



HEALTH IMPACT OF DOSHAS :AN PHYSIOLOGICAL ASPECTS

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ABSTRACT –

Many scholars believe that Ayurveda is the world's oldest form of therapeutic massage. It is called Ayurveda, or "The Science of Life." The origins of Ayurvedic wisdom may be traced back over 5,000 years to India, earning it the moniker "Mother of All Healing." This therapeutic approach emphasizes preventive measures heavily and promotes the preservation of health via careful attention to balance in one's life, appropriate thought, food, way of living, and herb usage. Understanding Ayurveda helps one to establish and preserve this balance of body, mind, and consciousness in accordance with their unique constitution. It also enables one to modify their lifestyle to achieve and preserve this equilibrium.

Everything in the universe is composed of the five elements of Earth, Water, Fire, Air, and Space, according to Ayurveda. In the human body, these five elements manifest as three distinct Dosh kinds. Every individual is born with a different combination of Doshas. They exist in varying proportions. For instance, some might possess a strong Pitta (fire) concentration, a secondary Kapha (earth), and a negligible amount of Vata (air) in their constitution; yet, their combination may differ from someone else's.¹

KEYWORDS- Health, Dosh, Ayurveda Samyastha

INTRODUCTION-

Understanding that there is no "one size fits all" approach to health is essential to *Ayurvedic* wellbeing and recovery. It is important to recognize the distinctive qualities of every person and circumstance, taking into account the individual, the time of year, the location, and other factors.

Ever ponder why some folks exhibit hyperactivity while maintaining composure? Why do some people eat more than is necessary and not gain weight, while others gain weight on a simple three-course meal? All these questions are answered by *Ayurveda* using the three *Doshas*, or body kinds. According to *Ayurveda*, the body-mind complex's functional entities are known as *doshas*. These appear in the body as their characteristics, particular sites, and the active.²

functions they carry out in arranging the mechanisms that create and maintain the body. Stated differently, these are the forces that cause the organism to function. Because *Vata*, *Pitta*, and *Kapha* comprise the entire body, their non or exacerbated states have positive or negative effects on the body as a whole. Good outcomes like growth, strength, complexion, happiness, etc. occur in the state of normalcy (normal state), whereas abnormalities result in negative outcomes known as diseases.³

Aims and objectives :

1. Should consider the near reality of the *Dosha's* physiological adjustment in the human body.
2. To elucidate the elements considerate of *Vridhi* and *Kṣaya* of *Doshas*.

MATERIAL AND METHODS :

The primary *Ayurvedic* compositions used in this estimated thought were *chraka samhita* *Susruta Samhitha*, *Astanga Hriday*, and existing commentary on these writings.

REVIEW OF LITERATURE

VATA DOSHA

The suffix "ta" to the word "Va" is where the term "vata" originates. The definition of "vata" is "vagatigandhanayoh." [The term "va" refers to both intuition (*gandhana*) and movement (*gati*). The terms "gati" indicate "motion," "moving," and "going." The terms "gandhana" refer to perception, information, and intimation.

Hyperfunctioning of vata (vridhhi lakshana)

When vata levels in the body are increasing, the body exhibits various signs and symptoms as below:

- ✓ Emaciation (*karshya*)
- ✓ Blackish discoloration (*kashnya*)
- ✓ Fond of hot articles (*ushnakamitva*)
- ✓ Uncontrolled movements (*kampa or gatra sphurana*)
- ✓ Abdominal distension (*anaha*)
- ✓ Constipation (*shakrut graha or gadha varcha*)
- ✓ Decreased strength (*bala bhransha or alpa balatvam*)
- ✓ Loss of sleep (*nidra bhransa or nidra nasha*)
- ✓ Sensory and motor function loss (*indriya bhransha*)
- ✓ Delirium (*pralapa*)
- ✓ Dizziness (*bhrama*)
- ✓ Lack of self-confidence (*dinata*)
- ✓ Dryness of skin (*twaka parushya*)
- ✓ Pain in bones (*asthi shula*)
- ✓ Reduction in bone marrow (*majja shosha*)
- ✓ Flatulence (*adhmana*)
- ✓ Delusion (*moha*)
- ✓ Fear (*bhaya*)
- ✓ Grief or sorrow (*shoka*)⁴

Vata hypofunction (kshaya lakshana) –

The following list of indications and symptoms the body displays when vata levels are dropping Stay silent (alpabhashita or alpavaka).

- Angasada, or generalized weakness.
- Sensory loss (sangya moha or mudha sangyta) Enhanced kapha symptoms
- Not as busy (manda cheshta)
- A lack of pleasure or loss of enjoyment (apraharsha)
- Overspitting (praseka)
- Appetite loss (aruchi)
- Rhallasa, or nausea ⁵

PITTA DOSHA

Action at the standard (*sama*) level: - In the body, *Pitta* stands for heat, fire (*Agni*), and the sun. Appetite (*ruchi*), thirst (*trad*), hunger (*kshut*), intelligence (*medha and dhi*), boldness (*Saurya*), valour (*ranutva*), softness (*mardava*), proper digestion (*Pakti*), and maintenance of body temperature (*Usma*) are all related to these qualities. and contentment are the *pitta dosa's* typical functions⁶.

