

A LITERARY STUDY ON CLASSICAL VIEW ON KLEDA THROUGH AYURVEDA PERSPECTIVE

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ABSTRACT

In Ayurveda texts without delay scientific software of the know-how of Kleda have not been set up yet. So, we need to recognize it with differential situations defined for the pathophysiology of the illnesses in affiliation with Kleda. Hence Kleda affiliation with Rasavaha, Raktavaha, Udakavaha, Lasikavaha Srotas inside the form of waste of Kapha Dosha. As nicely a few incidence association with mainly Mootra and Sweda in Trimala. The biggest electricity supply for all Kapha is Kledak Kapha which is positioned in Aamashaya in association with Pachak Pitta and saman vayu. Kledan, Vilodan, Vidravibhavan are the function of Kledak Kapha with Dhatvagni metabolism as a by-product as Kledanaat to cast off waste material is a Karma of Kleda which changes situationally. Kledak Kapha is accountable for the formation of first Ahariya Rasa with the assist of Kledan Karma. It reflects inside the functionality and Guna and Karma

of Kleda. The end outcomes of Vikrut Kleda leads to Aam-nirmiti with formation of Ajeerna. Also its liable for springing up a ailment like Kushtha, Pidika, Prameha and many others.

Aim: To elaborate the concept of *Kleda* according to *Bruhadtrayi*. **Objectives:** To establish role and functional utility of *Kleda* with basic fundamental principle of *Ayurveda*. **Material and Methods:** We used *Charak Samhita*, *Sushrut Samhita* and *Astang Hradaya*, which all are based literature of *Ayurveda* for understand and justification of this concept of *Kleda*.

KEYWORDS: *Prakruta Kleda*, *Vikruta Kleda*, *Kledak Kapha*, *Mootra*, *Sweda*, *Dhatu*(*Rasa*, *Mamsa*, *Meda*), *Agni*, *Annapachan*, Inflammatory diseases, Non inflammatory diseases, C-reactive Protien, Micro and Macro urine albumin.

INTRODUCTION

Success of any science relies upon on its fundamental ideas and primary ideas. Siddhanta is an Ayurvedic time period, which denotes basic or fundamental concepts. These principles will remind us eternal laws, for lots of years. In Ayurveda the fundamental concepts are Dosha, Dhatu and Mala. Other entities also are included. They are Agni, Dravya, Kala, Panchamahabhoota and many others. Dosha(bio-energies), Dhatu(tissue-factors) and Mala(waste product) they may be liable for the preservation of fitness as well as for the disorder conditions.

Ayurveda is one of the most ancient systems of life, health and care. The first intent of *Ayurveda* is to maintain the healthy status of the community with the prevention of unborn diseases (*swasthasya swaasthysya rakshanm*) and second one is to treat the already existing diseases (*aaturasya vikaar prashaman*).^[1] In *Ayurveda* texts, the *Kleda* is not defined in a specific quotation. But in deep knowledge, we have seen the “*Kleda*” word is used in various place in *Bruhadtrayi* (*Charak Samhita*, *Sushrut Samhita* and *Astang Hradaya*). But a single word is associated with several diseases condition. Hence, the word *kleda* is associated with several meanings. So, *Kleda* needs special conditional study in *Bruhadtrayi*. *Ayurveda* is divided into eight branches i.e. *Astang Ayurveda*^[3] i.e. *Kaya*, *Bala*, *Graha*, *Urdhvang*, *Shalya* etc. *Kleda* is word which found in all these branches of *Ayurveda*.

In *Ayurveda* texts, *Kleda* word which is seen in the relation of *Dosha*, *Dhatu*, *Agni*, *Mala* as well as in *Guna* of *Dravya* etc. Regarding the concept of *Kleda* it is necessary to remember its association with a *Prakruta Avastha* of a person and *Vikruta Avastha* of the disease. *Prakruta Avastha*^[2] means *Swastha Avastha* (healthy situation), in which person has

balanced or equilibrium condition of *Dosha*, *Dhatu*, *Mala*, *Agni* and happy and balanced state of soul, sense organs and mind. *Vikruti*^[2] Approach the observe of changes taking area at the extent of essential factors of the disorder i.e. Trade may be in the shape of both *Vruddhi* (exacerbation) or *Kshaya* (depletion) or *Vruddhi* (exacerbation) and *Kshaya* (depletion) together. *Vikruti Vijnana* offers with the essential elements essential to understand the disease manner in addition to diagnose the sickness. The explanation approximately this *Kleda* understanding has been accomplished through *Acharya* elaborately. The following is a brief comparative description of *Kleda* and its relation to primary fundamental technology of *Ayurveda* – *Dosha*, *Dhatu* and *Mala* and so forth.

