

**BIOLOGICAL ROLE OF *DOSHAS*, DISEASES OF *DOSHA* VITIATION AND THEIR
AYURVEDA MANAGEMENT: A REVIEW**

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ABSTRACT

Ayurveda described many concepts related to the health and diseases; concept of *Dosha* is one amongst them. There are three types of *Doshas*; *Vata*, *Pitta* & *Kapha*. *Doshas* are considered as biological entities which responsible for the predominant constitution of body and performs many physiological activities. *Doshas* govern physical and mental processes associated with five elements of nature; *Vata Dosha* associated with space & air, *Pitta Dosha* related with fire and water while *Kapha Dosha* is associated with earth and water. The predominant *Dosha* constitution forms *Prakriti* of individual and vitiation of *Doshas* leads pathological states. The balance state of *Doshas* resemble good state of physic and mind while imbalance if *Tridoshas* causes diseases. The dietary and life style pattern affects balances of *Doshas* therefore ayurveda advocated specific diets and life style routine along with medication to relives vitiation of *Dosha* and their pathological presentation. Present article described biological role of *Doshas*, diseases of *Dosha* vitiation and their ayurveda management.

KEYWORDS: *Ayurveda*, *Dosha*, *Vata*, *Pitta*, *Kapha*.

INTRODUCTION

Ayurveda described *Doshas* (*Vata*, *Pitta* and *Kapha*) as functional entities of body and mind, *Dosha* possess specific qualities and resides at particular locations thus responsible for identical functionalities. *Dosha* involve in development of body, normal state of *Dosha* give strength to the body & complexion, etc. *Vayu*, *Pitta* and *Kapha* affect *Gunas* of mind; *Sattva*, *Rajas* and *Tamas*. In this regard *Vayu*, *Pitta* and *Kapha* are considered as somatic *Doshas* while *Rajas* and *Tamas* are considered psychic entities. Imbalance of *Vayu*, *Pitta* and *Kapha* is responsible for pathological manifestation at somatic level while *Rajas* and *Tamas* initiate mental problems.^[1-5]

Qualities of *Dosha*

Vata Dosha possesses *Ruksha*, *Laghu*, *Shukshma*, *Khara*, *Chala*, *Shita*, subtle and mobile properties.

Pitta possesses *Ushna*, *Tikshan*, *Amala*, *Katu*, *Sneham*, *Vishra*, sharp, sour and pungent properties.

Kapha possess *Guru*, *Sita*, *Mridu*, *Snigdha*, *Pichila*, *Manda*, heavy, cold, soft and sticky properties.

✚ *Vata Doshas* Location

Urinary tract, waist, legs, colon, feet, bones, intestines and circulatory area of body.

✚ *Pitta Dosha* Location

Chyle, lymph, stomach and blood.

✚ *Kapha Dosha* Location

Chest, neck, joints, head and fat.

Vata Dosha

Vata dosha is associated with energy and govern movement of body, maintain circulation and gives motion to other elements. The person predominant to *Vata dosha* possesses good level of energy and enthusiastic at work place. They possess good ability to learn something, remain joyful and happy. Imbalance of *Vata Dosha* includes dryness of skin, constipation, pain, menstrual disorders, dry cough, anxiety and irritability, etc.

Major Functions of *Vata*

Vata is responsible for inspiration, expiration, movements in body, transportation of *Dhatu*s, circulation of body fluids and excretion of waste, etc.

Pitta Dosha

Pitta dosha is related with digestion and metabolism, carried out functions related to the hormones, enzymes and bile. *Pitta* mainly resides at liver, small intestines, stomach, pancreas and blood. It provides heat and energy, involves in breakdown of food and gives

nourishment to the body thus improves physical as well as mental state. *Pitta* people possess intelligent and good psychic state. *Pitta* predominant person possess courage, anger and good mental strength.

Pitta Dosha is responsible for slender body frame; person possess *Pitta* predominance acquires moderate muscular built up and fair complexion. *Pitta* people having strong metabolism and good state of digestion thus remain away from digestive ailments. *Pitta* body people acquire sharp mind and good concentration powers. These types of people react aggressively and active in their professional work. These people having leadership quality and do not afraid by challenges of life.

Major Function of *Pitta*

Pitta is responsible for digestion, generation of heat, feeling of hunger, thirst, vision, luster, intellect, metabolism and nourishment of body.

