

KNOWLEDGE OF ANUKTA VYADHI IN DIAGNOSING NEWLY EMERGING
DISEASES WSR TO COVID-19*¹Shazia Amreen, ²Sushmitha and ³Ranjitha¹PG Scholar, Dept of Roganidana & Vikruthi Vignana.²PG Scholar, Dept of Roganidana & Vikruthi Vignana.³Associate Professor, Dept of Roganidana & Vikruthi Vignana, Government Ayurveda Medical College, Bangalore.

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ABSTRACT

Dosha eva hi sarveshaam roganamekakaranam, *Doshas* alone are indeed the sole cause of all diseases. In the developing world, many new diseases have emerged. Covid-19 is one such disease, which has given rise to an unprecedented challenge to public health. Ayurveda emphasizes that naming a disease in definite terms is not necessary rather the knowledge about the basic principles in the diagnosis & management of the disease is of paramount importance. Acharya Charaka has explained the remarkable concept of *Anukta Vyadhi*, the tools to diagnose diseases i.e *Vikara Prakruti*, *Adhishthana* & *Samuthana Visheshha* which deals with identifying the etiology & different stages of pathology. The genesis of a disease is due to the strength in relationship between the *Nidana*, *Dosha* & *Dushyas*. Ayurveda believes in the fundamental principle of *Nidana Parivarjana* & *Samprapti Vighatana evam Chikitsa*. On Analyzing the manifestations of Covid-19, it can be provisionally understood from the Ayurvedic perspective as *Vatakapha* dominant *Sannipataja Jvara of Agantuja* origin. In this article an attempt has been made in understanding the concept of *Anukta Vyadhi* which gives a diagnostic approach & accordingly helps in effective management.

KEYWORDS: *Anukta Vyadhi*, *Trividha bodhya sangraha*, Covid-19.

INTRODUCTION

The word *Anukta* precisely means unsaid or untold. Those *Vyadhis* which are not directly explained in Ayurveda treatise. Such unexplained diseases can be studied under the light of *Trividha bodhya sangraha*¹(deals with the principle of etiology & different stages of pathology of a disease) which becomes the diagnostic tool for *Anukta Vyadhi*, it includes identification of the *Kupita* (vitiated) *Dosha*, the etiological factors site of manifestation of the disease. It becomes the base for understanding the newly emerging diseases. The occurrence of disease is not possible without *Dosha Prakopa*, hence *Vaidya* must ascertain the vitiated *Dosha* & presenting *Lakshana* in order to treat *Anukta Vyadhi*. A proper diagnosis of the disease is the foundation for planning appropriate treatment protocol.

Covid-19 is an infectious disease caused by the novel coronavirus, a pleomorphic, enveloped single stranded RNA virus. It is renamed as Severe Acute Respiratory syndrome – (SARS-CoV-2) which was first identified as an outbreak of respiratory illness in Wuhan city, Hubei province, China. It was initially reported to the WHO on December 31, 2019. On March 11th 2020, WHO declared Covid-19 a global pandemic.^[2]

The US CDC classifies Covid-19 into the following categories based on the severity of the presentation.

- Mild to moderate (mild symptoms upto mild pneumonia)- 81% of the patients.
- Severe (difficulty in breathing, hypoxia, or >50% lung involvement on imaging)- 14% of the patients.
- Critical (respiratory failure, shock or multiorgan system dysfunction) 5%

Pathogenesis of any disease involves basic factors like *Dosha*, *Dushya*, *Mala*, *Agni*, *Srotas* without which disease cannot get manifested. The signs & symptoms, underlying pathology & progression of the disease can be understood by these basic principles.

Aims & objectives

Clinical understanding of *Anukta Vyadhi* in Diagnosing newly emerging diseases wsr to covid 19.

MATERIALS AND METHODS

Conceptual references are taken from the Greater triad of Ayurveda literature I.e *Charaka Samhita*, *Sushruta Samhita* & *Ashtanga Hrudaya*. Literary study of covid 19 was done from modern medical research databases.

