

**A Study Of Shatakriyakala And Its Importance In Menifestation Of Diseases****Dr.Gopalkrushna Samadhan Patil**

P G (Scholar) Ayurved Samhita.

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**Abstract:**

*Ayurveda is a science of life It is a system of traditional medicine native to Indian subcontinent but now day ayurvedic knowledge is accepted worldwide.*

*The subject Shatakriyakala described by Sushruta gives an idea about the consecutive stages of the disease and accordingly preventive measures were described to overcome complications. The concept is traced in ancient Ayurvedic books. This is an objective approach of ancient scientist helping for the clinical practice. Through this article we have made an attempt to highlight its importance in clinical practice. This article highlight the summery based on the concept of Shatakriyakala.*

**Key Words:** Shatakriyakala, Sanchaya, Prakopa, Prasara, Sthanasamshraya, Vyaktavastha, Bhedavastha.

**Introduction :**

**S**hatakriyakala described by Acharya Sushruta gives an idea about the consecutive stages of the disease and accordingly preventive measures were described to overcome complication. Early diagnosis of disease helps to cure the disease successfully without much discomfort in planning treatment. By knowing Shatakriyakala the physician can gives the treatment to weakened area or organ so that further Sthanasamshrayavastha can be prevented and the Sadhyasadyatva of the disease can be done or one can get the knowledge of Sadhyasadyatva.

**Shatakriyakala:** Shatakriyakala is the process of understanding the pathogenesis of disease in consecutive stages. Mainly 6 stages were described for the successive manifestation of the disease I.e.

- 1) **Sanchaya :** Gradual accumulation of Dosha in respective seats.
- 2) **Prakopa:** Accumulated Doshas moving to other sites other than its main site.
- 3) **Prasara:** Aggravated Doshas leave their original place and spread to the other parts of the body through different Srotas.
- 4) **Sthanasamshraya :** Agitated Doshas spreads to different places and struck somewhere because of obstruction in Srotas due to abnormality in Srotas is called Sthanasamshraya.

5) **Vyaktavastha :** Appearance of clear cut symptoms of the disease.

6) **Bhedavastha:** In this stage specific sign and symptoms of the diseases manifests. So the Shatakriyakala are the need of an hour in understanding of disease process. So this article is selected.

**Aims & Objectives:**

- 1) To study the concept of Shatakriyakala.
- 2) To study the role of Shatakriyakala in manifestation of diseases.

This conceptual study will be helpful in understanding pathogenesis of disease in consecutive stages

**Materials & Methods:**

Source of Data-

- 1) SushrutaSamhita
- 2) AshtangHrudaya
- 3) Ayurvediyavikrutivigyana and rogavigyana

**Methods:**

- 1) To compile available literature on shatakriyakala.
- 2) To compile the importance of Shatakriyakala in manifestation of discases. This is a literary research study. In this article all the references from Samhitas and respective commentaries regarding "**A study of Shatakriyakala and its importance in manifestation of diseases**" is compiled.

**Conceptual Study:**

Shatakriyakala is the process of understanding the pathogenesis of disease in consecutive stages. Mainly 6 stages were described for the successive manifestation of the disease i.e 1) Sanchaya 2) Prakopa 3) Prasara 4) Sthanasamshraya 5) Vyaktavastha 6) Bhedavastha

**1) Sanchaya:** Gradual accumulation of Doshas in respective seats. It is the first stage of Kriyakala. Dosha is going to accumulate in their respective seats and accumulated Doshas manifests certain symptoms are as follows –

**VataSanchaya Lakshana-** Stabdhapoornakoshtata (Stiffness and fullness in abdomen)

**Pitta Sanchaya Lakshana -** Pitavabhasata (Yellowishness of the body parts), Mandaushamta (Mild increase in body temp.)

**Kapha Sanchaya Lakshana-** Angagauravata (Heaviness in the whole body), Alasya (Lassitude)

**2) Prakopa:** Accumulated Doshas moving to other sites other than its main site. It is the second stage for preventive measures. The following symptomatology manifests in prakopa stage as per the involvement of doshas are as follows

**Vata Prakopa Lakshana:** Koshtatodasancharana (Pain and movement of Vata in Mahasrotasa)

**Pitta Prakopa Lakshana :** Amlika (Sour eructations), Paridaha (burning sensation all over the body), Pipasa (excessive thirst)

**Kapha Prakopa Lakshana:** Annadwesa (Aversion to food)

Acharya Vagbhata describes this stage as 'UnmagaGamitai.e inclination of Doshas to leave its original site Prakopa is of two types

- 1) SanchayaPrakopa (PathyajaPrakop)
- 2) AchayaPrakopa (ApathyajaPrakopa)

When Dosha jump directly to Prakopa stage without passing through Chaya avastha it is called as AchayaPrakopa, which do not required any Samshodhana Chikitsa like Vaman, Virechana. SanchayaPrakopa means gradual increase of Doshas. This required Shodhanachikitsa.

