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## CONCEPT OF *ANUKTA VYADHI* WITH SPECIAL REFERENCE TO MONKEYPOX (MPOX)

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### ABSTRACT

In the developing world, emerging diseases pose significant challenges. Monkeypox (Mpx), caused by the Monkeypox virus, belongs to the Orthopoxvirus genus. In *Ayurveda*, Mpx falls under *Anukta Vyadhi*, referring to diseases not explicitly mentioned in classical texts. The concept of *Anukta* aids in understanding the etiology, symptoms, pathophysiology, and management of newly identified diseases. Mpx is an infectious disease characterized by fever, painful rash, swollen lymph nodes, headache, muscle pain, and fatigue. As it is not described in *Ayurvedic* classics, the principles of *Anukta Vyadhi* help in analyzing its pathogenesis and treatment. A thorough review of *Ayurvedic* texts, including *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridayam*, was conducted alongside modern medical literature from databases like PubMed and

Google Scholar. Though not explicitly mentioned in Ayurveda, Mpox can be understood using fundamental *Ayurvedic* principles based on *Lakshanas*, *Dosha*, *Dhatu*, *Srotas*, and *Sadhya-Asadhyata*. With changing climate, lifestyle, and dietary habits, new diseases continue to emerge. *Ayurvedic* scholars anticipated such developments and emphasized adapting traditional knowledge to study novel diseases. By analyzing causative factors, symptom clusters, and underlying pathology through *Anukta Vyadhi*, we can systematically understand and manage emerging diseases like Mpox.

**Keyword:** *Anukta Vyadhi*, Monkey pox, Monkey pox virus, Pathogenesis

## INTRODUCTION

Numerous novel diseases have surfaced in the developing world. The disease known as monkey pox (Mpox) is brought on by the monkey pox virus (MPXV), which is a kind of orthovirus. This virus belongs to the Poxviridae family and has double-stranded DNA [1]. In 1958, it was discovered to be the source of a non-lethal disease resembling pox in caged monkeys in Copenhagen, Denmark. The first confirmed incidence of human infection in a kid was reported by the Democratic Republic of the Congo (DRC) in 1970 [2]. Again in May 2022, an mpox outbreak resurfaced in all WHO zones, including America and Europe. As of the end of May 2023, 111 nation's worldwide reports 87,545 confirmed cases of monkey pox [3]. Mpox frequently manifests as fever, headache, backache, muscular and tiredness, as well as enlargement of the lymph nodes and skin lesions that can linger for two to four weeks [4]. Mpox can be spread by personal

contact with an infected person, contaminated objects, or infected animals. Since mpox is a new disease entity according to *Ayurveda*, our *Acharyas* used *Anukta Vyadhi* to describe how to comprehend these new illnesses because they had a vision of upcoming new diseases [5]. The word "*Anukta*" means "unexpected, unheard, and unsaid". *Atidesha Tantrayukti*, explains the *Anukta* idea [6]. This method aids in comprehending the ideas and uses of *Anukta*. *Anukta* acts as a common reference point in situations where clarity is lacking. It aids in comprehending ideas from our classics and provides a foundation for understanding the pathophysiology, aetiology, signs and symptoms and therapy of emerging illnesses. It is also crucial to evaluate the disease's nature and the *Doshas* involved before providing medications for management and prevention. Like *Ayurveda*, which has long treated such ailments, pandemics have existed for ages. *Ayurveda* places a strong emphasis

on prevention because its major objective is to preserve health and avoid illness. By putting the idea into practice, we can try to prevent newly emerging infections effectively and create remedies for epidemics that keep happening. Here is an attempt to comprehend the mpox disease with the standards of *Ayurveda* based on *Anukatva* in *Vyadhi*, *Lakshana* and treatment the pathogenesis of this new illness is framed.

### **MATERIAL AND METHODS**

Conceptual references are taken from various online databases, websites and search engines, like Google scholar, PubMed, ScopeMed, Web of Science and *Ayurved samhitas* like *Charaka Samhita*, *Sushrut Samhita*, *Ashtang Sangraha*, and *Asthtang Hridaya*. After studying the related concepts, an effort has been made for a conclusion that is based on review, observation and discussion.

### **OBSERVATION AND DISCUSSION**

#### **Mpox in Modern aspects –**

Causative factor for Mpox is the Monkeypox virus belongs to the Poxviridae family which is an enveloped double stranded DNA virus. It belongs to the Orthovirus genus. Mpox is an infectious disease that causes a mucosal lesion, fever, headache, back pain, lethargy. This virus has 2 clades, clade I and clade II. This also have subclades Ia and Ib, IIa and IIb [7].

