

CONCEPTUAL STUDY ON PITTA PRAKOPAK NIDANA**Dr. Monali A. Sardar***

2nd Year P. G. Scholar, Department of Rognidan, Parul Institute of Ayurveda, Parul
University, India.

Article Received on
21 Sept. 2018,

Revised on 11 October 2018,
Accepted on 31 October 2018

DOI: 10.20959/wjpr201818-13827

Corresponding Author*Dr. Monali A. Sardar**

2nd Year P. G. Scholar,
Department of Rognidan,
Parul Institute of Ayurveda,
Parul University, India.

ABSTRACT

Excessive consumption of dosha prakopak nidana brings changes in prakruta dosha there by leading to initiation of disease pathology. Dosha prakopak nidana plays vital role as they are responsible for manifestation of diseases if consumed in excess. Dosha in prakopa awastha spreads to different places from its own seat and manifests the symptoms of aggravated dosha further progress to consecutive stages of disease. Hence, knowledge of dosha prakopak nidana is essential in preventing the disease manifestation and its progression. Therefore, by knowing dosha prakopak nidanas, we can avoid the chances of being affected by vyadhi, adapt pathya and accurate chikitsa.

KEYWORDS: Excessive consumption of dosha prakopak nidana chikitsa.

INTRODUCTION

Nidana means causative factors which includes ahara, vihara, agantuja and manasika nidana. Dosha prakopak hetu plays an important role in manifestation of disease. It is accepted by our Acharyas that without the involvement of doshas diseases won't manifest in the body. That's why it is necessary to understand the normalcy and abnormalcy of doshas in detail to know about physiological and pathological state of doshas.

Depending upon the nature of etiological factors doshas moves from one tract to another and manifest various disorders. Since, no disease may manifest without the involvement of doshas, that's why physician should recognise the symptoms of the doshas, even though not mentioned and treat accordingly.

In prakopawastha, doshas are capable of moving out of their Swasthana to different sthana and manifests symptoms of prakupita dosha. In this stage of disease, patient may fall ill and

there are every chances of being afflicted with diseases. If further nidana are indulge and proper care is not taken, then disease progress to successive stages. Hence, there is need to have knowledge of dosha prakopa nidana. In order to prevent to disease and arrest disease pathology. In this regard an attempt is made to understand pitta prakopak nidana. For better understanding these nidana are categorised into Aharaja, Viharaja, Mansika and Anya nidana.

- **Pitta Prakopak Hetu:** These are the nidanas which are having properties similar to pitta and excessive exposure to these acts as nidana for pitta prakopa. For better understanding these pitta dosha prakopak nidana can be categorised into aharaja, viharaja, mansika and anyaja.

- ❖ **Pitta Prakopak Aharaja Hetu:** For better understanding Aharaja hetus, they are further classified based on rasa pradhanyata, guna pradhnyata, ahara davya and ahara karma.

➤ **Rasa Pradhanyata**

Amla rasa

Lavana rasa

Katu rasa

These three rasa are pitta prakopaka.

1) Amla rasa has prithvi and agni mahabhuta predominance. It has guru and ushna guna. It causes guruta in Pachan kriya as well as sharira and ushna guna causes ushnata / feeling of hotness in various body parts.

2) Lavana rasa has jala and agni mahabhuta predominance. Again jala causes guruta and agni causes ushnata which provokes pitta.

3) Katu rasa has vayu and agni mahabhuta predominance. Vayu mahabhuta creates rukshata and agni mahabhuta causes ushnata. Both the mahabhuta responsible for pitta vridhi.

➤ **Guna Pradhanyata:** The gunas of pitta dosha are sneha, ushna, teekshna, drava, amla, sara, katu.

1) **Ushna guna:** Ushna guna causes vata and kapha shaman, and pitta vardhana. This guna is consist of agni mahabhuta.

2) **Teekshna guna:** It causes the deep penetration of dosha into the channels. It causes pitta prakopa.

3) **Amla guna:** It is responsible for pitta prakopa. It consists by prithvi agni mahabhuta. Amla guna creates vidahi nature to the ingested food.

➤ **Ahara dravya**

1) Nishpava (flat beans): It is Pittakara, Vatakara. Ashtanga hridaya mentions that. Nishpava aggravates rakta and increases production of stanya and mutra. It produces vidaha(burning sensation). It possess guru and sars guna, which reduces shopha, kapha and shukra dhatu.

2) Kusumbha bija: It is one of the among shakvarga. It is ruksha, amla rasatmaka and ushna veeryatmak. It increases pitta and reduces kapha.

3) Adhaki (Red gram), Udada daal (Black gram), and kulattha are pittaprakopak.

4) Unripe mango: It is ushnaveeryatmak and hence pittaprakopak.

5) Dryfruits: Cashew nuts, Pistachio, walnut, etc.

❖ **Pitta Prakopak Viharaj Nidana:** Santapa, Excessive sexual intercourse, Ratrijagaran, Ati Atap – sevan (ushna atap) etc.

❖ **Pitta Prakopak Mansika Nidana:** Bhaya, Shoka, Chinta, Krodha, Irshya (Relation to Mana and Hridya).

❖ **Pitta Prakopak Anya Nidana:** Kalaj Nidana – Varsha and Sharada rutu, in these rutus pitta prakopak is physiologically takes place. Middle time of Day, Madhya ratri, and middle stage of Digesion these stages are also physiologically pitta prakopak.

• **CONCLUSION**

Pitta prakopak nidana play vital role in manifestation of Pittaja, Nanatmaj, Samsargaja and Sannipataj vyadhi. Ayurveda as a science of life has motto of both Swasthyarakshana and Rogaprashamana aspects of diseases. Hence, it is essential to have knowledge of Dosha Prakopa Nidana as they initiates disease pathology and its progression. Nidana parivarjana and following its pathya helps in maintaining health.