Literature review

General principle of Disease manifestation

Role of Dosha in Anukta Vyadhi

Acharya Sushruta has mentioned that the manifestation of a disease is not possible without the vitiation of *Dosha*. Even the unexplained diseases can be treated according to the *lakshana* (signs & symptoms) exhibited by the *Doshas*.^[3] The state of health depends on the equilibrium of *Doshas*, *Dhatu* & *Malas*.⁴ Any disturbance in the equilibrium of *Dhatu* is known as a *Vikara*. *Vikaro Dhatu Vaishamyam* Here the word *Dhatu* includes *Vatadi Doshas*, *Rasadi Dhatu*, *Upadhatu* & *Mala*.^[5]

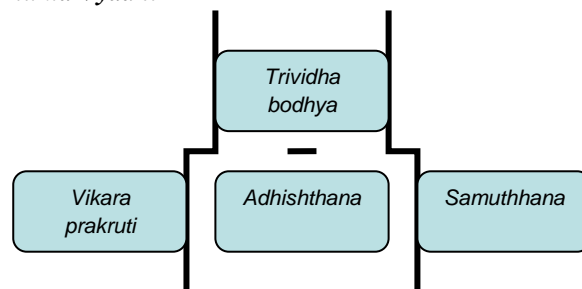
The *Tridoshas* are always present in the body, a physician should analyze whether they are in *Prakruta avastha* (natural state) or *Vikruta avastha* (deranged state). The aggravation of *Doshas* invariably indicates

their respective normal functions. Thus one can examine the *Prakruta avastha* (natural state), *Haani(decrease)* or *Vruddhi* (increase) accordingly.^[6]

Fundamentally Ayurveda classifies diseases as *Nija*(from intrinsic causes), *Agantuja(extrinsic causes)* & *Manasa(Psychosomatic)*. *Aupasargika (infectious)* & *Sankramika* (contagious) are mentioned by *Sushruta*. In *Agantuja Rogas* the primary causative agents are extrinsic factors such as trauma, microorganisms etc, In such diseases, *Doshas* are vitiated secondary to extrinsic causes.

Krimi is a broad term used for parasites, worms & microorganisms. *Aupasargika Rogas (infectious diseases)* and their means of spread as physical contact, inhalation, eating together, sleeping, sitting together, sharing used linens & garlands are well described by *Sushruta*.^[7]

Diagnostic approach in Anukta Vyadhi



Trividha Bodhya Sangraha explains about diseases which are not explained in *Samhitas*, '*Kupito Dosha Samuthanavisheshat Sthanantaragatah*' i.e to identify the *Kupita*(vitiating) *Dosha*, identify the *Samuthana*(etiology), *Sthana* (site) of *Dosha*, which is further elaborated as *Vikara Prakruti*, *Adhishthana* & *Samuthana Vishesh*. When a *Dosha* is aggravated, it may cause manifold diseases depending upon the various etiological factors & the site of manifestation.

In Ayurveda diagnosis is basically a two step method involving *Rogi Pariksha* as well as *Roga Pariksha*. *Rogi Pariksha* involves the 10 aspects to be examined pertaining to the patient. While *Roga Pariksha* involves ascertaining the *Nidana Panchaka*. *Acharya Charaka* has explained the categorization of diseases on the basis of following given criteria. Since diagnosis is essential for the purpose of treatment a physician has to classify so as to which group it belongs to whether curable or severe, endogenous or exogenous & so on.^[8]

Classification of disease: table 1.

Criteria	Classification	
Prognosis	Curable	Incurable
Intensity	Mild	Severe
Location	Physical	Mental
Causative factor	Endogenous	Exogenous
Site of origin	Originating from <i>amashaya</i>	Originating from <i>pakvashaya</i>

DISCUSSION

Ayurvedic framework of Covid-19 as an *Anukta Vyadhi*: The unique approach for diagnosing an unknown disease is the application of *Trividha bodhya sangraha*.

- 1) *Vikara Prakruti*- The natural history of the disease.
- 2) *Adhishthana*- Site of the pathological process.
- 3) *Samuthana Vishesh*- etiological features.

Vikara Prakruti

In Ayurvedic literature, the communicable diseases are mentioned under *Janapadoddhvamsa* (communicable disease affecting an entire land) due to impairment of *Vayu*(air), *Udaka*(water), *Desha* (land) and *Kala* (season) & are more lethal in their consecutively increasing order. *Adharma* (unrighteousness) is the root cause of vitiation of all factors & is led by *Pragnaparadha* (intellectual error).^[9]

Covid-19 has affected a large population irrespective of the region, dietary patterns etc. hence it can be considered as a *Janapadodhwamsa vikara*. The initial stage of Covid-19 is *Agantuja* (exogenous) which later converts into *Nija* (systemic) *roga*. Initially it is *Vata-Kapha* dominant (see the given table below) whereas later a stage of aggravated immune response if *Vata-Pitta* dominant. The secondary infections & multi organ failure indicates the involvement of '*Madhyama roga marga*' (disease pathway).

