

Assessment of Doshas Kshaya and Vriddhi: A Review

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ABSTRACT

Ayurveda is most scientific ancient science and has many fundamental principles. Ayurveda is the science of life, classify the elements of the body under three fundamental components Dosha (biological entities), Dhatu (tissue entities) and Mala (waste products). The equilibrium of these entities is very necessary for the longevity and healthy life of individuals. In Ayurveda, Vata, Pitta and Kapha are all three Doshas. They generate, control and operate all the functions of the body, when they are in their natural state. In a distorted state, they contaminate Dhatu and Mala and cause diseases by making them anomalous. Dhatu and Mala called Dushyas(affected entity) because they are contaminated by heterogeneous Doshas(affecting entity). When abnormal and malefic Doshas mix with the Dushyas, start creating deformities in them. Ayurveda describes three dynamic states of Doshas; state of equilibrium, state of decaying and state of aggravation or excess accumulation. These states of Doshas can be assessed by looking at the signs and symptoms produced in the body by the altered state of Doshas. Tridosha maintain health of a person so assessment of Doshas is a necessary tool to identify healthy or diseased condition. Assessment of Doshas is done by features which are mentioned as Dosha Kshaya Lakshana or Doshasa Vriddhi Lakshana. Dosha greatly increased produce their own symptoms depending on their strength, Doshas decreased will cast off their own symptoms and Doshas which are normal attend to their normal function. The article reviews the sign and symptoms of Doshas Kshaya and Vriddhi, assessment of its alteration and importance of its assessment.

KEY WORDS: Doshas, dhatu, mala, kshaya, vriddhi, vata, pitta, kapha, Dushyas.

I. INTRODUCTION

The state of health and ill-health of a person depends on the normal and abnormal functional state of the Doshas; in view of the importance of the Doshas in maintaining the body's equilibrium, the Doshas have been called the root of the body, i.e. dosha dhatu mal moolam hi shariram^[1]. These Dosha maintain the health of an individual by controlling the physiology or mechanism of different function of the body. Acharya Sushrut mention that Vata Pitta and Kapha hold our body by their actions like air, sun and moon hold the universe by their actions^[2]. These Dosha supports our body likewise pillars support a building so these are also known as Tristhuna^[3]. The presence of Dosha, Dhatu and Mala in their Samyastha (equilibrium) is called nature or health, and the Vaisamyas (asymmetry) of Doshas is called disorder or disease. The term Vaisamyas refers to either Vriddhi or Kshaya (qualitatively or quantitatively). Hence, Roga (disease) and Aroga (health) are being described in terms of Doshas, as they form the determining factor. Therefore, the increase or decrease of Vata Doshas in different seasons, day-night, diet, age, etc., seems to be described as desirable.

COORDINATION IN DECAYED AND ELEVATED DOSHAS

The Doshas being of conflicting qualities can destroy each other, but because of their natural power of co-existence they do not do so, just as the fierce venom in the body of a snake does not kill itself^[4]. As one Dosha is excessively increased, one may decrease while the third may be normal, or all the three Doshas may increase, or many other conditions may be found on the basis of permutation and combination process. As, in the condition of Vata Kshaya, the symptoms of Kapha Vriddhi arise. Thus relatively increase in the

symptoms of Kapha dosha is found due to the decrease in the function of Vata dosha.

CHARACTERISTICS OF DECAYED AND ELEVATED DOSHAS

When the quantity of naturally acting Doshas of the body becomes less than normal, then there is a decrease in their natural virtues, it is called the state of decay. On the contrary, when the quantity of Doshas becomes more than normal, then the natural qualities and actions of such Vridha Doshas increase. Thus, three types of states of Doshas are found in the body^[5]. Decayed, equilibrium and elevated; are the three state of Doshas. In equanimity, the Doshas do their due work without any disturbance, that is why they are defined as Dhatu also^[6]. In elevated condition, there is an excess of the natural qualities and actions of the Doshas, whereas in decayed state, they become less than their quantity and the natural qualities, function also decreases.

