

Evolution of Disease in Ayurveda

Preface

Evolution of disease deals with 1. Various aetiological factors 2. How aetiological factors bring about changes in the structural and the functional units of the body that is *vata*, *pitta* and *kapha* 3. How these molecular changes bring structural derangement in various tissues and organs 4. How these structural changes derange the function of the organs 5. How the deranged function of one organ leads to the derangement of other organs that is complications.

Ayurveda describes in detail the various stages of evolution of disease as 1. Chaya that is accumulation of doshas because of action of aetiological factors, 2. Prakopa that is further increase in the doshas, 3. Prasara that is dissemination of the doshas which correspond to the stage of septicemia, viremia or toxemia, 4. Sthanasanshraya that is localisation of dosha in a particular tissue or organ, 5. Vyakti that is manifestation of disease because of functional derangement, 6. Bheda that is further differentiation into the sub-type of the disease.

Ayurveda emphasises that the physician should not allow the disease to evolve further by recognising manifestations of the disease in its incubation period and guiding the patient appropriately. It is surprising that even 5,000 years ago, Ayurvedic physicians could visualise the derangement at molecular level as the root cause of disease. Ayurveda has rightly emphasised the importance of understanding the evolution of disease (Pathogenesis). Unless the physician gets insight into it, he cannot treat the patient appropriately. A physician who does not bother to go to root cause of the disease suppress the symptoms and is unable to eradicate the disease. This book describes in detail the basic principles of pathogenesis which will help the reader to understand pathogenesis of any symptom or disease.

One can't but appreciate the wisdom of ancient physicians, when one realises that our understanding of the disease process and its evolution has not altered significantly even today, inspite of all the modern research. I am sure that not only Ayurvedic physicians, but students, teachers and research workers of modern medicine also will be benefited by reading this book. - **Authors**

Index

Chapter 1 : Roganam Utpatti Vibhagashcha (Disease - Its Origin and Classification)	15
1. Origin of diseases	16
2. Classification of diseases	18
A. Diseases of body and mind	18
B. Nija and Agantu diseases	18
C. Ekadoshajai, Dwandwaja and Sannipatika diseases	19
D. Sushruta's classification	19
E. Diseases of tissues, associated tissues and waste products	21

F. Diseases according to the state of nutrition	21
G. Prakruti-sama-samavaya and Vikruti-vishama-samavaya	22
H. Major and Minor diseases	22
I. Disease according to region of the body affected	23
J. Anubandhya - Anubandhi doshas and diseases	24
K. Pachanatmaka, Shodhanatmaka and Prachayatmaka diseases	24
Chapter 2 : Roganam Karanani (Aetiological Factors)	26
1. Beeja-bhagavayava-dushti (Chromosomal and genetic factors)	29
2. Doshaprakruti (Constitutional factors)	30
3. Dosha vrudhhi karanani (Factors which increase various doshas)	31
4. Pradnyaparadha	34
5. Kalakruta karanani that is Environmental factors	35
6. Vaya (Age) 7. Lingam (Sex)	37
8. Daishika Karanani (Regional factors)	38
9. Vyavasayika Karanani (Occupational factors)	39
10. Indriyanam Heena, Mithya Atiyoga (Excessive, inadequate or abnormal use of sense and motor organs)	39
11. Vegavarodha (Suppression of natural urges)	41
12. Srotodushti (Vitiating of body channels)	41
13. Agni (Enzymes)	41
14. Koshtha (Motility of Intestines)	41
15. Aharaja (Dietetic factors)	42
16. Aama	42
17. Manasika Karanani (Psychological causes)	42
18. Krumiroga (Infectious and parasitic diseases)	42
19. Janapadodhwansa (Natural calamities and epidemics)	43
20. Grahabadha	43
21. Vaidyakruta (Iatrogenic diseases)	43
22. <i>Purvajanmakruta</i> (Unknown factors)	43
Chapter 3 : Janmabala Pravrutta Vyadhi (Congenital Anomalies)	44
1. Aetiology 2. Manifestations	44
3. Prevention	52
Chapter 4 : Vegavarodha (Suppression of Natural Urges)	54

1. Suppression of passage of gas through anus	56
2. Suppression of defaecation	57
3. Suppression of micturition	58
4. Suppression of vomiting	60
5. Suppression of cough	60
6. Suppression of sneezing	61
7. Suppression of exertional breathlessness	61
8. Suppression of yawning	62
9. Suppression of belching	62
10. Suppression of ejaculation	63
11. Suppression of tears	63
12. Suppression of hunger	64
13. Suppression of thirst	64
14. Suppression of sleep	64
15. Complications, Sequele, Prognosis and Treatment	65
Chapter 5 : Srotodushti (Vitiation of body channels)	67
1. Prana vaha srotas	69
2. Annavaha srotas	70
3. Udaka vaha srotas	70
4. Rasa vaha srotas	71
5. Rakta vaha srotas	71
6. Mansa vaha srotas	73
7. Meda vaha srotas	73
8. Ashthi vaha srotas	74
9. Majja vaha srotas	74
10. Shukra vaha srotas	75
11. Pureesha vaha srotas	75
12. Mootra vaha srotas	76
13. Sweda vaha srotas	77
14. Artava vaha srotas	77
Chapter 6 : Agni (Digestive and tissue enzymes)	78
1. Vishamagni	80
2. Teekshnagni	80

3. Mandagni	80
4. Samagni	80
Chapter 7 : Aharaja Karanani (Dietetic factors)	82
Chapter 8 : Aama	84
1. Characters of Aama	86
2. Symptoms of Saama vata and Niraama vata	86
3. Symptoms of Saama and Niraama pitta	87
4. Symptoms of Saama and Niraama Kapha	87
5. Treatment of Aama doshas	87
Chapter 9 : Krumiroga (Infectious diseases and parasitic infestations)	89
1. Bahyakrumi that is external germs and parasites	89
2. Abhyantara that is internal germs and parasites	89
a. Raktaja Krumi b. Shleshmaja or kaphaja krumi	89
c. Pureeshaja krumi	91
Chapter 10 : Grahabadha	93
1. Manifestations of affection by supernatural powers	94
2. Predisposing factors	99
3. Prognosis	99
Chapter 11 : Janapadodhwansa (Natural calamities and epidemics)	100
Chapter 12 : Samprapti Vijnyanam (Pathogenesis)	103
1. Chaya : Stage of accumulation of doshas	104
2. Prakopa : Stage of accumulation of doshas in excess	106
3. Prasara : Stage of dissemination of doshas	107
4. Sthanasanshraya : Stage of localisation of doshas	109
5. Vyakti : Disease state	113
6. Bheda	113
Chapter 13 : Rogalakshanani Tesham Mahatvam Cha (Symptoms and their significance)	119
1. Fever 2. Atisara	119
3. Pain 4. Tumour	121
Chapter 14 : Rogapaharakshamata (Defence mechanisms of the body)	125
Chapter 15 : Roganam Moolakaranani (Root causes of diseases)	129