Kleda is described inside the classics of *Bhava Padarth* or illustration of *Jala Mahabhoota* in the frame, which can be *Jala* crucial and inflicting softening and loosening of solid materials on an account of its *Drava*, *Snigdha* and *Mridu* houses. So, *Kleda* isn't always anything however *Udaka* with some amendment. Whenever the regular liquid quantities (*Ardrata*) increase in *Dhatu*s because of metabolism or in some pathological conditions, it's miles to be removed mainly thru *Mootra*. *Sweda* moreover allows inside the elimination, however it is particularly executed via way of *Mootra* as its function is mainly *Kledavahan*.^[13] *Kleda*, being *Apya* is more related to *Kapha* among the *Tridoshas*. But formation of *Kleda* needs the involvement of *Pitta* also. The function of *Pitta* is said to be *Swedana*, *Kledasruti*^[4] etc and *Pitta* by *Asrayaashryi Bhava*^[11] relates to *Rakta*. So, we may say that excess *Drava Bhava* of the body are carried in the form of *Kleda* through *Rakta*. This shows the possibility of *Kleda* formation in all *Dhatu*s.

DISCUSSION

The relation of *Prakruta* and *Vikruta Kleda* with the basic fundamental principles are discussed here.

Prakruta Kleda and Dosha relation

According to *Ayurveda*, there are three *Doshas* in the body- *Vata*, *Pitta* and *Kapha*^[5] Each of them have five subtypes. *Kapha* has five subtypes which are described in all *Bruhadtrayi*.^[6] The subtypes of *Kapha Dosha* are *Avalambak*, *Kledak*, *Sleshak*, *Bodhak*, *Tarpak*.^[6] Among them *Kledak Kapha* resides in *Amashaya*^[7] and its main function is to do *Kledan Karma* of *Anna*(food particles) that is *Vilodan Karma*.^[7] Here 'Karta' is *Kledak Kapha*, 'Karan' is *Kleda* and 'Karya' is *Anna kledan*. So, it can be said that the process of *Annakledan* is dependent on *Prakruta Kleda*. Hence, *Prakruta Kleda* is directly related to *Kapha Dosha*.

Prakruta Kleda and Agni relation

In Ayurveda science many types of Agni are mentioned by Acharya. But here main 3 types of Agni are described.

Jatharaagni is mainly present in *koshtha*.^[8] The *Antah Koshtha* is *Maha-Srotas* (gastrointestinal tract) and which is *Aashraya* of *Aam-Pakwaashaya*^[9] (stomach and intestine). So, indirectly it can be said that *Jatharaagni* is present in *Aamaashaya* and *Pakwaashaya*. *Kledak Kapha* resides in *Amashaya*^[7] and its main function is to do *Kledan Karma* of *Anna* (food particles).^[7] So it can be say that *Prakruta Kleda* is directly related with *Jatharagni*. As well as by *Aashrayashrayi bhava kledak kapha* is also related with *Dhatvagni* like *rasagni* etc. Our body comprises of *Jala mahabhootagni*, as well as *udakvaha srotas* related *udakagni* too. It is also one of the *Panchmahabhootagni*.

So here, *Prakrut Kleda* which directly or indirectly related to *Jatharagni*, *Dhatvagni* and *Mahabhootagni* helps to maintain the *Kayagni* of the body.

Prakruta Kleda and Anna Pachan

According to *Ahara Parinamkara bhava*- six elements are stated which help in digestion of food. In which first *Ushma Pachati* (because of heat food is digested), *Vayurapakarshati* (vayu stimulates the combination and propulsion of meals), *Kledah Shaithilyam Aapadayati*^[10]- presents watery content material to ingested food, which enables to moisten, soften and unctuous the food. So we will say that *Prakruta Kleda* performs a important function in the manner of *Anna Pachan* (digestion of meals).

