



**AN INTEGRATIVE APPROACH IN UNDERSTANDING OF CARDIOVASCULAR  
DISEASES WRT SHAD-KRIYAKALA AND ITS MANAGEMENT – A REVIEW**

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**ABSTRACT**

Cardiovascular diseases are the chief cause of death in global level. An estimated 17.9 million people died from CVDs in 2019, representing 32% of the total global deaths. Most of them can be prevented by addressing behavioural risk factors including tobacco use, improper diet, obesity, physical inactivity and alcohol use. If we are able to detect cardiovascular disease as early as possible then management with counselling and medicines can begin at earliest. Prevention is better than cure. For that proper ahara, vihara, dinacharya and ritucharya etc help in wide array of diseases and at the other hand help us to keep fit and healthy. The yet another dimension of prevention of diseases is an early diagnosis of the disease at its budding stages. This stage's can be explained with help of Shad kriya kala. By knowing the concept of shat kriyakala the disease pathogenesis can be arrested at initial stage and avoid the Probabilities of complications. Acharya Sushruta had mentioned that the kriyakala helps the physician to propose the early line of treatment by seeing the vitiated dosha condition. So we can say that the physician who diagnose a disease and treat according to shatkriyakala will become a successful Practitioner.

**KEYWORDS:** Cardio vascular diseases, Shad kriya kala, Sushruta, acarya.

**INTRODUCTION**

Cardiovascular diseases are a group of disorders of the heart and blood vessels. They include: coronary heart disease, cerebrovascular disease, peripheral arterial disease, rheumatic heart disease, congenital heart disease, deep vein thrombosis and pulmonary embolism. The most common reason for this is a build-up of fatty deposits on the inner walls of the blood vessels that supply the heart or brain. The most important behavioural risk factors of cardio vascular diseases are unhealthy diet, physical inactivity, tobacco use and excess use of alcohol. The effects of behavioural risk factors can be seen in individuals as raised blood pressure, raised blood glucose, raised blood lipids, overweight and obesity. There are a number of underlying determinants of CVDs which include the major forces driving social, economic and cultural change – globalization, urbanization and population ageing. Other determinants of CVDs include poverty, stress and hereditary factors.

**MATERIALS AND METHODS**

Literature Search – Review of Literature regarding shatkriyakala is collected from Sushruta Samhita Astang Hrudayam, journals etc. All compiled matter are critically analysed for the discussion and attempt has been made to draw some fruitful conclusions.

**DISCUSSION**

Prevention is better than cure and timely ahara, vihara, dinacharya and ritucharya etc help in wide array of diseases, at the same time helping us to keep fit and healthy. The other dimension of prevention of diseases is an early diagnosis of the disease in its budding stages. If the subtle changes occurring in the body i.e. the initial stage of pathogenesis can be diagnosed at the earliest, we could terminate the disease before its manifestation. The art of understanding a disease and its stages of pathogenesis was probably explained for the first time in Ayurveda in a very comprehensive way. For example Shad kriyakala is aiming at both preventive and curative aspects of disease manifestations. When a disease is not treated in its right time the damage gets severe and then may end up in complications. Acharya Sushruta has narrated in detail about the idea of Shatkriyakala in his 21<sup>st</sup> chapter of Sutrasthana. Shatkriyakala include six stages viz Sanchaya, Prakopa, Prasara, Sthansamsraya, Vyaktavastha and Bhedavastha. That is shad means 6 (the number Six). Kriya means Action or treatment. Kala means Time or period. So Shatkriyakala means 'Appropriate time Periods to take action/treatment.

(1) Sanchaya (Stage of accumulations)

Increase of Doshas in their own sites is called as Sanchaya and Produces dislike for things which causes of increase

and liking for the things of opposite qualities in this stage with mild symptoms. It is very beneficial to cure the Person in this stage.

#### (2) Prakopa (Stage of aggravation)

Prakopa is the 2nd stage of the shatkriyakala. In this stage the Dosha go on accumulating further in their own sites.

#### (3) Prasara (Stage of Spreading)

Aggravated Doshas leave their original place and Spread to the other Parts of the body through different srotas.

#### (4) Sthanasamsrya (Stage of localization)

In this stage the aggravated Dosha, Start to localise to any part of the body and manifest the specific diseases Pertaining to that Part. At this stage the process of interaction between morbid elements and tissues takes place,

#### (5) Vyakta (Stage of manifestation)

Dalhana has called this stage as a stage of manifestation of disease. In this stage, Clinical features are well Produces and one can easily identify the disease.

