AYURVEDA PERSPECTIVE ON ROGA NIDANA :

A REVIEW WSR TO KAMALA ROGA

Dr. Nitin Sawane¹, Dr. Sandeep Waghmare², Dr. Vaishali Nakhale³

¹Associate Professor, Department of Rognidan, M. S. Ayurvedic Medical College, Gondia.
²Associate Professor, Department of Rachana Sharir, M. S. Ayurvedic Medical College, Gondia.
³Associate Professor, Department of Samhita, M. S. Ayurvedic Medical College, Gondia.

Abstract

Ayurvedic scholars have provided different treatment options for various diseases on the basis of Nidana (pathogenesis) and Lakshanas (signs and symptoms). Ayurveda consider predominance of Doshas and Prakruti as the main reason behind the occurrence of disease. Asatmendriyarthasamyoga, Prajnaparadha and Parinama are the three basic factors affecting etiology. Diagnosis is also an important component of Chikitsa. Homeostasis is a very crucial factor for the health body and liver acts as an important centre for regulating the production and excretion of Mala. Kamala is a condition where the skin, eye and mucous membrane get yellow discoloration due to excessive accumulation of Pitta into the body as it is not excreted out of the body. Asatmya Ahara, Viruddha Ahara, excessive exercise, Mansik factors are some of the Nidana of Kamala Roga which help in its diagnosis and planning the treatment. It is important to break the pathological chain to control the spread of disease and to eradicate the root cause of disease. Therefore it is necessary to find the etiological factors responsible for the production of disease so that the condition of recurrence can be avoided.

Key-words :– Ayurveda, Dosha, Prkruti, Nidana, Kamala Roga, Ahara, Pitta
Introduction

Diagnosis in *Ayurveda* is based on the etiology which involves the relationship of sign and symptoms with the various causes. *Madhav Nidan* is a unique concept of *Ayurveda* dealing with the diagnosis of a *Vyadhi* on the basis of its *Lakshanas*. According to it, diagnosis is based on the state of *Doshas, Dhatu, Prakruti* of the individual. According to the modern medicine, disturbance in the normal physiological working of body results in disease production, likewise *Ayurveda* give emphasis on the *Doshas* and *Dhatu*. Predominance of *Doshas* can be correlated with the levels of the hormones in the body. Stressed state of the person is indicative of *Vata* predominance. Vitiation of *Pitta* can cause gastric problems such as acidity etc. Thus *Ayurvedic* scholars had proposed the concept of *Panch Nidana* as mentioned in figure 1.

![Figure 1: Components of Panchnidan](image)

*Ayurveda* works on the principle of *Trisutra* ie. *Hetu* (cause), *Linga* (symptoms), *Ausadhi* (medicine) to achieve its aim of *Swasthasya Swastha Rakshanam Aturasya Vikara Prashamanam*. [1] First two *Sutras* are helpful for diagnosing any disease. According to *Ayurveda* classics, correct diagnosis is very important for making the treatment plan. [2]

*Ayurvedic* scholars have mentioned different aspects to consider while treating a disease. These are *Nidana, Lakshanas, Chikitsa* and *Apunarbhava*. *Nidana* help in finding
the etiology and pathogenesis while _Lakshanas_ are the sign and symptoms which occur as a result of pathogenesis of the disease. After considering all these factors, we can provide the _Chikitsa_ to the patient to cure the disease and to prevent its reoccurrence.

Liver is a vital organ considered as a seat of _Pitta Dosha_. Due to the imbalance of the _Pitta Dosha_, functions of liver are affected. _Kamala_ is the hepatobiliary disease which is considered as a sequel of _Pandu roga_. It is a serious illness which is seen commonly affecting the hepatic system of the body. It is mostly seen in the person suffering from chronic _Pandu Roga_ consuming _Pitta_ vitiating _Ahara_ and _Vihara_. Modern medicine considers Jaundice as the condition of yellowish discoloration in tissues due to the excess deposition of bilirubin.

**Principles of Ayurveda Nidana**

_Nidana_ are the causative factors responsible for the production of disease. It can also be termed as _Hetu_ (cause) and _Karana_ (cause). _Ayurveda_ consider _Dosha_ imbalance as the main reason behind any pathology. Thus _Ayurveda_ works on following methods of diagnosis:

- **Trividh** – It is the triad of _Darshana_ (clinical examination), _Sparshna_ (Palpation), and _Prashna_ (description). _Darshana Pariksha_ is done to examine the patient clinically. _Sparshana Pariksha_ is important to find any abnormal mass if present by touch sensation. _Prashna Pariksha_ helps in finding the details about the patient. Physicians get to know about the _Prakruti, Desha, Vedana, Bala_ and _Agni_ of the patient in detail which is very important to find the major cause of the _Vyadhi_.

- **Astavidh** – In this eight factors mentioned in the _figure 2_ are taken into consideration during the _Pariksha_ (examination) and are helpful for diagnosis.

- **Dashavidh** – It consist of ten factors taken into consideration before making diagnosis of the disease. They are _Satmya, Prakruti, Vikruti, Sara, Samhanana, Pramana, Satva, Ahara shakti, Vaya_ and _Vyayama shakti_.

