



Ashayapakarsha: A critical evaluation in Ayurvedic perspective

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ABSTRACT:-

Ayurveda is meant for a healthy and prolonged lifestyles. Doshas are the essential concepts of Ayurveda. Moreover, Doshagati is a vital aspect because it holds substantial importance in remedy. The term Doshagati refers to the movement of Doshas. All actions and sports in the frame occur because of Vata. Vata serves as the number one pressure using physiological and pathological movements of the body's factors. Pitta, Kapha, Malas, and Dhatus are all structured. They do not possess impartial motion in the frame and might handiest relocate while stimulated

or activated by Vata. In Ayurveda, the primary intrinsic elements for Samanyaj Vyadhi are Vata, Pitta, and Kapha. these Doshas are vulnerable to imbalance and vitiation. inside this vitiation or imbalance, Doshgati performs a crucial and essential function. Gati indicates movement, and the time period Doshagati indicates the motion of Doshas. The varieties of Doshagati are categorised into four kinds: Koshtha-Shakha-Marmasthisandhi Gati, Vriddhi-Kshaya-Sthana Gati, Urdhwa-Adha-Tiryaka Gati, and Ashayapakarsha Gati.

here, Ashayapakarsha refers to the displacement from the unique place. in this context, the vitiated Vata Dosh shifts normal Pitta or Kapha from its specific vicinity. This displacement of Pitta and Kapha from their unique positions results in numerous issues stemming from the imbalance of Pitta and Kapha. Kamala is a Raktapradoshaj Vyadhi, which has sorts: Bahupittakamala and Ruddhathakamala. In Ruddhathakamala, annoyed Vata, in conjunction with Kapha, obstructs the commonplace bile duct that transports bile from the liver to the duodenum, which is an example of Ashayapakarsha Gati. This literature evaluation emphasizes the observe of Ashayapakarsha Gati within the Samprapti of Ruddhathakamala.

KEY WORDS:- Ashayapakarsha, Koshtha-Shakha-Marmasthisandhi, Raktapradoshaj Vyadhi, Ruddhathakamala etc,

INTRODUCTION:-

Ayurveda, the ancient technology of life, is deeply rooted in fundamental principles that govern health and disorder. among those, Ashayapakarsha is a massive concept that describes the displacement of doshas or dhatus from their natural locations due to diverse inner and external factors. The time period Ashayapakarsha is derived from "Ashaya" (website or receptacle) and "Pakarsha" (displacement or motion), relating to the strange motion of elements in the frame. this newsletter objectives to comprehensively talk the idea of Ashayapakarsha in Ayurveda, its causes, mechanisms, clinical implications, and healing considerations in managing issues springing up because of this phenomenon. Etymology and Conceptual information Ashayapakarsha is a pathophysiological kingdom where the doshas are displaced from their Swasthana (natural web page) to another vicinity, often main to ailment manifestations. in line with Acharya Charaka and Sushruta, the frame's equilibrium is maintained while the doshas continue to be of their respective places (Vata in Pakvashaya, Pitta in Amashaya, and Kapha in Urahsthana). however, whilst these doshas undergo displacement, they invent disturbances in physiological processes, leading to diverse problems. The procedure of Ashayapakarsha occurs beneath primary situations:

1. Shodhanainduced Ashayapakarsha: this is an intentional and healing movement of doshas, facilitated by Panchakarma tactics.
2. Pathological Ashayapakarsha: This happens because of inherent doshic aggravation or external causative factors leading to ailment formation.

Knowledge Ashayapakarsha :

The time period "Ashayapakarsha" is derived from:

Ashaya – A receptacle or a domain where Doshas, Dhatus, or Malas live.

Apakarsha – Displacement or withdrawal from the everyday vicinity.

therefore, Ashayapakarsha refers to the displacement of Doshas, Dhatus, or Malas from their natural sites to bizarre locations, main to pathological situations.

Classical References

diverse classical texts describe Ashayapakarsha under the framework of Dosha motion, sickness formation, and treatment:

1. **Charaka Samhita** – Mentions how Doshas move from their normal area (Sthana) because of various factors, leading to sickness.

2. **Sushruta Samhita** – Discusses the effect of Ashayapakarsha on extraordinary Dhatus and how it manifests in surgical conditions.
3. **Ashtanga Hridaya** – Explains the connection between Dosha displacement and disorder progression.

