

The Single Aetiology Concept of Disease

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Diseases are innumerable in number. Though for the sake of diagnosis, description and guidance the diseases experienced till now are named then also for a good number of them it is not easy to give nomenclature. In the same way when we think about the causative factors, in most of the times, it stands as a burning problem to identify one factor to speak. In many situations, at present time, the causative agent of a disease is identified with the help of laboratory tests or different types of radiological/ultrasonographic aids. But, after reaching at a confirmative solution about the causative factor by the medical personals also it becomes difficult to make understandable for the patient. Hence treatment may be successful but the measures to be taken for prevention becomes difficult. In this reference it is to be admitted that, until and unless the person concern will not understand the causative factor the successful prevention cannot be expected. When one thinks about the causative factors of disease then innumerable ones come to the mind and produces confusion in the mind that how the disease can be prevented successfully.

Ayurveda, the unanimously admitted oldest health science serving for the welfare of the human society, is seemed to be perfect in it's consideration about the causative factors of the diseases (Nidana). The scholars have identified the causative factors of the diseases in such a simplified but justified manner that, even a common individual can understand and identify the root of the disease and take measure for further prevention.

The Ayurvedic authors have classified the causative factors of the diseases into two - (1) that manifest due to imbalance of the body humours (Vata, Pitta and Kafa) due to faulty behavior of the individual concern like intake of unwholesome food, getting exposure to non-homologous behavior etc. This group of disease are named as "Nijaroga" and (2) that manifest due to invasion/action of some harmful agents/factors like trauma, infection etc. This group is named as "Agantuja Roga".

Classifying the diseases in different angles the Ayurvedic authors have mentioned a number of disease causing agents as external factors (Agantuja hetu). Some examples of them are - Krimi (worms), Bhuta, Pisacha, Rakshasa, graha (some invisible factors that are considered to be the causative factor of some diseases with peculiar signs and symptoms) etc.

In nut shell the scholars ultimately summarized the causative factors of all types of diseases into 3 - (1) Excessive indulgence to any activity (Atiyoga), (2) Complete abstainment from any activity (Ayoga) and (3) Improper exposure to the objects of the organs (Mithyayoga). To make it understand some examples are given - (1) If a person reads for a long time without break there will be increase of chance of getting eye disease due to excessive stress. (2) If an individual will not use the hand for a long period continuously then there is every chance of different types of problems which may even result in inadequate function of the hand. (3) If a person will sit for a long

time on an improper seat in improper position then after sometime there will be feeling of some complaints related to the concerned part. If this practice will be continued for a long time the person may also suffer from some long standing problem of the concerned body part.

After discussion on the 3 factors ultimately the question is raised why one gets exposure to these disease causing factors? The answer to this question is given by expressing the “One Aetiology Concept” saying that, the only cause of all diseases is “disturbance in the faculty of decision making, patience and memory” (Pragyaparadha). When an individual moves around he/she experience different types of substances/facts. During the process if the person takes wrong decision and conducts the acts that cause stress on the different parts of the body then there is every chance of getting disease. In the same way, due to wrong decision on any issue may invite some external factors that can cause long term suffering of the person concern. For example, by seeing a valuable substance in other’s custody if the decision to take the same from him/her is taken then it will definitely invite defamation, even in some conditions there may be physical assault resulting in a diseased state.

Hence, considering the concept of “one aetiology” one should always try to avoid the harmful substances, activities etc. which may keep him free from all types of diseases.

Right thinking, patience and right decision making is the key of good health.

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