

## EXPLORING THE CORRELATION BETWEEN AYURVEDIC CONCEPT OF KAPHA DOSHA STHANA -URAPRADESHA & MODERN PHYSIOLOGY OF THORAX: A COMPREHENSIVE REVIEW

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### ABSTRACT

The partition of the body is described by Charaka-Samhita in relation to the location of three dosha. It says that Vata-dosha is found in the bladder, rectum, waist, thighs, feet, and colon, with the colon being the primary area. The Compendium lists the following places for Kapha: stomach, medodhātu, minor joints, head, neck, and chest, with the chest being the primary one. Acharya Suśruta elucidates the significance and potency of the Doṣa in detail. According to Dhaṇa, the property of absorption causes the Vāta to be depleted, which in turn causes dryness. Because Pitta is hot and pungent, it causes depletion, while Kapha is obstructive, meaning it hinders nutrition and causes depletion. When they are vitiated, imbalance results. Conversely, they maintain the body in its normal state with the help of their guṇas. Pitta, the Sun's representative, means that pācana action will cause the

Dūṣyas to diminish. The vitiated Vata resulting from Rukṣa Guṇa causes Dūṣyas to be diminished. The Dhatus's nutritional supply is obstructed by the Kapha because of snigdha and stagnant Guṇa. Every Achārya has acknowledged that the Doṣa is the source of Dhatus vitiation, which results in disease occurrence. In this review article we are going to elaborate general location of kapha dosha along with Urapradesh is the chief in that according to modern as well as ayurvedic aspect.

**KEYWORDS:** Urapradesh, Kapha, Modern aspect of Urapradesh, Kapha Sthanas, Ayurvedic Chest Physiology.

## INTRODUCTION

Charakacharya describes division of the body as related to location of three dosa.

The word "Kapa" comes from the verb "Kīna," which denotes a creature that receives nourishment from water.<sup>[1]</sup> The word "slēṣma," which is a synonym for Kapha, originates from the Dhātu "sliṣ," which signifies to embrace, to assemble, or to remain together.<sup>[2]</sup>

### General Locations of Kapha Dosha

उरः शिरो ग्रीवा पर्वाण्यामाशयो मेदश्च श्लेष्मस्थानानि, तत्राप्युरो विशेषेण श्लेष्मस्थानम् ।

च.सू. 20.9<sup>3</sup> तेषां त्रयाणामपि दोषाणां शरीरे स्थानविभाग उपदिश्यते ।

तद्यथा बस्तिः पुरीषाधानं कटिः सक्थिनी पादौ अस्थिनि च वातस्थानानि ।

अत्रापि पक्वाशयो विशेषेण वातस्थानम् ।

च.सू. 20.9<sup>[3]</sup>

Areas of the body that are affected include the chest, head, neck, joints, stomach, adipose tissue, throat, pancreas, plasma, nose, and tongue.<sup>[3]</sup>

## MATERIAL AND METHODS

Information is collected from Ancient ayurvedic texts viz. Charak Samhita, Sushruta Samhita, Astang Samgrah & Hrudam, Their Commentators, laghutrayees etc. Along with scopus & Pubmed UGC care Journals, Research Portals from the internet.

## AIM

To explore the Ancient ayurvedic texts regarding Kapha dosha in detail with special reference to its locations.

## OBJECTIVE

To correlate Urapradesh with modern science terminologies & ayurvedic aspect of kapha Sthana (Location).

## FIVE TYPES OF KAPHA

### 1. Avalambaka Kapha

This Kapha is explained in Asthisanghātas, Marmas, and Sira-Vyadha, among other contexts. Avalambaka Kapha is said to have contributed two things to Hridaya along with Annarasa. This might be thought of either the coronary artery that supplies the heart or the serous fluid, or pericardial fluid, that is present in the pericardium. It can also be associated with the heart's lubrication and protection, as well as the support it provides to other Kapha-Sthanas through Rasa dhatu.<sup>[4]</sup> Trikasandhi is the restaurant where three The trikasandhi joint is where three bones converge. Dalhana defines Trika as the point where the neck and two shoulder joints converge, but Chakrapani views Pṛiṣṭasti—the sacrum and iliac joints—as the seat of Kledaka, which is said to be located above Pittasaya. According to Chakarapani, amasaya in this context refers to urdhwamasaya, or the lower portion, or adho; amasaya has been defined as adhogamanasaya.

### 2. Tarpaka Kapha

It is situated in Siras, has a Snīhana quality that nourishes and smoothes the Indriyas.<sup>[5]</sup>

### 3. Sleshaka Kapha

Joints contain Sleshaka Kapha. It keeps bones tightly together, shields joints, and stops bone disunion and separation.<sup>[6]</sup> Dalhana interprets the terms "Sniha" and "Tarpana" differently in this instance. With its Shanta quality, it calms the mind. Through an examination of the locations and activities of the five Kaphas, we can observe similarities with extracellular fluids such as CSF, synovial fluid, aqueous and vitreous humors, endolymphs, stomach mucus discharge, etc.

