

EVALUATION OF DOSHA PRAKOPAKA NIDANA IN AVABAHUKA

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ABSTRACT

Avabahuka is enumerated as *Vataja Nanatmaja Vyadhi* in *Sharangadhara Samhita*. But *Madhukosha* commentary has explained involvement of *Kapha Dosha* along with *Vata* as causative factors for *Avabahuka*. Therefore present study was carried out to evaluate *Dosha Prakopaka Nidana* in *Avabahuka* and thereby evaluate *Dosha* involved in the manifestation of *Avabahuka*. Simple randomized clinical observational study was carried out on 60 patients fulfilling diagnostic criteria, subjected to detailed history recording, physical examination, lab investigation and x-ray followed by assessment of *Dosha Prakopaka Nidana* with the help of specially designed case proforma and questionnaire. Among *Dosha Prakopaka Nidana* *Vata* and *Kapha Prakopaka Nidana* showed statistically highly significant. From observation and results of *Dosha Prakopaka Nidana*, it is clear that predominantly *Vata Dosha Prakopaka Nidana* and *Kapha Dosha Prakopaka Nidana* has role in causation of *Avabahuka*.

Keywords: *Dosha Prakopaka Nidana, Avabahuka*

INTRODUCTION

Avabahuka is enumerated as *Vataja Nanatmaja Vyadhi* in *Sharangadhara Samhita*.¹ But *Acharya Sushruta*, *Vagbhata* and *Madavakara* have explained *Avabahuka* under *Vatavyadhi*. *Acharya Dalhana* has explained involvement of *Kapha Dosha* in the manifestation of *Avabahuka*.² *Madhukosha* commentary also mentioned *Vata* and *Kapha dosha* as causative factors for manifestation of *Avabahuka*.³ Hence

Vata along with *Kaphanubandha* is responsible for manifestation of *Avabahuka*. *Adamalla* in his commentary *Dipika* on *Sharangadhara-Samhita* has given detail explanation about *Avabahuka* and opines that it is caused due to *Vata* and *Kapha*. In *Nyayachandrika* commentary *Gayadasa* while explaining *Avabahuka* mentions that *Amsa Shosha Avabahuka* is due to *Dhatukhsaya* and has involvement of

Vataalone. If Avabahuka is caused without manifestation of Amsa Shosha is due to Kaphavrutta Vata. Doshā Prakopaka Hetu plays an important role in manifestation of disease. Vagbhata and Charaka in context of Ritu Kriyakala mentions that the Prakupita Doshā spreads to different directions and manifest symptoms of respective Prakupita Doshā.⁴ If care is not taken initially it further leads to manifestation of successive signs and symptoms of the disease or even attains chronicity. Hence Doshā Prakopaka Hetus compiled from Brihatrayi, Laghutrayi and its commentaries are analysed in patients having Avabahuka. This knowledge is useful in prevention by Nidana Parivarjana, management and treatment by concentrating on Doshā involved and the possible Samprapthi by involved Nidana.

OBJECTIVE OF THE STUDY:

To evaluate role of Doshā Prakopaka Nidana in Avabahuka.

MATERIALS AND METHODS:

Study design: Observational clinical study

Sampling frame: Patients selected from outpatient department and inpatient department of SDM College of Ayurveda and Hospital Hassan.

Diagnostic criteria:

Subjective parameter: *Savedana* (Pain in posterior aspect of neck with or without restriction in range of neck movement and radiation to one or both upper limbs), *BahuPraspanadahara* (Partial or complete restriction of movement in shoulder and arm), *Bahu Shosha* (wasting of arms), *Amsa Shosha* (wasting of shoulder girdle).⁵

Objective parameter: X-ray of cervical spine-AP and lateral view showing narrowing of intervertebral disc space with or without formation of osteophytes.

Inclusion criteria: Patients aged between 30 to 70 years of either gender fulfilling diagnostic criteria.

