**Shadvidhopkram - An Exclusive Treatment Principle of Ayurveda & Its Application in Today’s Era**

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**ABSTRACT**

In Ayurveda, *Yuktivyapashraya* is the fundamental measure to manage any disease. It is the principle by which a physician has to understand the involvement of *Dosha, Dhatu, Mala* and *Strotas* to select treatment strategy. Acharya Vagbhat emphasized on the concept of *Dvividhopkram* i.e. *Santarpanupakram* & *Apatarpanupakram*. *Shadvidhopkram* is described by Acharya Charak. It includes six upakramas i.e. *Langhan* (De-nourishing therapy), *Bruhan* (Nourishing therapy), *Snehan* (Oleating therapy), *Swedan* (Sweating therapy), *Rukshan* (Drying therapy) and *Stambhan* (Astringent therapy). Objectives of this review are to analyze, explore and correlate the concept of *Shadvidhopkram* with the help of conducted researches and discuss its application in today’s era. Metabolic syndrome is a major and intensifying worldwide problem. It can be considered as *Santarpanajanyavikar*. Cancer is a group of diseases involving abnormal cell growth with the potential to invade or spread to other parts of the body. As there is excessive growth, it can also be included in *Santarpanajanyavikar*. These disorders can be tackled by applying *Langhan*, *Rukshan* or *Swedanupakram*. *Apatarpanjanyavikar* are caused due to *Vataprapkopa* Ahar-Vihar, chronic illness, improper absorption of nutrients. Nutrition deficiency disorders, immunodeficiency and degenerative disorders can be included in *Apatarpanjanyavikar*. The treatment principle for *Apatarpanjanyavikar* is *Bruhan, Snehan* and *Stambhan*. In this review, multiple treatment modalities are correlated with *Shadvidhopkram*. From this critical review, it can be concluded that *Shadvidhopkram* is a comprehensive treatment principle. Every disease can be treated by applying one or combination of two or three of these principles appropriately.

**KEYWORDS**

*Dvividhopkram, Shadvidhopkram, Santarpanjanyavikar, Apatarpanjanyavikar*
INTRODUCTION

Daivavyapashraya, Yuktiyapashraya & Satyavjaya are considered as common treatment principle in Ayurveda. Yuktiyapashraya is the fundamental measure to manage any disease. It is the principle by which a physician has to understand the involvement of Dosha, Dhatu, Mala and Strotas to select treatment strategy.

Acharya Vagbhath emphasized on the concept of Dvividhopkram i.e. Santaranupakram & Apataran upakram. He thought that each disease is included in either Santaranjanyaavyadhi or Apataranjanyaavyadhi. Santaranjanyaavyadhi can be treated with Apataranupakram & vice-versa.

Shadvidhopkram is described by Acharya Charak. It includes six upakramas i.e. Langhan (De-nourishing therapy), Bruhan (Nourishing therapy), Snehan (Oleating therapy), Swedan (Sweating therapy), Rukshan (Drying therapy) and Stambhan (Astringent therapy). According to Acharya Charak, any ailment can be treated by using one or combination of it. Langhan, Rukshan and Swedan are included in Apataranupakram & Bruhan, Snehan, Stambhan are included in Santaran Upakram.

The objectives of this review are:

- To analyze the concept of Shadvidhopkram
- To explore and correlate the Shadvidhopkram with the help of conducted researches
- To discuss the application of Shadvidhopkram in today’s era

Basic Pathogenesis, classification of Diseases and application of Shadvidhopkram

![Diagram showing the classification of diseases]

- SantaranjanyaAhar-Vihar
  - Agnidushti (Disequilibrium state of Agni)
  - Santaranjanya vikar: Metabolic syndrome, Autoimmune disorders, Malignancies
  - Apataranjanya vikar: Nutrition deficiency disorders, Immunodeficiency disorders, Degenerative disorders

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Scientific aspect of Shadvidhopkram

Santarpanjanyavikar - Metabolic syndrome is a major and intensifying worldwide problem due to urbanization, excess energy intake, increasing obesity, and sedentary life habits. Metabolic syndrome is a result of improper metabolism. In Ayurveda metabolism is considered as the function of Agni. Above said causes of metabolic syndrome primarily vitiate Agni especially producing Ama, Kapha and Meda. Hence metabolic syndrome can be considered as Santarpanajanyavikar.

