

**ROLE OF AMSHAMSHA KALPANA IN VATARAKTA DISEASES AND
IT'S IMPORTANCE IN NIDAN AND CHIKITSAUPKARMA****Ashish Kumar Singh***

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ABSTRACT

Philosophy is the love of truth. Science is the discovery of truth through experiment. *Ayurveda* is the science of life, both systematized knowledge and practical wisdom. Five great elements (space, Air, Fire, water, earth) combine into three basic energies or functional principles, which are present in all over the human body. These three are *Doshas* that is *Vata*, *Pitta*, *Kapha* are present in every cell, tissue, and organ. Balanced stage *Doshas* cause health otherwise they cause of disease. Analysis of *Doshas* in dept of Guna involvement is known as Anshaansha kalpana. The purpose of analysis related to medical field is for diagnosing disease and selecting. According to Acharya Vagbhatta no *Dravya* is made up of a single *Rasa*, similarly no *Roga* is caused due to a single *Dosha*. The manifestation of a disease entirely

depends up on the combinations of *Doshaja* and *Dushyas* with different ratios. Here present one example of disease such as *Vatarakta*.

KEYWORD: Anshaansha kalpana, Vatarakta, Dosha Disease.**INTRODUCTION**

दोषाणां समवेतानां विकल्पो अंशांशकल्पनः (मा.नि१/१२)

समवेतानां पुनर्दोषणामंशांशबलविकल्पोविकल्पो॥ (च.नि१/१४)

भागेन भागेन कार्यानुमेयेननिरूपणं अनेकविधोविशेषः (अरुणदत्त)

Ayurveda is the science of life, both systematized knowledge and practical wisdom, an art of healthy living that encompasses all phases of life, body, mind, and spirit. Like all sciences, it includes both a practical and theoretical aspect. As like Five great elements (space, Air, Fire, water, earth) combine into three basic energies or functional principles, which are present in all over the human body. These three are Doshas such as Vata, Pitta, Kapha are present in every cell, tissue, and organ. Balanced stage Doshas cause health other wise they cause of disease. Analysis of Doshas in dept of Guna involvement is known as *Anshaansha kalpana*. *Samprapti* is coming under *Nidanapanchaka* which helps us for the diagnosis. *Samprapti* is of 6 type these are- *Sankhya*, *Vikalpa*, *pradhanya*, *bala*, *kala*, *Vikalpa*. *Samprapti* is one among them which is explained as *Amshamsha kalpana*. Those who are examining or analyzing become intelligent and perfect. Analysis of Dosha according to its Guna involvement.

Amshamsha Kalpana is perfect diagnosis of the disease proper analysis of Dosha is dept gives the complete knowledge of the disease. Minute property of the Dosha that which is responsible for the production of disease can be taken as *Amsha-amsha bhag* (minute part of Dosha) is understanding of disease. In *Nanatmaja Vyadhi* whenever one Dosha is significantly dominant and other Dosha are in normal level then in such condition analysis of dominating of Guna of the particular Dosha is *Amshamsha Kalpana*. When the all Dosha are combined together in a disease, the analysis of Dosha related to dominancy is explained as *Vikalpa Samprapti*. According to Acharya Chakrapani when all the Doshas are combined together in a disease, the analysis of the Dosha related to the dominancy is explained as *Vikalpa Samprapti* or *Amshamsha kalpana*. Here Acharya giving more importance to ratio of Doshas involved in disease.

Dosha guna

Vata	Pitta	Kapha
Ruksha (dry)	Snigdha (oily)	Snigdha (oily)
Laghu (light)	Laghu (light)	Guru (heavy)
Sheeta (cold)	Ushna (hot)	Sheeta (cold)
Khara (rough)	Teekshna (sharp)	Manda (slow)
Sukshma (subtle)	Vishra (spreading)	Shalakshna
Chala (mobile)	Sara	Mritshna
Vishad (astringent)	Drava (liquid)	Sthir

Here I'm trying to explain VataRakta disease because here Vata is doshas and Rakta is Dushya. so we already know that Aggravated Doshaja vitiate (impair or dysfunction) to Dushyas and produce diseases.

In Vatarakta Rakta Dhatu get vitiated due to etiology factors like Lavana, Amla, Vidahi, Snigdha, Ushna, Katu and Viruddha Ahara. Then vitiated Rakta moving to downward direction because of Drava Swabhava of Rakta. Simultaneously Vata Dosha also gets aggravated due to etiological factors like traveling on different animals, yawning, swimming, jumping, playing, excessive walking on uneven surface etc. which are affected usual function on lower extremities because of that place is site of Vata. Vitiated Rakta and aggravated Vata conjoint and performed to Vatarakta. This pathogenesis occurs at initial stage of the disease. In latter stage due to the properties of Sukshmatwa, Chalatra & Saratwa of Vayu, Dravatwa & Saratwa of Rakta they spread in all over the body through Srotases and settles in different parts to produce specific symptomatology. The spreading is facilitated by Vyana Vayu. In initial stage of the disease only superficial Dhathus (Twak, Raktha and Mamsa) are affected. In latter stage due to improper treatment or negligence aggravated Doshas affects all other subsequent Dhathus (Meda, Ashthi, Majja and Shukra) also.

