

## CONCEPTUAL REVIEW ON SHATKRIYAKALA IN AYURVEDA

Dr. Ketki Chatuphale (Aurangabadkar)<sup>1</sup>

<sup>1</sup>M.D. Rog Nidana Avum Vikriti Vigyan, Assistant Professor, Dept. of Roga Nidan Avum Vikriti Vigyan, Parul Institute of Ayurveda, Parul University, Vadodra, Gujrat.

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**\*Corresponding Author**

**Dr. Ketki Chatuphale  
(Aurangabadkar)**

M.D. Rog Nidana Avum  
Vikriti Vigyan, Assistant  
Professor, Dept. of Roga  
Nidan Avum Vikriti  
Vigyan, Parul Institute of  
Ayurveda, Parul  
University, Vadodra,  
Gujrat.

**ABSTRACT**

*Ayurveda* is an art and science of life. *Ayurveda* explains many principles for the maintains of health and treatment of the diseases one of them is *shatkriyakala*. *Kriyakala* is the process of understanding the pathogenesis of disease in consecutive stages. These six are also the stages of *chikitsa*. If *vyadhi* is treated in first stage it won't convert into next stage. In this present article "Conceptual Review On *Shatkriyakala* In *Ayurveda*" is elaborated.

**KEYWORDS:** *Ayurveda*, *Shatkriyakala*, *Kriyakala*, *Chikitsa*, *Vyadhi*.

**INTRODUCTION**

*Kriyakala* is the process of understanding the pathogenesis of disease in consecutive stages. Six stages were described for successive manifestation of the disease, namely *sanchaya*, *prakopa*, *prasara*, *sthanasanshraya*, *vyakti* and *bheda*.

These six are also the stages of *chikitsa*. If *vyadhi* is treated in first stage it won't convert into next stage.

Intention of this article is to shed light on concept of *shatkriyakala* according to *Ayurveda*.

**Aim and objective:** To study the concept of *shatkriyakala*.

**DISCUSSION**

*Kriyakala* is the process of understanding the pathogenesis of disease in consecutive stages. Six stages were described for successive manifestation of the disease, namely *sanchaya*, *prakopa*, *prasara*, *sthanasanshraya*, *vyakti* and *bheda*.<sup>[1]</sup>

These six are also the stages of *chikitsa*. If *vyadhi* is treated in first stage it won't convert into next stage.

If accumulated *doshas* has been eliminated it won't manifest successive stages of *kriyakala*. If not eliminated, it passes to next stages. As the disease advances to latter stage it becomes stronger and stronger for management.<sup>[2]</sup>

### Sanchaya

Gradual accumulation of *doshas* in respective seat is called as *sanchaya*. It is the first stage of *kriyakala*.<sup>[3,4,5]</sup>

### Causes

- According to season
- According to age
- Asatmya indriya artha sanyoga
- Pradnaparadha

### Symptoms

- *Vatasanchaya*<sup>[6]</sup>: stiffness and fullness in abdomen
- *Pittasanchaya*<sup>[7]</sup> yellowish discoloration of body parts, mild increase in body temperature
- *Kaphasanchaya*<sup>[8]</sup> heaviness in the whole body, lassitude

### Treatment

Person develops aversion towards the causative factor which is responsible for accumulation of *doshas*.<sup>[9]</sup>

*Doshas* should be treated in *chaya* awastha. If all the *doshas* are vitiated, then powerful *dosha* should be treated first without disturbing the other *doshas*.<sup>[10]</sup>

### Prakopa

This is the second stage of *kriyakala* and also second stage for *chikitsa*.

When Accumulated *doshas* completely fills the *swa – staha / aashaya*, it is called as *prakopa*.<sup>[11]</sup>

According to *ashtang hrudayaprakopa* is, accumulated *doshas* moving to other sites other than its main site. But this is *prasar awastha* according to *aacharya sushrut*.<sup>[12]</sup>

**Causes<sup>[13]</sup>**

- *Swabhavika / chaya purvaka*
- Eg. *Varsha rutu – vataprakopa*
- *Sharad rutu – pittaprakopa*
- *Vasant rutu – kaphaprakopa*
- *aswabhavika / achaya purvaka*
- Eg. *Shrama – vataprakopa*
- *Krodha – pittaprakopa*
- *Diwaswapa – kaphaprakopa*

**Symptoms**

- *Vataprakopa<sup>[14]</sup>*:pricking type of pain and movement of *vata* in *maha srotas*.
- *Pittaprakopa<sup>[15]</sup>*:sour eructation's, excess thirst and burning sensation all over the body
- *Kaphaprakopa<sup>[16]</sup>*: aversion to food, excess salivation in mouth.