PRINCIPLE FOR THE ASSESSMENT OF DECAYED AND ELEVATED (KSHAYA VRIDDHI) DOSHAS

Deficiency in the natural function of the Doshas and excess of the antagonistic functions are the symptoms of weakness of the Doshas. Excess in the natural functions of the Doshas is a sign of elevation of the Doshas. The elevation of Doshas is examined on the basis of decreased or increased qualities in the body of that Dosha. The elevation of qualities and actions of Doshas in the body is estimated on the basis of the symptoms produced in the body by that Doshas. Reduction and elevation of Doshas should be tested by three types of diagnostic parameter i.e. observation, palpation and by asking questions^[7]

ASSESSMENT OF DECAYED AND ELEVATED (KSHAYA VRIDDHI) DOSHAS

An attempt is made to develop the standard proforma for decayed and elevated (kshaya and vriddhi) Doshas to get quantitative and qualitative assessment of Doshas.

PROFORMA FOR ASSESSMENT OF DOSHAS:

Table 1: ASSESSMENT OF VATA KSHAYA

S.No.	Sign and Symptoms	Method of Assessment	Sign and Symptoms Present/Absent
1.	Decreased functional activities of the body	Observation, asking questions	
2.	Loss of speech with low voice	Observation, palpation and by asking questions	
3.	Lack of happiness	Observation, asking questions	
4.	disorders of sensory perception	Observation, palpation and by asking questions	
5.	Altered consciousness	Observation, palpation and by asking questions	
6.	debility	Observation, asking questions	
7.	Excessive salivation	Observation, asking questions	
8.	Loss of appetite	By asking questions	
9.	Nausea	By asking questions	
10.	Improper and irregular digestion	By asking questions	
11.	Prone to diseases due to Shleshma vriddhi	By asking questions	
12.	Whitishness in the body	Observation, asking questions	
13.	Coldness in body	Palpation and by asking questions	
14.	Sluggish body organs	Observation, palpation and by asking questions	
15.	Breathlessness	Observation, asking questions	
16.	Cough	Observation, asking questions	

17.	Excessive sleep	By asking questions	
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Table 2: ASSESSMENT OF VATA VRIDDHI

S.No.	Sign and Symptoms	Method of Assessment	Sign and Symptoms Present/Absent
1.	Hoarseness of voice	By asking questions	
2.	Dry and rough skin	Observation, palpation and by asking questions	
3.	Lean & thin body	Observation, asking questions	
4.	Hyper pigmentation	Observation	
5.	Muscle twitching	Observation, palpation and by asking questions	
6.	Desire for hot food/ warm atmosphere	By asking questions	
7.	Loss of sensations	Observation, palpation and by asking questions	
8.	Insomnia	By asking questions	
9.	Loss of power	Observation, asking questions	
10.	Weakness in sense organs	Observation, palpation and by asking questions	
11.	Pain in bones/arthralgia	By asking questions	
12.	Osteoporosis	Observation, asking questions	
13.	Constipation	By asking questions	
14.	Flatulence	By asking questions	
15.	Increased bowel sounds	Palpation, asking questions	
16.	Feeling numb	By asking questions	
17.	Lowliness	By asking questions	

Table 3: ASSESSMENT OF PITTA KSHAYA

S.No.	Sign and Symptoms	Method of Assessment	Sign and Symptoms Present/Absent
1.	Hypothermia	Palpation and by asking questions	
2.	Decreased digestive power	By asking questions	
3.	Lusterless	Observation, Palpation	
4.	Stiffness	By asking questions	
5.	Coldness	Palpation and by asking questions	
6.	Irregular and ill defined pain	By asking questions	
7.	Loss of appetite	By asking questions	
8.	Indigestion	By asking questions	
9.	Roughness of the body	Palpation and by asking questions	
10.	Tremor	By asking questions	
11.	Heaviness	By asking questions	
12.	Whitish colouration of nails	Observation	
13.	Whitish colouration of eyes	Observation	

Table 4: ASSESSMENT OF PITTA VRIDDHI

S.No.	Sign and Symptoms	Method of Assessment	Sign and Symptoms Present/Absent
1.	Pallor or yellowish coloration of skin	Observation	
2.	Increased body temperature	Palpation and by asking questions	
3.	Desire of cold food and atmosphere	By asking questions	
4.	Lack of sleep	By asking questions	
5.	Fainting	By asking questions	
6.	Loss of power	Observation, asking questions	
7.	Weakness in sense organs	By asking questions	
8.	Yellowish coloration of stool, urine & eyes	Observation, asking questions	
9.	Feeling guilt without any reason	By asking questions	
10.	Burning sensation all over the body	By asking questions	
11.	Bitterness of mouth	By asking questions	
12.	Anger	By asking questions	
13.	Thirst	By asking questions	
14.	Increased hunger	By asking questions	
15.	Loss of sleep	By asking questions	

