conclude that there is no significant

change observed in responses before and during *Yamadamstra Kala*.

Table VII : OPD patients of NIA Hospital, Jaipur

Disease	Before Yamadamstra 6 to 21 Oct. 2020	During Yamadamstra 5 to 20 Nov 2020	Total	Before Yamadamstra	During Yamadamstra	Diff%
<i>Amavata</i>	213	294	507	42.01%	57.99%	15.98%
<i>Amlapita</i>	204	269	473	43.13%	56.87%	13.74%
<i>Arsha</i>	205	292	497	41.25%	58.75%	17.51%
<i>Ashmari</i>	79	89	168	47.02%	52.98%	5.95%
<i>Atisaara</i>	93	82	175	53.14%	46.86%	-6.29%
<i>Bhagandara</i>	229	262	491	46.64%	53.36%	6.72%
<i>Bhrama</i>	29	37	66	43.94%	56.06%	12.12%
<i>Gridhrisi</i>	109	118	227	48.02%	51.98%	3.96%
<i>Hridrog</i>	152	187	339	44.84%	55.16%	10.32%
<i>Jvara</i>	245	295	540	45.37%	54.63%	9.26%
<i>Kamala</i>	143	158	301	47.51%	52.49%	4.98%
<i>Kasa</i>	232	263	495	46.87%	53.13%	6.26%
<i>Katishula</i>	205	276	481	42.62%	57.38%	14.76%
<i>Madhumeha</i>	177	243	420	42.14%	57.86%	15.71%
<i>Manasrog</i>	26	36	62	41.94%	58.06%	16.13%
<i>Mutarvikar</i>	141	181	322	43.79%	56.21%	12.42%
<i>Pakshaghata</i>	99	99	198	50.00%	50.00%	0.00%
<i>Pandu</i>	219	217	436	50.23%	49.77%	-0.46%
<i>Pradara</i>	132	139	271	48.71%	51.29%	2.58%
<i>Sandhivata</i>	257	277	534	48.13%	51.87%	3.75%
<i>Shweta Pradara</i>	102	148	250	40.80%	59.20%	18.40%
<i>Tamakshwas a</i>	191	228	419	45.58%	54.42%	8.83%
<i>Udarshula</i>	205	207	412	49.76%	50.24%	0.49%
<i>Uccha-rakat Chap</i>	148	171	319	46.39%	53.61%	7.21%
<i>Vibandha</i>	183	234	417	43.88%	56.12%	12.23%
<i>Netarroga</i>	277	215	492	56.30%	43.70%	-12.60%
<i>Anay Roga</i>	1641	1793	3434	47.79%	52.21%	4.43%
<i>Pratiksha Rat</i>	1643	1618	3261	50.38%	49.62%	-0.77%
<b>Total Patients</b>	7579	8428	16007	47.34%	52.65%	5.31%



## DISCUSSION

The survey's findings were insignificant because the peoples do not come under the direct influence of the *Ritu* due to the comfort zone created by them with the help of various gadgets and different appliances. That's why we aren't able to evaluate the actual effect of *Ritu* on the human beings.

For every study, there should be sufficient time and even this study on *Yamadamstra Kala* need to be done in all the *Ritusandhi Kala* of whole year. This survey study was conducted only for one *Yamadamstra Kala*, Therefore study should be done on more *Yamadamstra Kala* in different years for achieving more specific and accurate results.

Through the observation of hospital's OPD data it was revealed that the number of patients were more in *Yamadamstra Kala* as compared with before *Yamadamstra Kala*. Disease shows increase in number because of the increasing debility in *Yamadamstra Kala*. The individuals take the time to adapt the next season because they are habitual of previous season, and this failure of adaptation is seen more in this modern era, because people don't give much importance to the *Ayurvedic* way about how to adapt the changing weather in a gradual shifting order. This inability to adapt the weather also results in the faulty digestive system or *Agnidusti*, which results in the production of *Aam*. This *Aam* production causes the origin of diseases. Because, *Aam* is the root of all diseases.<sup>[6]</sup> Another cause of *Aam* origin is faulty food habits. In *Charaka Samhita Sutra Sthan Acharya* says that *Vishambhojana* is *Agreya* in *Agnivaishamya*<sup>[7]</sup> which ultimately results in the production of *Aam*.

## CONCLUSION

- *Bala* is the vital factor and a multi-dimensional functional identity of the body. *Bala* is conjugative expression in the form of physical

strength, psychological strength and immunity strength of body. In this survey there is no significant difference has been found before and during *Yamadamstra Kala* in *Bala* of an individual.

- *Satva* is a *Mansik Bala* of an individual which support the strength in healthy as well as diseased condition. There is no significant difference has been found before and during *Yamadamstra Kala* in *Satva* of an individual.
- *Agni* is a physiological entity of an individual. *Samagni* of an individual maintain digestion and health. There is no significant difference has been found before and during *Yamadamstra Kala* in *Agni* of an individual.
- Morbidity increased in *Yamadamstra Kala*. Data showed 5.31% increase in the *Yamadamstra Kala*. Hence it is clear that this time showed significance regarding morbidity and extra care should be taken during this period.

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