Exclusion criteria: Patients suffering from Rheumatoid arthritis, Pott's spine, Spondylolisthesis, Spondylolysis, trauma and any other disease that may interfere with the study.

OBSERVATION AND RESULTS: In the present study 65 patients presenting with Avabahuka were screened, among them 60 patients who fulfilled the diagnostic and inclusion criteria were registered, 5 were excluded as 2 were below 30 years of age and 3 were diagnosed case of Rheumatoid Arthritis. Therefore, study was conducted on 60 patients with specially designed case performance containing history recording, physical examination, investigation, NidanaPanchaka and assessment details including specially designed questionnaire for DoshāPrakopaka Nidana. It is observed that out of 60 patients 20(33.33%) belonged to the age group of 30-40 years, another 20(33.33%) patients to the age group of 41-50 years, followed by 13(21.67%) patients in the age group of 51-60 years and 7 (11.67%) patients belonged to the age group of 61-70 years. The gender wise distribution showed that majority of the patients were female 31(51.67%), followed by males 29(48.33%). Data related to occupation showed maximum 23 (38.1%) patients involved in agriculture. Data related to nature of sleep out of 60 patients showed maximum

52(86.7%) patients were having disturbed sleep followed by 8(13.3%) had sound sleep.

RESULTS:

Questionnaire for *Dosha Prakopaka Nidana* is designed based on *Dosha Prakopa Nidana* and *Vata Vyadhi Samanya Nidana* collected from *Brihatrayi*, *Laghutrayi* and its commentaries. Further, these *Nidana* were systematically categorized into different domains like *Aharaja*, *Viharaja*, *Manasika* and *Anyaja* etc. *Aharaja Nidana* further categorized as *Rasa*, *Guna*. *Ahara Dravya* and *AharaKrama*. Under each domain each item is given with 5 Likert scale with categories “regularly”, “frequently”,

“sometimes”, “occasionally” and “never” with scoring 4, 3, 2, 1 and 0 respectively to record the responses of the patients. On calculation, weighted mean of each item is 2. If weighted mean is equal to or more than 2 then that item is analyzed with Chi square test to assess the level of significance. Chi square significance (P value) more than 0.05 indicates non significance, ranging from <0.05 to 0.01 indicates significant and <0.01 indicates highly significant.

Results were assessed by *Dosha Prakopaka Nidana* questionnaire subjected to statistical analysis and tabulated as below-

Table1: Showing Result of *Aharaja Dosha Prakopaka Nidana* w.r.t *Rasa*

	Weighted mean	N	X ² value	P value	Significance	Prakupita Dosha
How often do you consume food which is sweet in taste (<i>Madura Rasa</i>)?	1.75	33				<i>Kapha</i>
How often do you consume food which is sour in taste (<i>Amla Rasa</i>)?	1.78	36				<i>Kapha Pitta</i>
How often do you consume food which is salty in taste (<i>Lavana Rasa</i>)?	2.50	46	18.667	0.000	HS	<i>Kapha Pitta</i>
How often do you consume food which is pungent/spicy in taste (<i>Katu Rasa</i>)?	3.97	60	52.267	0.000	HS	<i>Vata Pitta</i>
How often do you consume food which is Bitter In Taste (<i>Tikta Rasa</i>)?	0.00	0				<i>Vata</i>
How often do you consume food which is Astringent In Taste (<i>Kashaya Rasa</i>)?	0.00	0				<i>Vata</i>

N=number patients exposed to *Nidana*, X² value= Chi square value, P valve- level of significance, HS- Statistically highly significant, S- Statistically significant

Table 2: Showing Result of *Aharaja Dosha Prakopaka Nidana* w.r.t *Guna*

	Weighted Mean	N	X ² Value	P value	Significance	Prakupita Dosha
Do you consume items that are light for digestion (<i>Laghu</i>)?	2.52	39	76.167	0.020	S	<i>Vata Pitta</i>

