ANALYTICAL STUDY OF KRIYAKALA W.S.R. TO PRAMEHA

Dr. Chandra Bhan Singh[1], Prof. Yogesh Kumar[2], Prof. Rita Singh[3], Prof. Seema Sachan[4], Roopali Singh[5]

[1]Asso. Professor & Head of the Department, [2,3,4]Professor & Head of the Department, [5]B.A.M.S. Final Year Scholar
[1]Department of Kayachikitsa (Manas Roga)
[1]S.R.M. Government Ayurvedic College & Hospital, Bareilly, UP, India.

Abstract: The concept of Kriyakala, describes in the mode and the stages of the development of the diseases. Here Kriya refers to action/steps/resort to eliminate and Kala refers to Aavasthika Kala (stage of process of disease), also called as Vyadhi Kriya Kala. A good understanding of Kriyakala is very essential for early diagnosis, prognosis and for adopting preventive and curative measures. It is well supported by Acharya Sushruta, if the Dosha-Vaismya is treated in early stage of Kriyakala, it will not leads to Uttara Gati (Prakopa, Prasara etc), because Uttar Gati of Dosha-Vaismya will lead to the next stage and become Yapya or Anupkrama. In classics certain measures are given to maintain Doshik equilibrium by Ahara, Vihara and Charya. The regimen prescribed for this period Ahara, Vihara and Charya is calculated to help in a smooth change over, the inability of the body to adopt itself to stresses due to change in and the specific traits of seasons, it is stated the may lead to Dosha-Vaismya, which may lead to the body highly susceptive to the one or other kinds of Vikara (disorders). Some may be Ashukari (acute) and some may be Chirkari (chronic). Further it is told in the context of Ritucharya, that the adaptive reactions of human organism to changes engendered in the external environment due to changes in successive seasons in terms of Chaya, Prakopa and Prashamana of Vata, Pitta and Kapha. In Charak Samhita, Nidanathana, Samprapti of Prameha is given in Gadya (paragraph) format, in this paper an attempt has been made to re-arrange according to Sadkriyakala.

IndexTerms: Charak Samhita, Sushruta Samhita, Kriyakala, Aavasthika Kala, Vyadhi, Dosha-Vaismya, Uttara Gati, Yapya, Anupkrama, Vikara, Ashukari, Chirkari, etc.

INTRODUCTION

The causes of Vyadhi was described as Dhatu-Vaismya[1,2,3] , that is the impaired equilibration of Tridosha, which is brought about by Asatmendriyartha Samyoga, Pragyapradha and Parinama[4,5,6,7,8,9]. It was noted that the neglect of/or failure to adopt measures described under Bhaisaja may lead to the Badhana (acute action) and Sanubadhana (chronic action)[10] . Further it is told in the context of Ritucharya, that the adaptive reactions of human organism to changes engendered in the external environment due to changes in successive seasons in terms of Chaya, Prakopa and Prashamana of Vata, Pitta and Kapha[11]. In classics certain measures are given to maintain Doshik equilibrium by Ahara, Vihara and Charya. The regimen prescribed for this period Ahara, Vihara and Charya is calculated to help in a smooth change over, the inability of the body to adopt itself to stresses due to change in and the specific traits of seasons, it is stated the may lead to Dosha-Vaismya, which may lead to the body highly susceptive to the one or other kinds of Vikara (disorders). Some may be Ashukari (acute) and some may be Chirkari (chronic). In all these cases there is usually an interval or time-lag between the time of impact of the body with the stresses and the actual manifestation of an internal stress is sufficient to draw an attention to the subject Kriyakala.
The concept of Kriyakala (Samchaya, Prakopa, Prasara, Sthana-Samsraya, Vyakti and Bheda)[12] , describes in the mode and the stages of the development of the diseases. Here Kriya refers to action/steps/resort to eliminate and Kala refers to Aavasthika Kala (stage of process of disease), also called as Vyadhi Kriya Kala. A good understanding of Kriyakala is very essential for early diagnosis, prognosis and for adopting preventive and curative measures. It is well supported by Acharya Sushruta, if the Dosha-Vaismya is treated in early stage of Kriyakala, it will not leads to Uttara Gati (Prakopa, Prasara etc), because Uttar Gati of Dosha-Vaismya will lead to the next stage and become Yapya or Anupkrama[13].

