



SHATKRIYALA A VIEW FROM THE MODERN ERA (MODERN ASPECTS)

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Article Received on 21/06/2024

Article Revised on 11/07/2024

Article Accepted on 31/07/2024

ABSTRACT

Ayurveda, an ancient science emphasizing disease prevention, outlines Shatkriyakala, a concept by Sushruta detailing six stages of disease progression. These stages—Sanchaya, Prakopa, Prasara, Sthanasamshraya, Vyaktavastha, and Bhedavastha—help in early disease detection and intervention, preventing complications. This concept is analogous to modern disease pathogenesis. Dengue, a mosquito-transmitted virus causing severe symptoms and potential death, can be diagnosed early using Ayurvedic principles. Early-stage recognition and intervention based on Shatkriyakala can prevent disease progression, demonstrating the relevance of Ayurveda in modern healthcare for conditions like dengue.

KEYWORDS: Shatkriyakala, Disease Prevention, Early Diagnosis, Ayurvedic Principles.

INTRODUCTION

Ayurveda, an ancient and well-documented science, prioritizes disease prevention over curative measures. Shatkriyakala, described by Sushruta, outlines the consecutive stages of disease progression, offering preventive measures to mitigate complications. Early disease diagnosis facilitates effective treatment planning with minimal discomfort. The term Kriya Kala refers to recognizing the stage of a disease's progress, akin to disease pathogenesis in modern medicine. It denotes the time of treatment or interception in the process of disease manifestation. Acharya Sushruta provided a detailed account of Shatkriyakala in the 21st chapter of Sutrasthana, encompassing six stages: Sanchaya, Prakopa, Prasara, Sthanasamshraya, Vyaktavastha, and Bhedavastha.^[1] Detecting changes in the early stages, like Sanchaya, based on Dosha symptomatology, allows for timely interventions to prevent disease progression.

Dengue, a mosquito-transmitted virus, is the leading cause of arthropod-borne viral disease globally. Known for severe muscle spasms and joint pain, it is also referred to as breakbone fever, dandy fever, or seven-day fever. Although most cases are asymptomatic, severe illness and death can occur. Aedes mosquitoes, prevalent in tropical and subtropical regions, transmit the virus. Ayurveda, the science of life, can diagnose dengue early

using its principles, facilitating early-stage treatment and cure.

Aim of the study

To explore and integrate the modern scientific understanding of Shatkriyakala, highlighting its relevance and potential applications in contemporary disease prevention and management.

MATERIALS AND METHODS

Shatkriyakala

Shatkriyakala is a classical Ayurvedic concept introduced by Acharya Sushruta, describing the six stages of disease progression and their corresponding therapeutic interventions. The term "Kriya Kala" refers to the timing of therapeutic actions to intercept and manage diseases effectively. Understanding these stages enables early diagnosis, prevention, and precise treatment of diseases. The six stages of Shatkriyakala are:

Stages of Dengue and Shatkriyakala comparison

1. **Sanchaya**^[2]
 - Gradual accumulation of Doshas in their respective seats marks the first stage of Kriyakala.
 - Symptoms in Dengue: Virus transmission by Aedes mosquitoes initiates this stage (1-2 days).
2. **Prakopa**^[3]
 - Accumulated Doshas move to other sites.

- Symptoms in Dengue: Increasing body temperature (2-4 days).
- 3. **Prasara**^[4]
 - Aggravated Doshas spread to other body parts.
 - Symptoms in Dengue: Body pain, headache, muscle pain, itching, positive Dengue NS1 test, and dropping platelet count (5-7 days).
- 4. **Sthanasamshraya**^[5]
 - Agitated Doshas spread and get obstructed in different places.
 - Symptoms in Dengue: Red rashes, severe weakness, and thrombocytopenia (8-10 days).
- 5. **Vyaktavastha**^[6]
 - Clear-cut disease symptoms appear.
 - Symptoms in Dengue: Fluctuating fever, minor bleeding from the nose, gums, skin, and hematuria (above 10 days).