Do you consume food items that are cold in nature (<i>Sheeta</i>)?	1.63	31				<i>Vata Kapha</i>
Do you consume food items that can causes constipation (<i>Vishtambhi</i>)?	0.47	6				<i>Vata</i>
How often do you consume food items that are hot in nature (<i>Ushna</i>)?	3.87	58	156.800	0.000	HS	<i>Pitta</i>
Do you consume food items that cause burning sensation in chest and epigastrium (<i>Vidahi</i>)?	3.10	46	102.833	0.000	HS	<i>Pitta</i>
How often do you consume food items that are oily in nature (<i>Snigdha</i>)?	3.75	58	128.400	0.000	HS	<i>Kapha</i>
How often do you consume food items that are heavy for digestion (<i>Guru</i>)?	2.53	37	44.333	0.000	HS	<i>Kapha</i>

Table 3: Showing Result of *Aharaja Dosha Prakopaka Nidana* w.r.t *Ahara Dravya*

	Weighted mean	N	X ² Value	P Value	Significance	<i>Prakupita Dosha</i>
How often you consume Dried Vegetable (<i>Shuska Shaka</i>)?	0.00	0				<i>Vata</i>
How often you consume dried meat (<i>Shuska Vallura</i>)?	0.08	2				<i>Vata</i>
How often you consume Lentil(<i>Masoora</i>)?	0.00	0				<i>Vata</i>
How often you consume Green gram (<i>Mudga</i>)?	1.70	60				<i>Vata</i>
How often you consume Bengal gram (<i>Adaki</i>)?	3.88	60	91.900	0.000	HS	<i>Vata</i>
How often you consume Barnyard millet (<i>Shyamaka</i>)?	0.03	1				<i>Vata</i>
How often you consume Green peas (<i>Harenu</i>)?	1.92	43				<i>Vata</i>
How often you consume Flat peas (<i>Nishpava</i>)?	2.17	56	64.267	0.000	HS	<i>Vata Pitta</i>
How often you consume Pea nut(<i>Kalaya</i>)?	1.92	46				<i>Vata</i>
How often you consume Sprouts (<i>Viruda Dhanya</i>)?	1.45	23				<i>Vata</i>
How often you consume Chick pea (<i>Chanka</i>)?	3.93	59	102.700	0.000	HS	<i>Vata</i>
How often you consume cereals (<i>Katrunda Dhanya</i>)?	3.75	58	121.733	0.000	HS	<i>Vata Kapha</i>
How often you consume shoot of Bamboo (<i>Karira</i>)?	0.12	2				<i>Vata</i>
How often you consume Watermelon (<i>Kalinga</i>)?	1.60	34				<i>Vata</i>

