NOSOLOGY, AYURVED AND PUBLIC HEALTH

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INTRODUCTION
The development of classification of diseases began in the 10th century, when the Arabian psychologist Najab ud- din Unhammad classified a nosology of nine major categories of mental disorders, which included 30 different mental illnesses in total. Some of the categories he described include obsessive-compulsive disorders, delusional disorders, degenerative, involution melancholia, and states of abnormal excitement. In the 18th century, the taxonomist Carolus Linnaeus, Francois Boissier de Sauvages, and psychiatrist Phillipe Pinel developed an early classification of physical illnesses. Thomas Sydenham's work in the late 17th century might also be considered a nosology. In the 19th century, Emil Kraepelin and then Jacques Bertillon developed their own nosologies. Bertillon's work, classifying causes of death, was a precursor of the modern code system, the International Classification of Diseases.

Ayurveda possesses his own system of classification of disease. In allopathic science classification of disease began in 19th century. Emil Kraepelin and then Jacques Bertillon developed their own neologies. Bertillon's work, classifying causes of death, was a precursor of the modern code system, the International Classification of Diseases.

Ayurveda classifies the diseases on certain basis like types of disease, origin wise classification of disease whether from gastrointestinal origin or Pakvashyotha i.e. from recto-colonological origin, numerical classification as described in sutrasthan of carak samhita for e.g. Ashutodariya chapter in which classification as per the descending number of types of disease is described.

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Types of classification
The classifications have been prepared by the World Health Organization and approved by the Organization's governing bodies for international use.

- International Classification of Diseases (ICD)
- International Classification of Functioning, Disability and Health (ICF)
- International Classification of Health Interventions (ICHI)

Diseases may be classified by etiology (cause), pathogenesis (mechanism by which the disease is caused), or by symptom(s). Alternatively, diseases may be classified according to the organ system involved, though this is often complicated since many diseases affect more than one organ. A chief difficulty in Nosology is that diseases often cannot be defined and classified clearly, especially when etiology or pathogenesis is unknown. Thus diagnostic terms often only reflect a symptom or set of symptoms (syndrome).

NUMERICAL CLASSIFICATION OF DISEASES

Numerical classification in descending order
There are forty eight diseases which are classified on the basis of total number of types of disease and described in descending order in the sutrasthan of carak samhita under chapter Ashtodariya Adhyaya.

DISEASES WHICH ARE OF TWENTY TYPES
In this category there are 3 disease having twenty type, namely Prameha (Diabetes), Krimi (worm or germs or visible bacteria) and Yoniogas (Diseases of vagina and vaginal path).

One disease has eighteen types – Kshaya (wasting or loss of one or all types of cell or tissue inside or outside the body)
Diseases which are of eight types
Eight Udar rogas (meaning the diseases of abdomen) eight Mutrakhat (eight types of disease caused due to suppression of urine), eight Kshiradoshaj rogas (eight types of disease caused due to defective breast milk), eight Retodoshaj (eight types of disease caused due to defective semen).

Diseases which are of seven types
Kushtha (leprosy), Pidaka (Diabetic boils), and Visarpa (Erisipelis) are classified in to seven types.

Diseases which are of six types
Atisara (Diarrhea), Udavarta.

Diseases which are of five types
Gulma (an endogenous regular/irregular tumor like structure or swelling ), Pleehadosha (Disorders of spleen), Kasa (cough), Shvasa (Dyspnoea), Hicca (hiccup), Trishna (Thirst), Vaman (Vomiting), Aruchi (Anorexia), Shhiroroga (Diseases of Head), Hridaya Roag (Diseases of Heart), Panduroga (Anemia), Unamadroga (Insanity)

Diseases which are of four types
The diseases like Shofa (Swelling ) are o

Diseases which are of one type
The disease mentioned in this category has one type. They are Urustambh (thigh stiffeness), Sanyas (coma) and Apasmar (Epilepsy), Akshirogas (Eye Disease), Karnrogas (Ear Diseases), Pratishyaya (common cold), Mukharogas (Diseases of Mouth), Grahanirogas (Diseases of Duodenum and Intestine), Mad (Narcosis), Murchha (Fainting), Wasting, and Napansakta (Impotency) have four type each.

Diseases which are of three types
The diseases like Shofa (Swelling/edema), Kilas (Leucoderma) and Lohitipitta (Internal hemorrhage) are of three types each.

Diseases which are of two types
Jwara (Fever) and Vrana (Wound), Ayaam, Gughrusi (Sciatica), Kamala (Jaundice), Aamadosha (endogenous toxins form as a results of metabolisum), Vatarakta (Gout), Arsharoga ( Piles or haemorrhides). Each of this disease has two types.

