

**GENERAL PRINCIPLES, APPROACHES AND CONSIDERATIONS RELATED TO THE
KAYACHIKITSA: AN AYURVEDA REVIEW**

Dr. Kavita A. Khond*¹ and Dr. Vandana N. Hirudkar²

¹Professor and HOD, *Rachana Sharir*, Shri K R Pandav Ayurved College and Hospital, Nagpur, India.

²Associate Professor, *Rasashastra* and *B. Kalpana*, Shri K R Pandav Ayurved College and Hospital, Nagpur, India.

***Corresponding Author: Dr. Kavita A. Khond**

Professor and HOD, *Rachana Sharir*, Shri K R Pandav Ayurved College and Hospital, Nagpur, India.

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ABSTRACT

Ayurveda is the oldest system of health management including eight branches; *Shalya, Kayachikitsa, Bhootavidya, Shalakya, Koumarbhritya, Rasayantantra, Agadatantra* and *Bajikaran Tantra*. *Kayachikitsa* is one of the important branches of Ayurveda that deals with the *Chikitsa* of body. Here the word can be elaborated as *Kaya* means 'body' and *Chikitsa* means 'treatment' thus *Kaya Chikitsa* branch involve total treatment procedure along with use of internal medicine. *Kayachikitsa* mainly involve use of general medicine for the management of various diseases. *Kayachikitsa* provides various approaches for the treating diseases from their root causes. Considering importance of this branch present article summarizes general principles and approaches of *Kayachikitsa*.

KEYWORDS: *Ayurveda, Kayachikitsa, Medicine, Diseases.*

INTRODUCTION

Kayachikitsa is one of the specific branches of Ayurveda that deals with illness and health restoration. The Diagnosis (*Nidana*), *Shamana* (pacification), *Shodhana* (purification) and *Satwawajaya* (counseling), etc (Figure 1). are the approaches of *Kayachikitsa* that helps to maintain normal physical and mental health status. Use of medications, behavioural, psychological & life style counseling and conduction of *Panchkarma* procedure, etc. are the practices of typical *Kayachikitsa* therapy. In this regards Ayurveda suggested use of medicines in the form of pure herbs, *Vati, Kashaya, Churna, Asava, Bhasma, Ghruta* and *Guggulus*, etc. Approaches of *Kayachikitsa* helps to treat various diseases including; *Jwar, Sosha, Prameha, Unmad, Apasmara, Raktapitta, Atisara* and *Kustha*, etc. The *Kayachikitsa* offers health restoration of whole body since it treats acute as well as chronic diseases.

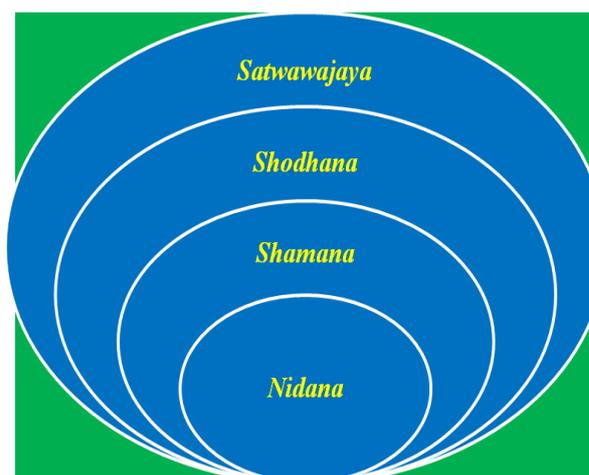


Figure 1: General Treatment Approaches of *Kayachikitsa*.

General principle related to the term *Kayachikitsa*

The *Kayachikitsa* mainly focuses on health management of *Deha* that always possess tendency to grow (*Dhi*). It somewhat differ from typical anatomical terminology *Sharira* that possess tendency to decay (*Sri*). Therefore in regards to *Prakriti* the typical texts always quotes about *Deha prakriti* similarly use of internal medicine always associated with *Kaya* means health management of growing body through the drugs. Therefore *Vikruti* here described as condition that affects growing nature of body (*Kaya*) thus *Kaya Chikitsa* involve use of medicine to prevent deteriorating effect of diseases on *Kaya*.

Kayachikitsa in ancient literatures

Susruta Samhita has mentioned various topics on *Kayachikitsa*, in this regards there are five chapter present in *Sutrasthan*, 9 chapters in *Chikitsa Sthan*, 7 chapters in *Nidansthan*, 3 in *Sharir sthan*, 2 chapters in *Kalpa Sthan* while 20 chapters in *Uttar Tantra*. *Charaka Samhita* described basic principles of treatment, therapies and detoxification methods, etc as a part of *Kayachikitsa*. It is believed that the various approaches of *Kayachikitsa* helps to balances *Tridoshas* of body since imbalance in three *Doshas* and *Dhatu* considered responsible for disease condition.