How often you consume Bottle gourd (<i>Tumba</i>)?	1.45	27				<i>Vata</i>
How often you consume other kind of Gourd (<i>Cirbhita</i>)?	1.70	41				<i>Vata</i>
How often you consume stalk/root of Lotus (<i>Bisa/Shalooka</i>)?	0.07	2				<i>Vata</i>
How often you consume <i>Jamoon</i> fruit (<i>Jambava</i>)?	2.28	45	21.167	0.000	HS	<i>Vata</i>
How often you consume Sesame oil (<i>Tila Taila</i>)?	0.00	0				<i>Pitta</i>
How often you consume Sesame paste (<i>Pinyaka -Tila Kalka</i>)?	0.07	1				<i>Pitta</i>
How often you consume Horse gram (<i>Kulatha</i>)?	1.15	9				<i>Pitta</i>
How often you consume Mustard (<i>Sarshapa</i>)?	3.90	59	26.667	0.000	HS	<i>Pitta</i>
How often you consume Green Leafy Vegetables (<i>Harita Shaka</i>)?	1.97	52				<i>Pitta</i>
How often you consume Fish(<i>Matsya</i>)?	0.68	7				<i>Pitta</i>
How often you consume Goat/Sheep Meet (<i>Aja/Avika Mamsa</i>)?	0.97	20				<i>Pitta</i>
How often you consume Curds (<i>Dadhi</i>)?	3.43	59	43.600	0.000	HS	<i>Pitta Kapha</i>
How often you consume Whey (<i>Mastu</i>)?	0.00	0				<i>Pitta</i>
How often you consume butter milk (<i>Takra</i>)?	3.30	60	18.900	0.000	HS	<i>Pitta Kapha</i>
How often you consume Black gram (<i>Masha</i>)?	2.80	59	65.100	0.000	HS	<i>Pitta Kapha</i>
How often you consume <i>Amlaphala</i> (sour fruits)?	1.00	2				<i>Pitta</i>
How often you consume fried condiments (<i>Shandaki</i>)?	1.12	3				<i>Pitta</i>
How often you consume unripe Mango and Gooseberry (<i>Ama-Amrataka Amalaki</i>)?	1.20	10				<i>Pitta</i>
How often you consume Pepper (<i>Marica</i>)?	0.00	0				<i>Pitta</i>
How often you consume Flax seed (<i>Atasi</i>)?	0.00	0				<i>Pitta</i>
How often you consume alcohol (<i>Madhya</i>)?	0.72	12				<i>Pitta</i>
How often you consume freshly harvested grains (<i>Navanna</i>)?	3.35	51	105.600	0.000	HS	<i>Kapha</i>
How often you consume rice flour (<i>Pista</i>)?	2.65	60	105.60	0.002	S	<i>Kapha</i>
How often you consume dates (<i>Kharjura</i>)?	0.37	59				<i>Kapha</i>
How often you consume Cococnut (<i>Narikelala</i>)?	3.95	59	56.067	0.000	HS	<i>Kapha</i>

How often you consume beaten rice (<i>Pruthuka</i>)?	0.97	4				<i>Kapha</i>
How often you consume Unboiled Milk (<i>Ama Ksheera</i>)?	0.00	0				<i>Kapha</i>
How often you consume milk (<i>Ksheera</i>)?	1.88	16				<i>Kapha</i>
How often you consume milk products(<i>Ksheera Vikara</i>)?	3.80	56	102.700	0.000	HS	<i>Kapha</i>
How often you consume Cow's milk within 7 days of calved (<i>Piyusha</i>)?	1.33	27				<i>Kapha</i>
How often you drink sugarcane juice (<i>Ikshu-Rasa</i>)?	1.50	28				<i>Kapha</i>
How often you consume half boiled sugarcane juice (<i>Phanita</i>)?	0.12	3				<i>Kapha</i>
How often you consume Jaggery (<i>Guda</i>)?	3.92	60	108.300	0.000	HS	<i>Kapha</i>
How often you consume rice boiled with milk (<i>Payasa</i>)?	0.48	9				<i>Kapha</i>
How often you consume Barley (<i>Yavaka</i>)?	0.00	0				<i>Kapha</i>
How often you consume Wheat (<i>Godhuma</i>)?	3.00	59	36.300	0.000	HS	<i>Kapha</i>
How often you consume food prepared from <i>Tila Pista</i> (Sesame Flour)?	0.23	3				<i>Kapha</i>
How often you consume Rice boiled with Black Gram and sesame (<i>Krushara</i>)?	0.03	1				<i>Kapha</i>
How often you consume <i>Valli Phala</i> (<i>Alabu, Kushmanda</i> etc)?	2.88	60	82.300	0.000	HS	<i>Kapha</i>

Table 4: Showing Result of *Aharaaja Dosha Prakopaka Nidana w.r.t Ahara Krama* (food patterns)

