

Pathological Implications of Tridosha

A Review Article

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ABSTRACT

Ayurveda describes many concepts related to the health and disease management, concept of *Tridosha* is one of that which is derived from *Panchmahabhutas*. Our body is said to be healthy when all the three *Doshas* (*Vata*, *Pitta*, *Kapha*) are in the state of equilibrium. The patho - physiology as well as the management of diseases mainly depends upon *Tridosha* theory. *Vata*, *Pitta* and *Kapha* can be observed in our body by means of their *Karma* and *Gunas* and these in their *prakrutha avasta* called as *bala* and in *vikrutha avastha* can be considered as *mala* and it is then the need of the hour to big them back to their normalcy.

INTRODUCTION

The concept of *tridosha* is the core of *Ayurveda*. Healthy and unhealthy state of a human being depends on normal and abnormal functional state of *Tridosha*. The *shareera* is of *tridosha*, *sapta dhatu* and *trimala*. All physiological and biological functions of the human body are regulated by the *tridoshas*. The healthy physic and physical state are associated with balancing state of *doshas* while disease mainly arises due to the imbalance of *tridosha*.¹ *Tridosha* consists of three fundamental biological energies namely *vata*, *pitta*, *kapha*. These *doshas* are responsible for homeostasis and health of living beings. When these *doshas* are in equilibrium the living beings are in normal health status and when they deviate produce diseases.² To understand the pathological implications of *doshas* we need to understand the

physiological aspects of *dosha* in its complete form i.e., *dosha panchabhoutikatva*, *dosha guna*, *dosha bhedas* etc. along with its *vridhhi* and *kshaya lakshanas*.

DOSHA PANCHABOUTIKATVA³

Human body is an association of five elements of nature i.e., *prithvi*, *vayu*, *jala*, *agni* and *akasha mahabhoota*. *Tridosha* are the biological entities derived from *Panchamahabhuta*, responsible for regulation of all bodily functions.

DOSHA	MAHAHOOTA
<i>Vata</i>	<i>Vayu + akasha</i>
<i>Pitta</i>	<i>Agni</i>
<i>Kapha</i>	<i>Jala + prithvi</i>

Vata Dosha is composed of *Akasa* and *Vayu Mahabhuta*. *Pitta Dosha* is composed of *Tejas* or *Agni Mahabhuta*. *Kapha Dosha* is composed of *Ap* and *Prithvi Mahabhuta*.

DOSHA GUNA

Vata, *Pitta* and *Kapha* can be observed in our body by means of their *Karma* and *Gunas*. Knowledge of *Guna* is necessary to understand the principle of Ayurveda with the basis of the *Panchbhautic* and the *Tridosha* theory.

Diagnosis and management of the disease cannot be done without knowledge of *Gunas*. The *Ahara* and medicine possess specific *Gunas* (properties) through which they impart health benefits. The *gunas* of *tridoshas* are:

VATA⁴	PITTA⁵	KAPHA⁶
<i>Ruksha</i>	<i>Sneha</i>	<i>Snigdha</i>
<i>Laghu</i>	<i>Ushna</i>	<i>Sheeta</i>
<i>Sheeta</i>	<i>Tikshna</i>	<i>Guru</i>
<i>Sukshma</i>	<i>Drava</i>	<i>Mandha</i>
<i>Chala</i>	<i>Sara</i>	<i>Slakshana</i>
<i>khara</i>	<i>Laghu</i>	<i>Steera</i>
	<i>Visra</i>	<i>Mrutsna</i>

DOSHA STANA

Dosha are functional entities present all over the body. Still, they are attributed with specific sites. When a *dosha* changes its place and comes to the site of another *dosha*, results in causation of different diseases. Understanding *dosha sthana* and its implications, throw light into the pathogenesis and planning of treatment.

VATA ⁷	PITTA ⁸	KAPHA ⁹
<i>Pakvashaya</i>	<i>Nabhi</i>	<i>Ura</i>
<i>Kati</i>	<i>Amashaya</i>	<i>Kanta</i>
<i>Sakti</i>	<i>Sweda</i>	<i>Shira</i>
<i>Pada</i>	<i>Lasika</i>	<i>Kloma</i>
<i>Asthi</i>	<i>Rudira</i>	<i>Parvani</i>
<i>Srotra</i>	<i>Chakshu</i>	<i>Amashaya</i>
<i>sparshana</i>	<i>Sparshana</i>	<i>Rasa</i>
		<i>Meda</i>
		<i>Ghrana</i>
		<i>Rasana</i>

DOSHA VRIDDHI ^{10, 11, 12}

Variation in functional state of *Tridosha* with respect to age, day-night, and season occurs to accommodate body with the environmental influences like sunrise, sunset and seasonal variations. *Ayurveda* has described three dynamic states of *Tridosha*, namely *Sama*, *Kshaya* and *Vridhhi* state/state of excess accumulation. These states of *Dosha* could be assessed by observing the sign and symptoms produced in body by altered state of *Dosha*.