1. CHAYAVSTHA (stage of accumulation)

The term Chaya means to accumulation/ increase/ stagnation of Doshas in its Swasthana[14] (own place). This stage of increase, accumulation and stagnation is stated to be characterized by a vague Symptomatology, such as the dislike for or aversion to factors responsible for the increase of Dosha[15] and like or desire for factors or substances posseing

qualities opposite of the Dosha involved[16] . Arundatta illustrates this feature with the example of Vatachaya, in which there is an aversion for the Samanya (ordinary) qualities of Vata such as Ruksha etc, and the like or desire for qualities antagonistic to Vata Dosha such as Snigdha[17]. Some symptoms may be noted such as Sthabdhapurnakoshtata (a sense of dullness and fullness in the abdomen due to Vata[18], Pitavabhashata (yellowness of the part), due to Pitta[19] and Mandoshmta (low body temperature), Anga Gauravam (heaviness of body parts), Alasya (languor) due to Kapha[20] .

2. Prakopavastha (stage of aggravation of Doshas)

The term Prakopa is stated to be the condition in which the Dosha having increased and accumulated in its own place, being excited by appropriate causes, spreads over to parts other than its own place. In this stage a clear Symptomatology developed, specific to the Dosha involved[21]. Further adding to it the stage of Prakopa spread over throughout the body from the head to foot, a slimily is given like the water in a flooded river, which overflows its banks and spreads over the adjoining areas[22]. Common symptoms are like Koshthatoda, Sancharana due to Vata, Amlika, Pipasa, Paridaha due to Pitta and Annadwesha, Hridyutklesha due to Kapha[23].

3. Prasharavastha (stage of extension/spread)

The Prasara means to spread, i.e., Prakupita Doshas are started to Visarpana (spread) over and extend to other parts, organs and other structures of the body[24]. Acharya Sushruta says Doshas Prakopa takes place if a person is taking respective Nidanas, mentioned earlier. It expends and overflows the limit of their respective locations like the overflow occurs during the process of fermentation and the overflowing of a powerful dam of water[25]. It produces certain Lakshana pertaining to Vata like Vayo-Vimargagamana, Atopa and Pitta like Ausha, Chosha, Paridaha, Dhoomayayanani and Kapha like Arochaka, Avipaka, Angsada, and Chhardi[26].

4. Sthana Samshrayavastha/Poorvaroopavastha (stage of localization)

This stage represents the Poorvaroopa[27] (prodromal) phase of the disease yet to manifest fully. In this stage the aggravated Doshas moves all over the body and does the Dosha-Dushya Sammurchhaana (interaction between Dosha and Dushya), where they found Sanga (obstruction) or Khavaigunya/Srotovaigunya (defective channels)[28] . When the Prakupita Dosha does the Dosha-Dushya Sammurchhaana in Udara results into Gulma Vidradhi, Udara Rogadi, in Vasti Pravistha produces Prameha, Asmari and Mutraghata etc[29].

5. Vyaktavastha (stage of manifestation)

In this stage Dosha-Dushya Sammurchhaana (interaction between Dosha and Dushya) represented by its characteristic Symptomatology, for example Shopha (edema), Grinthi (lympho-adinitis), Vidradhi (abscess), Visarpa (harpies), Jwara (pyrexia) and Atisara (diarrhea)[30] .

6. Bhedavastha (stage of complication)

This is the stage in which the disease may become sub-acute and chronic or incurable. For example Shotha or Vidradhi bursts, it exhibits the characteristic Symptomatology of Vrana etc[31]. The importance of recognizing of this stage lies not only in its being a valuable aid in prognosis, but also in the fact that when diseases reach this stage, they may act as a Nidanarthakara Roga (predisposing causes of other diseases) [32].

Samprapti of Prameha as the Aspect of Kriyakala

Sl.No.	Kriyakala	Relative Samprapti of Prameha
1	Chayavstha (stage of accumulation)	According to Nidana of Prameha, after consumption of Kaphaja Ahara-Vihara Kapha Pradhana Tridoshas get accumulated[33,34] . Due to Nidan Sevana Kapha Pradhana Tridoshas gets started accumulation.
2	Prakopavastha (stage of aggravation of Doshas)	Prameha is a Bahudrava Kaphaja Vyadhi"[35], "Kshipram Shleshma Prakopa"[36]. Prameha is a Drava Kapha Dosha Vishesh Vyadhi, if a person is indulges into Kaphakara Ahara-Vihara suddenly Kapha gets aggravated.

