

**SHAD KRIYAKALA: AN AYURVEDIC CONCEPT FOR PATHOGENESIS OF DISEASE**

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**ABSTRACT**

Kriyakala or Shad kriyakala is an Ayurvedic concept which describes the various stages of disease formation. Based on the stages of diseases preventive measures can be applied to overcome the complications. Acharya Sushruta has described the concept of Kriyakala in Vranprashnadhyaaya of Sutra Sthan 21, which explains the incidence of vranas in terms of disturbance in Doshas. Basically Kriyakala is an objective approach of Ayurveda Acharyas helping for the clinical practice. Early diagnosis of diseases helps to cure the diseases in early stages with little or no discomfort in planning the treatment.

**KEYWORDS:** Kriyakala, Dosha, Vranas, Diagnosis.

**INTRODUCTION**

Ayurveda is a science of life. It is a system of traditional medicine which is now a days accepted worldwide. Ayurveda therapy emphasises on prevention of all types of diseases, which is clearly stated in the prayojan of Ayurveda <sup>[1]</sup>. Kriyakala described by Acharya Sushruta in Sutra Sthan 21 explains the consecutive stages of manifestation of diseases & according to that preventive measures should be taken in order to overcome the complications of respective diseases.

The concept of Kriyakala has been widely described as

1. Vyadhi Kriyakala: Sanchaya, Prakopa, Prasara, Sthansamshraya, Vyakti, Bheda.

2. Ritu Kriyakala: In Ritu Kriyakala normal physiological variations of Dosha's in respective season has been discussed and accordingly certain measures are described in Ritucharya to overcome the adverse effects. Early diagnosis of the disease helps to cure the disease successfully without much discomfort in planning treatment. If the physician diagnose the disease in early stages i.e. Sanchaya, Prakopa, Prasara etc. then he stop the disease from progressing in further stages – Sthansamshraya, Vyakti, Bheda, so that the disease may not become stronger. <sup>[2]</sup>

**AIMS AND OBJECTIVE**

1. To study the concept of Shad Kriyakala.
2. To study the role of Shad Kriyakala in manifestation of diseases.

This conceptual study will be helpful in understanding of pathogenesis of disease in consecutive stages.

**MATERIAL AND METHOD**

- Materials has been collected from ancient Ayurvedic texts, research journals and electronic database. In this review efforts have been made to study the concept of Shad Kriyakala & its importance in manifestation of diseases.

**Conceptual Study:** Shad Kriyakala is the process of understanding the pathogenesis of disease in consecutive stages. Mainly 6 stages are described i.e. <sup>[3]</sup>

1. Sanchaya (Accumulation).
4. Sthansamshraya (Localisation).
2. Prakopa (Aggravation).
5. Vyakti (Manifestation).
3. Prasara (Spreading).
6. Bheda (Chronicity).

**1. Sanchaya:** Sanchaya is gradual accumulation of Dosha's in their own places. <sup>[4]</sup>

**Accumulated Dosha's manifests certain symptoms, which are as follows.** <sup>[5]</sup>

S. No.	Dosha	Sanchaya Lakshana
1.	Vata	Stabdhapoornakosthata (stiffness and fullness in abdomen)
2.	Pitta	Pitavabhasata (Yellowishness of body parts) Mandaushmata (Mild increase in body temperature)
3.	Kapha	Angagaurav (Heaviness in the whole body) Alasya (Lassitude)

In Sanchaya avastha person develops aversion towards the causative factors which are responsible for accumulation of Dosha's.

## 2. Prakopa

Accumulated Vatadi Dosha's start moving to the other sites from their own places but doesn't spread in all body parts, this is called as prakopa.<sup>[6]</sup>

It is the second stage of Kriyakala and also the second stage for treatment.

The following symptoms manifests in prakopa stage as per the involvement of Dosha's.<sup>[7]</sup>

S. No.	Dosha	Prakopa Lakshana
1.	Vata	Kostha toda sancharana (pain and movement of vata in Mahasrotas)
2.	Pitta	Amlika amloudgar (Sour eructations) Paridaha Sarvatodaha (burning sensation all over body) Pipasa(excessive thirst)
3.	Kapha	Annadwesa (Aversion to food) Hrudytokledascha (excessive salivation in mouth)

**Prasara:** In this stage aggravated Dosha's moves all over the body and gives rise to diseases wherever they struck. If the aggravation of Dosha is mild, it may not produce the disease because they remain in their paths adhering to it, and when not treated (eliminated) get aggravated again, in course of time, excited by suitable causes.<sup>[8]</sup>

