



The Relevance and Importance of Kriyakaal Principal of Ayurveda in Present Time

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ABSTRACT

In today's world human life is surrounded and affected by many diseases. People suffer through many types of disease at different stages of life. The symptoms which initially look normal may switch into different chronic disease which can affect one's mental, physical and financial status too.

In modern medical treatment when prices go up it becomes really difficult for a common man to cope up and afford the expenditure required in the investigation and treatment.

When this case comes in Ayurveda Science it can be solved through kriyakaal principal. If a person in general, studies about this principal he may get to know about the initial symptoms of some very dangerous disease from the first stage only. These six stages help in the through recognition of the seed of the disease much before it shows its clinical indications. The Ayurvedic Acharyas have mentioned about the symptoms so that a person accordingly starts maintaining his diet and lifestyle and start taking appropriate precautions. This enables an individual to maintain his personal wellbeing and health.

A sincere effort has been made here to solve this situation from Ayurveda Science and its relevance in the present day.

KEYWORDS : kriyakaal process, Adhyashan, katu rasa, prakopavastha, life style

Introduction:

From starting till the end Acharya Sushrut has mentioned about six different stages in a disease in the form of six different Kriyakaal Process. Achary Charak and Vagbhat have also mentioned some of these stages in their texts. In the process of kriyakaal various stages of disease are also described.

Keeping this in mind we have tried to make efforts to solve this problem and we have come up with some solutions. We have go through many ancient ayurveda texts and came up with following solutions in the form of kriyakaal process. Following comes the process of Kriyakaal.

1. **SANCHAYAVASTHA** - First stage of treatment
2. **PRAKOPAVASTHA** - Second stage of treatment
3. **PRASARAVASTHA** - Third stage of treatment
4. **STHANSANSRAYAVASTHA** - Fourth stage of treatment
5. **VYAKTAVASTHA** - Fifth stage of treatment
6. **BHEDAVASTHA** - Sixth stage of treatment

1. SANCHAYAVASTHA- First stage of treatment

When Doshas are accumulated in our body, an individual wants the opposite diet and life style i.e. in *Atyashana* (intake of excess food) or *Adhyashana* (intake of food over preconsumed food) an individual wants *Langhana* (fasting) and if one takes sweet food in more quantity then after that he wants only salty or spicy diet. (*Ashtang Hridaya, Sootra Sthaana Chapter XI, verse 22*). Besides this some symptoms are produced in our body i.e. because of Vata Dosha sanchya- stiffness in body, because of Pitta Dosha sanchya- yellowishness in nail, skin and eyes etc., because of Kafa Dosha sanchya - one feels lethargic. Sanchayavastha is the first stage of treatment where Doshas can be normal and can not enter in next stage.

2. PRAKOPAVASTHA- Second stage of treatment

When in the first stage of kriyakaal principal treatment is unavailable due to some reasons doshas get displaced from their original location. According to Acharya Sushrut the main reasons for the conversion of sanchayavastha to prakopavastha are insufficient diet and seasonal changes. (*Sushrut Sutra Sthan, Chapter XXI, verse-18*)

Some of them are listed below:

Causes of Vata Dosha Prakopaka -

Causes related to Diet-

Below mentioned food contents are some of the diet related reasons for this conversion- *tikt, kashya, katu rasa yukt food*, dried food, light food, cold items, fasting, eating food when the previously consumed food is undigested, overeating, insufficient intake of food and consumption of food on unscheduled time. These all are diet related reasons.

Causes related to Life Style -

Sneezing, belching, over exercise, more of walking, being hurt, not taking good sleep, doing work more than ones ability, urine, stool, vomiting and more study these reasons related to life style changes.

Causes due to Seasonal Changes -

Rainy season, early morning, winter season, *apranh kaal*, cloudy weather, stormy or windy weather, after digestion is completed, all such changes leads to the rise in Vata Dosha.

Causes of Pitta Dosha Prakopaka:

Causes Related to Diet -

Food enriched by *katu, amla, lavan, teekshna, ushna, laghu properties*, curd, alcohol, sour fruit items take above mentioned items in large quantities then it leads to increase in Pitta Dosha.

