

A Review of *Dhatu Pradoshaja Vikara*

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Abstract

Human body is composed of *Dosha*, *Dhatu* and *Mala* among which *Dhatu*s are more important structurally as they hold the body and perform specific functions like *Prinana*, *Jivana*, *Lepana* etc. Any kind of deformity in *Dhatu*s can affect body to a large extent and could be a result of various disorders. Knowledge of involved *Dosha*, creating any structural or functional disturbance in any particular *Dhatu* could be beneficial in the field of treatment. Our ancient seers have mentioned many disorders in which a particular *Dhatu* is affected and named them as *Dhatu-Pradoshaja Vikara*. In this article an attempt is made to review and understand the concept of *Dhatu-Pradoshaja Vikara*.

Keywords

Dhatu, *Dosha*, *Dhatu-Pradoshaja Vikara*, *Prinanana*, *Lepana*



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INTRODUCTION

In *Ayurveda* the tripods of life are *Dosha*, *Dhatu* and *Mala*. The three *Dosha* *Vata*, *Pitta* and *Kapha* are the functional entity. *Dhatu* being important as they provide base to the body and help to maintain equilibrium in the body. *Acharyas* believed that body is composed of seven *Dhatu*s; *Rasa Dhatu*, *Rakta Dhatu*, *Mansa Dhatu*, *Medo Dhatu*, *Asthi Dhatu*, *Majja Dhatu* and the last *Shukra Dhatu* respectively. Each *Dhatu* is formed from its earlier *Dhatu* and *Ahara Rasa* is responsible for the formation of very first *Dhatu* called *Rasa Dhatu*. Any type of disease or *Vikara* is generated when the *Vitiated Dosha* reside in *Dhatu* or *Mala* or in both. When *vitiated Dosha* are attached to a particular *Dhatu* and produce any kind of malformation in the production or alter the functions of the related *Dhatu* then it is termed as *Dhatu Pradosaja Vikara*. *Acharya Charaka* and *Susruta* have described many *Dhatu Pradoshaja Vikara*. In this study an attempt is made to review all the *Dhatu Pradoshaja Vikara* mentioned in both *Charaka* and *Sushruta Samhita*.

Aim

To study the various *Dhatu Pradoshaja Vikara* mentioned in *Charaka Samhita* and *Sushruta Samhita*.

MATERIALS

All the description related to *Dhatu Pradosaja Vikara* available in *Charaka* and *Susruta Samhita* was collected and reviewed.

Rasa Dhatu Pradosaja Vikara – When *Rasa Dhatu* is affected by *Dosha* there is production of various disease like *Hrilaasa*, *Gaurava*, *Anga marda*, *Pandu Roga*, *Jwara*, *Karshyam*, *Akala vali*, *Palita*, *Tandra*, *Klaibya* etc *Acharya Sushruta* has added some other disorder like *Arochaka*, *Avipaka*, *Hridroga*, *Atripti* etc^{1,2}.

Vyanga, *Tilkalaka* and other disease like *Gulma*, *Vidradhi*, *Raktapitta*, *Asrigdara* etc^{3,4}.

Table 1 *Rasa Pradoshaja Vikara*

S.No.	Roga / Vikara	Charaka	Susruta
1	<i>Hrilaasa</i>	+	+
2	<i>Gaurava</i>	+	+
3	<i>Anga marda</i>	+	+
4	<i>Jwara</i>	+	+
5	<i>Pandu Roga</i>	+	+
6	<i>Srotasa Rodha</i>	+	+
7	<i>Anga sada</i>	+	+
8	<i>Karshyam</i>	+	+
9	<i>Akala vali</i>	+	+
10	<i>Akala palita</i>	+	+
11	<i>Tandra</i>	+	-
12	<i>Klaibya</i>	+	-
13	<i>Agni Nasha</i>	+	-
14	<i>Anna Ashridha</i>	-	+
15	<i>Arochaka</i>	-	+

16	<i>Avipaka</i>	-	+
17	<i>Atripti</i>	-	+
18	<i>Hridroga</i>	-	+
19	<i>Vairasya</i>	-	+