Diseases which are of one type
The disease mentioned in this category has one type. They are Urustambh (thigh stiffeness), Sanyas (coma) and Mahagad or Atatubhinesh (one great disease).
exogenous diseases and manasik or psychological diseases. The Nij or Endogenous diseases are caused by vitiated vat, pitta and kaph. The Agantu or exogenous diseases are caused by bhuta i.e. micro and macro bacteria, viruses, any kind of accidental injury or accident etc and sudden elevation in raj and tam attribute of mind making person hyper or hypoxic state of mind. A forth category termed as Svaabhavik diseases or natural diseases hunger, thirst, death, has also been mentioned. Diseases are further classified on the basis of prognosis as curable, incurable, and palliable. Curable and incurable are further sub classified in to two as Mrudu i.e. mild and daruna or severe. Vaghbha have classified these curable, incurable as a easily curable (such-sadhya), incurable with slight difficulty (sadhya), palliable (kashta-sadhya meaning difficult to cure) and incurable (Asadhya or Anupkramaniya meaning not to be treated). According to mode of treatment the diseases are classified in to two, treatable by surgical procedure and treatable by medicine. Sushrut and Vagbhata have described six types of diseases which are again sub divided in two types. Adital pravratta (as per Sushrut) or Sahjanyarog (As per Vagbhat) are same disease and are of two types, 1) due to abnormalities or genetic defect of ovum i.e. maternal and 2) due to abnormalities or genetic defect of sperm i.e. paternal. Modern science describes them as hereditary diseases. Jannabalal pravratta(Sushrut) or Garbhjanya(Vagbhat) are prenatal diseases due to unwholesome or harmful behavior of mother during gestation resulting the birth of defective child in the form of lame, blind, deaf, dumb, with nasal voice, dwarf etc. These are of two types, nutritional prenatal diseases and other diseases due to unwholesome behavior or non fulfillment of longings or cravings during pregnancy. Animal study proved the fact that “diet, glucose levels in the mother, and vitamin intake, prior to ovulation and conception, can have long-term effects on fetal growth and adolescent and adult disease.”

Dosbal pravrutta or jetjanyarogya diseases are post natal diseases caused by behavioral disorders and faulty diet resulting in various diseases. These diseases arise either from stomach or intestines and are of two types somatic and psychic. A recent study by By A.M. Bauer(T.M.53) reveals that there are several disorders that have been related to a biological basis. Among the most common of these disorders are Tourette's disorder, Attention Deficit Hyperactivity Disorder, obsessive compulsive disorder, and depression.

Sanghatral pravratta or Pitajanyaroga (pain associated disease) or Traumatic are exogenous disease that originates in weaker person fighting against stronger one. They are of two types – instrumental and those caused by fierce (micro or macro) animal. Kalbal pravratta are ecological diseases caused by cold, heat, air, rains, sun-heat etc. They are of two types – caused by abnormal seasons and by normal seasons. These diseases are epidemiological one and may spread rapidly. Factors in normal seasons affect human health in positive and negative way. Negative environmental factors are threats to health, and controlling them is public environmental health. They include:

- Environmental conditions favoring disease vectors (endemic and exotic vectors);
- Invasive biota (viruses, Bacteria, etc), their hosts and vectors;
- Environmental disturbances: floods, droughts, storms, fires, earthquakes, volcanoes;

**Courtesy of WHO**

Air quality: pollen and pollution leading to respiratory diseases or cancers;
Water quality: biotic and abiotic contaminants; integrity of water transport and treatment
Infrastructure: Monitoring and management of municipal, agricultural, industrial outflows to the environment (gases, liquids, solid wastes);
Human changes of the environment create conditions that favour disease;
- Disturb and release noxious levels of previously bound chemicals (e.g. mercury released becomes poison) or biota (e.g. methane released from thawed peat contributes to climate change);
- Create temporary, intense, life-threatening heat islands (e.g. urban heat waves exacerbated by climate change);
- Result from nuclear, biological or chemical warfare or terrorism;

Disruption caused by other war and violence.

To summarize, the knowledge of diseases mentioned under various groups or category will help the policy maker in governmental organization to take appropriate decision as regards to human health so that future problems of health can be prevented.

Nosology is found in Ayurved in scattered form from chapter to chapter (as mentioned above) and Ayurvedic scientist were well aware of classification of disease for therapeutic purpose. WHO has adopted same concept in different way.

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