		It is well supported by Chakrapanidatta as "Bahudrava Eva Kapho Mehajanakam"[37] i.e., Bahudrava Kapha is the originating factor to Prameha.
3	Prasharavastha (stage of extension/spread)	"Prakupita Kshiprameva Shrire Visarpitam" "Visarpan Shrire Medasaivadito Mishribhavam" [38]. Due to Sharira-Shaithilya (looseness of body) and aggravated Dravibhoota, Kapha spread all over the body very fast. It further produces looseness in body due to Samanyatva (similar) of Dosha (Kapha) and Dushya (Meda).
4	Sthana Samshrayavastha/Poorvaroopavastha (stage of localization)	"Medasashaiva Bahvabadhatvamedasashcha Gunaih Samangunabhuyishthatvat Sa Medsa Mishribhavan Dushayatyenat Vikritatvat" [39]. Due to Meda-Bahulta in Sharir (body) along with Sharir-Shaithilya, it further does the Dushana of Meda.
5	Vyaktavastha (stage of manifestation)	"Sa Vikrito Dushten Medasophita Sharirkledamamsabhyama Sansargam Gachchhati, Kledmamsyoh Atipramana Abhivriddhatvat " "Aprakritibhootatvata Sharirakledam Punardushyan Mutratven Prinamayati" [40] Vikrit Kapha, Meda, Mamsa further mixed with Dushita Meda and increases the Pramana (quantity) of Sharir Kleda (body fluid) and Mamsa. This excessive Sharir Kleda will be taken to Vasti causes Bahumutrata (polyurea).
6	Bhedavastha (stage of complication)	"Sa Mamse Mamsapradoshat Pootimamsapidkah Shravikadyah"[41] Dushita Mamsa resulting into Prameha Pidkas (carbuncles) i.e., Shravika, Kachchhapika etc, which is the complication of Prameha.

REFERENCES

1. Kashinath Shastri and Gorakhnath Chaturvedi, Vidyotini Hindi Tika of Charaksamhita, Sutrasthana, Chapter-09, Shloka-04, Published by Chaukhambha Bharti Academy Varanasi, Edition-Reprint (2020).
2. Dr. Brhamanand Tripathi, Nirmala Hindi Tika of Astanghridya, Sutrasthana, Chapter-01, Shloka-20, Published by Chaukhambha Sanskrit Pratisthana, Delhi, Edition (Reprint)-2022.
3. Dr. Ambikadutta Shastri, Ayurvedtattva Sandeepika Hindi Tika of Sushruta Samhita, Sutrasthana, Chapter-21, Shloka-2, Published by Chaukhambha Sanskrit Sansthana, Varanasi, Edition (Reprint)-2022.
4. Kashinath Shastri and Gorakhnath Chaturvedi, Vidyotini Hindi Tika of Charaksamhita, Sutrasthana, Chapter-01, Shloka-54, Published by Chaukhambha Bharti Academy Varanasi, Edition-Reprint (2020).
5. Kashinath Shastri and Gorakhnath Chaturvedi, Vidyotini Hindi Tika of Charaksamhita, Sutrasthana, Chapter-11, Shloka-37, Published by Chaukhambha Bharti Academy Varanasi, Edition-Reprint (2020).
6. Kashinath Shastri and Gorakhnath Chaturvedi, Vidyotini Hindi Tika of Charaksamhita, Sutrasthana, Chapter-28, Shloka-07, Published by Chaukhambha Bharti Academy Varanasi, Edition-Reprint (2020).
7. Kashinath Shastri and Gorakhnath Chaturvedi, Vidyotini Hindi Tika of Charaksamhita, Sutrasthana, Chapter-28, Shloka-39, Published by Chaukhambha Bharti Academy Varanasi, Edition-Reprint (2020).
8. Kashinath Shastri and Gorakhnath Chaturvedi, Vidyotini Hindi Tika of Charaksamhita, Sharirasthana, Chapter-01, Shloka-98, Published by Chaukhambha Bharti Academy Varanasi, Edition-Reprint (2020).
9. Dr. Brhamanand Tripathi, Nirmala Hindi Tika of Astanghridya, Sutrasthana, Chapter-01, Shloka-19, Published by Chaukhambha Sanskrit Pratisthana, Delhi, Edition (Reprint)-2022.
10. Kashinath Shastri and Gorakhnath Chaturvedi, Vidyotini Hindi Tika of Charaksamhita, Chikitsasthana, Pada-01,Chapter-01, Shloka-05, Published by Chaukhambha Bharti Academy Varanasi, Edition-Reprint (2020).
11. Dr. Brhamanand Tripathi, Nirmala Hindi Tika of Astanghridya, Sutrasthana, Chapter-12, Shloka-24, Published by Chaukhambha Sanskrit Pratisthana, Delhi, Edition (Reprint)-2022.
12. Dr. Ambikadutta Shastri, Ayurvedtattva Sandeepika Hindi Tika of Sushruta Samhita, Sutrasthana, Chapter-21, Shloka-36, Published by Chaukhambha Sanskrit Sansthana, Varanasi, Edition (Reprint)-2022.
13. Dr. Ambikadutta Shastri, Ayurvedtattva Sandeepika Hindi Tika of Sushruta Samhita, Sutrasthana, Chapter-21, Shloka-37, Published by Chaukhambha Sanskrit Sansthana, Varanasi, Edition (Reprint)-2022.
14. Dr. Brhamanand Tripathi, Nirmala Hindi Tika of Astanghridya, Sutrasthana, Chapter-12, Shloka-22, Published by Chaukhambha Sanskrit Pratisthana, Delhi, Edition (Reprint)-2022.