	Weighted mean	N	X ² value	P Value	Significance	<i>Prakupita Dosha</i>
How often you fast (<i>Anashana</i>)?	0.75	19				<i>Vata</i>
How often you prefer to consume food in less quantity (<i>Alpashana/Langhana/ Pramitashana</i>)?	2.15	50	37.333	0.000	HS	<i>Vata</i>
How often you drink water though you are hungry (<i>Kshudhita-ambupana</i>)?	2.33	52	46.167	0.000	HS	<i>Vata</i>
How often you consume food though you are thirsty (<i>Tushita-ashana</i>)?	0.07	2				<i>Vata</i>
How often you consume less or more quantity food at irregular intervals (<i>vishamashana</i>)?	0.07	1				<i>Pitta</i>
How often you consume food before the previous meals get digested (<i>Adhyashana</i>)?	0.35	8				<i>Kapha</i>
How often you have compatible and incompatible food together (<i>Samashana</i>)?	0.00	0				<i>Kapha</i>

Table 5: Showing Result of Viharaja Dosha PrakopaNidana

	Weighted mean	N	X ² value	P value	Significance	Prakupita Dosha
How often you do exercise (Vyayama)?	0.15	19				Vata
How often you indulge in sexual act (Vyavaya)?	2.10	50	36.800	0.000	HS	Vata Pitta
Do you have habit of reading/studying for long hours (Adhyayana)?	0.82	14				Vata
Do you have the habit of fast running (Pradhavana)?	0.32	4				Vata
Do you have the history of injury (Abhighata)?	0.50	5				Vata
Do you have the history of assault (Paraghata or Balavadvighraha)?	0.38	10				Vata
Do you have the history of falling from height (Prapatana)?	0.12	2				Vata
Do you have the habit of travelling (Yaana)?	2.52	42	28.552	0.002	S	Vata
Do you sleep on uncomfortable bedding (Dukhashayya)?	3.48	53	116.800	0.000	HS	Vata
Do you sit on uncomfortable seats (Dukhasana)?	0.87	15				Vata
Do you indulge in excessive walking (Atiadhva)?	3.03	47	107.000	0.000	HS	Vata
Do you carry heavy loads (Bharavahana)?	2.73	51	41.167	0.000	HS	Vata
How often you awake in night(Ratri-Jagarana)?	2.65	54	38.167	0.000	HS	Vata
Are you exposed to cold climate/snow/mist (Sheeta/Avashyaya)?	1.77	42				Vata
Do you have the habit of swimming (Pratarana)?	0.80	15				Vata
Did you indulge in excessive physical activities (Ati Chesta)?	0.73	44				Vata
Do you have the habit of sitting or standing in abnormal postures (Vishama Shareera)?	2.33	50	7.773	0.000	HS	Vata
Do you have the habit of suppressing natural urges (Vegadharana)?	3.63	56	45.333	0.000	HS	Vata
Do you have the habit of premature initiation of natural urges (Vega Udeerana)?	0.72	20				Vata
Do you have the habit of sleeping during daytime (Diwaswapna)?	1.92	30				Vata Kapha
Do you have the habit of speaking in high pitch (Uccha Bhashana)?	1.18	20				Vata
Do you get exposed to sunlight (Atapasevana)?	1.25	22				Pitta
Do you get exposed to heat of fire (Agni-	0.92	15				Pitta

<i>Santapa</i>)?						
Do you get exposed to dust (<i>Raja</i>)?	0.40	6				<i>Pitta</i>
Do you get exposed to smoke (<i>Dhuma</i>)?	0.63	9				<i>Pitta</i>
Do you have the habit of sleeping soon after having food in daytime (<i>Bhuktamatra-Diwaswapna</i>)?	1.25	25				<i>Kapha</i>
Do you have the habit of sleeping without pillow (<i>Anupadhana-shayana</i>)?	0.50	8				<i>Kapha</i>
Do you have sedentary life style (<i>Avyayama</i>)?	1.25	22				<i>Kapha</i>
Do you have the habit of sleeping for more than required hours (<i>Kalaati-swapna</i>)?	0.07	1				<i>Kapha</i>
Do you have the habit of drinking large amount of water (<i>Atyambu-pana</i>)?	0.42	7				<i>Kapha</i>
Do you have the habit of drinking water at night (<i>Nisha-ambupana</i>)?	1.52	22				<i>Kapha</i>
Do you have the habit of Suppressing Vomiting (<i>Chardhi Vighata</i>)?	0.00	0				<i>Kapha</i>

