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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.*AcharyaVagbhat* emphasized on the concept of *Dvividhopkram* i.e. *Santarpanupakram* & *Apatarpanupakram*. *Shadvidhopkram* is described by *AcharyaCharak*. 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 researchesand discuss its application in today's era. Metabolic syndrome is a major and intensifying worldwide problem. It can be considered as *Santarpanajanyavikar*.Canceris 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 *Santarpanjanyavikar*. These disorders can be tackled by applying *Langhan, Rukshan* or *Swedanupakram*. *Apatarpanjanyavikar* are caused due to *Vataprakopak 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 *Shadvidhopkrma* 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

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INTRODUCTION

Daivavyapashraya, Yuktivyapashraya&Satvavjaya are considered as common treatment principle 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.

AcharyaVagbhat emphasized on the concept of *Dvividhopkram* i.e. *Santarpanupakram&Apatarpan upakram*[1]. He thought that each disease is included in either *Santarpanjanyavyadhi* or *Apatarpanjanyavyadhi*.

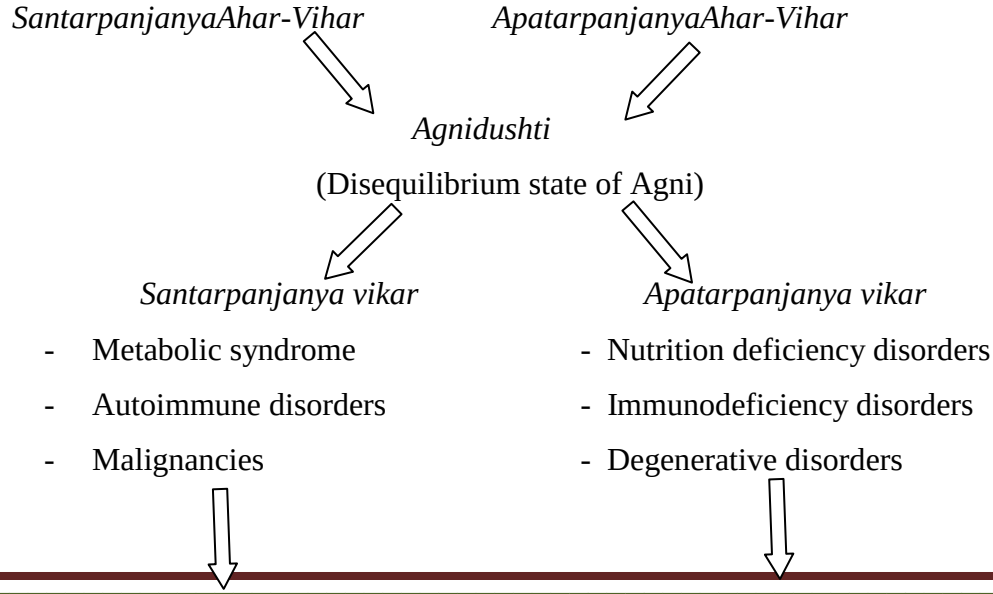
Santarpanjanyavyadhi can be treated with *Apatarpanupakram*& vice-versa.

Shadvidhopkram is described by *AcharyaCharak*. 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)[2]. According to *AcharyaCharak*, any ailment can be treated by using one or combination of it. *Langhan*, *Rukshan* and *Swedan* are included in *Apatarpanupakram&Bruhan,Snehan, Stambhan* are included in *SantarpanUpakram*.

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*



Treatment Principle

- *Langhan*
- *Rukshan*
- *Swedan*
- *Bruhan*
- *Snehan*
- *Stambhan*

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[3]. 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[4]. 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 [5]. According to Ayurveda, *apathyaahar* 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[6]. 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[7].

In the study conducted by Atsushi Tanemura et al., Sun illumination along with tacalcitol may be able to induce natural repigmentation in vitiligo vulgaris[8].

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[9].

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*, *Nagarmotha* are very useful.

Recent studies conducted on different forms of fasting, showed beneficial effects on animal and human health[10-15].

They appear to delay the onset of the following diseases: Autoimmune diseases, Atherosclerosis, Cardiomyopathies, Cancer, Diabetes, Renal diseases, Neurodegenerative diseases, and Respiratory diseases[16, 17].

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[18,19].

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%[20].

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[21, 22].

Routine physical activity has been shown to reduce triglyceride levels, increase high-density lipoprotein [HDL] and decreased low-density lipoprotein [LDL], [23]reduce blood pressure,[24]reduce systemic inflammation[25] decrease blood coagulation,[26] improve coronary blood flow,[27] and enhance endothelial function[28].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[29].

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. *Udvartan*is the example of*bahyarukshan*and oral use of*dravya*having *Katu, tikta*and *kashay*properties is*abhyantarrukshan. Rukshan*therapy can be given in*Santarpanjayavikar which are situated in marmasthan like prameha and vatarakta*[30].

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[31]. One study showed that heat therapy is effective in treating leishmaniasis[32]. Recent in vitro studies have revealed the effectiveness of heat treatment on the metabolism of cartilage matrix components such as proteoglycans and collagen[33, 34].

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 k*sheen, 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[35]. There are some nutrition deficiency diseases like anemia, scurvy, some neurological disorders, Osteoporosis where *bruhan*chikitsa is essential.

5. ***Snehan*** **–** It is a procedure by which **s***nigdhata*(oiliness), *mardavata* (softness) and *kledan* (moistness) is achieved. It is divided into s*hodhan*, *shaman*&*bruhanSneha*. According to route of administration, it is divided into *bahyasneha*&*abhyantarsneha*. *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[36]. Sesamin is valuable for prophylactic treatment of cardiac hypertrophy and renal hypertension[37].

The important antioxidants sesaminol, sesamolinol, sesamolin and sesamin maintain the fats including Low Density Lipoproteins (LDL) which cause arteriosclerosis[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*[39]. Use of *Kutaj* or *Bilva* in a*tisar*(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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