



REVIEW ON ASHTAMAHADOSHAKARA BHAVA DESCRIBED IN CHARAKA SAMHITA

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ABSTRACT *Panchakarma*, a therapy used for subsiding a disease and is also useful in maintaining good health. *Ayurveda* advises to undergo *Panchakarma* treatment during change in season to prevent disease by detoxifying the body, improving digestive power and metabolic process. *Panchakarma* treatment is always done under three stages *Purva karma*, *Pradhana karma*, and *Paschata karma*. The order of *Panchakarma* treatment as per their need is: *Deepana*, *Pachana*, *Snehana* and *Swedana* which can be named as preoperative procedures, main operative procedure includes *Vamana*, *Kayavirechana*, *Shirovirechana*, *Niruha Basti*, *Anuvasana Basti* and post operative procedures include dietetic regimen (*Samsarjana Krama*), general precaution (*Ashtamahadoshakara Bhava*) *Rasayana*, *Shamana* etc. *Acharyas* clearly mentioned about *Ashtamahadoshakara Bhava* which should be avoided after *Samshodhana* to get desired effect of it.

KEYWORDS : Panchakarma, Ayurveda, Ashtamahadoshakara Bhava, Samshodhana.

INTRODUCTION-

Ayurveda, the science of life, is an Indian system of medicine which was developed by the cumulative efforts of ancient *Acharyas*. *Ayurveda* was adopted centuries back by civilizations to guide and to lead a happy life.

In this stream of medicine, treatment comprises of two major specialties that is *Samshodhana* and *Sanshamana Chikitsa*. *Panchakarma* is a bio purificatory regimen intended to eliminate the toxic element from body and thereby enhance immunity of body, *Panchakarma* treatment is always done under three stages *Purva karma*, *Pradhana karma*, and *Paschata karma*.

Purvakarma includes *Deepana*, *Pachana*, *Snehana* and *Swedana*, these steps are done in order to achieve *Samyak Shuddhi* or preparation of body just before administering *Pradhana Karma*. *Pradhana Karma* includes *Vamana*, *Kayavirechana*, *Shirovirechana*, *Niruha Basti*, *Anuvasana Basti*. *Vamana* is a process by which *Doshas* are eliminated through upper channels, by the process of *Virechana* drugs are administered orally and *Doshas* are expelled by anal route, and *Basti Chikitsa* is the primary treatment of *Vata Dosh*. In *Nasya Karma* drugs are administered through nasal route which is the gateway of head and help to evacuation of *Doshas* and pacifying disease.

Paschata Karmas are the set of rules and regulation for protecting the *Agni* and *Bala* of patient which includes dietetic regimen (*Samsarjana Krama*), general precaution (*Ashtamahadoshakara Bhava*) *Rasayana*, *Shamana* etc.

Acharyas clearly mentioned about *Ashtamahadoshakara Bhava* which should be avoided after *Samshodhana* to get desired effect.

Names of Ashtamahadoshakara Bhava-¹

1. *Uccha Bhashya* -speaking excessive loudly
2. *Rathakshobha*- excessive travelling
3. *Atichakraman*- excessive walking
4. *Atiasana*- sitting for long duration
5. *Ajeerna*- indigestion
6. *Ahitabhajana*- intake of non-healthy meals
7. *Diwaswapna*- sleeping in day time
8. *Vyavaya* - sexual indulgence

Vyadhi due to ignoring the precautions-²

Precaution	Vyadhi
1. Uccha Bhashya	Urdhvadeha dosha
2. Rathakshobha	Sarvadeha dosha
3. Atichakraman	Adhodeha dosha
4. Atiasana	Madhyadeha dosha
5. Ajeerna	Aama dosha
6. Ahitabhajana	Doshaja vikara
7. Diwaswapna	Shleshmaja dosha
8. Vyavaya	Kshayaja dosha

Complication caused due to non-avoidance of Ashtamahadoshakara Bhava and their treatment-

1. Uccha Bhashya— disorders due to *Uccha Bhashya* (loudly speaking)³

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| 1. <i>Shiratapa</i> , | 11. <i>Nisthivana</i> |
| 2. <i>Shankha Karna Nistoda</i> | 12. <i>Urahaparsva shoola</i> |
| 3. <i>Shrotrauprodha</i> | 13. <i>Swara bheda</i> |
| 4. <i>Mukha Talu Kantha Shosha</i> | 14. <i>Hikka</i> |
| 5. <i>Timira</i> | 15. <i>Swasa</i> |
| 6. <i>Pipasa</i> | |
| 7. <i>Jwara</i> | |
| 8. <i>Tamak</i> | |
| 9. <i>Hanu graha</i> | |
| 10. <i>Manyastambha</i> | |

Treatment-

Abhyanga, *Swedana*, *Upnaha*, *Dhooma*, *Nasya*, *Uparibhakta Sneha Pana*, *Mamsa Rasa*, *Ksheera*, *Vatahara Sarva Vidhi Prayoga*.

