



APPLICATION OF SHATKRIYA KALA IN BHAGANDARA - A CRITICAL REVIEW

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(Published Online: February 2023)

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Article Received: 22/01/2023 - Peer Reviewed: 29/01/2023 - Accepted for Publication: 09/02/2023.



ABSTRACT

A process of change in the equilibrium state of doshas in the body which is clearly explained by Acharya Sushruta in Sutrastana 21st chapter in the context of vrana of Sutrastana with their signs and symptoms¹. Accordingly, a wise surgeon adopts these principles to every disease in subsequent stages to prevent, and treat as invades surgical interventions so an attempt is made to focus the application of *shatkriyakala* in Bhagandara in clinical practice As the disease attains paka subsequently later stages². The term kriya kala refers to the recognition of the stage of a disease's progress and the time or interception in the process of disease manifestation. The prime role of ayurveda is two kinds of Maintenance of the health of a healthy individual by adopting Rtucharya, dinacharya, and sadvritta palana and curing of the body¹, surgeon has to know the occult kriya and Rachana of the body on the basis of dosha, dushya, and srotas then study the pathology of disease to treat in every stage of illness by adopting the principles of Shatkriya kala using the yukti³.

Keywords: Shatkriyakala, Bhagandara, Vrana, Vranashopha.

INTRODUCTION

A person can know the complete etiology, pathogenesis, therapeutic complications, and prognosis as well

through knowledge of Shatkriya kala, the dosha which is the prime factor for the formation of doshas

one can halt provocation of dosha at any stage of disease by application of principles of shatkriyakala, fascinatingly only ayurveda science has the capacity to detect the disease before the manifestation of signs and symptoms through the knowledge of ama (toxicity) due to wide range of treatment modalities like kshara, agni, raktamokshana.

UNDERSTANDING THE BHAGANDARA W.S.R TO BHAGANDARA

The process of knowing the causative factors with specific signs and symptoms at a particular stage of disease and its measures whether to prevent, treat and intervene surgically so in the context acharya sushruta mentioned 6 stages of the disease to occur which are sanchaya, prakopa, prasara, sthanasamshraya, vyakta, and bheda

Sanchaya “*Sanchaya Samhati rupa vrudhi*” Gradually accumulation of doshas in their own site due to their etiology factors with vata doshas causes stiffness and fullness of abdomen with pitta doshas yellowness of body and hypothermia in kapha heaviness of body lassitude.

One has to absorb these symptoms and act accordingly in bhagandara doshas quantity increase with their own Ashayas which may lead to manda agni Ajeerna and daha which do not give an idea of a definite disease but in later stages, a person may suffer from bhagandara

Prakopa

“*Prakopa vilayana rupa vridhi prakopa*” The accumulated Vatadi doshas increase on their own but do not spread all over the body. Even after if a person indulges in mithya ahara and vihara then doshas are prone to leave their own site and excitement, pricking pain in the abdomen, sour belching, aversion of food, and nausea are seen.

Prasara

Stage of the spread of vitiated doshas: Aggravated doshas leave their site and spread to weak areas near 2 angulas of guda through purishavaha srotas In Bhagandara the vitiated doshas start moving individually in combination with 2 or all with rakta through purishavaha dhamani in a downward direction and 2 angula around the guda.

Sthanasamshraya

The vitiated doshas spread out and localized at particular places and symptoms of this develop. In the stage where dosha-dushya-sammurchana happens, the doshas often get settled 2/3 angula around the guda vitiates muscle(mamsa), rakta gives rise to a pidaka of light red color accompanied with pricking pain.

It is also known as purvarupa the patient will be having pain in the alae of pelvic bones, itching, and edema of the anus

Vyakta

A clear manifestation of sign and symptoms of the disease start to appear in this stage also known as Rupavastha. If ama pidaka is neglected gets worsened by suppuration and travels deeply making the tract with minute holes, these holes exude continually a clear frothy fluid with pus and the ulcer is spread out and felt as hit, split, torn, and pricked by needles, sometimes may involve the rectum

Bheda

In this stage, certain diseases attain chronicity and get complicated deciding their Sadhyaasadyata

As all types of bhagandara are difficult to treat, tridoshaja bhagandara is incurable so better to reject the patient accordingly.

Underlying pathology

Pathogenesis of Bhagandara Roga In contemporary science Bhagandara can be correlated to fistula-in-ano pathology and can be understood easily with special reference to shatkriyakala:

SANCHAYA	Anatomical factors or Morphological factors, Erect posture, bulky fat with less tissue perfusion comparative to other parts of the body, unhygienic part, most dependent and weight-bearing part, crohn’s disease tuberculosis, ulcerative colitis, immunosuppression, unhealthy food, and activities leads to vitiation of doshas accordingly
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PRAKOPA	Due to continued bad habits doshas and agni gets more vitiated and accumulated on their own site causing generalized symptoms like pain abdomen, sour belching, aversion to food, etc
PRASARA	Doshas leave their respective sites and spread to the guda region through their own srotas, 2/all/with rakta combinations in a downward direction (adhogami), and reach 2 or 4 angula around the guda pradesha
STHANASAMSHRAYA	The vitiated doshas spreading out in excitement get localized at the guda region as dosha dushya sammurchana happens causing vitiation of twak, rakta, and mamsa at guda pradesha giving rise to a pidaka with light red color accompanied by pricking pain as pidaka gets into a stage of ama, pachamanca, and pakwa avastha symptoms vary accordingly.
VYAKTA	Pidaka gets worsened by suppuration making minute holes these holes exudates continuously a clear frothy fluid, making a tract inside the anal canal and rectum sometimes.
BHEDA	The condition gets worsened by the tract traversing into deeper and vital parts, sometimes urine, faecal matter, semen, and worms come out of the opening ending up in death also.