### 4. Bodhaka Kapha

This organ, which is located near the base of the tongue and pharynx, facilitates taste perception. By examining the contemporary physiological description of saliva, we can observe similarities with the actions of compounds that dissolve like Bodhaka kapha.<sup>[7]</sup>

### 5. Kledaka Kapha

Amasaya<sup>[8]</sup> is home to The Kapha. It softens the tough food chunks.

According to Sushruta, during madhuravastapaka, Kledaka Kapha forms in Amasaya.

The Kledaka Kapha guards the mucosal membrane and regulates Pachaka Pitta hyperactivity.

Sleṣma Vridhi White color, coolness, stability, heaviness, debility, stupor, slumber, looseness of the joints, etc. are all associated with the Sleṣma Vrdhi.<sup>[9]</sup> According to Dalhana, the śaitya and śauklya can be seen in the Twak, etc. The Gatra Stambha is Sthairya (body rigidity). The DēhaCitta glāni is Avasada.(apathy of the body and mind) Nidrabheda is Tandra. Chakarapani hasn't expressed any particular opinions. Together with the above mentioned symptoms, Vāgbhaṭa also causes decreased digestion (Agnisada), excessive salivation (Praseka), laziness (Alasya), dyspnea (difficulty in breathing), and coughing (kasa).<sup>[10]</sup>

### Ura Pradesh & Its modern Aspect

The Ayurvedic term "Ura Sharir" describes the thorax, or the region of the chest, and its anatomy and physiology. In Ayurvedic medicine, diagnosing, treating, and preserving general health depend on a grasp of the anatomy and physiology of the body, including particular parts like the chest. In Ayurveda, the thorax, or ura sharir, is regarded as an essential area since it contains vital organs including the heart, lungs, and large blood veins. Maintaining the equilibrium of doshas (bio-energies), dhatus (tissues), and malas (waste products) in the ura sharir is essential for general well-being, according to Ayurvedic teachings. Texts from Ayurveda frequently discuss a range of therapies, treatments, and herbal cures that are especially designed to address issues pertaining to the chest area.

These could consist of thoracic problems, cardiac conditions, and respiratory illnesses. In the ura sharir, methods like Ayurvedic massage, herbal medicines, dietary changes, and lifestyle advice are frequently employed to promote wellbeing and harmony. Ayurvedic understanding of the ura sharir is a component of a holistic approach to health that stresses the body, mind, and spirit's interdependence in achieving and preserving healthy.

- 1. Heart (Hridaya):** In Ayurveda, the heart is considered the seat of emotions and consciousness, governed by the Sadhaka Pitta subtype. Kapha dosha influences the heart's functioning through its qualities of stability, lubrication, and nourishment. Balanced Kapha supports heart health by maintaining proper circulation, lubricating the heart's tissues, and promoting emotional balance. However, excessive Kapha accumulation can lead to symptoms such as lethargy, heaviness in the chest, and emotional stagnation, contributing to conditions like hypertension or heart palpitations.
- 2. Lungs (Shvasa Vaha Srotas):** The lungs are governed by the Prana Vayu and are considered the seat of Prana, or life force, in Ayurveda. Kapha dosha influences respiratory health by governing mucus production, moisture balance, and lung tissue

integrity. Balanced Kapha supports smooth breathing by providing lubrication to the respiratory passages and protecting against dryness and irritation. However, excess Kapha can lead to conditions such as congestion, excess phlegm, and respiratory disorders like asthma or bronchitis.

3. **Diaphragm (Krikara):** The diaphragm is a vital muscle involved in breathing and is influenced by the Prana Vayu in Ayurveda. Kapha dosha supports the strength and flexibility of the diaphragm, ensuring efficient inhalation and exhalation. Balanced Kapha promotes smooth breathing patterns and helps prevent respiratory congestion or stiffness in the chest. However, Kapha imbalance can lead to sluggishness or heaviness in the diaphragm, impairing respiratory function.

#### 4. Physiological States

- Exercise: During physical activity, Kapha dosha plays a role in maintaining endurance, stamina, and muscle strength. Balanced Kapha supports optimal energy levels and prevents fatigue during exercise. However, excess Kapha accumulation can lead to lethargy, heaviness, and reduced physical performance.
- Stress: Emotional stress can disrupt the balance of Kapha dosha, leading to symptoms such as emotional stagnation, lethargy, and depression. Chronic stress can exacerbate Kapha-related imbalances in the heart and lungs, increasing the risk of cardiovascular and respiratory disorders.
- Disease Conditions: Various diseases and disorders may affect Kapha dosha's balance in the thoracic region. For example, respiratory infections, allergies, or inflammatory conditions can disrupt mucus production and drainage, leading to Kapha-related symptoms such as coughing, congestion, and chest discomfort.

