FUNDAMENTAL ENTITIES THAT GOVERN OUR BODY: TRIDOSHA (KSHAYA AND VRIDDHI)

Pranjalee Sharma¹*, Akshay Kumar² and Swapnil Saini³

¹,²PG Scholar Final Year Department of Rog Nidan Evum Vikriti Vigyan, RGGPG College & Hospital Paprola, Distt. Kangra.
³Lecturer Department of Rog Nidan Evum Vikriti Vigyan, RGGPG College & Hospital Paprola, Distt. Kangra.

ABSTRACT

The key to ayurvedic wellness and healing is the knowledge that health is not a “one size fits all” proposition. One must understand the unique nature of each person. The science of understanding our nature or our constitution is the science of Tridosha. Tridosha defines the three fundamental energies or principles which govern the function of our bodies. The three energies are known as vata, pitta, and kapha. The health of an individual depends on the balance between the Doshas. Tridosha forms the foundation (Dosha Dhatu Mala Moolam hi Shariram) of Ayurveda. They are the three energetic forces that control the activities and govern the physical, mental and intellectual structure and functions in an individual. Variation in the functional state of Tridosha causes imbalance. Ayurveda has described the imbalanced state of Tridosha as kshaya and vriddhi. This paper is aimed to understand the importance of Tridosha in balanced and imbalanced state and to summarize the description regarding imbalanced state (kshaya and vriddhi) of tridosha.

KEYWORDS: Tridosha, Kshaya, Vriddhi.

INTRODUCTION

The theory of Tridosha forms the basis of ayurvedic medicine. Tridoshas are the three humors or forces of the body, which bring health when in balance, and produces disease when out of
balance. The health condition of an individual depends upon the equilibrium state of Dosha, Agni, Dhatu and Mala and their imbalanced state produces disease.\(^1\) The doshas ensure that all mahabhutas are held together and exert their functions in synergism for the optimum function of the human body. These are forces or energies that work through the body to maintain homeostasis.

**Tridosha: The three-body energetics, made of qualities, which support right body function in right amount, and destroy right body function in excess or deficiency. “Factors responsible for physiological functions but capable of causing disorders”**\(^2\)

**Vata dosha:** Vata is a combination of Vayu and Akasha mahabhutas.\(^3\) In the human body, air needs space to move and this space is provided by the Akasha mahabhuta. Both Vayu and Akasha Mahabhutas are synchronised to facilitate the proper functions of Vata in the body. Ruksha (dryness), Laghu (lightness), Sheeta (coldness), Khara (roughness), Sukshma (minuteness) and Chala (movement) are the qualities of Vata. All these qualities are contributed by both Vayu and Akasha mahabhutas.\(^4\)

Vata functions – Vata performs enthusiasm, expiration, inspiration, body activities, initiation of urges, proper functioning of all tissues and sense organs, normal elimination of materials to be excreted out and maintains normal condition of Dosha, Dhatu and Agni.\(^5\)

**Pitta dosha**

*bPitta dosha* is a combination of Agni (fire) and Jala (Ap) mahabhuta.\(^6\) *Pitta* represents fire or the quality of hotness. This intense hot quality of *Pitta* is balanced with the presence of *Jala mahabhuta*. That is, the unique combination of fire and water helps in maintaining a perfect balance to the activity of *Pitta dosha*.

*Sneha* (oily/unctuous), *Theekshna* (piercing), *Ushna* (hotness), *Laghu* (lightness), *Visram* (fool smell), *Saram* (movement) and *Dravam* (liquid nature) are the qualities of *Pitta dosha*. In all these qualities, the influence both *Agni* and *Jala mahabhutas* are very evident.\(^7\)

Pitta functions – Functions of Pitta in normal state are digestion, to maintain body temperature vision, hunger, thirst, appetite, glow, intellect, intelligence, valor, smoothness of body\(^8\) and calmness of mind.
Kapha dosha

*Kapha dosha* is a combination of *Jala* (water) and *Prithvi* (earth) *mahabhutas*.[9]

*Kapha* represents the quality of coldness through the combination of these two *mahabhutas*.

