



VARIOUS TYPES OF DISEASES AND THEIR MANAGEMENT W.S.R. TO SADHYA AND ASADHYA VYADHI

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ABSTRACT

The term '*Vyadhi*' denotes health ailment which leads grief or pain and affects quality of life. Ayurveda classify diseases according to their origin, causes, symptoms and severity, etc. The knowledge of *Vyadhi* is very important for controlling their pathological progression, in this regards Ayurveda described various types of diseases and their specific treatments. Ayurveda mentioned curable disease as *Sadhya* and incurable disease as *Asadhya*. Ayurveda suggested treatment options such as *Daivavyapashraya Chikitsa*, *Sattvavajaya Chikitsa* and *Yuktivyapashraya Chikitsa*, etc. for the management of different types of diseases. Ayurveda also elaborated concepts of *Brahmacharya*, *Dincharya*, *Ritucharya* and *Sadvritta*, etc. for curing different types of health ailments. Present article explains various types of diseases and their Ayurveda management W.S.R. to *Sadhya* and *Asadhya Vyadhi*.

KEYWORDS: Ayurveda, *Sadhya Vyadhi*, *Asadhya Vyadhi*, Samhita Siddhant.

INTRODUCTION

Ayurveda mentioned various types of health ailments and their treatment approaches such as; palliative treatment, purification treatment, psychotherapy, uses of medicines and rejuvenation therapy, etc. Ayurveda

termed of these therapies depicted in **Figure 1**, which offers relief in musculo-skeletal diseases, respiratory diseases, neurological disorders, metabolic disorders and digestive ailments, etc.^[1-4]

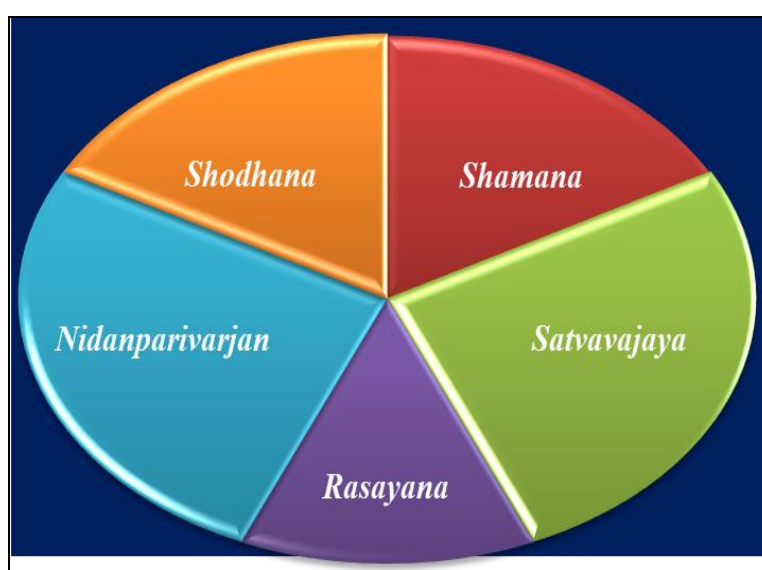


Figure 1: Various types of therapeutic measures as per ayurveda.

The Ayurveda concept of *Dincharya*, *Sadvritta* and *Ritucharya*, etc. also helps to restore normal health status. These therapeutic procedures pacify vitiated *Doshas*, treat depletion of *Dhatus* and boosts functioning of *Agni* thus help to treat many diseases.^[4-6]

Types of disease

1. According to *adhishtana*:

- ✓ *Sharirika* and *Manasika Chikitsa*.

2. According to the origin of pathogenesis:

- ✓ Originating from the upper gastrointestinal tract and originating from the lower gastrointestinal tract.

3. According to the treatment interventions:

- ✓ *Snehadi kriya sadhya* and *Shashtra sadhya*

4. According to the prognosis:

- ✓ *Sadhya* (Curable) and *Asadhya* (Incurable)

5. According to the factors involved in pathogenesis:

- ✓ *Swatantra vyadhi/anubandhya* and *Paratantra vyadhi/anubandha*.

6. According to the status of nutrition:

- ✓ *Santarpanajanya vyadhi* and *Apatarpanajanya vyadhi*.

