

VIKARA VIGHATAKA BHAVA ABHAVA (NON OCCURRENCE AND OCCURRENCE OF DISEASE) AND ITS ROLE IN HYPOTHYROIDISM: A CONCEPTUAL REVIEW

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ABSTRACT

Background: Hypothyroidism is a common endocrine disorder characterized by reduced thyroid hormone production, slow metabolism, and a chronic progressive course. Ayurveda does not describe hypothyroidism directly, but the condition can be interpreted through concepts such as agnimandya, kapha-vata imbalance, ama, and dhatwagnimandya. Vikara Vighataka Bhava (protective factors preventing disease manifestation) and Vikara Vighataka Abhava (absence of protective factors facilitating disease manifestation), described in Charaka Samhita, provide a valuable framework for understanding why disease develops in some individuals despite similar exposure to etiological factors. **Aim and Objective:** To explore the role of vikara vighataka bhava and vikara vighataka abhava in the manifestation, progression and severity of hypothyroidism through ayurvedic perspective. **Material and Methods:** This

article is based on a critical review of Ayurvedic literature and published articles related to vikara vighataka bhava abhava and hypothyroidism. The concept is analyzed by correlating protective factors with delayed or reduced disease manifestation and absence of such factors with easier disease occurrence. The selected literature was critically analyzed and synthesized to explore the ayurvedic conceptual correlation of disease resistance and disease

manifestation in hypothyroidism. **Discussion:** Vikara vighataka bhava refers to factors that hinder the manifestation of disease, whereas vikara vighataka abhava refers to their absence, allowing disease to appear more easily. In hypothyroidism, the presence of these protective factors may delay onset, reduce symptom intensity and support resistance; while their absence may facilitate rapid progression and more obvious clinical expression. This conceptual framework helps to explain why similar etiological factors may not produce the same disease severity in every individual. **Conclusion:** Vikara vighataka bhava-abhava provides a useful Ayurvedic perspective for understanding susceptibility, resistance, progression and severity of hypothyroidism. It may also help in framing preventive and prognostic approaches in future research

KEYWORDS: Vikaravighataka-bhava, vikaravighataka abhava, hypothyroidism, vyadhikshamatva, agnimandya, ayurveda.

INTRODUCTION

The concept that lifestyle is responsible for the genesis of a disease is very old and well known in Ayurveda. Now a days, there has been a drastic change in the dietary habits and lifestyle of individuals due to modernization and influence of western culture. Unhealthy eating habits, along with sedentary lifestyle, causes various diseases including metabolic disorders.

Hypothyroidism is one of the most common endocrine disorders and is marked by deficiency of thyroid hormone, that result in reduced basal metabolic activity, fatigue, weight gain, cold intolerance, constipation and other systemic manifestations.^[1] many cases remain undetected in the early stage. Because of its chronic nature and wide clinical spectrum, hypothyroidism requires a broader explanatory model that includes both biological causation and host susceptibility.

In Ayurveda, the disease is understood through interaction of dosha, dushya, agni and strotas rather than by a single disease label. Although a direct equivalent of hypothyroidism is not described in classical texts, its clinical features may be interpreted in relation to agnimandya, kapha-vata imbalance, ama formation and dhatwagnimandya.^[2] This approach allows a more comprehensive interpretation of the disease process from an Ayurvedic perspective. The concept of vikara vighataka bhava is important in explaining why disease may not manifest even when causative factors are present.^[3] It refers to the factors that inhibit the

disease occurrence and thereby support disease resistance and health maintenance. In contrast, vikara vighataka abhava indicate that absence of such protective factors, which makes disease manifestation easier and often more severe.^[4] This concept is especially relevant in conditions like hypothyroidism, where some individuals exposed to similar risk factors may develop disease, while others remain asymptomatic or develop disease much later. Therefore, the study of this concept may offer a useful framework for understanding susceptibility, progression and prognosis in hypothyroidism.

AIM

To explore the concept of Vikara Vighataka Bhava - Abhava and evaluate its role in the occurrence, non-occurrence, progression and severity of hypothyroidism.

OBJECTIVES

- To review the classical concept of Vikara Vighataka Bhava–Abhava.
- To correlate these concepts with hypothyroidism.
- To explain disease susceptibility through Nidana, Kala and Vyadhikshamatva(Bala).
- To highlight preventive and therapeutic implications

MATERIAL AND METHOD

This study was designed as a narrative conceptual review.

- Relevant literature was collected from classical Ayurvedic texts, commentaries, and published research articles related to Vikara Vighatakara Bhava–Abhava and hypothyroidism.
- A literature search was performed using standard Ayurvedic sources and online databases with the keywords "Vikara Vighataka Bhava," "Vikara VighatakaAbhava," "hypothyroidism," "Agnimandya," and "Rasapradoshaja Vikara."
- The selected literature was critically reviewed and synthesized to establish the conceptual correlation between Vikara Vighataka Bhava–Abhava and the occurrence, non-occurrence, susceptibility, and progression of hypothyroidism.

