

# Influence of Doshic Variation in the Genesis of Vyadhis

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## ABSTRACT

The basic understanding of the concept of Tridosha is very much essential to understand the fundamental aspect of disease manifestation. Human body is developed by the confluence of Doshas, Dhatu and Mala along with Indriya, Atma and Manas. Doshas are the source for homeostasis when they are normal and produce disease during their disequilibrium state. These are of two types namely [a] sharirika(somatic) i.e. vata, pitta, kapha and [b] Manasika( psychological) .i.e. Rajas and Tamas. In healthy individuals each doshas performs certain specific functions depending on their Pramana(quantity) ,Guna (quality) and Karmas (function) and any variation in any of these leads to development of diseases . Doshavitiations may take place due to external and internal factors and causes either exacerbation, depletion, upper movement, lower movement, haphazard movement and obstruction to their movements. This leads to the movement of doshas from gastrointestinal tract to other body parts and produces diseases.

**Key words:** Doshavitiations, Dhatu, Mala, Shakha.

## INTRODUCTION

Dosha, Dhatu and Mala are the main factors for the foundation of the body. There are two kinds of Doshas in the human body sharirika and manasika. Sharirika doshas are three Vata, pitta kapha called as Tridosha and they maintain the normal function of body. Manasika doshas are of two types namely Rajas and Tamas. Certain diseases manifest by vitiation of sharirika doshas and Manasika doshas independently or in combination of both. The change in sharirika doshas leads to change in manasika doshas and vice versa. <sup>[1]</sup>

### Samanya guna and karma of Doshas

During equilibrium state doshas perform normal functions and help execute normal physiological functions.

### Property of Vata

Rough, cold, light, subtle, mobile, non-slimy, coarse and is pacified by medicine having opposite quality are the characteristic properties of Vata <sup>[2]</sup>

### Property of Pitta

Unctuous, sweetness, hot, sharp, liquid, sour, sharp, mobile and pungent are the characteristic properties of Pitta. <sup>[2]</sup>

### Property of Kapha

Heaviness, coldness, softness, sweeteners, immobility, and sliminess and are reconciled by therapies which are having opposite qualities are the characteristic properties of Kapha. <sup>[2]</sup>

### Normal functions of Doshas

#### Normal function of Vata

It supports the body by performing functions like movement, perception, filling, separation and retaining. <sup>[3]</sup>

It is responsible for enthusiasm, inspiration, expiration, movement, normal formation of Dhatus, and proper elimination of excreta. [3]

### **Yogavahi nature of Vata**

When vata combines with agni produces heat but in combination with soma (kapha) produces cold, that's why it is called yogavahi. [3]

### **Normal functioning of Pitta**

It helps for clarity in vision, good digestion, normal hunger, thirst, bodily softness, lustre, happiness and intelligence [3]

### **Normal function of Kapha**

It support the body by performing functions like binding of joint, unctiousness, healing, saturation, giving strength and stability of body and other functions of water and it is of five types [3]

It produces unctuousness, cohesion, firmness, heaviness, potency, strength, forbearance, patient and absence of greed. [3]

### **Aetiology of disease**

Charaka has mentioned three major etiological factors for the genesis of disease. [4]

1-Asatmyaendriyarthasamyoga (Non homologatory contacts of senses and their object)

2-Pragyaparadha (volitional transgression)

3-Parinama (season or time)

### **Factors which causes vitiation of Doshas**

Doshas get vitiated by external or internal factors causing imbalance in them in the form of aggravation, depletion or both. Abnormal variation and functioning of dosha is the root cause of development of disease.

### **Factors which causes vitiation of Vata:**

#### **Vata gets aggravated by the following etiological factors are as follows:**

Intake of unctuous, cold, scanty and light food, excessive sexual indulgence, remaining awake at night in excess, inappropriate therapeutic measures, administration of therapies which cause excessive elimination of blood, keeping fast in excess, swimming in excess, resorting to

wayfaring, exercise and other physical activity in excess [4]

**According to Sushruta:** Factors which causes vitiation of Vata:

- Weak person fighting with strong person.
- performing heavy exercise, indulging in more sexual acts, continuous study
- Falling down from certain height.
- Running or speed walk.
- excessive strain/ sprain to the body
- sinking in water
- not sleeping during night time
- carrying heavy loads
- Excessive travelling on elephant, horse, chariot and by foot.