VATA	PITTA	KAPHA
<i>vak parushya</i>	<i>Pita vitatwam</i>	<i>Shauklya</i>
<i>Karshya</i>	<i>Pita mutratwam</i>	<i>Shaitya</i>
<i>Karshnya</i>	<i>Pita netratwam</i>	<i>Sthairyam</i>
<i>Gatra sphuranam</i>	<i>Kshut</i>	<i>Sthaulya</i>
<i>Gatra kampa</i>	<i>Trut</i>	<i>Gauravam</i>
<i>Ushna kamitva</i>	<i>Alpa nidrata</i>	<i>Alasya</i>
<i>Nidra nasha</i>	<i>Daha</i>	<i>Avasaada</i>

<i>Sangya nasha</i>		<i>Nidra</i>
<i>Indriya nasha</i>		<i>Tandra</i>
<i>Indriya ghata</i>		<i>Sandhi shlishtata</i>
<i>Abalatwam</i>		<i>Shwasa</i>
<i>Mala sangha</i>		<i>Kasa</i>
<i>Majja sosha</i>		<i>Praseka</i>
<i>Aatopa</i>		<i>Hrillasa</i>
<i>Asthi shola</i>		<i>Agnisada</i>
<i>Bhaya</i>		<i>Stroto pidhan</i>
<i>Shoka</i>		
<i>pralapa</i>		

DOSHA KSHAYA¹³

VATA	PITTA	KAPHA
<i>Anga sada</i>	<i>Sheetha</i>	<i>Bhrama</i>
<i>Alpa bhasitha</i>	<i>Manda agni</i>	<i>Hrit drava</i>
	<i>Prabha hani</i>	<i>Shlatha sandhi</i>
		<i>Shleshmashayana</i> <i>shunyatvam</i>

DOSHA BHEDA¹⁴

For each *dosha* subtypes there is predominance of one of the 5 *mahabhoota*

Vata dosha is of following 5 types

VATA TYPE	PROPERTIES / GUNA	MAHABHOOTA
<i>Prana</i>	<i>Sukshma, chala</i>	<i>Akasha</i>
<i>Udana</i>	<i>Sheeta guna</i>	<i>Jala</i>
<i>Samana</i>	<i>Ruksha guna</i>	<i>Tejas</i>
<i>Apanaa</i>	<i>Khara, gandha guna</i>	<i>Prithvi</i>
<i>Vyana</i>	<i>Gati, chala guna</i>	<i>Vayu</i>

Pitta dosha is of 5 types

TYPE	PROPERTIES / GUNA	MAHABHOOTA
<i>Pachaka</i>	<i>Amla, visragandhi</i>	<i>Prithvi</i>
<i>Ranjaka</i>	<i>Sara guna</i>	<i>Vayu</i>
<i>Bhrajaka</i>	<i>Sa-sneha guna</i>	<i>Apya</i>
<i>Sadhaka</i>	<i>Teekshna guna</i>	<i>Aakasha</i>
<i>Alochaka</i>	<i>Ushna, sa-sneha guna</i>	<i>Tejas</i>

Kapha dosha is of following 5 types

TYPE	PROPERTIES / GUNA	MAHABHOOTA
<i>Avalambhaka</i>	<i>Sthira sara guna</i>	<i>Prithvi</i>
<i>Kledaka</i>	<i>Snigdha guna</i>	<i>Jala</i>
<i>Bhodaka</i>	<i>Shita, mrudu guna</i>	<i>Tejas</i>
<i>Tarpaka</i>	<i>Snigdha, guru guna</i>	<i>Vayu</i>
<i>Sleshaka</i>	<i>Shlakshana guna</i>	<i>Akasha</i>

PATHOLOGICAL IMPLICATIONS

Any deviation from the normalcy results in the manifestation and progression of the disease and these conditions can be understood by taking *dosha gunas*, *bheda* etc. the *vridhhi* of *doshas* gives rise to their cardinal features depending upon the strength and degree of the *doshas* involved. The *kshaya* state of *doshas* leads to reduction in their functional features. Also decrease in one *dosha* leads to relative increase in other *doshas* and accordingly their features may supervene over the decreased *dosha*.

Let's understand the pathological conditions related to *doshas* by taking following examples

Dosha bheda

If there is any derangement in *dosha* types, results in causation of following conditions

DOSHA	SUBTYPES	CONDITIONS
<i>Vata</i>	<i>Prana</i>	<ul style="list-style-type: none"> • <i>Pinasa</i> • <i>Arditha</i> • <i>Kasa</i>