Kapha Dosha

Kapha dosha offers lubrication in body, facilitate smooth functioning of body organs and maintain fluidity in body. *Kapha Dosha* mainly found in chest, lungs, throat, fatty tissues, ligaments and tendons, etc. It helps to perform joints movement and provides bulk to the body tissues.

Kapha people possess good nature; they have relaxed mood and mind thus not considered very active at work place. They have graceful appearance; constitute well-developed body structure, sometimes possess excessive weight, thick layer of skin with lethargy in nature. *Kapha* people possess fair complexion and lustrous skin. They have normal level of appetite; generally possess happy mood and live life peacefully.

The people with *Kapha* predominance possess calm and cool mental level thus do not get irritated normally and not react aggressively towards the situations. They possess forgiveness in nature and shows attachment with their relatives.

Major Functions of *Kapha*

Kapha is responsible for unctuousness nature, binding and holding of body contents, offers astringent effects, provides firmness, imparts heaviness in body, provides lubrication for movement, forbearance and maintain liquid content of body.

Normal and Abnormal State of *Doshas*

Vata has five forms as depicted in **Figure 1**, in normal conditions these all not causes any pathological events inside the body.

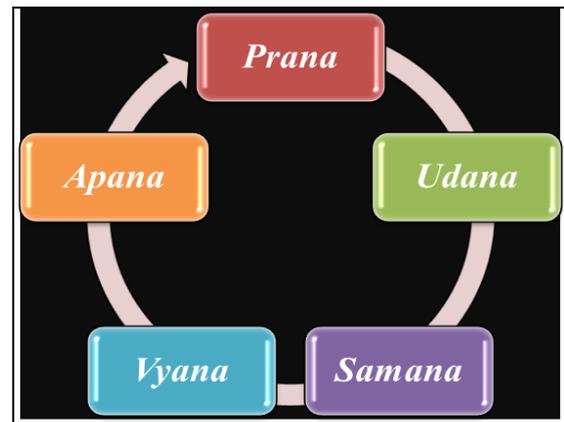


Figure 1: Different forms of *Vata*.

When *Vata* remain in normal state then it holds up organs, regulates upward and downward movements, controls mind & sense organs, promotes speech, control sense of touch and sound, responsible for courage, stimulates *Agni*, eliminate *Mala* and forms subtle channels of body.

When *Vata* gate vitiated then it triggers various disorders including inflammatory and metabolic ailments. The disturbed condition of *Vata* affects strength, complexion, reduces life-span, aggravate mind, suppress intensity of sense organs, causes menstrual disturbance, and induces grief, anxiety and confusion.

Pitta is responsible for normal functioning of *Agni* if remain in good state, but in case of vitiation *Pitta* is responsible for conditions like indigestion, abnormal complexion, anger-exhilaration, prowess-fear and metabolic abnormalities, etc.

Kapha is soma responsible for many functioning in normal state but in case of imbalance it get vitiated and causes many abnormal situations such as; emaciation, impotency, confusion, obesity and respiratory diseases, etc.^[6-10]

Ayurveda Management of *Dosha* Vitiation

- ❖ One should avoid awful conduction of daily and dietary regimen
- ❖ Avoid day tile sleeping and late night awakening
- ❖ Should not suppress natural urges
- ❖ Should not involve in excessive physical exertion including excessive indulgence in sexual act.
- ❖ Avoid heavy, oily and spicy diet on regular meal, etc.

Ayurveda drugs for balancing *Doshas*:

- ✚ *Ashwagandha Churna*.
- ✚ *Sitopaladi Churna*.
- ✚ *Triphala Churna*.
- ✚ *Haritaki Churna*.
- ✚ *Giloy Churna*.

CONCLUSION

The disharmony of *Doshas* (*Vata*, *Pitta* and *Kapha*) are mainly involves in diseases pathogenesis therefore balancing state of *Doshas* is important to maintain good health status. The major cause of illness is *Dosha* vitiation and this vitiation may occur as resultant of awful *Ahara-Vihara* therefore Ayurveda advocated good conduction of dietary and daily regimen to avoid diseases associated with *Doshas* vitiation. Moreover Ayurveda suggested some herbs, traditional formulations and *Yoga* practices that can resolve health issues related to the disturbances of *Dosha*.

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