Table 6: Showing Result of *Manasika Dosha PrakopaNidana*

	Weighted mean	N	X ² Value	PValue	Significance	<i>Prakupita Dosha</i>
Do you become anxious (<i>Ud-vega</i>)?	2.60	45	28.833	0.000	HS	<i>Vata</i>
Do you often become depressed (<i>Shoka</i>)?	2.62	54	27.833	0.000	HS	<i>Vata</i> <i>Pitta</i>
Do you become worried (<i>Chinta</i>)?	2.70	54	26.333	0.000	HS	<i>Vata</i>
Do you become feared (<i>Bhaya</i>)?	1.47	29				<i>Vata</i> <i>Pitta</i>
Do you often become emotional (<i>Utkanta</i>)?	1.37	33				<i>Vata</i>
Do you often get anger (<i>Krodha</i>)?	0.62	7				<i>Vata Pitta</i>
Do you often become Jealous (<i>Irshya</i>)?	0.00	0				<i>Pitta</i>
Do you have mental stress (<i>Shrama</i>)?	1.27	29				<i>Pitta</i>
Do you often feel happy (<i>Harsha</i>)?	1.90	47				<i>Kapha</i>

DISCUSSION

Discussion on results of *dosha prakopaka nidana* assessment:

Atisevana of *Lavana Rasa Ahara* and *Katu Rasa Ahara* showed statistically highly significance. Hence found to have a definite role in causation of *Avabahuka*. *Atisevana* of *Lavana*

leads to *PrakupitaKapha* and *Pitta* causes *Avarodha* to the *Gati* of *Vata* hence it leads to *Avaranajanya Avabahuka*. *Atisevana* of *Lavana* leads to *Kapha Vishyandana* and *Pitta Prakopa* due to its *Ushna* and *Sara Guna*.⁵ *Katu Rasa* has *Vayu* and *Agni Mahabhuta* dominance. *Laghu* and *Ruksha Guna* of *Katu Rasa* result in *Vataprakopa* and *Kapha Kshaya*.⁶ *PrakupitaVata* when takes *Sthana Samshraya* in *Amsa Pradesha* causes *Vedana* leading to *Avabahuka*.

Among *Guna*, *Atisevana* of *Laghu, Ushna, Vidahi, snigdha* and *Guru Guna Pradhana Ahara* showed statistically highly significance. Hence found to have a definite role in causation of *Avabahuka*. Consumption of *Laghu Guna Ahara* leads to increase in *LaghuGuna* of *vata* and *Kapha Kshaya*, when *Prakupita Vata* takes *Sthanasamshraya* in *Amsapradesha* leads to *Avabahuka*. *Laghu Guna* is shared by *Akasha, Vayu* and *Agni Mahabutas*. *Katu* and *Kashaya Rasas* are having *Laghu Guna, Katu Vipaka*.⁷ *Atisevana* Due to *Samana Gunadharma, Ushna Guna Sevana* causes *PittaPrakopa* and *Kapha Vilayana* may lead to *Avaranjanya Apbahuka*. The *Dravyas* possessing *ushna Gunas* possess *Tejo Mahabutha* dominance. These possess the qualities homologous to *Pitta* and *Rakta*. These *Dravya* possess *Katu Rasa* as *Pradhana Rasa*.⁸ Due to *Vidahi Ahara Sevana*, it causes *Hrutkanta Daha, Amla Udgara* leading to *Sama Pitta*. This inturn leads to *KaphaPrakopa* causing obstruction to *Vata Gati* leading to *Avaranjanya Avabahuka*. Both *Guru* and *Snigdha Guna* causes *Kapha Prakopa* due to *Samana Guna, Prakupita Kapha* leads to obstruction to *Vata Gati* leading to *Avaranjanya Avabahuka*. Both *Guru* and *Snigdha Guna* possess *Ap Mahabhuta*, acts as *Vatahara* and *ShleshmaVardhaka*.⁹

Vata Prakopaka Aharaja Nidana Atisevana of *Adaki, Chanaka* and *Jambava* showed statisti-

cally highly significance. Hence found to have a definite role in causation of *Avabahuka*.

