

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 physician could visualise the derangement at molecular level as the root cause of disease. Ayurveda has rightly emphasised the importance of understanding Evolution of disease (Pathogenesis). Unless the physician gets insight into Evolution of diseases, he cannot treat the patient appropriately. A physician who does not bother to go to root cause of the disease suppress the symptoms but 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)	13
1. Origin of diseases	14
2. Classification of diseases	15
A. Diseases of body and mind	15
B. Nija and Agantu diseases	16
C. Ekadashi, Dwandwaja and Sannipatika diseases	16
D. Sushruta's classification	16
E. Diseases of tissues, associated tissues and waste products	18

1. Suppression of passage of gas through anus	47
2. Suppression of defaecation	47
3. Suppression of micturition	48
4. Suppression of vomiting	49
5. Suppression of cough	50
6. Suppression of sneezing	50
7. Suppression of exertional breathlessness	51
8. Suppression of yawning	51
9. Suppression of belching	51
10. Suppression of ejaculation	52
11. Suppression of tears	52
12. Suppression of hunger	52
13. Suppression of thirst	53
14. Suppression of sleep	53
15. Complications, Sequele, Prognosis and Treatment	54
Chapter 5 : Srotodushti (Vitiation of body channels)	55
1. Prana vaha srotas	57
2. Annavaha srotas	57
3. Udaka vaha srotas	57
4. Rasa vaha srotas	58
5. Rakta vaha srotas	58
6. Mansa vaha srotas	59
7. Meda vaha srotas	60
8. Ashthi vaha srotas	60
9. Majja vaha srotas	61
10. Shukra vaha srotas	61
11. Pureesha vaha srotas	62
12. Mootra vaha srotas	62
13. Sweda vaha srotas	62
14. Artava vaha srotas	63
Chapter 6 : Agni (Digestive and tissue enzymes)	64
1. Vishamagni	65
2. Teekshnagni	65

3. Mandagni	66
4. Samagni	66
Chapter 7 : Aharaja Karanani (Dietetic factors)	67
Chapter 8 : Aama	69
1. Characters of Aama	70
2. Symptoms of Saama vata and Niraama vata	71
3. Symptoms of Saama and Niraama pitta	71
4. Symptoms of Saama and Niraama Kapha	71
5. Treatment of Aama doshas	71
Chapter 9 : Krumiroga (Infectious diseases and parasitic infestations)	73
1. Bahyakrumi that is External germs and parasites	73
2. Abhyantara that is internal germs and parasites	73
a. Raktaja Krumi b. Shleshmaja or kaphaja krumi	73
c. Pureeshaja krumi	75
Chapter 10 : Grahabadha	76
1. Manifestations of affection by supernatural powers	77
2. Predisposing factors	80
3. Prognosis	80
Chapter 11 : Janapadodhwansa (Natural calamities and epidemics)	82
Chapter 12 : Samprapti Vijnyanam (Pathogenesis)	85
1. Chaya : Stage of accumulation of doshas	86
2. Prakopa : Stage of accumulation of doshas in excess	88
3. Prasara : Stage of dissemination of doshas	88
4. Sthanasanshraya : Stage of localisation of doshas	89
5. Vyakti : Disease state	92
6. Bheda	93
Chapter 13 : Rogalakshanani Tesham Mahatvam Cha (Symptoms and their significance)	98
1. Fever 2. Atisara	98
3. Pain 4. Tumour	100
Chapter 14 : Rogapaharakshamata (Defence mechanisms of the body)	103
Chapter 15 : Roganam Moolakaranani (Root causes of diseases)	106