### **Factors which causes vitiation of Pitta**

#### **Pitta gets aggravated by the following etiological factors are as follows:**

Pitta gets aggravated by intake of food mostly containing yavaka, uddalaka, koradusha and such other food products as are excessively hot and sharp along with pulses like nispava, masa, kulattha and alkali, katvar( sour butter milk).

Intake of the meat of pig, buffalo, sheep, fish and cow, mixed with oil cake, pindalu(a tuber), dry vegetable. Intake of pastries in excess after food. Intake of un boiled milk in excess and excessive exposure to heat. [5]

**According to Sushruta:** Factors which causes vitiation of Pitta

- anger
- anxiety
- fear
- sexual intercourse
- Excessive consumption of pungent, sour, salty, irritant, hot, light and burning food substances.
- Excess intake of sesamum oil, oil cake, horse gram, mustard, linseeds.

### **Factors which causes vitiation of Kapha**

#### **Kapha gets aggravated by the following etiological factors are as follows:**

Kapha aggravated by hayanaka, yavaka (a variety of hordeum vulgare linn),

cinaka, uddalaka, naisadha, itkata, mukundaka, maha vrihi, pramodaka and sugandhaka, intake of meat of domesticated, marshy and aquatic animals. Intake of milk, fresh wine, curd (which is mostly liquid, sweet and immature in nature) exacerbates kapha. Avoidance of unctious and physical exercise, excess indulgence in sleep especially, bed rest, and sedentary lifestyle. [6]

**According to Sushruta:** Factors which causes vitiation of Kapha

- sleeping during day time
- sleeping idle or not doing any physical exercise
- Lassitude
- excessive consumption of sweet, sour, salt, cold, unctuous, heavy, shiny food

#### **Dosha gati for genesis of disease**

Kshaya (decreased doshas), sthana (homeostasis of doshas), vridhhi (exacerbation of doshas), kshaya & vridhhi together are the variations observed in doshas and all these states causes disease manifestation.

Dosha gati is characterised by variation in the sites of doshas depending on the equilibrium and disequilibrium state of doshas leads to urdhwa gati (movement of doshas in upper body parts), adhogati (movement of doshas in lower body parts) and triyak gati(haphazard movement of doshas all over body parts).

The movements of doshas to marma-sandhi-asthi gati (vital parts including joints and bones), kostha gati (movements of doshas inside the gastrointestinal tract), shakha gati (The movements of doshas to peripheral body part).

Equilibrium state of doshas-Equilibrium state of doshas refer to doshas are present in their own site and performing normal functions. Whereas disequilibrium state of doshas develops due to hypo or hyper state of Dosha. [7]

#### **Function of increased Doshas:**

Emaciation, black discolouration, desire for hot things, tremors, distention of abdomen, constipation, loss of strength, irrelevant

speech, giddiness and timidity are characteristic properties of increased Vata.

Yellow colouration of the faeces, urine, eyes, and skin, excess of hunger and thirst, feeling of burning sensation and very little sleep are characteristic properties of increased Pitta.

Shlesma when increased produces debility of digestive activity, excess salivation, lassitude, feeling of heaviness, white colouration, coldness, looseness of body part, dyspnoea, cough and excess of sleep characteristic properties of increased Shlesma. [8]

#### **Function and characteristic properties of decreased doshas**

Decreased doshas causes hindrance in normal physiological functions leading to development of diseases. For example decreased Kapha dosha leads to decreased immunity as a result disease manifests.