- Based on the dosha involved and the avastha of disease one can diagnose and plan for the treatment as mentioned in the context.

Sl.no	Type	Resemblance	Symptoms	Treatment
1	Vataja	Sataponaka	Vedana, pricking pain arunavarna srava	Ardhalangalaka, langalaka bhedana, chedana, agnikarma Taila application
2	Pittaja	Ustragriva	Daha, raga, ksharagni daha	Chedana, bhedana, tila and ghee application
3	Kaphaja	Pari sravi	Whitish discharge, itching	Kshara and agnikarma, bhedana karma
4	Tridoshaja	Shambuka Varta	Padangushta pramana pidaka, symptoms of all dosha toda, daha and kandu	Asadhya
5	Agantuja	Unmargi	Discharge of semen, urine, faecal matter, putrefaction	Asadhya

According to shatkriyakala: Chikitsa

Sl.no	Shatkriya kala	Types of chikitsa
1	Sanchaya	Hetuviparita chikitsa
2	Prakopa	Hetu vipareeta chikitsa
3	Prasara	Hetu vipareeta chikitsa
4	Sthanasamshraya	Dosha-dushya chikitsa
5	Vyaktha	Vyadhi pratyanka chikitsa
6	Bheda	Jeerna vyadhi pratyanka chikitsa

Management

1. Dosha-pratyanka chikitsa If doshas are eliminated during the sanchaya stage, don't proceed to the further stage, otherwise, in the context the next stage becomes powerful. Similarly, when doshas are taken into control during the prakopa stage they don't spread to prasara stage, there they get settled down by suitable interventions or by

properly following seasonal regimens and Nidana parivarjana chikitsa.

2. Deepana-pachana chikitsa: In sthanasamshraya and purvarupa of Bhagandara include Annashradada, Amlika, paridaha, etc all these symptoms are due to agnimandya hence deepana pachana play a vital role. As apana vata is the prime factor in bringing dosha and dushya to the guda region timely vatanulomana is necessary for the prevention of Vyadhi-pratyanka chikitsa: For the man-

agement bhagandara the treatment modalities like bsheshaja, shastra, kshara, raktamokshana, agnikarma are explained.

3. Bsheshaja chikitsa: Adopted in achirakala Jaata, Alpa dosha ,alpa linga, alpa upadrava yukta Bhagandara Examples like Nishadi and Vishyandana taila abhyanjana in Bhagandara.
4. Kshara karma: It's indicated in Sataponaka, Ushtra greeva, and Parisrava bhagandara.

Ksharasutra:23 types of kshara explained by acharya are used in Bhagandara for best results in innovation in ayurveda.

1. Agnikarama: It is indicated in all kinds of Bhagandara, post chedana, and bhedana karma.
2. Shastra karma

In the pakwa avastha region is anointed with oil and well-fomented incisions are taken as Ardhalangalaka, langalaka, go Teertha kaand Sarvatobhadra as needed.

Mainly in Sataponaka, Ushtra greeva, and Parisrava excision (bhedana)of the bhagandara tract is advised. Patana of bhagandara pidaka is mentioned.

DISCUSSION

Prevention is always a prime motto than treating the disease, in the field of ayurveda protocols are mentioned to avoid excess exercise, sexual activities, anger, riding for a long time, unwholesome diet. Knowing the other dimensions of the disease brings diagnosis of the illness in its initial stages. The entire process writes from exposure to nidanas to the formation of disease is called samprapti. Samprapti explains pathogenesis of disease. samprapti vighatana in dosha kriya kala avoids the formation of vyadhi kriyakala, in these stages if doshas are taken in control and if they do not process into further stages of roga kriya kala there by roga is not manifested.

CONCLUSION

Bhagandara is one among the ashtamaha agada, to prevent its manifestation and progression, the application of Shatkriya kala plays a key role, through the knowledge of different stages of shatkriyakala related to Bhagandara, one can manage the likes of nidana parivarjana, dosha pratyanka chikitsa, and shodhana

therapies can be adopted for specific types of Bhagandara according to the dosha involved at different levels of disease, It also helps the surgeon to choose appropriate treatment modalities like bsheshaja, shastra, kshara, and agnikarma wherever needed and specifically according to the yukti of the surgeon. Thus, the shatkriyakala explores the understanding of the pathogenesis, and accurate diagnosis at the early stages for a highly successful rate hence tackling some complications too. Some of the things are not only important in disease prognosis but they may act as predisposing factors to make for the cause of congenital or hereditary disease in the offspring.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Gururaj Patil et al: An Ayurvedic View on Guda Shareeram- A Review Article. International Ayurvedic Medical Journal {online} 2023 {cited February 2023} Available from: http://www.iamj.in/posts/images/upload/372_376.pdf