		<ul style="list-style-type: none"> • <i>Swasa</i>
	<i>Udana</i>	<ul style="list-style-type: none"> • <i>Chardhi</i> • <i>Gala ganda</i>
	<i>Vyana</i>	<ul style="list-style-type: none"> • <i>Jwara</i> • <i>Chardi</i>
	<i>Samana</i>	<ul style="list-style-type: none"> • <i>Gulma</i> • <i>Grahani</i>
	<i>Apana</i>	<ul style="list-style-type: none"> • <i>Arshas</i> • <i>Mutrashmari</i>
<i>Pitta</i>	<i>Pachaka</i>	<ul style="list-style-type: none"> • Indigestion
	<i>Ranjaka</i>	<ul style="list-style-type: none"> • Anemia
	<i>Alochaka</i>	<ul style="list-style-type: none"> • Myopia • Loss of concentration
	<i>Bhrajaka</i>	<ul style="list-style-type: none"> • Loss of skin lustier • Wrinkles
	<i>Sadaka</i>	<ul style="list-style-type: none"> • Depression • <i>Bhaya</i>
<i>Kapha</i>	<i>Avalambhaka</i>	<ul style="list-style-type: none"> • <i>Hrithshoola</i> • Cardiovascular disease
	<i>Bhodaka</i>	<ul style="list-style-type: none"> • Loss of taste perception
	<i>Kledhaka</i>	<ul style="list-style-type: none"> • Gastritis
	<i>Tarpaka</i>	<ul style="list-style-type: none"> • Neuritis • Dry eyes
	<i>Sleshaka</i>	<ul style="list-style-type: none"> • Osteoarthritis • Spondylosis

Dosha guna

The *guna* responsible for the causation of that particular condition can be understood by the following examples:

<i>DOSHA</i>	<i>GUNA</i>	DISORDERS
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<i>Vata</i>	<i>Ruksha</i>	Disc desiccation
		<i>Mukhasosha</i>
	<i>sheeta</i>	<i>Pakshaghata</i>
		<i>Greevastambha</i>
	<i>Sukshma</i>	<i>Vata vyadhi</i>
<i>Chala</i>	<i>Kampa vata</i>	
<i>Pitta</i>	<i>Ushna</i>	<i>Raktapitta</i>
		<i>Akshipaka</i>
	<i>Drava</i>	<i>Amlapitta</i>
		<i>Raktapitta</i>
<i>Kapha</i>	<i>Guru</i>	<i>Sthoulya</i>
	<i>Snigdha</i>	<i>Kusta</i>

Dosha vriddhi

The vriddhi or kshaya of the doshas results in the lakshanas which may be seen in the following conditions:

<i>DOSHA</i>	<i>VRIDDHI LAKSHANA</i>	<i>DISORDERS</i>
<i>Vata</i>	<i>Karshnya</i>	•ACTH dependent Cushing syndrome
	<i>Ushna kamitha</i>	•Hypothermia •hypothyroidism
	<i>Gatra sphurana, kampa</i>	•Anxiety •Cerebellar diseases
	<i>Vak parushya</i>	•Irritation to vocal cord •Laryngitis
<i>Pitta</i>	<i>pittavabhasata</i>	•Jaundice •Hemolytic anemia
	<i>Bhrama</i>	•Vestibular neuritis •Migraine •Meningitis
	<i>Santapa</i>	•Pyogenic infection •Hyperthyroidism

<i>Kapha</i>	<i>kasa</i>	<ul style="list-style-type: none"> •Laryngitis •Bronchitis •Bronchial asthma
	<i>swasa</i>	<ul style="list-style-type: none"> •Pneumonitis •Pulmonary embolism •Bronchial asthma
	<i>Chardi</i>	<ul style="list-style-type: none"> •Meningitis •Raised intracranial pressure

Dosha kshaya

<i>DOSHA</i>	<i>KSHAYA LAKSHANA</i>	DISORDERS
<i>Vata</i>	<i>Manda chesta</i>	<ul style="list-style-type: none"> •Parkinson disease •Paraplegia •Hemiplegia
	<i>Alpa vakatvam</i>	<ul style="list-style-type: none"> •Motor aphasia •Dysarthria •Temporal lobe syndrome
	<i>Mudha sangyata</i>	<ul style="list-style-type: none"> •Sensory perception disorder •Parietal cortical lesions
<i>Pitta</i>	<i>Arochaka</i>	<ul style="list-style-type: none"> •Acute viral hepatitis •Tuberculosis •Cirrhosis of liver
	<i>Mandoushmata</i>	<ul style="list-style-type: none"> •Hypothyroidism •Hypopituitarism
	<i>nakhanayanashaukla</i>	<ul style="list-style-type: none"> •Anemia
<i>Kapha</i>	<i>Hridayadrava</i>	<ul style="list-style-type: none"> •Hypoglycemia •Bradyarrhythmia's
	<i>hyposalivation</i>	<ul style="list-style-type: none"> •Dehydration

CONCLUSION

The *tridosha* is a derivative of *Panchmahabhutas* form the foundation of Ayurveda. In the present work, we studied all related aspects of *tridosha* and found that *tridosha* is the physiological unit of human being but also its derangement resulting in pathological conditions which means that whatever physiological and pathological processes occurring in the body, they are under the influence of three basic elements known as *Vata*, *Pitta* and *Kapha*.

In a nutshell, considering importance of *Tridosha*, it is necessary to know all facts of *Tridosha* i.e., their *guna karma vridhhi kshaya* by which we understand and interpret the pathological conditions emerging from them.

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