In the human body, everything that holds together or that imparts strength is referred to as the proper functioning of *Kapha dosha*.

Snigdha (unctuous), sheeta (coldness), Guru (heaviness), Manda (viscous), Shlakshna (smooth), Mrithsna (slimy) and Sthira (stability) are the qualities of *Kapha dosha*. Needless to say, these qualities have the influence of both *Jala* and *Prithvi mahabhutas*. [10]


**DISCUSSION**

**Functional states of doshas:** Whole body is abode of three *Dosha*, which brings about good and bad results according to their normal and abnormal state.[12] There are two aspects of *Dosha* i.e., Prakriti and Vaikrit.[13] Again three types of Dosha Gati or Doshavastha have been mentioned i.e., Kshaya, Sthana and Vriddhi.[14] In other words, Dosha have two states, Samya and Vaishamaya. Vaishamaya is of two types Kshaya and Vriddhhi, and Vriddhhi is again of two types Chaya and Prakopa. [15] Chaya: Increase of Dosha in their own sites which produces dislikes for the causative factors and liking for the factors having opposite qualities.[16] Prakopa: The aggravated Dosha spreads to different parts of the body, causes appearance of their own features, feeling of ill health, and occurrence of premonitory symptoms and manifestation of diseases.[17]

**Tridosha kshaya:** Kshaya is a pathological state in which there is decrease in quality, quantity and functioning of the elements of the body. The decreased *doshas* do not cause any disease or disturbance, but they exhibit symptoms of their disease.

**Vata dosha kshaya lakshan**[18-20]

1. *Manda cheshta* (Diminished movements)
2. *Alpha vakatvam* (Diminished speech)
3. *Apraharsa* (Emotional insability/Lack of happiness)
4. *Mudha sangyata* (Sensory perception disorder)
5. Praseka (Excessive salivation)
6. Aruchi (Anorexia)
7. Hrillasa (Nausea)
8. Sangyamoha (Loss of consciousness)
9. Angsada (Debility)
10. Agnivaishamaya (Disorder of digestive activity)
11. Bhasitehitam (Loss of speech and physical activity)
12. Shleshmavridhhalakshana (Features of kapha vriddhi)

**Pitta dosha kshaya lakshan**[^18-20]

1. Mandoushmata (Decreased body temperature)
2. Stambha (Stiffness)
3. Shaitya (Coldness)
4. Aniyatatoda (Irregular pain)
5. Arochaka (Anorexia)
6. Avipaka (Indigestion)
7. Ahgaparushya (Roughness of body)
8. Kampa (Termors)
9. Gaurava (Fling of heaviness)
10. Nakhanayanshaukla (Whitish coloration of nails and eyes)
11. Prabhahaani (Loss of luster)
12. Mandoanala (Weakness of digestive fire)

**Kapha dosha kshaya lakshan**[^18-20]

1. Rookshita (Dryness)
2. Antardaha (Internal burning sensation)
3. Amashaya shunyata (Emptiness of stomach)
4. Sandhisaithiliya (Looseness of joints)
5. Trushna (Excessive thirst)
6. Bhrama (Giddiness)
7. Udveshtana (Convulsion)
8. Anidra (Loss of sleep)
9. Angamarda (Pain in whole body)
10. Pariplosha (Mild burning sensation)
11. *Toda* (Pricking pain)
12. *Dava* (Burning sensation in mouth, lips and palate)
13. *Daaha* (Severe burning sensation all over body)
14. *Spathana* (Splitting/cracking)
15. *Vepana* (Tremors)
16. *Dhumayana* (Movements of hot fumes from inside)
17. *Hridayadrava* (palpation)
18. *Shleshmaashayshunyata* (Emptiness in seat of kapha)

