

## CONCEPT OF DOSHA GATI IN REFERENCE TO DOSHA MULSTHAN

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### ABSTRACT

Dosha, dhatu, mala are said to be Mula of sharir in Ayurveda. Dosha are main entity which conduct all the activity of body. Dosha have different types of gati like sthan, vrudhi, and kshay; shakha, Koshta, and marmasthisandhi; urdhwa, adho, and tiryaka gati. Urdwa, adho, and tiryak gati of dosha are important and necessary to understand for the better management and treatment of vyadhi.

**KEYWORDS:** Trividha doshagati, urdhwa, adho, tiryak gati.

### INTRODUCTION

The movement of dosha is called as dosha gati. Dosha are considered to have three gati - urdhwa, adhah, and tiryak. This concept of gati can be better understood when we consider mula sthana of dosha.

Ayurveda has described, aamashaya, grahani, and pakwashay as mulasthan of kapha, pitta & vata dosha respectively. Hence above mentioned concept of urdhwa, adho, and tiryak gati is applicable or can be better understood in that respect.

### AIM AND OBJECTIVES

1. To study the concept of doshagati.
2. To study the concept of doshagati and dosha mulasthan.
3. To study doshgati during samprapti of diseases.

### Literature Review

Dosha have 3 types of gati. They are,<sup>[1]</sup>

- 1) Ksaya, Sthana and Vrddhi
- 2) Urdhwa, Adhah and Tiryak
- 3) Shakha, Kostha and Marmasthisandhi

The mulsthan of dosha is as follows

Vatadosha- its mulasthan & Gati-

Pakwashay is mulasthan of vata dosha. When Vata dosha increases & sthansanshraya takes place in ura, phuphus, shira, hrudaya & aamashay producing kaas, shwasa, hikka, pratishaya, hrudroga, shiroroga, and chardi, etc. We can say as above mentioned vyadhisthan are urdhwa to pakwashay then here in those samprapti vata has urdhwagati.<sup>[2]</sup>

Similarly when this increased vatadosha in pakwashaya produces atisara, prameha, arsha, pradar, etc then it can be said as vata dosha has adhogati.

Pitta dosha sthana and its gati -

When increased pitta dosha takes sthansansraya of aamashaya, uttamang then pittaj chardi, netrarog, mukharog, nasa and karna roga of pitta dominance develops - then it is called urdhwagati of pitta dosha. Grahani is mulasthana of pitta. When it takes adhomarg gati then pittaj-atisara, pittaj prameha, and pradar, etc, develop.<sup>[3]</sup>

Kapha dosha and its gati -

When aamashayastha kapha produces shiroroga, Karnaroga & netra-roga, etc then urdhwagati of kapha can be considered. When it produces kaphaj atisara, prameha, pradara, and arsha then it can be called adhogati of kapha dosha.<sup>[4]</sup>

Besides above mentioned urdhwa & adhogati of dosha when vyadhi at parshwa, kaksha, bahu & uru etc takes place then it is called tiryak gati of that dosha.

Doshagati in Vyadhi Samprapti

Following are some examples of samprapti when normal dosha gati is obstructed

1. When prakrut adhogati of prana vayu gets obstructed and accompanies by udan vayu leading to the filling of empty strotas of shirapradesh. Different purvarupas are manifested, ultimately producing kaas vyadhi having a typical pitch sound.<sup>[5]</sup>
2. In chardi, vikrut udan vayu causes increased urdhwagati of amashayastha dosha and kleda.<sup>[6]</sup>

3. Sarvasara shwayathu – Vitiated dosha has all three gati urdhwa, madhya & adho. Hence whole sharira is involved.<sup>[7]</sup>
4. In Rajayakshma- Vitiated dosha spreads through all three types of gati due to its urdhwa gati pinasa, shwasa, kaas & ansa ruja, murdha ruja, swarabheda, and aruchi develops. Due to adhogati of dosha- vidabhransha & due to its tiryak gati parshwaruja and jwara develops.<sup>[8]</sup>
5. In Kushtha vyadhi- Vitiated dosha through tiryak gati causes dushti of twaka, lasika, rakta & mansa, causing shaithilya & discoloration of the skin.<sup>[9]</sup>
6. In prameha vitiated vata dosha has adhogati causing excretion of vasa, majja, meda along with mutra.<sup>[10]</sup>

Sometimes disease develops due to its obstruction to normal urdhwa- adho gati

1. When aahara is present in aamashay & its urdhwa, adho gati is obstructed, pachak pitta also vitiated then alasaka vyadhi develops.<sup>[11]</sup>
2. When vitiated vata dosha gets obstructed in mahasrotas then along with pain, grantirupa gulma may develop.<sup>[12]</sup>
3. Prana, agni & apana dushti along with urdhwa, adho margavrodha, ambuvaha, swedavaha srotorodha causes the development of udar vyadhi.<sup>[13]</sup>
4. Vitiated increased vayu present in kukshi having obstruction both in urdhwa and adho marga then aanah develops.<sup>[14]</sup>

#### Importance of Dosha Gati in Vyadhi chikitsa

As mentioned above in the samprapti of some diseases dosha acquire urdhwa, adho, or tiryak gati. Doshagati is also important in chikitsa as dashvidha rog pariksha. Eg

1. In atisara doshas have adhogati. After treating sama avastha when nirama avastha is achieved then stambhan or grahi drugs like musta, indrayava, jatiphal has to be given.
- 2 In the vyadhi having obstructed dosha gati like gulma, udar, aanaha anulomak medicine are stated to be useful.

#### 3. Shwas, Hikka, Kaas chikitsa

These diseases are of vata dominance. Vitiated vata dosha from its mulasthana-pakwashaya gets urdhwa gati, and resides with prana-udana leading to vyadhi manifestation. Hence while describing chikitsa, anuloman of urdhwa vata dosha is indicated in chikitsa sutra.

#### 4. Vaman chikitsa in chardi

In the chardi vyadhi Udan vayu expels kleda from aamashaya. Hence langhan is told as shaman chikitsa for chardi except vataj chardi.

In the condition of having excess kleda in aamashay, vaman is indicated for its expulsion giving urdhwagati to dhosha in a similar way to chardi vega. After that remaining dosha are eliminated by virechan procedure.

5. Parshwashool symptom is caused by tiryakgati of dosha. Their chikitsa is tricky. When dosha is in tiryak gati then it is difficult to treat them by shodhan chikitsa. It is particularly done after dosha are brought to koshta. Shaman chikitsa by snehan, swedan is preferable.

6. In the Rajayakshma vitiated dosha attain all three gati. Rajayakshma is difficult to treat as it is tridoshaj vyadhi, In rajayakshma along with agni mandya, strotorodha is also present. While treating such conditions dosha gati, dushya and strotas have to be kept in mind and the line of treatment has to be decided accordingly.

### CONCLUSION

Urdhwa, Adho & tiryak these terms denote the sanchar, gati, vega of three dosha in these directions concerning their mulsthan. One should know the normal gati of dosha, and their condition in vyadhi samprapti. It helps in the understanding of disease pathology and its treatment. Hence thorough knowledge of trividha gati is important while doing chikitsa.

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