- **Nadi Pariksha** – It is a very important method of diagnosis which is based on the _Gati_ (motion) of the _Nadi_. Motion of the _Nadi_ depicts the balance of the _Doshas_ in
the body. When the physiologic changes occur in the body, it reflects in the motion of the Nadi.[7]

![Diagram of Nadi Pariksha](image)

**Figure 2:- Astavidha Pariksha**

**Types of Nidana**

- **Viprikrishta Hetu** – It is responsible for the chronic condition of any disease.
- **Vyabhchari Nidana** – It is not able to produce disease quickly.
- **Sanikrishta Nidana** – They are able to produce disease immediately.
- **Vayadi Hetu** – Disease is produced by specific causative factors.
- **Ubhaya Hetu** – Both Dosha and Dushyas produce disease.
- **Vyanjhak Hetu** – Responsible for increases in production of disease.

**Kamala Roga**

Body maintains a physiologic equilibrium of production and removal of Mala from the body which is the sign of a healthy life. Liver is an important organ which regulates the homeostasis in the body. Any change in the metabolism process can cause liver disease.

According to the Ayurvedic scholars, any change in the production and removal of Mala can result into Kamala disease. Mala is the abnormal Pitta and we can easily correlate Kamala Roga with the Jaundice. Abnormal Pitta can be compared with the bilirubin pigment of the modern medicine. Excess production or reduced excretion of...
Pitta can result into Bhekvarna (yellowish deposition) of tissues and skin. It is caused by Raktadushti due to the vitiation of Pitta.

Classification of Kamala Roga and their Nidana

Kamala Roga is classified into Koshthasrita and Shakhashrita Kamala. [5]

Koshthasrita Kamala is also known as Bahupitta as it increases the production of Pitta. It is a Nidanarthakari Roga. When the person suffering from Pandu Roga consume Pitta aggravating diet, the aggravated Pitta gets stored in the body and is not excreted out of the body. Excessive deposition of vitiated Pitta (bilirubin) causes yellow discolouration of skin, nails, eyes etc. Nidana of Koshthasrita Kamala are as follows :- [9][10][11]

- Vihara Nidana – Improper lifestyle such as Diwasvapana (sleeping during day), Atimaiithuna and Ati-vyayam (excessive exercise).
- Nidanarthkar roga - Pandu Roga (anaemia), Hridyarog, Paittik Jwara, Visham Jwara (fever) etc.
- Ritujanya Nidana – Ardhratri, Meghanya, Varsha Ritu, Sharad Ritu etc.
- Guna Pradhan Nidana – Sheeta, Ruksha etc.
- Mansika Nidana – Kama, Krodh, Chinta, Irshya etc.
- Miscellaneous Nidana - Garvisha (slow poison), Prakrit pitta prakop kala etc.

Shakhashrita kamala – When the normal Pittavaha Srotas are obstructed by Kapha and Vata Doshas through Rakta Dhatus and Rasa, Shakhashrita Kamala is produced. When the Pittavaha Srotas gets blocked, Pitta is not able to reach Pakwashya which produces Tila Pishta Sannibhama Varchas (clay colour of stool). Obstructed Pitta mixes with blood and produces dark coloured urine. Excessive Pitta gets accumulated into the liver causing yellowish discolouration of eyes, skin, nails etc. Nidana of Shakhashrita Kamala are as follows :- [10][11]

- Excessive consumption of Asatmya Ahara (Ruksha, Shita etc)
- Ati vyayam (excessive exercise)
Management of Kamala Roga

It can be managed through Nidana parivarpjana, Shodhana therapy (Snehana, Virechana) \[12\] and Shamana therapy ie. Kapha pittahara chikitsa. According to Ayurveda, Nidan Parivarjana is the foremost step towards the management of any disease which focuses on removing the etiology of the disease. Virechana therapy helps in the removal of Pitta through the stool. In the case of Koshtasrita Kamala, Pitta Shamaka medication should be used. Due to the obstruction of Pittavaha srotas in Shakhshrita kamala, Deepana and Pachana dravya should be used. \[13\]

Conclusion

Rog Nidana is a unique concept of Ayurveda which emphasize on etiology, diagnosis, pathogenesis and prognosis of a disease. It helps to determine the improper physiology of internal organs, Agni, Doshas, Dhatus, Ojas, Bala etc. Therefore it is helpful in finding a suitable path for the management of disease. According to the Ayurveda, excessive consumption of spicy, oily and junk food result in vitiation of Pitta Dosha which has negative impact on the Rakta and Dhatu. It produces blockage in the Pittavaha Srotas restricting the removal of Pitta from the body. Due to the excessive accumulation of Pitta in the body, several changes are noticed such as yellow discoloration of skin, mucous membrane, nails; dark coloration of urine and stool. Such signs and symptoms of discoloration of various parts of body can be related to the Kamala Roga. Various Nidana factors are responsible for the Kamala disease such as sleeping in the daytime, excessive exercise, excessive indulgence in coitus, fear, anger etc. Kamala roga is a Pitta dominant Roga and therefore one should avoid the Pitta aggravating activities.

Reference


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