Prakruta kleda and dhatu relation

Acharya Vagbhat has described as in *Ashrayashryi bhava*.^[11] *Doshas* prevails all over the body. But Each *Dosha* acts with specific media of *Dhatu* i.e. concerned *Dhatu's srotas*. This media is called as '*Ashraya*' i.e. shelter. *Doshas* are the shelter-users and called '*Ashrayi*'.^[2] So according to *Acharya Vagbhat Kapha Dosha* is *Ashrayi* which shows its activity through its *ashraya* (shelter) i.e. *Rasa, Mamsa, Meda, Majja and Shukradi Abb-dhatu*.^[11] *Prakruta Kleda* is directly related to *Kledak Kapha*. The function of *Ashrayi* and *Ashraya* is the same i.e. to keep the union at molecular level to provide nourishment, stability and support. Thus, *Prakruta Kleda* is indirectly related to above said *Abb-Dhatu*.

Prakruta Kleda and Mala relation

There are three types of *Mala* mentioned in *Ayurveda*- *Mootra*, *Shakrud* and *Sweda*.^[12] Among them action of *Mootra* is *Kledavahan* which means to circulate *Kleda* in specific direction.^[13] *Sweda*, its main function *Kleda-vidhruti* which means to hold *Kleda* for a specific time.^[13] According to *Acharya Sushrut*, *Sweda* is responsible for *Twak-sukaumaryatva* with the help of *Kleda*.^[14] So, here *Prakruta Kleda* is directly related to *Mootra* and *Sweda Mala* to remove waste of the body by the means of *Kleda-vidhruti*.

Vikruta Kleda and Dosha relation

Prakruta Kleda is directly related *Kapha Dosha*.^[7] When the *Kleda* is *Vikrut* it is not able to do proper function of *Kledana Karma* and results in disturbance in the process of *Anna Kledana* and *Anna Vilodan*. So here, *Vikruta Kleda* is disturbing the normal action of *Kledak Kapha*. Thus, the *Vikruta Kleda* directly affects the action of *Prakruta Kapha Dosha*.

Vikruta Kleda and Agni relation

When the *Kleda* increases or decreases from its *Prakruta Avastha* and becomes *Vikruta*, then it will disturbs the normal functioning of *Agni*. For instance, aggravation of *Kapha* in *Mandagni*.^[15]

Vikruta Kleda and Anna Pachan

Due to vitiation of *Kledak Kapha* there is formation of *Vikruta Kleda*. It results in decreased function of *Pachak Pitta*. Thus it causes *Agnimandya* and further leads to production of *Aam*.^[16] Due to this *Aam*, it produces *Ajeerna*.^[17] This is how, it can be said that *Vikruta Kleda* is affecting *Anna-pachan kriya* i.e. hampers the normal digestion process.

Vikruta Kleda and Dhatu relation

There is a close relationship in between *Ashraya (Dhatu)* and *Ashrayi (Dosha)*. They both will affect to each other.^[2] If *Dosha* gets disturbed, it will attacks on *Ashraya (Dhatu)*.^[2] *Ashraya* and *Ashrayi* gets disturbed simultaneously.^[2] For instance, if *Pitta Dosha* increases, *Rakta* and *Sweda* also increase and if *Rasa* increases then *Kapha* will also increase.^[2]

As per the *Ashray- Ashrayi Bhava*, *Vikruta Kleda* vitiates *Mamsa Dhatu* resulting in *Pidika Utapaati*.^[18] As for example in *Sharavika Pididka* there occurs symptoms like *Antonnata* (the edges of *pidika* are raised), *Madhyanimna* (middle part is depressed), *Shyava* (dusky-

red), *Kleda* (slough) and *Ruja* (pain) will be there. As its shape is like an earthen saucer (*Sharavika*), so it is given the name *Sharavika*.^[19]

It can be understood by another example as, when *Vikruta Kleda* affects the *Mamsa* and *Meda* which then goes in to *Basti* and hampers the function of *Mootra*.^[20] There occurs symptoms like *Praboota Aavila Mootrata*. Also in this condition, the color of the urine is changed to *Swetadi varna* etc.^[21]

Vikruta Kleda and Mala relation

When this *Vikruta Kleda* affects the *Meda* and reaches towards the *Basti*, it will produce *Prameha*. As well as it results in *Prabhoota Aavila Mootrata* (discoloration and excess production of urine).^[21]

When this *Vikruta Kleda* affects the *Sweda*. It occurs *Aswedan* and *Atiswedan* as a *Poorvarupa lakshan* of *Kushtha vyadhi*.^[22] It also hampers *Kleda-vidhruti Karma* of *Sweda Mala*. The normal *Twak- Saukumaryata* also gets affected.^[22]

Vikruta Kleda in Modern Science

In the *non-inflammatory* diseases, like Diabetes mellitus, Arthrosclerosis, Autoimmune disease, Hypertension, complication of D.M. like Carbuncles there ESR will never rise. Thus, it is associated with sudden acute rise in C-RP.