15. Dr. Brhamanand Tripathi, Nirmala Hindi Tika of Astanghridya, Sutrasthana, Chapter-12, Shloka-22, Published by Chaukhambha Sanskrit Pratisthana, Delhi, Edition (Reprint)-2022.
16. Dr. Brhamanand Tripathi, Nirmala Hindi Tika of Astanghridya, Sutrasthana, Chapter-12, Shloka-22, Published by Chaukhambha Sanskrit Pratisthana, Delhi, Edition (Reprint)-2022.
17. Arundutta, Sarvangsundra Sanskrit Tika of Astanghridya, Chapter-12, Shloka-22, Published by Chaukhambha Oriantalia, Varanasi, Edition-10th (Reprint)-2019.
18. Dr. Ambikadutta Shastri, Ayurvedtattva Sandeepika Hindi Tika of Sushruta Samhita, Sutrasthana, Chapter-21, Shloka-18, Published by Chaukhambha Sanskrit Sansthana, Varanasi, Edition (Reprint)-2022.
19. Dr. Ambikadutta Shastri, Ayurvedtattva Sandeepika Hindi Tika of Sushruta Samhita, Sutrasthana, Chapter-21, Shloka-18, Published by Chaukhambha Sanskrit Sansthana, Varanasi, Edition (Reprint)-2022.
20. Dr. Ambikadutta Shastri, Ayurvedtattva Sandeepika Hindi Tika of Sushruta Samhita, Sutrasthana, Chapter-21, Shloka-18, Published by Chaukhambha Sanskrit Sansthana, Varanasi, Edition (Reprint)-2022.
21. Dr. Brhamanand Tripathi, Nirmala Hindi Tika of Astanghridya, Sutrasthana, Chapter-12, Shloka-22, Published by Chaukhambha Sanskrit Pratisthana, Delhi, Edition (Reprint)-2022.
22. Dr. Brhamanand Tripathi, Nirmala Hindi Tika of Astanghridya, Sutrasthana, Chapter-12, Shloka-29, Published by Chaukhambha Sanskrit Pratisthana, Delhi, Edition (Reprint)-2022.
23. Dr. Ambikadutta Shastri, Ayurvedtattva Sandeepika Hindi Tika of Sushruta Samhita, Sutrasthana, Chapter-21, Shloka-27, Published by Chaukhambha Sanskrit Sansthana, Varanasi, Edition (Reprint)-2022.
24. Dr. Ambikadutta Shastri, Ayurvedtattva Sandeepika Hindi Tika of Sushruta Samhita, Sutrasthana, Chapter-21, Shloka-32, Published by Chaukhambha Sanskrit Sansthana, Varanasi, Edition (Reprint)-2022.
25. Dr. Ambikadutta Shastri, Ayurvedtattva Sandeepika Hindi Tika of Sushruta Samhita, Sutrasthana, Chapter-21, Shloka-32, Published by Chaukhambha Sanskrit Sansthana, Varanasi, Edition (Reprint)-2022.
26. Dr. Ambikadutta Shastri, Ayurvedtattva Sandeepika Hindi Tika of Sushruta Samhita, Sutrasthana, Chapter-21, Shloka-32, Published by Chaukhambha Sanskrit Sansthana, Varanasi, Edition (Reprint)-2022.
27. Kashinath Shastri and Gorakhnath Chaturvedi, Vidyotini Hindi Tika of Charaksamhita, Nidansthana, Pada-01,Chapter-08, Shloka-05, Published by Chaukhambha Bharti Academy Varanasi, Edition-Reprint (2020).
28. Dr. Ambikadutta Shastri, Ayurvedtattva Sandeepika Hindi Tika of Sushruta Samhita, Sutrasthana, Chapter-24, Shloka-19, Published by Chaukhambha Sanskrit Sansthana, Varanasi, Edition (Reprint)-2022.