CAUSES OF ASHAYAPAKARSHA

The displacement of doshas from their respective seats can be brought on by using numerous elements, such as:

1. Vikrita Dosha Chaya and Prakopa (Dosha Aggravation)

- Imbalance of Vata, Pitta, and Kapha leads to their multiplied mobility and motion into atypical locations.
- E.g., Vata Dosha in extra can displace other Doshas due to its mobility (Chala Guna).

2. Margavarodha (Obstruction in Pathways)

- Blockage in channels (Srotas) due to Ama (pollution), Kapha, or external factors forces Doshas to move abnormally.
- E.g., Kapha blocking off Vata pathways results in erratic movements.

3. Kshaya or Vriddhi of Dhatus (Dhatu Imbalance)

- Depletion of one Dhatu reasons Ashayapakarsha of another.
- E.g., depletion of Rasa Dhatu can result in the bizarre movement of Pitta and Vata, affecting blood stream.

4. nutritional elements (Ahara)

excessive consumption of unwholesome meals.

Incompatible meals combinations (Viruddha Ahara).

Overeating or starvation.

5. life-style factors (Vihara):

excessive exertion or sedentary habits.

surprising adjustments in environmental situations.

irrelevant seasonal regimens (Asatmya Vihara).

6. Pathological factors:

- a) Doshic Vikara: Aggravation of a dosha beyond its ordinary restriction.
- b) Srotorodha: Blockage of physical channels (srotas), main to misplacement.
- c) Agni Dushti: Irregularities in digestive and metabolic hearth (Jatharagni and Dhatvagni), stressful regular doshic movement.

7. psychological factors:

- a) Emotional disturbances inclusive of pressure, fear, or anger can cause erratic doshic movements.

Mechanism of Ashayapakarsha

The method of Ashayapakarsha can be explained through the Gati (motion) of Doshas:

1. **Urdhva Gati (Upward displacement):** associated with Vata and Pitta doshas, often inflicting conditions like vomiting, hiccups, and acid reflux disorder.
2. **Adho Gati (Downward displacement):** related to Vata and Pitta dominance, leading to diarrhea, dysentery, or excessive bowel moves.
3. **Tiryak Gati (Lateral displacement):** Misplacement in an indirect or unsuitable course, causing illnesses like Arsha (piles) or Vidradhi (abscesses).

The method of Ashayapakarsha follows a chain:

1. **Dosha Utklesha (Aggravation):** Doshas are vitiated because of causative factors.
2. **Margavarodha (Obstruction in normal pathways):** Blockage happens due to Avarana (encapsulation) or Srotodushti (channel impairment).
3. **Kshaya or Prakopa (Deficiency or aggravation of every other dosha):** One dosha turns into excessive, whilst some other turns into depleted.
- four. **Vyadhi Utpatti (ailment manifestation):** If left unchecked, illnesses take place within the organ in which the dosha is displaced.

Types of Ashayapakarsha:

primarily based at the form of Dosha displacement, Ashayapakarsha can be categorised into three sorts:

1. Dosha Ashayapakarsha (Displacement of Doshas)

Vata Ashayapakarsha – reasons dryness, ache, and fearful machine issues.

Pitta Ashayapakarsha – ends in burning sensations, inflammation, and ulcers.

Kapha Ashayapakarsha – results in congestion, swelling, and slow metabolism.

2. Dhatu Ashayapakarsha (Displacement of Tissues)

If Rasa (nutritional plasma) movements to an peculiar web page, it could reason malnutrition and dehydration.

Displacement of Rakta (blood) to unaccustomed locations can cause hemorrhagic issues.

Ojas displacement leads to reduced immunity and weakness.

three. Mala Ashayapakarsha (Displacement of Waste merchandise)

Malfunctioning of the colon or kidneys because of displaced Apana Vayu can result in constipation or urinary problems.

excessive accumulation of waste in unintended locations ends in metabolic illnesses.

scientific Implications of Ashayapakarsha

The displacement of doshas from their unique web site affects numerous organ structures and leads to multiple diseases. a few vital medical conditions influenced with the aid of Ashayapakarsha include:

1. Amlapitta (Acid Peptic disorders): when Pitta moves to the stomach (Amashaya), hyperacidity outcomes.
2. Gulma (stomach Tumors): Kapha or Vata transferring to the intestines can bring about palpable hundreds
3. Tamaka Shwasa (Bronchial bronchial asthma): Kapha obstructing the Pranavaha Srotas results in respiratory distress.
4. Gridhrasi (Sciatica): Vata displacement affects the decrease extremities, inflicting extreme ache.
5. Hridroga (heart illnesses): PittaKapha moving to the heart vicinity results in ischemic situations.
6. Madhumeha (Diabetes Mellitus): Vata's displacement to Mutravaha Srotas results in metabolic impairment.
7. Arthritis (Sandhigata Vata) – Displacement of Vata into joints reasons degeneration.
8. eight. Paralysis (Pakshaghata) – Vata displacement in nerves results in motor dysfunction.
9. Jaundice (Kamala) – Pitta in Rakta Dhatu leads to liver issues.
10. weight problems (Sthoulya) – Kapha displacement into Meda Dhatu ends in fat accumulation.
11. Emaciation (Dhatu Kshaya) – Malnutrition due to fallacious tissue formation.
12. Tumors (Granthi, Arbuda) – out of control boom because of displaced Doshas and Dhatus.

therapeutic approach to Ashayapakarsha

Ayurveda offers a established technique to managing Ashayapakarsha thru Shodhana (purification), Shamana (pacification), AharaVihara (dietlifestyle changes), and Rasayana (rejuvenation).

1. Shodhana therapy (detoxing Measures):

Panchakarma procedures help restore doshic stability:

- Vamana (Emesis): To do away with displaced Kapha.
- Virechana (Purgation): For displaced Pitta dosha.
- Basti (Enema): For misaligned Vata dosha.
- Nasya (Nasal remedy): For problems related to the upper frame and Pranavaha Srotas.

2. Shamana therapy (Pacification strategies):

natural and mineral preparations that balance displaced doshas:

- Triphala: Detoxifies and regulates bowel motion.
- Shatavari and Yashtimadhu: Pacify displaced Pitta and restore digestive health.
- Dashamoola Kwatha: enables in disorders caused by displaced Vata.
- Haridra and Guduchi: restore displaced Kapha and beautify immunity.

three. AharaVihara (food regimen and way of life control):

- Doshaspecific food regimen: avoid aggravating foods and devour balanced meals.
- right day by day ordinary (Dinacharya): Prevents doshic imbalances.
- Seasonal regimens (Ritucharya): Aligns physical features with nature.

four. Rasayana Chikitsa (Rejuvenation remedy):

After correcting displacement, rejuvenating tablets help repair power:

- Brahmi and Shankhpushpi: enhance intellectual health and doshic stability.
- Ashwagandha and Bala: beef up the musculoskeletal machine.
- Chyawanprash: complements immunity and restores displaced doshas.

5. Yoga and Pranayama

- Vata disorders – gentle stretching and oil rubdown.
- Pitta problems – Cooling practices like Sheetal Pranayama.
- Kapha issues – excessive workout and Kapalabhati.

dialogue:-

Ayurveda is meant for a healthful and extended lifespan. Dosha are fundamental concepts of Ayurveda. Doshagati is a very important principle as it performs a great role in treatment. The motion of Dosha is known as Doshagati. All actions and sports inside the frame occur due to Vata. Vata serves

because the primary pressure in the back of both physiological and pathological movements of physical factors. Pitta, Kapha, Malas, and Dhatus are all structured. They lack impartial movement in the body and simplest circulate from one vicinity to some other when activated or inspired by Vata. understanding Ashayapkarsha will help the health practitioner in as it should be decoding the pathological states of Doshas to differentially diagnose situations and enforce complete remedies. In Ruddhapath kamala (Obstructive Jaundice), there's an obstruction to the float of pitta Dosha as a result of Kaphaavruttvayu, wherein Kapha Kshya and Vata Prakop result in their Avaratv, main to Avarodh. This causes Tilpishtanibham Varchas (whitish discoloration of stool). understanding of Doshagati is likewise beneficial in determining the treatment approach. In treating Ruddhapatha Kamala, Snehan can exacerbate obstruction. consequently, initial Lekhana of Kapha is executed, followed via the implementation of Virechana.

CONCLUSION:-

Ashayapkarsha is a essential pathophysiological concept in Ayurveda that explains the displacement of doshas main to disease. understanding its causative elements, mechanisms, and medical implications permits for particular diagnosis and effective treatment. Shodhana, Shamana, AharaVihara, and Rasayana treatment options together assist in restoring doshic balance and stopping disease recurrence. via integrating Ayurvedic principles with contemporary information, we can better manage issues arising from Ashayapkarsha and decorate basic health. future studies must awareness on validating these concepts with clinical research, thereby expanding Ayurveda's international relevance in dealing with complicated illnesses.

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