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 toxaemia, 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

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