Adhishthana

Adhishthana indicates the main site of pathological process. Even if located in one place, the Doshas are likely to cause various diseases. For instance, *Vata*

located in the neck may cause *kanthadhwamsa* (irritation of throat), *kasa* (cough), *svarabheda*. The proper *Adhishthana* of Covid-19 can be taken as *Koshtha*, but the manifestation happens in *uras*, which is predominantly a site of *Kapha Dosha*. Primary manifestations are seen at *Pranavaha Srotas*.

Samuthana Vishesha:

Samuthana is a synonym of *hetu*, it is the prime factor responsible for the initiation of the disease process. It denotes '*moolabhoota karana*' of a disease. In case of Covid-19 '*Agantu hetu*' (external factor) i.e through respiratory droplets and close contact SARS-CoV-2 is the *moolakarana*. It is *Sannikrushta Agantuja hetu* (external factor). This inturn vitiates *Vatadi Doshas*.

Analyzing the symptoms of Covid-19

Table no. 2

Symptoms	Symptoms	Dosha involved	Srotas
Fever	<i>Jwara</i>	<i>Pitta pradhana</i>	<i>Rasavaha srotas</i>
Dry cough	<i>Vataja kasa</i>	<i>Vata</i>	<i>Pranavaha Srotas</i>
Tiredness	<i>dourbalya</i>	<i>Vata</i>	<i>Rasavaha srotas</i>
Aches / pain	<i>Angamarda</i>	<i>Vata</i>	
Sore throat	<i>Kantha shoola</i>	<i>Vata, kapha</i>	<i>Pranavaha Srotas</i>
Rhinorrhea	<i>Pratishyaya</i>	<i>Vata, kapha</i>	<i>Pranavaha srotas</i>
Conjunctivitis	<i>Netrabhishyanda</i>	<i>Kapha pradhana tridosha</i>	
Diarrhea	<i>Atisara</i>	<i>Vata pradhana tridosha</i>	<i>Purishavaha</i>
Loss of taste	<i>Aruchi</i>	<i>Kapha, pitta, vata</i>	<i>Annavaaha srotas</i>
Loss of smell	<i>Anosmia</i>	<i>vata</i>	<i>Pranavaha srotas</i>
Difficulty in breathing	<i>Shwasa</i>	<i>Vata, kapha</i>	<i>Pranavaha srotas</i>
Chest pain	<i>urashoola</i>	<i>Vata</i>	<i>Pranavaha srotas</i>

More than 88% of Covid-19 patients show mild to moderate kind of disease, about 20% need hospitalization & only 5% of the cases need critical care.^[2] This could be due to the presence or absence of *Vikara Vighata Bhava & Vyadhikshamatva* in that particular person. On the basis of presentation & progress of the disease, it can be considered as *VataKapha Pradhana Pitta* associated *Sannipataja Jwara*.

CONCLUSION

Ayurveda system of medicine doesn't emphasize on naming disease. It rather insists on understanding the constitutional status of disease & adopting appropriate treatment. It is essential to consider basic concepts of Ayurveda as the genesis of a disease is due to the strength in relationship between *Nidana*, *Dosha* & *Dushyas*. To summarize, Covid-19 as *Anukta Vyadhi*, the early presentation is '*KaphaVata*' dominant whereas late phase of complications is '*Vata Pitta*' dominant. The later phase of secondary infections & multiorgan failure is indicative of involvement of '*Madhyama Roga Marga*'. A spectrum of clinical manifestations can be seen in Covid-19 patients ranging from asymptomatic infections to severe disease resulting in mortality, this can be understood with the concepts of *Vyadhikshamatva*, *Vikara Vighata Bhava*.^[10] The main aim of diagnosis is to implement treatment, hence treatment which is

opposite to the properties of the *Dosha*, *Dushya* & etiological factors involved in the causation of the disease must be employed, if appropriately used, such therapeutic measures will cure all diseases whether they are named or not in the *Samhitas*.^[11]

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