#### **Characteristic properties of decreased Vata dosha**

Doshas attain abatement, normalcy and exaggeration state depending debility of body, the person speak very little and does very little activity, loss of sensation and of consciousness are the characteristic **properties of decreased vata dosha.**

#### **Characteristic properties of decreased pitta dosha**

Weakness of digestive activity, coldness and loss of lustre are the characteristic **properties of decreased pitta dosha.**

#### **Characteristic properties of decreased kapha dosha**

Dizziness, emptiness of the organ of kapha, tremor of the heart and looseness of the joints are the characteristic **properties of decreased kapha dosha.** [9]

#### **Disease manifestation by abnormal movement of dosha**

On exposure to various etiological factors aggravated doshas manifested moves upward, downward and oblique movement

inside the body leads to genesis of disease like urdwha gati of dosha leads to urdhwaga Raktapitta, and Chhardi etc., Adhogati of doshas leads to Atisara, Pravahika, Adhoga Amlapitta, Adhoga Rakta pitta. Tirayaka gati of dosha leads to Jvara, Rajayakshma etc. [10]

**Disease manifestation by combination of Doshas: (Asayapakarsha of Dosha)**

When the kapha is in the state of diminution, the aggravated vata displaces the pitta from its normal place and carries it to different parts of the body, then wherever they move in the body, there is cracking and burning sensation which is not constant, there is also exhaustion and weakness all over the body. [11]

**Concept of Avaran(obstruction /occlusion) for genesis of disease:**

All the three Doshas circulate all over the body through channels. Among three doshas vata having specific property enters the minute channels of the body. That's why vata is said to be powerful one. In spite of getting occlusion by pitta, kapha, ama etc, vata is capable of scattering the pitta, kapha to different body parts and causes diseases by favouring dosha- dushya sammurchana in occluded srotas. [12]

**How the vaikrit dosha responsible for genesis of disease:**

The aggravated Dosha circulates throughout the body and does not produce a disease until a suitable condition develops inside the srotas in the form of kha vaigunya( abnormality of channel) leads to development of diseases. [13]

**Movement of Dosha from kostha to sakha**  
The following factors are responsible for the movement of Dosha from kostha to sakha [14]

- 1-excessive exercise
- 2-excessive heat or increased warmth
- 3-intake of penetrating foods and drinks
- 4-consumption and adaptation of unwholesome foods and activities
- 5-power of vata with pressure to expels the Dosha from kostha to sakha.

There is a relation between Dosha and Dhatu as a asrayi (content) and asraya (container) respectively are as following [15]

S.N	Ashrayi(resident)	Ashraya( residence)
1	Vata	Asthi
2	Pitta	Sweda, Rakta
3	Kapha	Rasa, Mansa, Meda, Majja,Shukra, Mutra, Purisha

**Dhatu pradoshaja vikara:**

When the *Dosha vata, pitta and Kapha* enters to a particular *Dhatu* causes symptoms related to that *Dhatu* and favours the development of the disease. [16]

**The following characteristic signs and symptoms develop if vitiated vata enters to Dhatus. [17]**

Rasa Dhatu	Abnormalities in the skin such as cracks and roughness
Rakta Dhatu	Severe pain, loss of tactile sensation, hyperthermia, inflammatory changes, discolouration, ulceration, stasis of food inside the gastrointestinal tract for longer period, anorexia, emaciation and giddiness
Mansa& meda dhatu	Tumour which are very painful, hard and rough, giddiness, heaviness in the body, severe pain, stiffness and patient feel as if beaten by fist or baton.
Majja Dhatu	Hallowing in bone, loss of sleep, and intermittent pain
Asthi dhatu	Pain in thigh, joints & bones, loss of strength
Sukra dhatu	Premature ejaculation, no elimination and abnormalities in the shukra

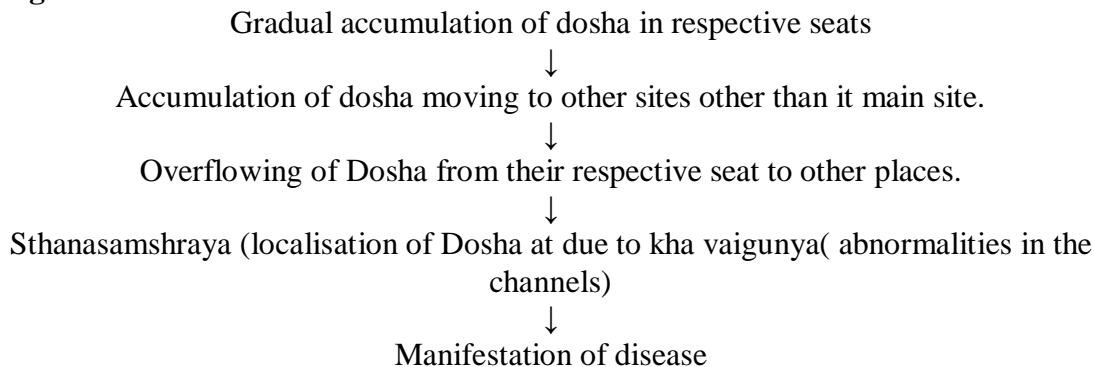
**The following characteristic signs and symptoms develop if vitiated Pitta enters to Dhatus [18]**

