

Review Article

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## AYURVEDA PERSPECTIVE ON ROGA NIDANA :

### A REVIEW WSR TO KAMALA ROGA

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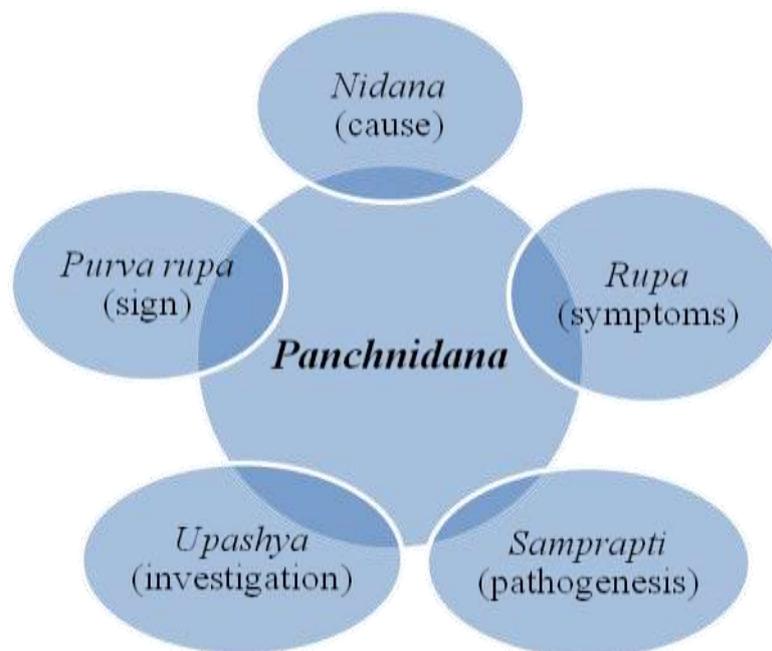
#### Abstract

*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, Doshas, Prakruti, 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 emphasise 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. Vitiating 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 Panchnidana**

*Ayurveda* works on the principle of *Trisutra* i.e. *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. [3][4]

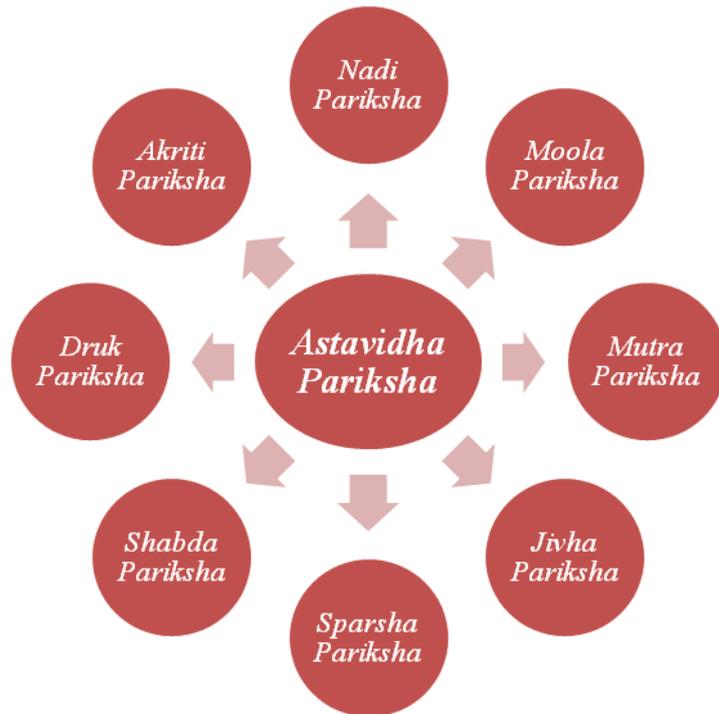
Liver is a vital organ considered as a seat of *Pitta Dosha*. Due to the imbalance of the *Pitta Dosha*, functions of liver are affected. *Kamala* is the hepatobiliary disease which is considered as a sequel of *Pandu roga*. It is a serious illness which is seen commonly affecting the hepatic system of the body. It is mostly seen in the person suffering from chronic *Pandu Roga* consuming *Pitta* vitiating *Ahara* and *Vihara*.<sup>[5]</sup> 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.<sup>[6]</sup>
- ❖ **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*.<sup>[7]</sup>



**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.

<sup>[8]</sup> 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), *Atimaithuna* and *Ati-vyayam* (excessive exercise).
- *Ahara Nidana* – Faulty eating habits like excessive consumption of *Amla, Katu, Tikshna, Asatmya Ahara* and *Viruddha Ahara*.
- *Nidanarthkar roga* - *Pandu Roga* (anaemia), *Hridayarog, 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 parivarjana*, *Shodhana* therapy (*Snehana*, *Virechana*)<sup>[12]</sup> and *Shamana* therapy ie. *Kapha pittahara chikitsa*. According to *Ayurveda*, *Nidana 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 *Koshthasrita Kamala*, *Pitta Shamaka* medication should be used. Due to the obstruction of *Pittavaha srotas* in *Shakhashrita kamala*, *Deepana* and *Pachana dravya* should be used.<sup>[13]</sup>

### **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.

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