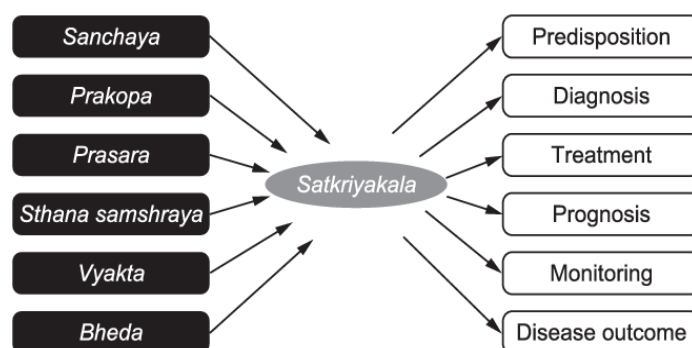
6. **Bhedavastha**^[7]

- Specific signs and symptoms of the disease manifest.
- Symptoms in Dengue: Fluctuating fever, vomiting with minor blood flow, and all previous symptoms (above 12 days).

Stages of dengue^[8]

1. **Dengue fever stage**
 - 2-7 days after the bite of the infected mosquito.
2. **Dengue hemorrhagic fever**
 - 3-7 days after the Dengue Fever Stage.
3. **Dengue shock syndrome**
 - 2-3 days after Dengue Hemorrhagic Fever Stage.

Avastha and Chikitsa



Importance of shatkriyakala

1. **Early disease detection**
 - Facilitates the identification of disease in its initial stages, allowing for timely intervention and prevention of progression.
2. **Preventive measures**
 - Provides guidelines for implementing preventive measures at different stages, reducing the risk of complications and severity.
3. **Personalized treatment**
 - Enables personalized treatment based on the specific stage of disease progression and individual patient factors.
4. **Understanding pathogenesis**
 - Offers a detailed understanding of disease pathogenesis, helping to correlate symptoms with underlying doshic imbalances.
5. **Holistic approach**
 - Integrates a holistic approach to health by considering physical, mental, and environmental factors in disease management.
6. **Guidance for physicians**
 - Serves as a comprehensive guide for physicians to detect early signs and symptoms, enhancing clinical decision-making and treatment planning.
7. **Application to modern diseases**
 - Demonstrates relevance in managing modern diseases, such as dengue, by applying ancient

Ayurvedic principles to contemporary health challenges.

8. **Improved prognosis**

- Early detection and intervention based on Shatkriyakala can lead to better patient outcomes and improved prognosis.

9. **Focus on prevention**

- Emphasizes prevention as a primary strategy, aligning with the core Ayurvedic principle of maintaining health and preventing disease.

10. **Educational value**

- Provides educational value for healthcare practitioners and students, deepening their understanding of Ayurvedic diagnostic and therapeutic principles.

Disadvantages of shatkriyakala

1. **Complexity in diagnosis**

- Requires extensive knowledge and expertise to accurately diagnose the stage of disease progression, which may be challenging for practitioners without thorough training.

2. **Subjective interpretation**

- The recognition of symptoms and stages can be subjective, leading to variability in diagnosis and treatment approaches among different practitioners.

3. **Integration with modern medicine**

- Integrating Shatkriyakala with modern medical practices can be difficult, as the concepts and

terminology may not directly correlate with contemporary medical understanding.

4. **Limited scientific validation**

- Many aspects of Shatkriyakala lack rigorous scientific validation, making it challenging to gain widespread acceptance in the modern medical community.

5. **Time-Consuming**

- The process of identifying the exact stage of disease and tailoring treatment accordingly can be time-consuming compared to more standardized modern medical protocols.

6. **Resource-Intensive**

- Requires a detailed and continuous assessment of the patient's condition, which can be resource-intensive in terms of time and effort from both the practitioner and the patient.

7. **Cultural differences**

- Ayurvedic concepts like Shatkriyakala may not be easily understood or accepted in cultures unfamiliar with traditional Indian medicine, limiting its global applicability.

8. **Dependence on practitioner skill**

- The effectiveness of Shatkriyakala heavily depends on the skill and experience of the practitioner, which can vary widely and impact treatment outcomes.

9. **Limited access**

- Access to qualified Ayurvedic practitioners and training may be limited in certain regions, restricting the application of Shatkriyakala.

10. **Potential for misdiagnosis**

- The potential for misdiagnosis exists if the stages are not accurately identified, leading to inappropriate or ineffective treatment interventions.

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CONCLUSION

The duration of Shatkriyakala stages varies among individuals due to factors like Prakruti, Vyadhikshamatva, Deh Bala, Hetu Sevan, Desh, Kala, and Ahar Vihar. More extensive research on Shatkriyakala's basic principles and their application to dengue fever is needed.

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