#### (6) Bheda (Stage of differentiation)

This is the last stage in which disease can be diagnosed correctly and its Doshaja type can be decided. It is also considered as the complicatory stage. In this stage diseases became chirakari or asadhya.

For example in case of stroke.

- Sanchaya means increase of cholesterol level in blood vessels.
- Prakopa means more accumulation of cholesterol in its own site and forming clots.
- Prasara means the lodgement of clots in different parts of the body.
- Sthana samsrya means the causing of blocks in circulatory system.
- Vyaktha means when patient is under stroke.
- Bheda when the patient is having complications.

### Particular Treatment according to Ayurveda.

Stage	Therapeutic measures
1)Sanchaya	Nidhana Parivarjana, Suitable Shamana
2)Prakopa	Vata:- Vatanulomana Pitta :- Pitta samana, Sukha virechana Kapha :- Agni deepana , Pachana, Kapha hara
3)Prasara	Vata:- Basti Pitta :- Virecana Kapha:- Vamana
4)Sthanasamsrya	Samprapti veghatana
5)Vyaktha	Lakshanika and as per Chikitsa siddhanta
6)Bheda	Doshapratyanika and Vyadhi pratyanika Chikitsa

Ayurveda proposes a different understanding to etiopathogenesis of such conditions and subsequent healthcare, in the context of hrdroga. Latest researches in Ayurveda have given a new hope in CVD's, the curative as well as preventive aspects. With the emergence of

increasing number of cardiac problems from the young age itself, it is the time to explore various options available in the alternative areas of medicine. Herbs and dietary supplements can have significant role in preventive cardiology as per published studies.

### Cardioprotective single drugs in Ayurveda.

Agni deepana And Vatanulomana	Lekhaneeya	Hrdya	Other beneficial drugs
Ajamoda, hingu, Pippali, Sunti	Vaca, Haridra, Guggulu	Amra, Amrathaka, Matulunga	Gokshura, Pushkaramoola, Arjuna, Shilajathu, Rasona

### Examples of formulations with action of Hridhya.

Ghritham	Kwatham	Gutika	Choornam	Rasayana	Arishta
Pippalyadhi ghritham, Arjuna ghritham	Dasamoola kashayam, Pathyadhi kwatha, Rasonadhi kwatha	Shilajatwadhi vati, Chandraprabha vati, Prabhakara vati	Arjuna twak choorna, Pippalyadhi choorna, Haritakyadhi choorna	Amlaki rasayana, Agasthaya rasayana, Pippali rasayana	Parthadyarishtam, Arjunaarishtam

## CONCLUSION

The diseases are easy to handle in the first stage and gets difficult to manage in each of the consecutive stages of kriya kala. Thus sanchaya stage is the easiest one to handle and the stage of bheda is the most difficult one to manage. Basic medicines that available include:-aspirin; beta-blockers; angiotensin-converting enzyme inhibitors; and statins. An acute event such as a heart attack or stroke should be promptly managed. Some time's, surgical operations are required to treat CVDs. They include:- coronary artery bypass; balloon angioplasty; valve repair and replacement; heart transplantation; and artificial heart operations. Medical devices are required to treat some CVDs. Such devices include pacemakers, prosthetic valves, and patches for closing holes in the heart.

Cardiovascular diseases are discussed and addressed under the context of Hridroga in Ayurveda. Several herbs and supplements act as adjuncts in the prevention and treatment of cardiovascular disease. Such drugs have Anti hyperlipidemic property, inhibits platelet aggregation, lowers blood pressure, antiatherogenic and cardioprotective properties. One should follow a balanced diet, exercise and avoid habits such as smoking, alcohol, manage stress, so that we can prevent cardiac diseases. The eternity of Ayurveda is in its sense of great affection that it has its approach to the diseases, people and life as a whole. The scientific understanding of various clinical aspects if applied in the management of problems such as CVD's may create wonders in cardiological issues in the curative as well as preventive levels. We have to concentrate a lot, in possible researches and their outcomes for further conclusions.

Since Shatkriyakala is distinctive concept of Ayurveda. By knowing the process of shat kriyakala the disease process can be arrest at initial stage and avoid the Probabilities of complications. Acharya Sushrutha already mention the kriyakala helps the physician to adopt line of treatment by seeing the vitianed dosha condition by his intellect and knowledge. So we can say that the physician who diagnose a disease and treat according to shatkriyakala will be become a successful Practitioner.

## REFERENCES

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