7. According to the severity:

- ✓ *Mrudu vyadhi* and *Daruna vyadhi*.

Sadhya vyadhi:

Sukha Sadhya which is easy to cure, the patient is able to tolerate all medicines; *Sukha Sadhya Vyadhi* having following features:

- **Amarmaga:**
Disease not affects areas like brain, kidney and heart.
- **Alparooopa:**
Disease possesses mild symptoms.
- **Alpahetu:**
Causes of disease are mild.
- **Anupadrava:**
Disease having no complication.
- **Graha anuguna:**
Astrology is in the favour of the patient.
- **Eka doshaja:**
Involvement of one *Dosha* only.
- **Eka marga:**
One body channel is affected only.
- **Navatvam:**
Disease of recent onset
- **Dehaha sarva aushadha kshamaha:**
Patient is capable of tolerating treatments and medicines utilizes for therapeutic purposes.

Krichra Sadhya/ Asadhya vyadhi:

These are difficult to treat diseases; these diseases require uses of sharp instruments and specific treatments for the therapeutic purpose. *Krcchra sadhya* disease possesses features just opposite to that of *Sadhya Vyadhi*. These diseases involve long duration and affects vital organs of body [6-8]. The symptoms of such types of disease (*Krcchra sadhya* disease) are as follows:

➤ **Madhyama bala nimitta:**

Disease involves moderate causative factors

➤ **Madhyama roopa:**

Moderate severity of premonitory and main symptoms

➤ **Garbhini vrudha baalaanaam:**

Disease afflicts pregnant, elderly and children.

➤ **Ati upadrava:**

Moderate or severe complications

➤ **Shashtra kshara agnikrutyaanaam:**

Treatment may involve uses of *Shashtra*, *Ksharakarma* and *Agnikarma*.

➤ **Anavam:**

Disease is not new neither too old so difficult to understand.

➤ **Kruchra deshajam:**

Disease involves complicated body parts.

➤ **Naati poorna chatushayam:**

Unavailability of proper medicines or improper therapeutic approaches.

➤ **Dvipatham:**

Involves two or more body channels

➤ **Dvidoshajam:**

Two or more *Doshas* are involved in the disease.

➤ **Tridoshajam:**

Involve all three *Doshas*; *Vata*, *Pitta* and *Kapha*.

➤ **Kriyaapatham atikraantam:**

The disease developed beyond the possible therapeutic approaches.

➤ **Sarva marganuseranam:**

Disease involves multiple systems or channels.

➤ **Marma sandhi samashritam:**

Disease involves vital parts such as heart, lungs and other important organs.

➤ **Nitya anushayi:**

Symptoms appear and affect quality of life regularly till disease persisted.

Therapeutic management of diseases as per ayurveda:

- ❖ *Daivavyapashraya Chikitsa*
- ❖ *Sattvavajaya Chikitsa*
- ❖ *Yuktivyapashraya Chikitsa*
- ❖ *Nidanparivarjan* and *Pathyapathya*
- ❖ *Brahmacharya*, *Dincharya*, *Ritucharya* and *Sadvritta*, etc.^[8-10]

CONCLUSION

Diseases are various types according to Ayurveda and can be classified based on their severity, origin, symptoms and treatment possibility. Ayurveda described curable disease as *Sadhya Vyadhi* and incurable disease as *Asadhya Vyadhi*. *Sukha Sadhya Vyadhi* involves features of *Amarmaga*, *Alparooopa*, *Alpahetu*, *Anupadrava*, *Graha anuguna*, *Eka Doshaja*, *Eka Marga* and *Navatvam*. While *Krichra Sadhya/ Asadhya Vyadhi* involves features of *Ati Upadrava*, *Anavam*, *Kruchra Deshajam*, *Dvipatham*, *Dvidoshajam*, *Kriyaapatham Atikraantam* and *Marma Sandhi Samashritam*. The *Sadhya Vyadhi* can be treated with the help of various

therapeutic approaches which includes *Daivavyapashraya Chikitsa*, *Sattvavajaya Chikitsa*, *Yuktivyapashraya Chikitsa*, *Nidanparivarjan* and *Pathyapathya*, etc. Ayurveda concepts of *Brahmacharya*, *Ritucharya*, *Dincharya* and *Sadvritta*, etc. play important role in the management of various types of diseases.

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