Signs of pitta pravradhha include:

Hyperfunctioning of pitta (vridhhi lakshana)-

Pitta hyperfunction (*vridhhi lakshana*): The body displays a range of indications and symptoms when pitta levels rise, as listed below

- Yellowish hue of the skin (*twacha*), eyes (*netra*), urine (*mutra*), and stool (*purisha*)
- heightened appetite (*kshudha*)
- higher level of thirst (*trishna*)
- A burning feeling (*daha*)
- Reduced sleep (somnia)
- Losing consciousness (*glani*)
- Sensational weakness or malfunction (*indriya daurbalya*)
- Essence vitiation (*ojovisramsya*)
- Cold hankering (*shita abhilasha*)
- tongue-biting sensation (*tiktasyata*)
- Stupidity (*murchha*)
- Too much rage (*krodhi*)
- Diminished power (*bala hani*)⁶

Identification

Clinical aspects can be used to diagnose and evaluate *vata dosha*. Pain (*shula*), numbness (*suptata*), dryness (*rukshata*), rigidity (*stambhana*), wasting (*shosha*), and harshness (*parusha*) are the most common clinical symptoms of *vata dosha*. There is a list of eighty ailments caused by an imbalance in the *vata dosha*, or *vataja nanatmaja vyadhi*.

Pitta hypofunction (kshaya lakshana):

The body displays a range of indications and symptoms when pitta levels drop, including the following:

- Reduced digestive functions and a poor capacity for digestion (*manda anala*)
- Chill (*Shita*)
- Diminished skin radiance (*Prabha Hani*)
- Hardness (*Stambha*)
- prickly discomfort (*Toda*)
- Reduced appetite (*Arochaka*)
- excessive roughness (*Angaparushya*) on the body
- tremors (*Kampa*)
- bodily heaviness (*Gaurav*)
- Eyes, nails, etc. with whitish coloring (*Nakha-Nayana Shaukalayadi*)⁷

Diagnosis:

The state of *pitta dosha* can be diagnosed and assessed based on clinical features. The most common clinical features of *pitta dosha* are burning sensation (*Daha*), feeling of hotness (*Ushnata*), suppuration (*Paka*), *Strava* (discharge), redness (*Raga*), rigidity (*Stambhana*), wasting (*Shosha*) and harshness (*Parusha*).

Forty types of [diseases](#) are caused due to an imbalance of *pitta dosha* (*Pitta Nanatmaja Vyadhi*).

KAPHA DOSHA**Stages of dosha:**

Dosha continues to exist in three states: hypofunction (*kshaya*), hyperfunction (*vridhhi*), and normal physiological state (*sama*). Increase and reduction in *dosha* functioning (*karma*) can be used to understand *dosha* increase and decline in the body. *Dosha*, when increased, produce their respective features in excess; when decreased, cut off their functions, and when in the normal state, perform their normal functions.

Hyperfunctioning of kapha (vridhhi lakshana)

When *kapha* levels increase, the body exhibits various signs and symptoms as below: [Whitish coloration of skin (*shaukalaya*), A feeling of coldness (*shaitiyam*), Firmness and stiffness (*sthairyam*) Heaviness in body (*gauravam*), Depression (*avasada*), Drowsiness (*tandra*) Sleepiness (*nidra* or *atindrata*), Lack of firmness in joints (*sandhivishlesha*), Low digestive capacity (*agnisadana*), Salivation (*praseka*), Laziness (*alasya*), Flaccidity (*shlathangatvam* or *angasada*), Dyspnea (*shwasa*), Cough (*kasa*), Obesity (*sthaulya*) Blockage of natural passages (*srotapidana*), Syncope (*murchha*), Nausea (*hrillasa*)

Hypofunctioning of Kapha (Kshaya Lakshana):

When *kapha dosha* levels in the body are declining, the body exhibits various signs and symptoms as described below: Dryness (*rukshata*), Burning sensation in the body (*antardaha*), Emptiness in all sites of *kapha* especially stomach (*amashyaitara shleshmashaya shunyata*), Flaccid joints (*sandhi shaitilya*), Thirst (*trishna*), Weakness (*daurbalya*), Loss of sleep (*prajagarana* or *anidra*), Giddiness (*bhrama*), Twisting pain (*udveshtana*), Body aches (*angamarda*) A feeling of burning skin (*parishosha*), Pricking pain (*toda*), Tremors (*vepana*), Burning sensation (*daha*), A feeling of cracking or breaking pain (*sphotana*), Feeling of smoke (*dhumayana*), Palpitation (*hridayadrava*).

Diagnosis:

Clinical features can be used to diagnose and evaluate the status of *kapha dosha*. Unctuousness (*sneha*), whitishness (*shwetya*), coolness (*shaitya*), itching (*kandu*), heaviness (*gaurava*), chronicity (*chirakarivam*), accumulation (*upachaya*), and numbness (*supti*) are the most prevalent clinical characteristics of *kapha dosha*. As listed below, forty different diseases arise from an imbalance in *kaphadosha* (*kaphananatmajavyadhi*).⁸

CONCLUSION :

Everyone is aware of the three requirements for everything in the world: evolution or creation (*udbhava*), maintenance (*sthiti* or *dharana*), and destruction (*samhāra*). Three powers are identified for this task: Lord Brahma, Viṣṇu, and Mahesa. The three dosas are responsible for the development, metabolism, and mobility of a living organism. These processes can be interpreted as the evolution, maintenance, and annihilation of life (*ayus*). *Doshas* are the materials (substances) that are always present in the body; when they are normal (*avikrta*), they take care of the body's many functions and help to keep it functioning.

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