Review of Literature

Vikara Vighataka Bhava - Acharya Charaka described Vikara Vighataka Bhava as the factors that prevent, delay, or reduce disease manifestation despite the presence of Nidana, Dosha and Dushya.^[5] It represents the body's protective mechanisms responsible for maintaining health. The concept is explained in Charaka Samhita (Prameha Nidana) under

Vikara Vighatak Bhava–Abhava Prativishesha, where disease manifestation depends not only on Nidana but also on Bala, Kala, and Anubandha.^[6] Factors such as Samagni, balanced Doshas, healthy Dhatus, unobstructed Srotasa, Ojas and Vyadhikshamatva prevent Dosha-Dushya Sammurchana and delay or inhibit disease occurrence. This concept explains why individuals exposed to similar etiological factors may exhibit different disease susceptibility and severity.^[7]

Vikara Vighataka Abhava- Vikara Vighataka Abhava refers to the absence or weakening of protective factors, making the body susceptible to disease manifestation.^[6] Impaired Agni, disturbed Doshas, Dhatu dysfunction, Srotodushti, and reduced Vyadhikshamatva facilitate Dosha-Dushya Sammurchana, resulting in disease. Its presence explains early onset, rapid progression, and increased severity of diseases despite similar exposure to causative factors.^[8]

Hypothyroidism- Hypothyroidism is an endocrine disorder characterized by deficient thyroid hormone production, resulting in generalized slowing of metabolic processes.^[9] The common causes include autoimmune thyroiditis (Hashimoto's thyroiditis), iodine deficiency, thyroid surgery, radioactive iodine therapy, medications, and congenital disorders. Female sex, increasing age, family history, autoimmune diseases, iodine imbalance, pregnancy, and radiation exposure increase the risk. Fatigue, weight gain, cold intolerance, constipation, dry skin, hair loss, menstrual irregularities, depression, and bradycardia are common manifestations. Untreated hypothyroidism may lead to infertility, dyslipidemia, cardiovascular disease, and myxedema.^[9]

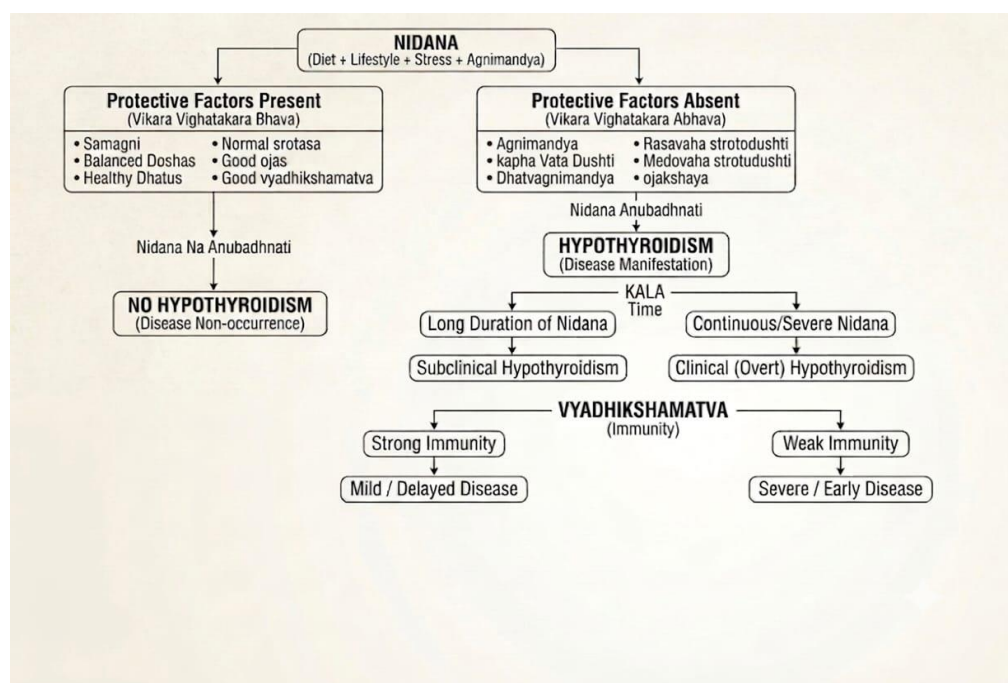
RESULT

Hypothyroidism is not described as a separate disease in Ayurveda but can be understood through Agnimandya, Kapha-Vata predominance, Dhatvagnimandya, Rasavaha and Medovaha Srotodushti, and Ojakshaya. Agni mandya at any level due to Kaphakara nidana results in increased Dhatugata mala sanchaya, resulting in Srotorodha causing compromised Dhatu sara leading to both physical and mental features in hypothyroidism. Vata acts as a Yogavahi in aggravating the Kapha dushti. Thus, it is a Vata-kapha samsarga condition. These changes ultimately result in clinical features comparable to hypothyroidism.^[10]

Samprapti Ghataka

Dosha	Vata-Kapha
Dushya	Rasa, Rakta, Mamsa, Meda, Asthi, Shukra
Agni	Jatharagnimandya, Dhatwagnimandya
Srotodushti	Sanga, Vimargagamana
Rogamarga	Bahya, Abhyantara, Madhyama ^[11]