#### **Mode of Transmission:**

Mpox spread through direct contact with an infected person. Additionally, contaminated clothing, linens, or needles used in tattoo parlors or medical facilities might spread it. Those who have several sexual partners are at a higher danger. Humans can contract the disease from animals by bites, scratches, or by hunting, skinning, cooking, or consuming diseased animals [4].

#### **Incubation Period:**

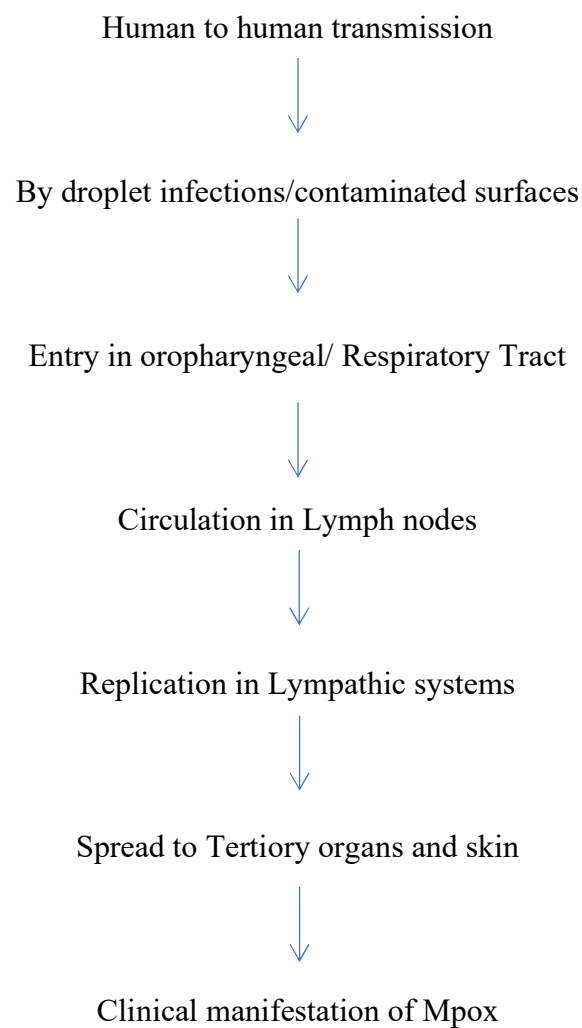
A person may be asymptomatic for 3-27 days during the Mpox incubation phase. Usually, illness lasts two to four weeks [8].

#### **Pathophysiology of Mpox:**

Mpox virus can enter its host by the oropharynx, nasopharynx, or intradermal pathways. After coming into contact with the respiratory secretions or bodily fluids of Mpox patients, the Mpox virus enters the surrounding tissues through mucous membranes (such as ocular, respiratory, oral, urethral, and rectal) or broken skin [9]. It then moves through the body by draining lymph nodes and immune cells that dwell in the tissues [9, 10]. Mpox virus infections can lie dormant for up to two weeks with being asymptomatic. Then they show odd symptoms, such as chills and fever, headaches, muscle aches, and lymphadenectomies. Mpox's early prodromal

symptoms often persist for three days. Rashes develop when fever and lymphadenopathy appears on head, face and then spread all over body. These rashes gradually progress as papules, vesicles, pustules and then form scars. Severe symptoms are more likely to occur in people with compromised immune

systems, such as youngsters, the elderly, and people with immunodeficiencies. Additionally immunocompromised people let Mpox continue to adapt to human hosts, which promotes its spread and raises the raises of transmission [9, 10, 12].



**Flowchart 1: Pathogenesis of Mpox [13]**

**Clinical Manifestation:**

Mpox symptoms start to show up a week after exposure but can also present 1 -21 days later. These usually last two to four weeks, but in people with compromised immune systems, they may last longer. Symptoms of mpox are typically: [4]

1. A lesion on skin

2. Fever
3. Sore throat
4. Headache
5. Malaise
6. Back pain
7. Sluggishness
8. Swelling lymph nodes [4]

**Table 1: Phase wise changes in lesions: [14]**

Phase/Time	Description
1 to 2 Days	Mucosal lesions develop in the mouth then skin lesions on the face and extremities (including palms and soles) [14]
Variable Rash Spread	The rash may or may not spread to the rest of the body, with the number of lesions ranging from a small amount to thousands [14]
Lesion Evolution (2–4 Weeks)	Lesions progress through macular, papular, vesicular, and pustular phases in 1–2 day increments. They are firm, deep-seated, and 2 to 10 mm in size [14]
Pustular Phase (5–7 Days)	Lesions remain in the pustular phase before crusts begin to form [14]
Crust Formation (7–14 Days)	Crusts form and desquamate over 7 to 14 days.
Resolution (3–4 Weeks)	The condition resolves approximately 3 to 4 weeks after symptom onset.
Infectious Period Ends	Patients are no longer infectious after all crusts falls off.