How can we judge and prove the relation of C-RP and Abb-dhatu dushtijanit vyadhi towards Kleda?

Mootravaha Srotas with complications of *Prameha*, cystatin-C^[23] (mainly used as a biomarker of kidney function), micro albumin (>30 <299mg/dL) and macro albumin(>300mg/dL)^[24] values are disturbed. Due to the *Vikruta Kleda*, the normal functions of the kidneys are affected which leads to hamper in the *Prakruta Karma* of *Mootra* i.e. *vikriti* in *Kledavahana*. So, there occurs pathological variations in the quality and quantity of the urine.

In Atherosclerosis, there may be a loss in connective tissue elasticity with percolating movement pressure which happens because of building up of plaque (fats, cholesterol and other substances) within the arteries. So, we are able to say that because of Karma of *Vikruta Kleda* in arteries, the pathological manner of lipid accumulation, scarring and infection takes place in the vascular wall. Particularly, the sub-endothelial areas of arteries, leading to

vascular wall thickening, luminal stenosis, calcification and in some instances thrombosis too.^[25] In MI (Myocardial Infarction), the same pathophysiology is evident as mentioned above in atherosclerosis. It is due to thrombotic occlusion of a vulnerable plaque.^[26] In this process, the *Karma* of *Vikruta Kleda* is seen. The same pathophysiology is likely to be seen in ischemia where there is hampered blood supply to other organs.

Even its position in early senile sicknesses like hypertension, dementia, cancer, diabetes mellitus and osteoarthritis may be visible by the method of *Prakrut Kleda Kshaya* that wishes the different styles of treatments like *Rasayana – Vajikarana Chikitsa* for rejuvenation noted in Ayurveda Science by means of Acharyas.

In a Covid-19 patients, the clinical investigations like C-RP and D-dimer values are seen to be aggravated.^[27] With sudden increase there is *Vikruta Kleda Nirmiti* in lungs. Alveolar space gets filled up due to cytokine release syndrome (CRS). It may alter in blood constituent results in increased clotting and hence, sometimes the conditions like paralytic attack (Cerebral vascular arrest) are likely to be occurred due to *Vikruta Kleda Nirmiti*. It is the biggest symptom due to *Vikruta Kleda* production in *Vikruta Abh-dhatu Dushti* like – *Rasa, Rakta, Udak, Lasika* etc. It is responsible for early mortality in Covid-19 pandemic situation.

Kleda as Samprapti Ghatak

Kleda is nourishing and softening moisture of all *Dhatu*. Excess of *Kleda* is excreted through urine and sweat. Due to *Dhatwagnimandya* improper *Dhatu*s and *Khamal* are formed with loose and liquid consistency. All these metabolic waste of *Dhatu* is removed by *Kleda* through urine. *Kleda* plays important role in pathogenesis of *Vyadhi* having *Pakotpatti*. So it can be assessed by dominancy of *Abh-dhatu Srotodushti* symptoms of *Rasa, Rakta, Meda, Udak, Mootra* and *Sweda*.

CONCLUSION

Kleda is an vital precept of Ayurved. From above said factors, it could be concluded that *Kleda* performs an vital function in ordinary physiological system of the body. This *Kleda* is directly or not directly associated with *Dosha, Dhatu, Mala, Agni* and many others. This *Prakruta Kleda* allows in everyday functioning of *Dosha, Dhatu, Mala, Agni* and many others. And keeps ordinary physiological process of body. When it turns to the *Vikruta Avastha*, it will produces the sickness by way of traumatic the regular features of *Dosha, Dhatu, Mala* and many others.

Concept of Kleda is considerable in proper analysis of disease. Hence, we can come to the very last conclusion that Kleda is used in Ayurveda as a everyday constituent wanted for the proper functioning of the body, helps in digestion, current in all Dhatus, softening them in ordinary amount. And when this Vikruti of Kleda exceeds a specific restrict, it hampers the ordinary functions of Dosha, Dhatu, Agni, Anna-pachan, and Mala kriya. It ends in manifestation of numerous diseases like Prameha, Prameha-pidika, Kushtha, Ajeerna, Aam and so on.

So, we will say that Kleda performs critical role in Ayurveda science.

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