



## Clinical Application of Shatkriyakal

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### ABSTRACT:

Kriya kala is a concept in Ayurveda that identifies the stages of a disease's progression, focusing on the time of treatment or interception. It includes six stages: Sanchaya, Prakopa, Prasara, Sthansamsraya, Vyaktavastha, and Bhedavastha. The Prayojana of Ayurveda consists of two types: maintaining health through Ritucharya, Dincharya, and Sadvritta, and curing diseases through therapeutic measures.

Keywords: Shatkriyakala, Dosh, Dhatu, Sanchaya, Prakopa, Prasara, Sthansansarya,

### INTRODUCTION: -

Dosha and Dushyas are key factors in disease pathogenesis, with vitiated Doshas affecting other body elements and leading to disease formation. Ayurveda emphasizes the importance of complete knowledge of Shatkriyakala for effective disease treatment.

Mainly Kriya Kala are divided into two types.

1. Ritu Kriya Kala.
2. Vyadhi Kriya kala.

The Ritu Kriya Kala explained by vagbhat in Astang Sangrah Sutra stnana in 12th chapter<sup>1</sup>. These are only three

- (1) Chaya (Stage of accumulation of doshas)
- (2) Kopa (Stage of aggravation)
- (3) Prashama (Auto pacification of doshas)

The three stages of Doshas in Ayurveda are due to the effect of existing ritu, and if adopted, these doshas will bring back to normal. Ayurveda identifies six stages of any disease, including visible symptoms and complications. It can detect and treat the underlying cause of a disease before external symptoms appear<sup>2</sup>. The main active factors in disease development are Ama (autotoxin), Toxicity, and mobility of the Doshas (biological factors). Ayurveda believes all diseases result from systemic imbalances and malfunctions of the three doshas (vata, Pitta, and Kapha).

### MATERIALS AND METHODS -

Literature Search – Review of Literature regarding shatkriyakala is collected from (1) Sushruta Samhita (2) Astang Hrudayam. All compiled matter is reorganized and critically analyzed for the discussion and attempt has been made to draw some fruitful conclusion

### OBSERVATION AND RESULTS -

#### (1)-Sanchya (Stage of accumulations)

Sanchya<sup>6</sup> is a stage where Doshas increase in their own sites, leading to dislike for things of opposite<sup>7</sup> qualities. This stage is beneficial for treating individuals with mild symptoms such as abdominal bulging, yellowing nails, eyes, and urine, and feelings of heaviness and laziness due to kapha dosha<sup>8</sup>. The etiology of Sanchya can be classified into Kala swabhava (natural) and Trividha Hetu (three types of causative factors) such as Pragynaparadha (misleads), Asatmendriyarth Samyoga (improper use of sensory organs), and vyapanna hetu (inherent cause). If neglected, these deranged Doshas

become stronger and more intensive in their next stages. Assessing accumulated Doshas and taking appropriate treatment is crucial for addressing Sanchaya Avastha.

## (2) Prakopa (Stage of aggravation)

Sanchaya avastha occurs when Causative factors persist, leading to the accumulation of Sanchayit Doshas in Prakopavastha<sup>9</sup>. This stage, defined by Acharya Vagbhata as Unmargagamita, involves the accumulation of Doshas in their respective sites. There are two types: Sanchaya Prakopa and Achaya Prakopa. The melting stage of previously excited Doshas is also present, with two types: Chaya Prakopa and Achaya Prukopa<sup>10</sup>. Chaya Prakopa is a physiological aggravation of the concerned Dosha, which can cause complaints in the body. Ayurveda prescribes seasonal regimens to prevent such problems<sup>11</sup>.

Chayprakop prashama vayogrishmadishu trishu |  
Varshadishu tu pittasya shleshmane shishiradishu||

Doshas, or accumulated substances, leave their original place and spread to other parts of the body through different srotas. They move with the help of Vayu, either alone or in combinations with other Doshas, leading to 15 types of Prasara stages<sup>12</sup>. Overflowing Doshas receive three types of gati<sup>13</sup>(direction) and three types of Rogmarga: Abhyantara Roga Marga (if Doshas accumulate in visceral region, ex-kosta), Bahya Roga Marga (if Doshas accumulate in tissue and produce diseases like Galagand, Gandmalas, Stholya, Napumsakatwa), and Madhyama Roga Marga (if Doshas accumulate in vital parts, Asthi, Sandhis, and manifest diseases like heart disease).