**The Range of Disease Severity:**

It might be difficult to differentiate mpox from other infections based just on appearance because of their similarities. The symptoms of mpox can be similar to those of bacterial skin infections, scabies, chickenpox, measles, herpes, syphilis or herpes may coexist with mpox in some people. Because of these parallels, prompt testing is necessary to ensure a precise diagnosis, support early treatment, and lower the risk of serious disease and transmission.

**Anukta Vyadhi Concept:**

Anukta means “unpredicted”, “unheard”, and “unspoken”. The idea of using *Anukta Vyadhi* to interpret new ailments was elucidated by *Acharyas*, who had a vision of how to handle new illnesses [5]. *Anukta Vyadhi* are the *Vyadhi* that are not explained in *Ayurvedic Samhitas*. *Tantrayukti*, more especially *Atidesha Tantrayukti*, which teaches us how to study subjects that are not included in the *Ayurvedic Samhita*, explains the concept of *Anukta* [6]. It is impracticable to list every new illness that arises because there are so many diseases. In order to avoid the scriptures becoming overly extensive,

*Acharya Charaka* recognised this by declaring that not all illnesses were covered in the *Samhitas* [15].

**A. Based on cause *Hetu* (etiological factors):-**

*Ayurveda* considers Mpox as a 'Sankramaka vikara'. [16] It can be grouped under the 'Aagantuja vikaara' [17] with special reference to the class of 'Bhutabhishangaja' [18] (Contact with invisible organisms I.E. microbiological etiology) mentioned in the commentary by *Acharya*

*Chakrapani* which are commonly affected by 'Bhutasanga' (entry of orthovirus through droplets) and vitiates *Tridoshas* in the body [16-18].

**B. Based on *Lakshanas*:**

The imbalance in *Doshas* leads to *Dushti Lakshanas* of diseases. The symptoms manifest as a result of the increase and decrease of *Dosha*. Their combination with *Rasa, Raktadi Dhatus* in their normal and abnormal states will be endless which leads to disease.

Table 2: The main Symptoms of Mpox are as follows:-

Sign and Symptoms of Mpox [4]	According to <i>Ayurveda</i>	According to <i>Ayurveda Dosha Pradhanata</i>
Rash (followed by Papules → Vesicles → Pustules → Crusts)	<i>Pidika</i>	<i>Pitta</i>
Fever	<i>Jwara</i>	<i>Pitta, Vata</i>
Sore throat	<i>Gala Shotha/ Shool/ kandu</i>	<i>Kapha, Pitta, Vata</i>
Headache	<i>Shira Shoola</i>	<i>Vata, Pitta</i>
Muscle aches	<i>Mansagata Vata /Angamarda</i>	<i>Vata</i>
Back pain	<i>Kati Shoola</i>	<i>Vata</i>
Low energy	<i>Klama</i>	<i>Vata</i>
Swollen lymph nodes	<i>Lasika Granthi Shotha</i>	<i>Kapha</i>

**A. Based on the concepts of *Vikriti Vigyana***

i.e.