**Tridosha vriddi:** Among kshaya and vridhi, it is the increase in *dosha* which has pathological importance.

**Vata dosha vriddi lakshan**[^21-23]
1. *Vaka Parushyam* (Hoarseness of voice)
2. *Karsya* (Emaciation)
3. *Karshnya* (Hyper pigmentation of body)
4. *Gatra suphuran* (Twitching/Convulsion, tremors)
5. *Ushna Kamita* (Desire for warmth)
6. *Nidra nasha* (Insomnia)
7. *Alpha blatvam* (Loss of strength)
8. *Gadha varchasvam* (Constipation)
9. *Kampa* (Tremors)
10. *Sangyanaasha* (Loss of consciousness)
11. *Majjashosha* (Decrease in bone marrow)
12. *Aadhmaan* (Flatulence)
13. *Aatopa* (Gurgling noise)
14. *Moha* (Delusion)
15. *Dainya* (Depression)
16. *Bhaya* (Fear)
17. *Shoka* (Grief)
18. *Pralapa* (Delirium)

**Pitta dosha vriddi lakshan**[^21-23]
1. *Pittaavabhasta* (Yellow discoloration of urine, eye, skin)
2. *Santapa* (Increased body temperature)
3. Sheetakamitya (Desire for cold)
4. Alpanidrta (Lack of sleep)
5. Murchha (Fainting)
6. Balahani (Diminished strength)
7. Indriyadoubryala (Weakness of sensory organs)
8. Glaani (Lassitude, exhaustion)
9. Ojavisransa (Decreased Oja)
10. Daha (Burning sensation)
11. Trushna (Excessive thirst)
12. Tiktyasata (Bitter taste in mouth)
13. Krodhaadi (Psychological symptoms like anger etc)

**Kapha dosha vridhik lakshan**[21-23]
1. Shaitya (Coldness)
2. Sthairya (Immobility)
3. Gouravam (Feeling of heaviness)
4. Angasada (Fatigue, (Sada: exhaustion weariness)
5. Tandra (Inability to perception as through engrossed in sleep)
6. Atinidrata (Excess sleep)
7. Sandhivishlesha / Sandhasthivishlesha (Looseness of joints)
8. Swetaya (White discoloration)
9. Sthoulya (Plumpness)
10. Alasya (Laziness)
11. Srotapidhana (Obstruction in channels)
12. Murchha (Fainting)
13. Swasha (Dyspnea)
14. Kasa (Cough)
15. Kaphaprasaka (Productive cough)
16. Harllasa (Ausea)
17. Agnisadana (Diminished digestive activity)

**CONCLUSION**

Tridosha are the three fundamental energies or principles which govern the function of our bodies. Vitiation of these tridoshas (Kshaya and Vriddhi) is considered as pathology and no
diseases can be occurred without the vitiation of vata, pitta and kapha. The Dosha according to their different functional state produces different type of diseases and symptoms. Diseases produced by them might be either Samanayaja or Nanatamaja depending upon the type of etiological factor and aggravated Dosha.

REFERENCE
2. Sarangadhara Samhita, Revised by Dr Shrimati Shalza Srivastava, Chaukhamba Orientalia, Varanasi, Pratham khand, chapter, 5 - 42.
5. Ashtanga Hridayam, Revised by Dr. Brahmanand Tripathi, Chaukhamba Sanskrit Pratishthan, Delhi, Reprint-, Sutrasthana, 2017; 161: 11(1-2).
8. Ashtanga Hridayam, Revised by Dr. Brahmanand Tripathi, Chaukhamba Sanskrit Pratishthan, Delhi, Reprint-, Sutrasthana, 2017; 161: 11(2-3).
11. Ashtanga Hridayam, Revised by Dr. Brahmanand Tripathi, Chaukhamba Sanskrit Pratishthan, Delhi, Reprint-, Sutrasthana, 2017; 11(3): 161.


23. Ashtanga Hridayam, Revised by Dr. Brahmanand Tripathi, Chaukhamba Sanskrit Pratishthan, Delhi, Reprint-, Sutrasthana, 2017; 161: 11(5-7).