In autoimmune disorders, the immune system plays a major role to distinguish self from non-self in preserving the integrity of the host. Interference in immune function can result in over-activity to self-antigens, leading to autoimmunity. During the past 20 years, significant increase has been observed in the incidence of autoimmune diseases worldwide. The etiology and pathogenesis of many autoimmune diseases remain unknown. It is undeniable that today’s food regimen is very different from what it was even two or three decades ago. It is stated that diet is a potential environmental risk factor for such disorders. The link between gluten ingestion and gluten sensitive enteropathies are already well established and accepted. According to Ayurveda, apathyaaahar causes agnimandya which leads to formation of aam. Aam can be considered as a principal factor for autoimmune diseases.

Cancer is an abnormal cell growth which can be spread to other parts of body. As there is excessive growth, it can also be included in Santarpanjanyavikar.

All these disorders can be tackled by applying Langhan, Rukshan or Swedan.

1. **Langhan** (De-nourishing treatment) – The word ‘langhan’ is derived from the word ‘laghu’. Whichever procedures or medicines that brings the laghuta(lightness) in the body is called as Langhana. Whenever there is vitiation of Kaphadosha& blockages of strotas(microchannels), Langhan therapy is indicated. Langhan includes ten types of therapies. Out of these, Vamana (procedure of emesis), Virechana (Procedure of purgation), Niruhabasti (procedure of decoction enema) and
**Nasya**(Procedure of nasal instillation) are *shodhan* therapies and the other *Pipasa* (controlling of thirst), *Maruta* (exposure to wind), *Atapa* (exposure to sun), *Pachana* (administration of digestive medicine), *Upavasa* (fasting) and *Vyayama* (physical exercise) are considered as shaman therapies.

*Pipasa*(Restriction of water intake) is commonly used in *Jalodar*(Ascites).

*Atapsevan*(Sun exposure) is indicated in *Kushtha*(some dermatological disorders).

Today’s *Phototherapy* can be correlated with *Atapsevan.*

Data revealed that sunlight is almost 6.5 times more effective than a phototherapy unit. Thus, sunlight may be considered an alternative phototherapy for the treatment of neonatal jaundice, particularly in areas where conventional phototherapy units are unavailable.

In the study conducted by Atsushi Tanemura et al., Sun illumination along with tacalcitol may be able to induce natural repigmentation in vitiligo vulgaris.

Vitamin D deficiency and decreased exposure to solar UVB radiation have been proved to increase the risks of many common cancers, type-1 diabetes, rheumatoid arthritis, and multiple sclerosis.

*Pachan* and *Upavas* are commonly used therapies. It is indicated, when vitiated dosha or aam are circulated all over body (shakhagatadosha), In metabolic and Autoimmune disorders, *Pachan* drugs like *Trikatu, Guduchi, Nagarnotha* are very useful.

Recent studies conducted on different forms of fasting, showed beneficial effects on animal and human health.

They appear to delay the onset of the following diseases: Autoimmune diseases, Atherosclerosis, Cardiomyopathies, Cancer, Diabetes, Renal diseases, Neurodegenerative diseases, and Respiratory diseases.

*Vyayam* is specifically indicated in *medoroga* to burn excessive fats of the body. Physical inactivity is a most important risk factor for cardiovascular disease and other chronic diseases like Diabetes mellitus, Cancer specifically colon & breast, Obesity, Hypertension, Osteoarthritis and Depression.

In a large prospective study, each increase of 500 kcal (2100 kJ) in energy expenditure per week was associated with a decreased incidence of type 2 Diabetes of 6%.

Two recent follow-up studies involving cancer patients (breast and colon cancer) revealed that increased self-reported physical activity was associated with a decreased recurrence of cancer and risk of death from cancer.
Routine physical activity has been shown to reduce triglyceride levels, increase high-density lipoprotein [HDL] and decreased low-density lipoprotein [LDL], reduce blood pressure, reduce systemic inflammation, decrease blood coagulation, improve coronary blood flow, and enhance endothelial function. Increased level of C-reactive protein indicates chronic inflammation, is strongly associated with most of the chronic diseases. It can be prevented by exercise. Recent RCTs have shown that exercise training may cause marked reductions in C-reactive protein.