Table 2 Rakta Pradoshaja Vikara

S. No.	Roga / Vikara	Charaka	Susruta
1	<i>Kustha</i>	+	+
2	<i>Visarpa</i>	+	+
3	<i>Pidika</i>	+	+
4	<i>Nilika</i>	+	+
5	<i>Tilkalaka</i>	+	+
6	<i>Vyanga</i>	+	+
7	<i>Plihavridh i</i>	+	+
8	<i>Vidradhi</i>	+	+
9	<i>Gulma</i>	+	+
10	<i>Akala palita</i>	+	+
11	<i>Arsha</i>	+	+
12	<i>Asrigdara</i>	+	+
13	<i>Rakta Pitta</i>	+	+
14	<i>Guda,Asya, Medhra Paka</i>	+	+
15	<i>Kamla</i>	+	-
16	<i>Piplika</i>	+	-
17	<i>Dradru,Ch armdala, Pama</i>	+	-
18	<i>Shwittra</i>	+	-
19	<i>Kotha</i>	+	-
20	<i>Rakta mandala</i>	+	-
21	<i>Indralupta</i>	-	+
22	<i>Nyacha</i>	-	+
23	<i>Arbuda</i>	-	+
24	<i>Angamarda</i>	-	+

Rakta Pradosaja Vikara – When *Dosha* are situated in *Rakta Dhatu* they produce skin disorders like *Kustha*, *Visarpa*, *Manadala*, *Kotha*, some *Kshudra Roga* like; *Nilika*, *Vyanga*, *Tilkalaka* and other disease like

Gulma, *Vidradhi*, *Raktapitta*, *Asrigdara* etc^{3,4}

Mansa Pradoshaja Vikara – These are due to *Doshika* Involvement in *Mansa Dhatau*. Disorders like *Adhimansa*, *Arbuda*, *alaji*, *Putimansa*, *Galshaluka*, *Arsha*, *Adhijihva*, *Upjihva* etc are considered in *Mansapradosaja Vikara*^{5,6}.

Table 3 Mansa Pradoshaja Vikara

S.No.	Roga / Vikara	Charaka	Susruta
1	<i>Adhimansa</i>	+	+
2	<i>Arbuda</i>	+	+
3	<i>Upjihva</i>	+	+
4	<i>Galshundika</i>	+	+
5	<i>Alaji</i>	+	+
6	<i>Galganda</i>	+	+
7	<i>Gandamala</i>	+	-
8	<i>Putimansa</i>	+	-
9	<i>Galashaluka</i>	+	-
10	<i>Arsha</i>	-	+
11	<i>Adhijihwa</i>	-	+
12	<i>Upkusha</i>	-	+
13	<i>Mansa sanghata</i>	-	+
14	<i>Austha prakopa</i>	-	+

Meda Dhatu Pradoshaja Vikara – In these *Vikara Meda Dhatu* is main *Dushya*. These are *Arbuda*, *Madhumeha*, *Atisthaulya*, *Atisweda*, *Austhapaka* etc. Acharya Charaka has mentioned that all the *Purva Roopa* in *Prameha Roga* is due to *Meda Dhatu Pradusthi*^{7,8}.

Table 4 Medo Pradoshaja Vikara

S.No.	Roga / Vikara	Charaka	Susruta
1	Granthi	All	+
2	Vridhi	Poorva	+
3	Galganda	Rupa of	+
4	Arbuda	Prameha	+
5	Austhakopa		+
6	Madhumeha		+
7	Atisthaulya		-
8	Atisweda		-

Asthi Pradoshaja Vikara – When *Doshik* involvement is in *Asthi Dhatu*, production of disease like *Asthitoda*, *Adhiasthi*, *Asthishoola*, *Kunakha* etc occurs^{9,10}.

Table 5 *Asthi Pradoshaja Vikara*

S.n o.	Roga / Vikara	Charaka	Susruta
1	Adhiasthi	+	+
2	Adhidanta	+	+
3	Asthitoda	+	+
4	Asthishhola	+	+
5	Kunakha	-	+
6	Kesha,loma,Nakha,shram shru dosha	+	-

Majja Pradoshaja Vikara – Disease like *Tamodarshan*, *Bhrama*, *Murcha*, *Parvashoola* and *Netrabhisyananda* are due to *Majja Dhatu Dusthi* by *Dosha*^{11,12}.