Conceptual correlation



Vikara Vighataka Bhava

The following are the main disease-opposing factors in hypothyroidism:

- 1) **Sama agni** – Maintains normal digestion and metabolism, preventing agnimandya and ama formation
- 2) **Balanced dosha** – Maintain dosha equilibrium and prevents metabolic disturbances
- 3) **Balanced dhatus** – ensure proper tissue nourishment and supports normal physiological function
- 4) **Intact srotas** – Maintains unobstructed transport of nutrients and proper tissue metabolism
- 5) **Ojas** – Enhances resistance, immunity and overall vitality
- 6) **Vyadhikshamatva** – Increases resistance to disease and delays or prevents hypothyroidism
- 7) **Deepana pachana** - which improves digestive and metabolic fire, maintaining correct balance among three dosha ensures overall well being, Srotoshodhana - which removes

obstruction and supports proper transport of nutrients, **Rasayana therapy** - which supports dhatu nourishment and ojas, Regular exercise and active lifestyle - which help to reduce kapha dominance and metabolic slowness, **Stress control and proper sleep** - calm and balanced mental state is essential for supporting immune health, this factor help to strengthen **vikara vighatakara bhava**.^[12]

Vikara vighataka Abhava: factors which make body susceptible to disease manifestation include:

- 1) Agni-mandya - resulting in poor digestion and impaired tissue metabolism
- 2) Kapha-vata dushti – Functional metabolic disturbance
- 3) Rasavaha srotodushti –leads to defective tissue nourishment
- 4) Medovaha srotodushti- leads to weight gain and fat accumulation.
- 5) ojakshaya- reduced disease resistance.
- 6) Lack of physical activity - which increases kapha and heaviness, Improper diet, Lack of mental stability - including ongoing stress, anxiety, and disturbed sleep, irregular daily routine and unhealthy habits responsible for disease manifestation.

DISCUSSION

Not all individuals exposed to the same Nidana develop hypothyroidism. According to Ayurveda, Vikara Vighatakara Bhava—such as Samagni, balanced Doshas, healthy Dhatus, intact Srotasa, Ojas, and good Vyadhikshamatva—prevents Dosha-Dushya Sammurchana and disease manifestation. In contrast, Vikara Vighataka Abhava increases susceptibility to hypothyroidism.

Role of Agni

Jatharagni maintains proper digestion, while Dhatvagni regulates tissue metabolism. Impairment of Agni leads to Ama formation, defective Dhatu nourishment, and metabolic slowdown, resembling the clinical features of hypothyroidism. Thus, normal Agni acts as a protective factor against disease.

Role of Dosha

Hypothyroidism can be understood as a Kapha-Vata predominant disorder. Kapha aggravation causes sluggish metabolism, while Vata disturbance impairs tissue nourishment. This leads to Rasa and Meda Dhatu involvement, producing symptoms such as fatigue, weight gain, constipation, dry skin, and cold intolerance. Balanced dosha maintain

equilibrium and prevent metabolic disturbance.

Role of Kala

Kala influences disease progression. Long-term mild exposure to Nidana gradually results in subclinical hypothyroidism, whereas continuous and intense exposure accelerates the development of clinical hypothyroidism. When there is significant lapse of time for the manifestation of disease then Nidan of particular disease is not adequately influenced by time factor.

Role of Vyadhikshamatva

Individuals with good Vyadhikshamatva and Ojas resist disease and show delayed or milder manifestations. Reduced immunity and impaired Agni facilitate early onset and severe progression of hypothyroidism.

Modern Correlation

Vikara Vighatakar Bhava may be correlated with genetic resilience, immune tolerance, antioxidant defense, and normal metabolic regulation. Its absence resembles genetic susceptibility, autoimmunity, oxidative stress, and environmental influences that increase the risk of hypothyroidism.

Preventive Aspect

Prevention focuses on Nidana Parivarjana, Agni Deepana, Rasayana, Dinacharya, Ritucharya, regular exercise, Yoga, and stress management. These factors strengthen Vikara Vighatakar Bhava, maintain metabolic balance, and may help to prevent or delay hypothyroidism.

CONCLUSION

The concept of Vikara Vighatakar Bhava-Abhava provides a useful Ayurvedic framework for understanding the manifestation and progression of hypothyroidism. The presence of protective factors supports Agni, Rasa Dhatu formation, and metabolic stability, while their absence permits easier disease expression and greater symptom severity. This concept therefore helps to explain individual variation in hypothyroid presentation and strengthens the preventive and conceptual basis of Ayurvedic management. A conclusion can also indicate that hypothyroidism is not only a thyroid disorder but may be viewed as a broader disturbance of digestion, tissue nourishment, and disease resistance in Ayurveda. By focusing on restoration of Agni, correction of Kapha-Vata imbalance, and enhancement of protective

factors, Vikara Vighataka Bhava may serve as an important principle in both prevention and management.

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