**3) Prasara:** Aggravated Doshas leave their original place and spread to the other parts of the body through different Srotas. If the aggravation of Doshas

is mild it may not produce disease because it stays in hidden channels and produces disease if preventive measures not undertaken and after consuming causative factors in excess. It is third stage of Kriyakala. Aggravated Dosha spread to different places and produces following symptoms

**VataPrasaraLakshana:** Vimarga-Gamana (Regurgitation), Atopa (flatulence and gurgling)

**Pitta PrasaraLakshana:** Osha (sense of boiling), Chosha (squeezing sense), Paridaha (burning sensation), Dhoomayanani (Emitting smoke from mouth)

**KaphaPrasaraLakshana:** Arochaka (anorexia), Avipaka (dyspepsia), Chhardi (vomiting), Angasada (lassitude)

Doshas takes any one of the following three courses.

**1) Urdhwagati :** Upward diseases of ear, nose, eye etc.

**2) Adhogamana :** Atisara, Shleepada

**3) Tiryakagamana :** Charmavyadhi, Akshepaka, Sirapurann (hypertension). Doshas also moves to different places with the help of Vayu either alone or in combinations are as follows and it is of 15 types

- 1)Vata Prasara, 2)Pitta Prasara, 3)KaphaPrasara, 4)Rakta Prasara, 5)Vata Pitta Prasara, 6)Vata Kapha Prasara, 7)Vata Rakta Prasara, 8)Pitta Kapha Prasara, 9)Pitta Rakta Prasara, 10)Kapha Rakta Prasara, 11)Vata Pitta RaktaPrasara, 12)Pitta Kapha Rakta Prasara, 13)Vata Pitta KaphaPrasara, 14)Vata Kapha Rakta Prasara, 15)Vata Pitta Kapha Rakta Prasara.

Hetu Chikitsa is advised in Prasaraavastha, later Vyadhichikitsa.

**4) Sthanasamshraya:** Aggravated Dosha spreads to different places and struck somewhere because of obstruction in Srotas due to abnormality in Srotas is called Sthanasamshraya.

If the vitiated Doshas are allowed to increase further, they will settle down in same or other organ and produces the disease concerned to that organ. In this particular stage of Kriyakala premonitory signs and symptoms of the diseases are seen. It is the fourth stage of Kriyakala and treatment must be employed to correct Dosha, Dushya or both.

**5) Vyaktavastha:** It is fifth stage of Kriyakala. In this appearance of clear symptoms of the disease are



present. In this Avastha the symptoms of the disease starts to appear on body which can be seen or observed by physician and patient that Avastha is called Vyaktavastha. Cardinal sign and symptoms of the diseases are expressed in this stage. E.g. - Increased temperature is observed in Jwara.

**6) Bhedavastha:-** In this stage specific sign and symptoms of the diseases manifests. In this Avastha the proper diagnosis of diseases can be made or can be understood. In this Avastha the Vyadhi a bheda can be done.

e.g.-if the patient is suffering from Atisara or Dravamalapravrutti that means he is suffering from Atisara disease, during this period if he has pain in abdomen or Udarashoola that means he suffering from VatajaAtisara. If his stool have dark yellow colour that means he suffering from PittajaAtisara. Hence in this Avastha the physician can make differential diagnosis of diseases. If this Avastha not treated properly it becomes incurable. This particular stage of manifestation is very difficult to cure

#### **Significance of Shatakriyakala:**

- 1) By knowing the six Avastha of Kriyakala one can get the knowledge of Hetusevana and so that he can stop Hetusevana and thus the further Avastha can be prevented.
- 2) 2 With the help of Shatakriyakala one can give actual treatment with the use of various drugs.
- 3) By knowing Shatakriyakala the physician can gives the treatment to weakened area or organ so that further SthanasamshrayaAvastha can be prevented.
- 4) The Sadhyasadyatva of the disease can be done or one can get the knowledge of Sadhyasadyatva.
- 5) It facilitates the knowledge about the prognosis of diseases in the respective Avastha.

#### **Result and Discussion**

In the manifestation of disease it is necessary to rely upon the Shatakriyakala. If we are able to understand the Shatakriyakala properly the pathology can be judge at its initial stage only and it treated easily. Thus the proper knowledge of Shatakriyakala

helps in understanding the process of manifestation of various diseases. Also the knowledge of Shatakriyakala is helpful for getting the knowledge of Sadhyasadyatva of disease.

#### **Conclusion:**

To conclude the following are the points derived from the above discussion.

- 1) The proper knowledge of Shatakriyakala helps in understanding the process of manifestation of various diseases as well as to diagnose the diseases.
- 2) The physician who diagnose a disease and treat accurately according to Shatakriyakala will be become a successful practioner.
- 3) The knowledge of Shatakriyakala is helpful for knowing the Sadhyasadyatva of disease and also plays an important role in the treatment.

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