***Samprapti Gatakas:***

*Dosa: Pitta-Vata pradhana tridosha*

*Dusya: Rasa, Rakta, Mamsa*

*Agni: Jathara agni Mandhya*

*Ama: Samata*

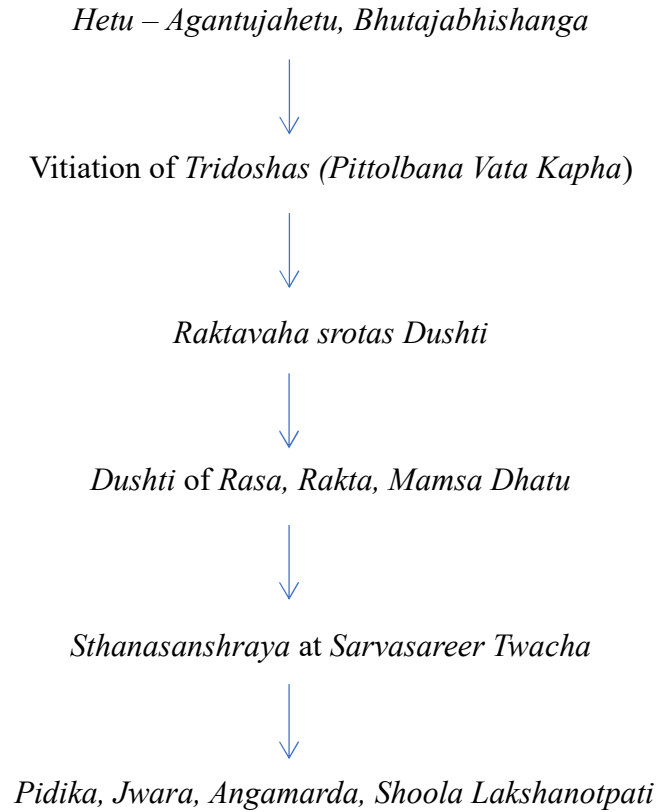
*Srotas: Raktavaha Srotas*

*Srotodushti: Vimargagamana, Granthi*

*Rogadhithana: Sarva Shareer, Twak*

*Udbhavasthana: Aamashaya*

***Samprapti Chakra:***



**Flowchart 2: Samprapti Chakra of Mpox**

***Sadhyasadhyata:***

Acute conditions – *Sukhasadhya* [19]

Chronic and Immune compromised conditions- *Kashtasadhya Vyadhi* [20] (to be treated with difficulty).

***Anukta in the context of Chikitsa Siddhanta:***

In *Ayurveda*, *Anukta Vyadhi* refers to diseases which are not described in texts. However, the fundamental principle of *Chikitsa Siddhanta* are applicable. As all diseases occur due to an imbalance in *Doshas (Vata, Pitta, Kapha)*, so the treatment focuses on balancing *Doshas* through *Dosha Shamana* or *Dosha Shodhana* [21, 22]. By this principle in *Anukta Vyadhi*,

we can apply *Nidana Panchaka* and *Samanya-Vishesha Siddhanta* to determine appropriate treatment. Hence, the management of Mpox disease can be done as follows-

1. *Jwara Shamana, Pitta Shamana* and protection of *Rogibala*
2. Regulation of the status of *Pitta*, especially its *Ushna Gunas*.
3. Protection of compromised skin and mucous membranes.
4. Incorporating *Laghu* and *Pachaka* diet.

**Prevention:**

The primary prevention strategy for Mpox focuses on increasing awareness about risk

factors and educating people on minimizing their exposure to the virus. As close contact with infected persons is the most significant risk factor for MPXV infection, health care workers and family members of the suspected/ case of Mpox should take necessary precautions to stay protected.

Since close contact with infected individuals is the primary mode of transmission, healthcare professionals and family members of suspected or confirmed Mpox cases must take appropriate precautions to ensure their safety.

- 1) Avoid contact with any materials which has been in contact with a sick person such as bedding.
- 2) Limit direct physical contact with skin to skin contact including sexual contact with Suspected or confirmed patient.
- 3) Prevent exposure from any skin contact with small animals like squirrels, monkeys which act as reservoirs for the virus.

## CONCLUSION

The rise of new diseases shows the importance of the *Ayurvedic* concept of *Anukta Vyadhi*, which helps in understanding and managing newly discovered diseases such as Mpox. As classical *Ayurvedic* texts do not directly mention Mpox still the basic principles of *Nidana Panchaka* (causative factors), *Samprapti* (disease progression), *Lakshana*

(symptoms), and *Chikitsa Siddhanta* (treatment principles) provide a way to study and manage it. Mpox can be understood based on its *Hetu* (causes), *Dosha-Dushya Sammurchana* (interaction of doshas and tissues), and its effect on the body, mainly affecting the *Raktavaha Srotas* (blood-circulating channels) with a dominance of *Pitta* and *Vata Dosha*. *Ayurveda* follows a holistic way for health which includes prevention, diet, and lifestyle changes. Treatments like *Jwara Chikitsa* (fever management), *Pitta Shamana* (balancing Pitta), and immune booster therapies can help in symptom relief and overall balance. Preventive steps based on *Ayurveda*, such as improving *Vyadhikshamatva* and maintaining hygiene, are essential to prevent the spread of such infections. The idea of *Anukta Vyadhi* highlights *Ayurveda's* flexible and evolving nature, enabling scholars and doctors to study new diseases using ancient principles.

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3. Dr. Helen G Monica - Review

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