Atisevana of *Adaki* leads to *Vataprakopa* and *Kapha Kshaya* due to its *Laghu* and *Sheeta Guna, Sthanasamshraya* of *Vata* in *Amsa Pradesha* causes *Vataprakopa-Kapha Kshaya Janya Avabahuka*. *Adaki* is *Vatala* and *Pittakaphaghna*¹⁰ and possess *Kashaya* and *Swadu Rasa, Katu Paka, Hima* and *Laghu guna*.¹¹ *Atisevana* of *Chanaka* leads to *Vata Prakopa* as it possess *Kashaya Rasa, Ruksha Guna SheetaVirya* leading to *Vataja Avabahuka*. *Chanaka* possess *Madura-Kashaya Rasa, Ruksha-Laghu Guna, Sheeta Virya*, mitigates *Pitta kapha* and *Vatala in action*.¹² *Atisevana* of *Jambava* leads to *Vata Prakopa* as it possesses *Vistambi Guna* and *Sheeta Virya* leading to *Vataja Avabahuka*. It possesses *KashayaMadura Rasa, Guru and Vistambhi Guna; Sheeta Virya*, aggravate *Vata*.¹³

Pitta Prakopaka Ahara Nidana excessive consumption of *Sarshapa* showed statistically highly significance. Hence found to have a definite role in causation of *Avabahuka*. *Atisevana* of *Sarshapa* causes leads to *Pitta* and *Kapha Prakopa, Prakupita Doshas* obstructs *Vata Gati* leading to *Avaranjanya Avabahuka*. *Sarshapa* possess *Katu Rasa, UshnaVeerya, Teekshna* and *Ruksha Guna; causes Vidaha, Baddha Vinmutrata and Tridoshakara*.¹⁴

Kapha Prakopaka Ahara Nidana excessive consumption of *Pista, Navanna, Narikela, Ksheera Vikara, Guda, Godhuma* and *Valliphala* showed statistically highly significance. Hence found to have a definite role in causation of *Avabahuka*. *Pista* (Fresh rice flour) possess *Madhura Rasa* (sweet) in taste and does *Brumhana and Kaphakara*. Old rice flour acts *Krimihara* and *Pramehahara*.¹⁵ *Navanna* (newly harvested rice) is *guru* for digestion is *Kaphakara*.¹⁶ *Narikela* is *guru* (heavy for digestion), *Snigdha* (unctuous), *Pitta hara,*

Madhura Rasa (sweet in taste), *Sheeta* (cold in potency) and *Kapha Vardhana*.¹⁷ *Godhuma* is *Sandhanakara* (promotes union), *Vata Hara*, *Swadu* in taste, *Sheetala* (cold in potency), hence causes *Kaphavardhana*.¹⁸ *Valli Phala* refers to *Alabu*, *Khushmanda* and *Tumbi* etc. These food stuffs are having general properties like *MaduraRasa*; *Madhura Vipaka*; *Vata Pitta Hara* and *Kapha Kara*.¹⁹ *Ksheera Vikaras* are *Guru*, *Balya* and *Kaphakara*. *Guda* is *Shleshmakara*, excessive intake of *guda* leads to manifestation of diseases of *Majja*, *Asruk*, *Medas*, *Mamsa* and also *Kapha*.²⁰ Consumption of above mentioned *Draavyas* in excess leads to *Kapha Prakopa* which obstructs *Vata Gati* resulting in *Avaranajanya Avabahuka*.