Causes Related to Life Style -

Feelings of anger, fear, when we travel more often, when we start going out in sun more frequently, depression and hopelessness causes the conversion taking place between sanchayavastha and prakopavastha

Causes due to Seasonal Changes -

After rainy season, evening or midnight, summer season, during digestion process, intake of excessive heat producer contents in summer seasons, all these are leads to raise in Pitta Dosha.

Causes of Kafa Dosha Prakopaka:

Causes Related to Diet -

Intake of excessive quantity of sweet, sour, salty, cold, oily food stuff etc. Kafa producing diet, intake of food without digestion of preconsumed food (*Adhyashan*), when *Pathya* and *Apathy* diet is taken together (*Samashana*), curd, milk, rice, sweet fruit all these items are Kafa Dosha producing in intake of excessive quantity.

Causes Related to Life Style -

Do not do exercise, sleeping habit in day, feeling laziness all these are leads to raise in kafa Dosha.

Causes due to Seasonal Changes -

In spring season, early in the morning, (*during poorvanh and pradosha kaal*), intake of excess cold food in cold season and during digestion these are all Kafa prakopaka factors.

Symptoms of Vata, Pitta, Kafa dosha Prakopaka:

In human body due to Vata dosha prakop flatulence and pain in abdomen, due to pitta dosha prakop burning sensation, feeling thirst, acidic flatulence, due to kafa dosha prakop anorexia, nausea etc. symptoms are produces. This is the second stage of treatment. If due to some reasons treatment is not available then this stage gets con-

verted into the next which is called *Prasaravastha Stage*.

3. Prasaravastha-Third Stage of Treatment

If in any pond or tank there is sufficient quantity of water stored but meanwhile some more quantity of water is added to it then the pond or tank gets bursted out and water gets spread everywhere. (*Sushrut Sutra Sthan, Chapter XXI, verse-21*) Similarly in our body also when doshas get sanchya and prakopa stage. They all spread in our body and produce diseases.

Due to vata dosha- flatulence and vimarg gamana, due to pitta dosha –sucking sensation, burning sensation, due to kafa dosha-anorexia, indigestion, vomiting, feeling tired etc. are symptoms produces.

4. Sthansansrayavstha-Fourth Stage of Treatment

In the stage of *Prasaravastha* if you fail to get a proper treatment then it may lead doshas spreading it's arms everywhere in your body and producing disease related pathology and symptoms .This is known as *Poorvroop Avastha*.

5. Vyaktavastha- Fifth Stage of Treatment

In *Sthansansrayavastha* pre monitory symptoms (*poorv roop*) of a disease are produced. If this stage starts stepping forward then the disease comes out with all it's symptoms clearly. This stage is called *Vyaktavastha*. This condition helps us to diagnose our diseases more specifically. For e.g. we can make out easily weather we are suffering through *Diarrhoea or Fever. Arbuda or Granthi or Vidradhi and so on*. This is the fifth stage of treatment.

6. Bhedavstha- Sixth Stage of Treatment

If *Vyaktavastha* starts progressing then all the diseases enter in an unending situation. This is the sixth stage of treatment. If in this condition an individual is unable to get an appropriate handling then diseases become incurable.

Conclusion:

Like this way Acharya Sushrut described six stages of treatment. If an individual in general, gets knowledge about these six stages then he can decrease his medical problem in some degree. *'Tasyoplab-dhirnidanpurvroop-*

lingopshayasampraptih' Acharya Charak has clearly mentioned in it that by the knowledge of *Porvaroopadi* stages doctor gets to know about the specific disease. (*Charak Samhita Nidan Sthan, Chapter 1, Verse 4*)

In Ayurveda Science a particular type of a diet and a life style is mentioned for various type of disease. So whenever we experience any type of symptoms which may be due to *Sanchya* or *Prakopadi* stages, we may start adopting an appropriate lifestyle and a suitable diet and when we get time we may consult a doctor for the further and proper treatment.

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