General considerations of Kayachikitsa

- It provides fundamentals basis of disease treatment
- Imparts diagnostic and therapeutic modalities
- It encompasses knowledge about the dispensing of specific medicine for particular diseases
- Use of internal medicine along with dose and duration of therapy
- The therapeutic approaches of *Kayachikitsa* helps to correct *Agni*, balances *Dosha* & *Dhatu* and detoxify body through normalizing excretory process.
- *Rasayana* (Rejuvenation) is one of the important aspects of *Kayachikitsa* that promote health, restore sexual vitality and boosts overall strength.

General rule for Kayachikitsa physician

The various approaches of *Kayachikitsa* helps to treat diseases at various stages of disease progression i.e; aggravation, accumulation, overflow, relocation and manifestation, etc. as per traditional texts of Ayurveda there are some rules to treat any disease and in this

regards it is suggested that identification of disease means half of work done therefore it is very essential to diagnose disease correctly as early as possible, physician should be kind towards the patient and treatment should be start as earliest. The knowledge about the contraindication, benefits and side effects of internal medicine is prerequisite. The physician must be aware about the *Purvarupa*, *Lakshan* and complications of diseases so to prevent any adversity. The use of correct medicine for specific diseases in proper dose for stipulated duration can only provides maximum health benefits therefore physician must be aware about all these aspects.

Preventive approaches

These approaches help to maintain health and longevity through diet, exercise, herbal therapies, meditation, massage and *Yoga*.

Curative approaches

These approaches help to treat diseases by ways:

- *Nidana* (correct diagnosis) and avoidance of causative factors
- *Shodhana* (detoxification); *Panchkarma* (*Vamana*, *Virechana*, *Nasyam*, *Vasthy* and *Rakthamoksham*)
- *Shamana chikitsa* (palliative care).
- *Rasa shashtra* (herbal and trace metal formulations)
- *Kaya Kalpa* (renewal of body).

There are various drugs (internal medicine) used for the therapeutic purposes as described in **Table 1**. These drugs offer specific therapeutic benefits and can be used as per general principles of *Kayachikitsa*.

Table 1: Internal Medicine and Their Specific Uses.

Natural drugs	Pharmacological effects/therapeutic benefits
<i>Draksha</i> & <i>Shatavari</i>	Pacify <i>Rasa</i> , control inflammation and obesity
<i>Amalki</i> , <i>Bhringaraj</i> & <i>Suvarnamakshik Bhasma</i>	To purify <i>Rakta</i> and boost circulatory system
<i>Guggulu</i> , <i>Shilajit</i> , <i>Haritaki</i> & <i>Guduchi</i>	Treat disturbances of <i>Meda</i> /obesity
<i>Kukkutandatwak bhasma</i> & <i>Vamsharochana</i>	Empowerment of <i>Asthi</i> /joint problems
<i>Kapikacchu</i> , <i>Vidarikanda</i> , <i>Shatavari</i> , <i>Ashwagandha</i> & <i>Gold Bhasma</i>	Empowerment of <i>Shukra</i>
<i>Chyavanprash</i> & <i>Vardhaman pippli</i>	For disease of respiratory system
Long pepper, <i>Bhallataka</i> & <i>Haritaki</i>	For diseases of digestive system
<i>Amalki</i> , <i>Bhringaraj</i> & <i>Suvarnamakshik Bhasma</i>	For disease of circulatory system
<i>Aswagandha</i> , <i>Calamus</i> , <i>Shankhapushpi</i> & <i>Loha bhasma</i>	Boosts nervous system
<i>Punarnava</i> , <i>Vidanga</i> & <i>Triphala</i>	Improves urinary & excretory system
<i>Amalaki Rasayana</i> & <i>Agastyas rasayanam</i>	For heart diseases

Kayachikitsa for Senses Organs

- *Tuvarak* & *Bakuchi* for Skin
- *Triphala* and Licorice for Eye
- *Apamarga* *Kshara Taila*, *Bilva Taila* and *Dashamula Taila* for ear

CONCLUSION

The complete treatment procedure can be considered as a part of *Kaya Chikitsa* which mainly deals with diagnosis and treatment of general diseases i.e. diabetes, tuberculosis, skin disorders, obesity, peptic ulcer,

diarrhea, asthma, coughs, hypertension, hepatitis, psychosomatic disorders, infertility, rheumatoid arthritis and many other diseases. *Charaka Samhita* is the main scripture of *Kayachikitsa* that described basic principles of diagnosis, treatment, therapies and detoxification methods for the management of normal health status. The approaches of *Kayachikitsa* involve use of herbal medicine/Ayurveda formulations along with dietary advices, meditation, massage, *Yoga* and detoxification procedures. These therapies balance *Tridoshas* (*Vata-Pitta-Kapha*), pacify *Dhatu* (tissues) and detoxify body

from *Mala* therefore offers significant therapeutic benefits and help to treat general diseases.

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