**Treatment**

Treat the vitiated dosha.

**Prasara**

In this stage overflowing of *doshas* from their respective seats to other places takes place.

Main factor for movement is *vayu* because of being mobile in nature.<sup>[17]</sup>

Doshasmoves to different places with the help of *vayu* either alone or in combination.

**Types<sup>[18]</sup>– 15**

1. *Vata*
2. *Pitta*
3. *Kapha*
4. *Rakta*
5. *V-P*
6. *V-K*
7. *P-K*
8. *V-R*
9. *P-R*
10. *K-R*

11. V-P-R
12. V-K-R
13. P-K-R
14. V-P-K
15. V-P-K-R

### Symptoms

*Vataprasara*<sup>[19]</sup>

- *vata* moves to different places other than its own seat
- painful sensation in *maha srotas*  
*pittaprasara*<sup>[20]</sup>: localised burning sensation
- sucking type of pain
- burning sensation all over the body
- emitting smoke from the mouth  
*kaphaprasara*<sup>[21]</sup>: anorexia
- indigestion
- lassitude
- vomiting

### Treatment<sup>[22]</sup>

Treat the causative factor as well as symptoms.

### *Sthanasanshraya*

Vitiated *doshas* spread to different places and struck somewhere because of obstruction in *srotas* due to abnormality in *srotas* is called *sthanasanshraya*.<sup>[23,24]</sup>

In this stage of *kriyakala*, prodromal sign and symptoms of the disease are seen.<sup>[25]</sup>

When vitiated *doshas* spread in the body they produce specific disease according to particular site where *dosha* – *dushyasammurchana* takes place.<sup>[26]</sup>

### Eg<sup>[27]</sup>

*Doshadushyasammurchana* in *udara* manifest in following disease: *Gulma*, *Vidradhi*, *Udara Vikara*, *Agni Vikara*, *Vibandha*, *Aanaha*, *Visuchika*, *Atisara*, *Pravahika*, *Vilambika*.

- *Doshadushyasammurchana* in *basti* manifest in following disease: Prameha, Ashmari, Mutraghata, Mutra *Dosha*
- *Doshadushyasammurchana* in *Medhra* manifest in following disease: *Nirudha Prakash*, *Upadamsha*, *Shuka Dosha*
- *Doshadushyasammurchana* in *Guda* manifest in following disease: *Bhagandara*, *Arsha*
- *Doshadushyasammurchana* in *Vrushana* manifest in following disease: *Vruddhi*
- *Doshadushyasammurchana* in *Urdhwa Jatru* manifest in following disease: *Urdhwa Jatrugata Vikara*
- *Doshadushyasammurchana* in *Twak*, *Mamsa* and *Sandhi* manifest in following disease: *Kushtha*, *Visarpa*
- *Doshadushyasammurchana* in *Meda* manifest in following disease: *Granthi*, *Apache*, *Alaji*, *Arbuda*, *Galaganda*
- *Doshadushyasammurchana* in *Asthi* manifest in following disease: *Asthi Vidradhi*
- *Doshadushyasammurchana* in *Pada* manifest in following disease: *Shlipada*, *Vatarakta*, *Vatakantaka*
- *Doshadushyasammurchana* in *Sarvanga* manifest in following disease: *Jwara*, *Vatavyadhi*, *Prameha*, *Pandu*, *Shosha*

**Treatment<sup>[28]</sup>**

Treat the vitiated *dosha*, *dushya* or both.

**Vyakti**

Appearance of clear cut symptoms of a disease is called *vyakti* stage. Cardinal sign and symptoms of the disease are expressed in this stage. We can diagnose particular disease from these sign and symptoms.<sup>[29]</sup>

**Eg**

*Sharir Santapa: Jwara*

*Drava Mala Pravrutti: Atisara*

*Twacha – Netra Pitata: Kamala*

**Treatment<sup>[30]</sup>**

*Vyadhi Pratyanka Chikitsa* is advised in this stage.

***Bheda***

In case of *vrana* they burst and ulcer develops. This stage is called *bhedaawastha*.

In case of *jwara*, *atisara* etc. diseases if they are not treated in early stage they become chronic. And this chronic stage is called as *bhedaawastha*.<sup>[31]</sup>

**Treatment**

This stage of manifestation is very difficult to cure and if not treated at the earliest stage, disease may become incurable.

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