



## Understanding Dosh Dushya Sammurchhana: Balancing Ayurvedic Principles

<sup>1</sup>Dr. Keshav Asiwal, <sup>2</sup>Prof. Man Mohan Sharma, <sup>3</sup>Dr. Suman Meena

<sup>1</sup>PG SCHOLAR, PG Dept. Of Rog Nidan Evum Vikriti Vigyan, Madan Mohan Malviya Govt. Ayurved College Udaipur (Raj.)

<sup>2</sup>Prof. & HOD, PG Dept. Of Rog Nidan Evam Vikriti Vigyan, Madan Mohan Malviya Govt. Ayurved College Udaipur (Raj.)

<sup>3</sup>Lecturer, PG Dept. Of Rog Nidan Evam Vikriti Vigyan, Madan Mohan Malviya Govt. Ayurved College Udaipur (Raj.)

### ABSTRACT-

Ayurveda, the ancient Indian system of medicine, offers a holistic approach to health that encompasses the body, mind, and spirit. Central to its principles is the concept of doshas, dhatus, and malas, which are fundamental to understanding health and disease. Among these concepts, Dosh Dushya Sammurchhana plays a crucial role in diagnosing and treating illnesses. This article aims to delve into the intricate details of Dosh Dushya Sammurchhana, exploring its significance, principles, and practical applications in Ayurvedic practice.

**Key Words-** Dosh Dushya Sammurchhana, doshas, dhatus, and malas.

### Introduction-

#### Understanding Ayurvedic Principles:

Before delving into Dosh Dushya Sammurchhana, it's essential to understand the foundational principles of Ayurveda. Ayurveda recognizes the human body as composed of five elements: earth, water, fire, air, and ether. These elements combine to form three primary bio-energies or doshas: Vata (air and ether), Pitta (fire and water), and Kapha (water and earth). Each individual possesses a unique constitution, or Prakriti, determined by the predominant dosha balance at birth.

The concept of doshas extends beyond individual constitution to influence bodily functions, temperament, and susceptibility to disease. When the doshas are in a state of equilibrium, health ensues. However, imbalances in the doshas disrupt this equilibrium, leading to disease manifestation.

#### What is Dosh Dushya Sammurchhana?

Dosh Dushya Sammurchhana, also known as the combination of vitiated dosha and tissue, is a fundamental concept in Ayurvedic diagnosis. It refers to the process of interaction between vitiated doshas and the body tissues (dhatus), leading to the manifestation of disease. According to Ayurvedic texts, diseases occur due to the vitiation of doshas, which subsequently affect the dhatus, leading to the manifestation of symptoms.

The term "Sammurchhana" signifies the amalgamation or combination of doshas with dhatus. In a healthy state, doshas maintain harmony with the dhatus, ensuring optimal physiological functions. However, when doshas become aggravated or imbalanced, they interact with the dhatus, causing various pathological changes and disease manifestation.

### Principles of Dosh Dushya Sammurchhana:

- 1. Dosha Imbalance:** The first step in Dosh Dushya Sammurchhana involves the vitiation or aggravation of one or more doshas. Factors such as improper diet, lifestyle choices, environmental influences, and emotional stress can disrupt the balance of doshas, predisposing an individual to disease.
- 2. Affection of Dhatus:** Once the doshas become imbalanced, they exert their influence on the dhatus or body tissues. According to Ayurveda, there are seven primary dhatus: Rasa (plasma), Rakta (blood), Mamsa (muscle), Meda (adipose tissue), Asthi (bone), Majja (bone marrow), and Shukra (reproductive tissue). The vitiated doshas affect these dhatus, leading to pathological changes and disease manifestation.
- 3. Formation of Ama:** As the doshas interact with the dhatus, they produce toxins or ama, which are metabolic waste products. Ama is considered the root cause of many diseases in Ayurveda, as it disrupts cellular functions, impairs tissue nourishment, and obstructs the channels of the body (srotas).

**4. Disease Manifestation:** The culmination of dosha vitiation and dhatu affection results in the manifestation of specific symptoms and signs characteristic of the underlying imbalance. Ayurvedic diagnosis involves identifying the predominant dosha, the affected dhatus, and the nature of the disease manifestation through careful examination of clinical features, pulse diagnosis (Nadi Pariksha), and other diagnostic modalities.

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### Practical Applications of Dosh Dushya Sammurchhana:

**1. Diagnosis:** Dosh Dushya Sammurchhana serves as the basis for diagnosing diseases in Ayurveda. By understanding the interaction between doshas and dhatus, Ayurvedic physicians can identify the underlying imbalances and formulate personalized treatment plans.

**2. Treatment:** Ayurvedic treatments aim to restore the balance of doshas and dhatus, thereby alleviating disease symptoms and promoting overall well-being. Therapeutic interventions include dietary modifications, lifestyle changes, herbal remedies (medicinal plants and formulations), detoxification procedures (Panchakarma), rejuvenation therapies (Rasayana), and spiritual practices (Yoga and meditation).

**3. Prevention:** Understanding Dosh Dushya Sammurchhana allows individuals to adopt preventive measures to maintain optimal health and prevent the onset of diseases. By harmonizing the doshas through healthy dietary habits, regular exercise, stress management, and proper hygiene practices, one can bolster the body's natural defense mechanisms and enhance resilience against illness.

**4. Holistic Approach:** Dosh Dushya Sammurchhana underscores the holistic approach of Ayurveda, which addresses the root cause of disease rather than merely treating symptoms. By addressing imbalances at the level of doshas and dhatus, Ayurveda promotes holistic healing and restoration of equilibrium in the body, mind, and spirit.

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### Conclusion:

Dosh Dushya Sammurchhana is a cornerstone concept in Ayurvedic medicine, elucidating the intricate relationship between doshas and dhatus in health and disease. By understanding this fundamental principle, Ayurvedic physicians can diagnose, treat, and prevent a wide range of ailments, promoting holistic well-being and vitality. Incorporating Ayurvedic principles into modern healthcare practices offers a comprehensive approach to healthcare, emphasizing personalized medicine, preventive care, and the integration of mind-body-spirit aspects for optimal health outcomes.

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