According to Ashraya - Ashrayee Bhava Siddhanta the etiological factors of Rakta vitiation affect the Pitta Dosha & in turn Pitta Dosha affects Rakta. The main site of manifestation is Pada (lower extremities) & from there onwards it's spreads to all other parts. The process of manifestation can be understood by a simile, nature of spreading of poison to all over the body from the site of rat bite.

Vata Dosha by its nature different from other Dosha, because it's regulate the functions of Pitta & Kapha and in a pathological condition it can be vitiated by the influence of other Dushya due to obstruction to the pathway of vata. After the Samprapti I again trying the lakshna of Vatarakta it is the unique stage of the illness, where is its clearly recognizable as all its characteristic signs and symptoms of manifest. The intensity of the Lakshana is depending on strength of Dosha Dushya Sammurchhana.

S. n.	Lakshanas	Dosha	Guna
1	Sirayama	Vata,	chala
2	Shoola	Vata	
3	Sphurana	Vata	chala
4	Karshnyam	Vata,	Darun
5	Shotha vridhi	Pitta, kapha	sthirata
6	Stambhana	Kapha	sthirata
7	Prashosha	Vata, pitta	rukshya
8	Shosha	Pitta, vata	Rukshya, laghu
9	Tamra varna	Pitta	Pitata
10	Chimichimayana	Vata	Sukshma, vishad

11	Snigdha	kapha	Sthira
12	Kandu	Pitta, kapha	Puti, pichhila
13	Kleda	Pitta, kapha	Snigdhata
14	Suptata	Pitta, Kapha	Sthira, sara
15	Vidaha	Pitta	Daha
16	Vepathu	Vata	Chala
17	Raga	Pitta	Vivarnata

Amshamsha kalpana in vatarakta

Vataja vatarakta- Chala, daruna, rukshya, sukshma, vishada, laghu.

Pittaja vatarakta- Daha, vivarnata, sthira, sara, puti, pichhilata, pitata.

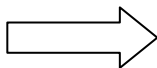
Kaphaja vatarakta- Sthirata, pichhilata.

Vatarakta treatment

Here we can follow treatment protocol of Vataja and pittaja Shamaka Dravya because Vata guna- chala, daruna, rukshya, sukshma, vishada and laghu guna is more and Pittaja guna- daha, vivarnata, sthira, sara, puti, pichhilata, pitata, guna is more.

Vata pradhana Vatarakta-

Pitta pradhana Vatarakta-



Drakshadi Ghrita

DISCUSSION

Discussion is the most important part of any work, because it explains the whole study in fruitful way. It is a process like Samudra Manthan after which one can get Amrita.

Nidana is the main reason behind any disease As Vatarakta. Among this Katu, Amla, Tikta, Kasaya Ahara (food prepared using excess spices, tamarind & taken more tea), Lavana, Pramitha Bhojana (not balanced diet/less amount of food as like bakery food, pizza, burgers). All these Nidana are having Ruksha, Ushna, Tekshna, Laghu Guna which aggravates Vata, Pitta and with that Rakta. these guna(Ruksha, Ushna, tekshna, laghu) is the main cause of the dosh prakopa, after Dosha prakopa some guna are added such as chala, darun, sthirata, vishada, Snigdha, pichhila, vivarnata, daha. with the help of amshaamsha kalpana we can diagnose the disease according to guna and we can follow opposite properties of the gunas like Drakshadi Ghrita have opposite quality of Vata and Pitta guna. because it's have-

Sneho anilam hanti- Vata Nigraha is one of the criteria mentioned by Charaka to bring Doshas back to Koshta. As Sneha is having exactly opposite Guna to Vata Dosha, Sneha allots the proper Gati to Vata.

MrduKaroti deham- Sneha by virtue of its Snigdha, Mrdu qualities brings softness in DoshaSanghata, Srotas and Deha.

Malanam vinihanti sangam- Mala Sanga generally occurs due to Rukshata, Sneha overcomes this Rukshata by its Snigdha and Vishyanda properties and the Sanga sets right.

Drava guna-Brings moistness in the Srotas and constituents of the body. Helps in diffusion of Sneha over the body. Helps in Dosha Vilayana process.Acts like a dissolving media to the Dosha.

Snigdha brings softness of Srotas and by this there is a better conveyance of Dosha, Dhatu and Mala.

Picchila guna- have Shleshma property is important to bring Dosha Utklesha. Helps Sneha to come in contact with Dosha for longer duration. Picchila is having Pranadharana and Ojo Vivardhana action; hence it protects the body structures from negative onslaught of Shodhana.

Mrdu guna- Brings Sroto mardavata. By generating softness, laxity, loosens the Dosha Sanghata.

Sara guna- Sara is having 'Vyaptishilatva' i.e., spreading nature, thus helps in spreading of Sneha all over the body.

CONCLUSION

It is concluded that Amshaamsha kalpana is more easy way to diagnose the disease with the help of presence of guna in Dosha. if Vata Dosha guna is more and Pitta Dosha guna is medium and Kapha Dosha guna is less, then we can follow Vata and Pitta Shamaka treatment. and in Vata and Pitta, Vata Shamaka treatment we first we can follow.

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