Table 6 *Majja Pradoshaja Vikara*

S.No.	Roga / Vikara	Charaka	Susruta
1	Tamodarshan	+	+
2	Murcha	+	+
3	Bhrama	+	+
4	Parva shoola	+	+
5	Netra Abhisyananda	-	+

Shukra Pradoshaja Vikara – When there is any type of *Dusthi* in *Dhatu* by any *Dosha*, it causes disease like *Klaibya*, *Apraharsa*, *Shukrashmari*, *Shukrameha* etc^{13,14}.

Table 7 *Shukra Pradoshaja Vikara*

S.no.	Roga / Vikara	Charaka	Susruta
1	Klaibya	+	+
2	Apraharsa	+	+
3	Shukrashmari	-	+
4	Shukrameha	-	+
5	Shukra dosha	-	+

Treatment of *Dhatupradoshaja Vikara*:

Rasa Dhatu Pradoshaja Vikara – *Langhana* is said the only treatment for *Rasa Pradoshaja Vikara*¹⁵.

Rakta Pradoshaja Vikara – *Acharya Charaka* has indicated *Rakta* and *Pitta Nashak Kriya* for the management of *Rakta Pradoshaja Vikara*, he has also indicated *Virechana*, *Upvasa* and bloodletting process for the treatment of *Rakta Pradoshaja Vikara*¹⁶.

Mansa Pradoshaja Vikara – In these roga, *Samshodhana*, *Kshara karma*, *Agnikarma* are done¹⁷.

Meda Pradoshaja Vikara – These are treated by using various *Dravya* having *Vata* and *Kapha* and *Meda Nashaka* Properties, use of *Ruksha*, *Ushna* and *Tikshna Dravya* in *Basti*. *Takrarishta* and *Madhu* are also

indicated. Use of *Brihat Panchmula* with honey and *Shilajatu* with *Agnimantha Swarasa* is also indicated. *Ahara Dravaya* like *Priyangu*, *Shyamaka*, *Yavaka*, *Yava*, *Kulatha*, *Mudaga*, *Adhaki* and *Patola* are indicated by *Charaka*, physical act like *Prajagrana*, *Vyavaya*, *Vyayama* and mentally having *Chinta* (mental stress) is indicated for the treatment of *Medo Dhatu Pradosaja Vikara*^{18,19}.

Asthi Pradoshja Vikara – In *Asthipradoshaja Vikara Panchakarma* process is indicated, *Basti* processed by *Ksheera* and in *Tikta Aushdha* are also indicated²⁰.

Majja & Shukra Dhatu Pradoshja Vikara – These *Vikara* are treated by *Madhura* and *Tikta Rasa Pradhana Anna*, by *Vyayama* and by *Vamana* and *Virechana*²¹.

DISCUSSION

There are seven *Dhatu* in body and each *Dhatu* performs a specific function to hold the body. *Rasa Dhatu* provide *Preenana*, *Rakta Dhatu* provide *Jivana*, *Mansa Dhatu* perform *Lepana Karma*, *Snehana* is done by *Medo Dhatu*, *Asthi Dhatu* helps in *Dharana* of Body *Majja Dhatu* is responsible for *Poorana Karma* and *Shukra Dhatu* helps in reproduction²². *Vyadhi* is *Dosha-Dushya*

Sammoorchana when *Dushya* are either *Dhatu*s or *Mala*, when *Dhatu* get denatured by any *Dosha* it results in *Dhatu Pradoshaja Vikara*. *Dhatu Pradoshaja Vikara* being important in this sense that body is markedly affected in this type of *Vikara*. Symptoms have a wide range because the *Updhatus* of related *Dhatu* are also affected. *Achraya Charaka* and *Sushruta* have mentioned so many diseases in which particular *Dhatu* is majorly affected. *Charaka* has described line of treatment for *Dhatu Pradoshaja Vikara*.

CONCLUSION

Dhatu Pradoshaja Vikara is a disease in which *Dhatu*s are mainly affected by *Dosha*. This is clearly indicated in *Samhitas*, knowledge of *Dhatu Pradoshaja Vikara* may be very helpful in the treatment of various diseases.

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