2. **Rukshan** (drying treatment) – These are the measures which makes Rukshata (dryness), Kharata (roughness) and Vaishadya (clarity, non-sliminess) in body. It dries up the sticky and fatty constituents of the body. It can be done externally as well as internally. **Udvartani** is the example of bahyarukshan and oral use of dravyahaving Katu, tikta and kashay properties is abhyantarrukshan. Rukshan therapy can be given in Santarpanjayavikar which are situated in marmasthan like prameha and vatarakta.

3. **Swedan** (sweating therapy) – It is a process by which perspiration is produced. It is useful to relieve stambha (stiffness), gaurava (heaviness) and sheeta (coldness). **Swedan** can be correlated with thermotherapy of Modern medicine. It is most commonly used for rehabilitation purposes. Thermotherapy decreases joint stiffness and pain, reduces inflammation and increases blood flow. Heat creates higher tissue temperatures producing vasodilation that increases the oxygen supply and nutrients and the removal of metabolic waste. It is advised in myalgia, Fibromyalgia and bursitis. One study showed that heat therapy is effective in treating leishmaniasis. Recent in vitro studies have revealed the effectiveness of heat treatment on the metabolism of cartilage matrix components such as proteoglycans and collagen.

**Apatarpanjanyavikar** - These are caused due to vataprakopakahar-vihar (lack of nutritious food, excessive exercise), chronic illness, improper absorption of nutrients. Nutrition deficiency disorders, immunodeficiency and degenerative disorders can be included in Apatarpanjanyavikar. The treatment principle for Apatarpanjanyavikar is Bruhan, Snehan and Stambhan.

4. **Bruhan** (nourishing treatment) – It refers to the use of medicines or procedures which support the growth of body. It can be used in ksheen, kshat and durbal patients. **Kharjuradimantha** in
karshya, Panchatiktaksheerbasti in osteoarthritis, Guduchighrita for rasayan are some examples of Bruhan. Bruhan is the treatment to nourish all dhatu appropriately. There is dhatu specific bruhanchikitsa like Rasa bruhan, Mamsabruhan, Asthibruhan. It can be correlated with nutrition therapy. Malnutrition is a major contributor to death and disabilities worldwide\textsuperscript{35}. There are some nutrition deficiency diseases like anemia, scurvy, some neurological disorders, Osteoporosis where bruhanchikitsa is essential.

5. Snehan – It is a procedure by which snigdhata(oiliness), mardavata (softness) and kledan (moistness) is achieved. It is divided into shodhan, shaman&bruhanSneha. According to route of administration, it is divided into bahyasneha&abhantarsneha. Teel taila and Go-ghrita are called as ‘shreshthasneha’. It can be medicated with different herbs as per requirement.

Some nutrients are fat-soluble. Body needs fats to absorb and transport vitamins A, D, E, K, as well as carotenoids. Therefore a lack of fats in diet can lead to deficiencies, exposing many health problems. For example, deficiency of Vitamin D causes bone weakness and deformities, while vitamin A deficiency include anaemia, impotence, night blindness, growth retardation and an increased risk of infection.

In some studies, it is found that ‘Sesamin’ present in sesame oil significantly decreases the wall thickness and area of aorta and superior mesenteric artery\textsuperscript{36}. Sesamin is valuable for prophylactic treatment of cardiac hypertrophy and renal hypertension\textsuperscript{37}.

The important antioxidants sesaminol, sesamolinol, sesamolin and sesamin maintain the fats including Low Density Lipoproteins (LDL) which cause arteriosclerosis\textsuperscript{38}. Vitamin E protects the body from harmful oxidizing compounds. Sesame seed oil contains gamma tocopherols along with sesaminol and sesamin which possesss Vitamin E like activity.

6. Stambhan(Astringent therapy) – This therapy prevents loss of bodily substances and fluids. It is specifically indicated in condition like burn, vomiting, Diarrhoea and hyper sweating where excessive body fluid is lost. The drugs having properties of madhur, tikta, kashay and sheeta are used as a stambhan\textsuperscript{39}. Use of Kutaj or Bilva in atisar(diarrhoea) or use of Vasa in nasagataraktapitta(epistaxis) are some examples of Stambhan.

CONCLUSION
From this critical review, it can be concluded that Shadvidhopkram is a comprehensive treatment principle. Every disease can be treated by applying one or combination of two or three of these principles appropriately.
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