Table 5: ASSESSMENT OF KAPHA KSHAYA

S.No.	Sign and Symptoms	Method of Assessment	Sign and Symptoms Present/Absent
1.	Dry and rough body	Palpation and by asking questions	
2.	Internal Burning sensation	By asking questions	
3.	Lightness and emptiness of all sites of Sleshma except stomach	By asking questions	
4.	Sluggishness of joints	By asking questions	
5.	Increased thirst	By asking questions	
6.	Weakness	By asking questions	
7.	Sleeplessness	By asking questions	
8.	State of illusion	By asking questions	
9.	Muscle twitching sensation	By asking questions	
10.	Body ache	By asking questions	
11.	Burning sensation in skin	By asking questions	
12.	Pinching pain	By asking questions	
13.	Burning sensation all over the body	By asking questions	
14.	Cracking or popping pain/Crepitus	Observation, asking questions	
15.	Tremors	By asking questions	
16.	Smoky and burning sensation from mouth	By asking questions	
17.	Palpitation	Palpation and by asking questions	
18.	Stiffness of joint	By asking questions	
19.	Insomnia	By asking questions	

Table 6: ASSESSMENT OF KAPHA VRIDDHI

S.No.	Sign and Symptoms	Method of Assessment	Sign and Symptoms Present/Absent
1.	Whitishness	Observation	
2.	Coldness	Observation, asking questions	
3.	Stiffness	Observation, asking questions	
4.	Heaviness	Observation, asking questions	
5.	Dullness	By asking questions	
6.	Drowsiness	Observation, asking questions	
7.	Excessive Sleep	By asking questions	
8.	Sluggishness of bon and joints	Palpation and by asking questions	
9.	Obesity	Observation	
10.	Laziness	By asking questions	
11.	Heaviness	Observation, asking questions	
12.	Sluggishness of body	By asking questions	
13.	Obstruction/ covering of Srotas	By asking questions	
14.	Fainting sensation	Observation, asking questions	
15.	Breathlessness	Observation, palpation and by asking questions	
16.	Cough	Observation, palpation and by asking questions	
17.	Excessive salivation	By asking questions	

RELEVANCE OF DOSHAS KSHAYA VRIDDHI ASSESSMENT

Assessment of health and diseased condition:

When the Doshas are in balance, they perform their natural virtues and actions; this is the state of health [8].

Determination of dietary Regimen and Life style: In the aggravation of any Dosha, it is beneficial for the health to take a diet with properties opposite to that Dosha and in the state of decrease symptoms of the Dosha, to have a diet with properties similar to that Dosha [9] [10]. This principle also implies for the modification in life style also.

For prevention of disease: The wise physician should always try to protect the health of a healthy person. For this the physician must have knowledge of the normality of the Doshas or the characteristics of the abnormality. He should try to balance the Doshas by increasing the decreased and by reducing the aggravated ones [11].

For examination of Doshas: No disease can arise without a Dosha, so a skilled physician, recognizes its decreased and elevated symptoms and treats them, even if the Dosha is not mentioned [12].

Estimation of prognosis of the disease: The prognosis of the disease can be estimated by

knowing the increased or decreased state of Doshas.

For determination of Line of Treatment: The debilitated Dosha should be increased by the use of food, behavior and medicine having same property, and the elevated Dosha should be weakened by the use of food, behavior and medicine, having opposite property, qualities, actions. The balance of Doshas should be followed.

II. DISCUSSION AND CONCLUSION

Elevation or reduction of any Dosha is may be determined by the percentage of symptoms present in the body of that Dosha. If the percentage of elevated symptoms present in any Doshas exceeds 50% of the total elevated symptoms, then it is considered as elevation of that Dosha and if the percentage of decreased symptoms present in any Dosha exceeds 50% of the total decreased symptoms, that is considered as reduction of particular Dosha.

According to Chakrapani, the reduction of Dosha is not degenerative. Reduction slows down the natural actions of Doshas. Disorders are caused by the elevation of Dosha. The Doshas that have aggravated, become progressive, contaminating the Dushya and causing disease; while decreased Doshas are not able to cause disease because of

getting weak and depleted. Whereas; Vagbhata has considered the depleted Doshas as the causative factor for disease. For this reason, Vagbhata has acknowledged that the patient should try to increase the decreased Doshas by giving the food and drink that he desires. So, assessment of Dosha kshaya vriddhi may be and must be used as a diagnostic tool for assessment and treatment of diseases.

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