5. **Interactions with Other Doshas:** Kapha dosha interacts closely with Vata and Pitta doshas in the thoracic region. Imbalances in Vata can exacerbate Kapha-related symptoms such as dryness or stiffness in the chest, while excess Pitta may lead to inflammation or hyperacidity affecting the heart and lungs. Maintaining harmony among the doshas is essential for optimal thoracic health and overall well-being.

By understanding how Kapha dosha influences the functioning of physiology of thorax we gain valuable insights into its role in maintaining overall health and well-being. Balancing Kapha dosha through appropriate lifestyle practices, dietary modifications, and Ayurvedic

therapies can help prevent and manage various thoracic disorders while promoting vitality and resilience.

### General functions of Kapha Dosha<sup>[11]</sup>

सोम एव शरीरे श्लेष्मान्तर्गतः कुपिताकुपितः शुभाशुभानि करोति ।

तद्यथा - दार्दयच्छैथिल्यम् उपचयं काश्यम् उत्साहम् आलस्यं वृषतां क्लीबतां ज्ञानम् अज्ञानं बुद्धिं मोहम् एवमादीनि चापराणि द्वन्द्वानीति ॥

च.सू.<sup>[12]</sup>

Water, an abiding living body, assimilating in Kapha, brings about physiological or pathological manifestations. Pairs of opposite functions point out distinction between physiology and pathology Tone of body, extent of nourishment, strength put in any work, sexual vigor, learning capacity, use of intellectual capacities - all these faculties on positive side with Kapha in physiological condition and, on the negative side with Kapha in pathological condition are observed.

प्राकृतस्तु बलं श्लेष्मा विकृतो मल उच्यते।

स चैवौजः स्मृतः काये स च पाप्मोपदिश्यते ॥

च.सू.<sup>[17]</sup>

When in physiological condition, Kapha is a real strengthening entity for the living body, whereas when vitiated it is no better than excretory products and is responsible for generating various diseases.

स्नेहो बंधः स्थिरत्वं च गौरवं वृषता बलम् । क्षमा धृतिरलोभश्च कफकर्माविकारजम् ॥

च.सू.<sup>[18]</sup>

When non-vitiated, Kapha is responsible for following out- put of work - maintenance of unctuous quality of body parts, maintenance of holding body entities together, durability of body elements, maintenance of bulk of body, maintenance of sexual vigor and strength of body, and high class mental faculties like intelligence, non-greedy.

स्नेहमंगेषु संधीनां स्थैर्यं बलमुदीर्णताम्।

करोत्यन्यान्गुणांश्चापि बलासः स्वाः शिराश्चरन् ॥

सु.शा.<sup>[7]</sup>

When Kapha is in its own channels, meaning it is within its own jurisdiction, it is responsible for total lipid levels in the body, stability of joints, strength of body etc.

श्लेष्मा स्थिरत्वस्निग्धत्वसंधिबंधक्षमादिभिः ।

अ.ह.सू.<sup>[19]</sup>

**Stability and compactness**-If you imagine a cell, Kapha is responsible for holding all parts of the cell together, in its natural shape. If you consider joints, Kapha is responsible for stability and compactness of the joints.

**The role of Avalambaka Kapha in Chest Physiology**-It is located in the chest. By its innate strength and by the power of the essence of food, it does lubrication, nourishing etc functions that are attributed to water element. It also influences the functioning of other types of Kapha.

## DISCUSSION

Knowledge of Kapha dosha and its placements in the body is gleaned from the ancient Ayurvedic books, such as Astang Samgrah, Sushruta Samhita, and Charak Samhita, as well as from their commentators. Certain parts of the body, like the throat, pancreas, tongue, adipose tissue, joints, neck, chest, and throat, are said to be more Kapha-dominant in these article.

Avalambaka Kapha, Tarpaka Kapha, Sleshaka Kapha, Bodhaka Kapha, and Kledaka Kapha are the five forms of Kapha dosha that are discussed in Ayurveda, and these are further explored in the ancient literature. Every kind of dosha in the Kapha system is linked to particular bodily parts and processes, including heart protection and lubrication, sensory nourishment, joint health maintenance, taste perception, and food digestion.

Although Ayurveda and modern anatomy take distinct approaches to the thorax, they both stress how crucial it is to preserve harmony and balance inside the body for the best possible health and wellbeing. Combining contemporary medical knowledge with Ayurvedic principles can offer a holistic approach to illness prevention and treatment.



## CONCLUSION

Relationship between traditional Ayurvedic ideas and contemporary physiology; emphasis on the thoracic cavity and the idea of Kapha dosha. A thorough grasp of the physiology and pathology of the body can be attained by fusing insights from Ayurvedic classics with current medical knowledge. A comprehensive approach to health and well-being is made possible by knowing the placements and roles of Kapha dosha in the thoracic area. In addition to current medical therapies, Ayurvedic techniques like nutrition, lifestyle modifications, herbal remedies, and therapeutic interventions can help prevent and manage a variety of ailments by balancing the Kapha dosha in the thoracic area.

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