29. Dr. Ambikadutta Shastri, Ayurvedtattva Sandeepika Hindi Tika of Sushruta Samhita, Sutrasthana, Chapter-21, Shloka-33, Published by Chaukhambha Sanskrit Sansthana, Varanasi, Edition (Reprint)-2022.
30. Dr. Ambikadutta Shastri, Ayurvedtattva Sandeepika Hindi Tika of Sushruta Samhita, Sutrasthana, Chapter-21, Shloka-34, Published by Chaukhambha Sanskrit Sansthana, Varanasi, Edition (Reprint)-2022.
31. Dr. Ambikadutta Shastri, Ayurvedtattva Sandeepika Hindi Tika of Sushruta Samhita, Sutrasthana, Chapter-21, Shloka-35, Published by Chaukhambha Sanskrit Sansthana, Varanasi, Edition (Reprint)-2022.
32. Kashinath Shastri and Gorakhnath Chaturvedi, Vidyotini Hindi Tika of Charaksamhita, Nidansthana, Chapter-08, Shloka-05, Published by Chaukhambha Bharti Academy Varanasi, Edition-Reprint (2020).
33. Kashinath Shastri and Gorakhnath Chaturvedi, Vidyotini Hindi Tika of Charaksamhita, Chikitsasthana, Chapter-06, Shloka-04, Published by Chaukhambha Bharti Academy Varanasi, Edition-Reprint (2020).
34. Kashinath Shastri and Gorakhnath Chaturvedi, Vidyotini Hindi Tika of Charaksamhita, Nidansthana, Chapter-04, Shloka-05, Published by Chaukhambha Bharti Academy Varanasi, Edition-Reprint (2020).
35. Kashinath Shastri and Gorakhnath Chaturvedi, Vidyotini Hindi Tika of Charaksamhita, Nidansthana, Chapter-04, Shloka-06, Published by Chaukhambha Bharti Academy Varanasi, Edition-Reprint (2020).
36. Kashinath Shastri and Gorakhnath Chaturvedi, Vidyotini Hindi Tika of Charaksamhita, Nidansthana, Chapter-04, Shloka-08, Published by Chaukhambha Bharti Academy Varanasi, Edition-Reprint (2020).
37. Chakrapani Dutta, Ayurveda Dipika commentary of Charaka Samhita, Nidanasthana, Chapter-04, Shloka-08, Published by Chaukhambha Oriantalia Varanasi, Reprint-2021.
38. Kashinath Shastri and Gorakhnath Chaturvedi, Vidyotini Hindi Tika of Charaksamhita, Nidansthana, Chapter-04, Shloka-08, Published by Chaukhambha Bharti Academy Varanasi, Edition-Reprint (2020).
39. Kashinath Shastri and Gorakhnath Chaturvedi, Vidyotini Hindi Tika of Charaksamhita, Nidansthana, Chapter-04, Shloka-08, Published by Chaukhambha Bharti Academy Varanasi, Edition-Reprint (2020).
40. Kashinath Shastri and Gorakhnath Chaturvedi, Vidyotini Hindi Tika of Charaksamhita, Nidansthana, Chapter-04, Shloka-08, Published by Chaukhambha Bharti Academy Varanasi, Edition-Reprint (2020).
41. Kashinath Shastri and Gorakhnath Chaturvedi, Vidyotini Hindi Tika of Charaksamhita, Nidansthana, Chapter-04, Shloka-08, Published by Chaukhambha Bharti Academy Varanasi, Edition-Reprint (2020).