All Dhatus, Malas, Pitta, and Kapha Doshas are Pangu (inactive), meaning they may increase in quantities<sup>14</sup> but do not have the capacity to move. For movement, they need to be stimulated and transported by Vata Dosha only. In Prasara Avastha, Linga Chikitsa (symptomatic treatment) is recommended, followed by Vyadhi Pratyhanika Chikitsa (disease-specific treatment).

## (4) Sthansansrya (Stage of localization)

In the stage of Kriyakala, the aggravated Dosha localizes to any part of the body, causing specific diseases. This stage involves interaction between microbial elements and tissues, with weak or defective sites essential for localization. The doshas in Prasara avastha circulate throughout the body, but are obstructed in the srotas due to sroto vaigunyua, leading to Doshdushya Sammurchana. This stage is easy to recognize due to the presence of Prodromal symptoms, making it crucial for disease treatment<sup>1</sup>.

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

Dalhana identifies the stage of manifestation of disease as a time when clinical features are well-produced and easily identifiable<sup>18</sup>. Symptoms include increased body temperature, excessive watery stool, and unusual abdomen enlargement. This stage requires the adoption of treatment based on Vyadhi Pratyhanika Chikitsa, which emphasizes the importance of proper management<sup>19</sup>.

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

– This is the last Stage in which disease can be diagnosed

Shatkriyakala, a concept in Ayurveda, is a medical system that explains the progression of diseases. It identifies the stages of disease, from the initial stage of Bhedavastha (incurable) to the next stage of Bhedavastha<sup>20</sup>(complications). For example, cancer is considered a stage of Bhedavastha, where diseases become chronic or incurable. Cancer develops in a multistep process, involving malignant, autonomously growing abnormal clone cells, which can attack or spread to different parts of the body. Shatkriyakala is mentioned in Sushruta Samhita texts and plays a significant role in the management of various disease stages.

## DISCUSSION

Tridhatu, or Tridoshas, are characterized by vitiation tendency due to changes in both internal and external environments. These changes are caused by irregularities in daily and seasonal life styles, which negatively impact health and cause vitiation of doshas or Dosha Prakopa. The dosha Prakopa begins with a pathological circle, which is stage-wise disease manifestation or shat kriya kala. Early diagnosis of diseases helps cure them successfully without discomfort. Ayurveda suggests following daily and seasonal regimens as a preventive measure. Diseases are unions of Dosha-Dushya, with symptoms occurring in the first two stages, accumulated in the third and fourth stages, and arising in the fourth stage. The fifth stage is where clear symptoms and treatment are observed, and the final stage is Bheda, where disease is seen with complications or recovery. Proper knowledge of shatkriyakala is essential for early diagnosis and effective treatment.

Acharya Sushruta's Sushruta Samhita outlines the principle of Shatkriyakala, which explains how unsuitable diet and lifestyle can lead to vitiated Doshas, abnormalities in Dhatus, and diseases<sup>21</sup>. The Vaikrita Doshagati, which includes Kshaya and Vriddha Doshas, should be managed by Brimhana, Shaman, or Shodhana Chikitsa. The Chaya and Prakopa stages of Kriyakala should be managed with seasonal Chikitsas, while the Prasara stage is primarily managed by Hetulinga Chikitsa. Disease treatment in its earlier stages can reduce drug doses and duration<sup>22</sup>.

## CONCLUSION -

Shatkriyakala is a unique concept in Ayurveda that helps physicians identify and treat diseases in their initial stages, preventing complications. Acharya Sushruta mentions Kriyakala, which aids physicians in treating vitiated dosha conditions. Successful practitioners diagnose and treat diseases according to Shatkriyakala, while modern diagnostic tools focus on maintaining homeostasis through proper measures in the initial stages.

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