2. Rathasakshobha- Disorders due to *Rathasakshobha* (excessive travelling)⁴

1. *Sandhi Parva Saithilya*
2. *Hanu Nasa Karna Shira Shoole*
3. *Toda*
4. *Kukshi Kshobha*
5. *Atopa*
6. *Antra Koojanam*
7. *Adhamana*
9. *Spika Parshava Vankshana Vrishana Kati Prishta Vedana*
10. *Sandhi Skandha Greeva Daubalya*
11. *Angaabhitapa*
12. *Padashopha*
13. *Praharsha*

Treatment -

The treatment of complications produced due to *Rathakshobha* are *Snehanam*, *Swedanam*, *Vatahara Karma* and *Nidana Parivarjana*.

3. *Atichakraman*- disorders due to excessive walking⁵

1. Pada Jangha Uro Janu Vankshana Shroni Prishtha vedna
2. Sakthi Sada
3. Nistoda
4. Pidikoudvestana
5. Angamarda
6. Ansaabhitapa
7. Siradhamani Praharsha
8. Swasa
9. Kasa

Treatment -

The treatment of complications produced due to excessive walking *Snehana*, *Swedana*, *Vatahara Karma* and *Nidana parivarjana*.

4. *Atiasana*- disorders due to sitting for long duration⁶

1. *Spheka parsva vankshana vrishana kati pristha vedna*.

Treatment - The treatment of complications produced due to sitting for long duration

Snehana, *Swedana*, *Vatahara Karma* and *Nidana parivarjana*.

5. *Ajeerna*- disorders due to indigestion⁷

1. Mukhsosha
2. Adhamana
3. Shoola
4. Toda
5. Pippasa
6. Gatra Sada
7. Chardi
8. Atisara
9. murchha
10. pravahana
11. aama visha

Treatment -

The treatment of complications produced due to indigestion *Niravshesha Chardanam*, *Ruksha Swedana*, *Langhanam* and *Pachaniya*, *Deepaniya Aushadha prayoga*.

6. *Ahitabhojana*- disorders due to intake of non-healthy food⁸

1. Anannabhilasha
2. Durbalya
3. Vaivarnya
4. Kandu
5. Pama
6. Gatra Avsada
7. Vatadi Prakopa
8. Grahani
9. Arsha

Treatment -

The treatment of complications produced due to intake of non-healthy food

1. *Yatha doshahara kriya*

7. *Diwaswapna*- disorders due to sleeping in day time⁹

1. Arochaka
2. Avipaka
3. Agninaasha
4. Staimitya
5. Pandu
6. Kandu
7. Pama
8. Daha
9. Chhardi
10. Angamarda
11. Hridaya stambha
12. Tandra
13. Nidra prasanga
14. Granthi daurbalya
15. Rakta mutra
16. Akshitalu lepa

Treatment- The treatment of complications produced due to *Diwaswapna*

Dhoomapana, *Langhana*, *Vamana*, *Shirovirechana*, *Vyayama*, *Rukshashana*, *Arista*, *Deepaniya Aushada*, *Pragharshana*, *Unmardana*, *Parisechena Sarva Sleshamahara Viddhi* (all procedures to treat *Shleshma Dosha*)

8. *Vyavaya* – Disorders due to sexual indulgence¹⁰

1. *Ashubalanasha*
12. *Kati daurbalya*

2. *Urosada*
3. *Shiro-basti-guda-medhra-vankshana-Uro-jangha-pada-shoola*
4. *Hridaya spandana*
5. *Netra peeda*
6. *Anga saithilya*
7. *Shukra marga shonita aagam*
8. *Kasa*
9. *Swasa*
10. *Shonita stheevana*
11. *Swaraavsada*
13. *Ekanga roga*
14. *Sarvanga roga*
15. *Mushka shotha*
16. *Vata varcha mutra sanga*
17. *Sukra visarga*
18. *jadayta*
19. *Vepathu*
20. *Badhira*
21. *Vishada*

Treatment -

The treatment of complications produced due to *Vyavya*

Jeevniya siddha ksheera sarpi, *vatahara abhyanga*, *upnaha*, *vrishya ahara Sneha*, *yapana basti*, *anuvasana* and *uttara basti*, *vidarigandhadi gana jeevaniya siddha taila*.

DISCUSSION AND CONCLUSION

According to *Ayurveda*, after *Pradhana Karma*, *Agni* and *Bala* of patient becomes weak, *Paschata Karmas* are the set of rules and regulation for protecting the *Agni* and *Bala* of patient which includes dietetic regimen (*Samsarjana Krama*), general precaution (*Ashtamahadoshakara Bhava*) *Rasayana*, *Shamana* etc.

In general, no patients are aware about these eight (*Ashtama hadoshakara Bhava*) which are advised to prevent any complications and obtained desired results.

In daily regimen it is beneficial to follow the *Ashtamahadoshakara Bhava* to built good health and promote longevity.

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