Aggravated Dosha's spread to different places and produces following symptoms.<sup>[9]</sup>

S. No	Dosha	Prasara Lakshana
1	Vata	Vayorvimargamana (vata moves to different places other than its own place) Atopa (flatulence and gurgling)
2	Pitta	Osha (localized burning sensation) Chosha (sucking type of pain) Paridaha (burning sensation all over the body) Dhoomayanani (feeling of hot fumes coming out from stomach)
3	Kapha	Arochaka (Anorexia) Avipaka (Dyspepsia) Chardi (Vomiting) Angasada (Lassitude)

## Types of Prasara

Doshas moves to different parts of body with the help of vayu either alone or in combinations. It is of 15 types.<sup>[10]</sup>

1. Vata prasara

2. Pitta prasara
3. Kapha prasara
4. Rakta prasara
5. Vata pitta prasara
6. Vata kapha prasara
7. Vata rakta prasara
8. Pitta kapha prasara
9. Pitta rakta prasara
10. Kapha rakta prasara
11. Vata pitta rakta prasara
12. Pitta kapha rakta prasara
13. Vata pitta kapha prasara
14. Vata kapha rakta prasara
15. Vata pitta kapha rakta prasara

**Sthana samsraya:** Diseases manifests at the place where the aggravated dosha's, circulating all over the body become obstructed, due to abnormality of the channels (Kha vaigunya in Srotas).<sup>[11]</sup>

Doshas which are aggravated and spreading out, become localized at certain places and produce disease at that places. Following are the diseases depending upon the settling of Dosha's in the respective organ.<sup>[12]</sup>

S. No.	Organ	Diseases
1	Udara	Gulma, vidradhi, udara roga, Agni vikara, vibandha, anaha, visuchika, atisara, pravahika, vilambika etc.
2	Bastigata	Prameha, ashmari, mutragata, mutra dosha etc.
3	Medhragata	Niruddha prakash, updamsha, sukadosh etc.
4	Gudagata	Bhagandara, arsha etc.
5	Vrishnagata	Vridhhi roga
6	Urdhvajatrugata	Manifests Urdhvajatrugata vikara.
7	Twaka, Mamsa, Sonitgata	Kshudra roga, kustha, visarp etc.
8	Medagata	Granthi, apachi, arbud, galganda, a lji etc.
9	Asthigata	Asthi vidradhi
10	Padagata	Slipada, vatasonita, vatakantaka etc.
11	Sarvangagata	Jwara

In this particular stage of Kriyakala premonitory signs and symptoms of the diseases (Poorvaroop) are seen, hence this stage is also known as Purvaroopavastha.

**5. Vyakti:** It is the fifth stage of Kriyakala. In this stage, clear manifestation of symptoms of diseases starts to appear. It is called as Vyaktavastha.<sup>[13]</sup>

Cardinal sign & symptoms of the diseases are expressed in this stage.

#### For example

- Increased body temperature – Jwara
- Abnormal enlargement of abdomen is observed in – Udara roga
- Excessive passing of watery stool – Atisara

#### 6. Bhedavastha

In this stage certain diseases attain chronicity i.e. Jirna jwara etc. In case of vranas they burst and become ulcers. This stage is said to be Bhedavastha. This particular stage of disease manifestation is difficult to cure and if not treated at the earliest disease may become Asadhya (incurable).<sup>[14]</sup>

#### DISCUSSION

Knowledge of Kriyakala is of great significance in manifestation of diseases. If we are able to understand the concept of Shad Kriyakala properly, then the manifestation of diseases could be detected in its early stages and could be treated easily. Kriyakala can be subdivided into two stages:

**Doshaj Kriyakala**- Sanchaya, Prakopa and Prasara (Treatment of Doshas is done).

**Vyadhi Kriyakala** – Sthansamsraya, Vyakti, Bheda (Treatment of respective disease is done.)

Hence each stage of Kriyakala or Shad Kriyakala provides a way to stop and most probably to reverse the further spread of Vyadhi (disease).

#### CONCLUSION

From the above discussion following points are derived:

- Concept of Shad Kriyakala helps in understanding the process of manifestation of various diseases as well as to diagnose the diseases.
- Diagnosing the diseases in early stages is beneficial for a physician to plan the treatment without discomfort.
- Since it is helpful in diagnosing the disease in early stages, a physician can treat the disease with lower doses of medicines in less time period. Hence it reduces the extra burden of treatment expenditure on patient.
- Hence, using concept of Kriyakala for understanding the manifestation and diagnosis of disease is beneficial for physician in clinical practice and also cost & time effective for the patients.

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