Pitta Kapha Prakopaka Ahara Nidana excessive consumption of *Dadhi*, *Takra* and *Masha* showed statistically highly significance. Hence found to have a definite role in causation of *Avabahuka*. *Dadhi* possess *Amla Vipaka*, *Ushna veerya*, alleviates *Vata*, *kaphapittakara*.²¹ *Takra* is *Madhura-Amla*, *Ushna*, *Laghu*, *Rooksha*, *Deepana*, *Vatakaphahara* and *Medohara*.²² *Masha* is *Vatahara*, *Snigdha* (unctuous), *Ushna Veerya* (hot in potency), *Madhura* (sweet) in *Taste* and *Guru* (heavy) for digestion. It increases *Shleshma* and *Pitta*.²³

Vata Kapha Prakopaka Ahara Nidana excessive consumption of *Katrunda Dhanya* and *Nishpava* showed statistically highly significance. Hence found to have a definite role in causation of *Avabahuka*. *Atisevana* of *Nishpava* causes leads to *Vatapitta Prakopa* as it possess *Ruksha Guna* and *Sheeta Virya*²⁴ leading to *Avaranajanya Avabahuka*.

Among *Ahara Krama*, *Alpashana* and *Kshudhita Ambupana* showed statistically highly significance. Hence found to have a definite role in causation of *Avabahuka*. *Alpa Ahrara* is related to *Matra* of *Ahara* which if practiced

for long time causes improper *Dhatu Poshana* leading to *Dhatukshaya Apabahuaka*.

Among *Viharaja Nidana* indulgence in excessive *Yana*, *Vishama-Shayya*, *Vishama Shareera*, *Bhara Vahana*, *Ratri Jagarana*, *Vegadharana* and *Atiadhwa* showed statistically highly significance. Hence found to have a definite role in causation of *Avabahuka*. *Vishama Shareera*, *Dukhashayya* and *Yana* are related to improper posture which leads to *Vata Prakopa*. *Ratri Jagarana* imparts *Rukshata* in the body. This contributes to the *Ruksha Guna* of *Vata* and brings about *Vata Prakopa* if *Ratri Jagarana* is followed for long duration.²⁵ *Vegadharana* for long duration leads to *Vata Prokopa* and suffers from *Udavarta* of suppressed *Vega*. Excessive indulgence in *Bharavahana* emphasizes *Ativyayama* which causes *Vata Prakopa*.

Vatapittaja Viharaja Nidana; indulgence in *Ativyavaya* showed statistically highly significance. Hence found to have a definite role in causation of *Avabahuka*

Among *Manasika Nidana* *Udvega* and *Chinta* showed statistically highly significance. Hence found to have a definite role in causation of *Avabahuka*. *Chinta* and *Bhaya* are responsible for *Amotpatti*²⁶ leads to *Avaranajanya Avabahuka*.

CONCLUSION

From present clinical survey study it is concluded that, among *Vata Dosha Prakopaka Nidana*, excessive consumption of *Adaki*, *Chanaka*, *Alpa Ashana*, *Kshudhita Ambupana*, *Vishama Shayya*, *Vishama Shareera*, *Bhara Vahana*, *Ratri Jagarana*, *Vegadharana*, *Atiadhwa*, *Yana*, *Udvega*, *Chinta*, among *Pitta Dosha Prakopaka Nidana*, excessive consumption of *Vidahi Ahara*, *Sarshapa*, among *Kapha Dosha Prakopaka Nidana*, excessive consumption of *Snigdha*, *Guru Ahara*, *Navanna*, *Pista*, *Ksheera Vikara*, *Guda* and *Godhu-*

ma, among Vata Pitta Dosha Prakopaka Nidana, consumption of Katu Rasa Ahara Sevana, Nishpava, Laghu Ahara Sevana, Vyavaya Shoka, among Vata Kapha Dosha Prakopaka Nidana, excessive consumption of Katruka Dhanya has a definite role in causation of Avabahuka. From observation and results of Dosha Prakopaka Nidana, it is clear that predominantly Vata Dosha Prakopaka Nidana and Kapha Dosha Prakopaka Nidana has role in causation of Avabahuka

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