Rasa Dhatu	Visphota(small pox), Masurika(chicken pox)
Rakta Dhatu	Visarpa(herpes infection), and Daha( burning sensation)
Mansa Dhatu	Ulcer and putrefaction
Medo dhatu	Burning sensation, Tumour, excessive perspiration and thirst
Asthi Dhatu	Burning sensation
Majja Dhatu	Yellow discolouration of eye, nails
Shukra dhatu	Bad smell and yellow discolouration

**The following characteristic signs and symptoms develop if vitiated kapha enters to Dhatus [19]**

Rasa dhatu or kapha	Stiffness and whitish discolouration
Rakta dhatu	Anaemia
Mansa dhatu	Malignant tumour, scrofula, feeling of heaviness
Meda dhatu	Obesity and diabetes mellitus
Asthi dhatu	Loss of movement
Majja dhatu	Whitish discolouration of eye
Shukra dhatu	More accumulation of shukra due to obstruction

### Pathogenesis of diseases: <sup>[20]</sup>



According to modern science the general causative factors of the disease are as follows:

**Genetic cause** – Almost all disease have a genetic component and many disorder that leads to long term morbidity and mortality, decrease quality of life in children and young individual. Genetic factor responsible for genesis of disease mostly due to mutation of particular gene which alter normal function of cell due to abnormal protein formation.

There are 1200 different transcription factors in humans and mutation in many of these can cause genetic disease like blood disorder alpha-thalassemia can result from loss of an enhancer located more than 100000 bp from the alpha-globulin gene promoter, leading to greatly reduced transcription. Similarly, variation in promoter of the gene encoding intestinal lactase determines whether or not this shut off in adulthood, producing lactose intolerance. <sup>[21]</sup>

#### Acquired cause of diseases

**1-Hypoxia:** Cell of different tissue essentially required oxygen to generate energy and perform metabolic function. Deficiency of oxygen results failure of these function. Most common cause of hypoxia is by reduce blood supply to cells due to interruption i.e. ischemia, heart disease, lung disease etc.

**2-physical agent:** Disease develops due to physical agents ex mechanical trauma, thermal trauma, electricity and radiation.

**3-chemical agent:** chemical agent who causes cell injury like cyanide, arsenic and mercury.

**4-microbial agent:** Injury by microbes includes infection caused by bacteria, rickettsia, viruses, fungi, protozoa.

**5-Immunological agent:** the immune system is consisting of a network of cells, protein and lymphoid organ that provide protection of body against disease causing agents.

**6-nutritional derangement:** Deficiency or an excess nutrition may results in nutritional imbalance.

**7-aging:** cellular ageing or senescence leads to impaired ability of the cells to undergo replication and repair, and ultimately lead to cell death culminating in death of the individual.

**8-Psychogenic agent:** there is no specific biochemical or morphological change. Disease develops due to mental stress, anxiety, over work, frustration. Ex. Schizophrenia, depression,

**9-Iatrogenic factors:** there is some disease attributed to iatrogenic causes.

**10-Idiopathic diseases:** Idiopathic means 'of unknown cause'. Instead of many causes of disease there are many diseases whom cause how they develops is not known. <sup>[19]</sup>

### CONCLUSION

It can be concluded that Doshas are responsible for the regulation of physiological functions during their normalcy. Doshas residing in the body in harmony even then the properties of doshaa are opposite in nature. Vata is responsible

for movement inside (Input/Output) the body to execute body functions. Pitta is responsible for all enzymatic and catabolic function (negative entropy production) for energy production in body. Kapha is responsible for storage and immunological function in body. Alteration in doshas due to any reasons leading to development of many diseases. Without the involvement of doshas diseases won't develop inside the body.

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