CLINICAL IMPORTANCE OF SHATKRIYAKALA WITH SPECIAL REFERENCE TO TYPHOID FEVER

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ABSTRACT

Shatkriyakala means the six stages – Sanchaya, Prakopa, Prasara, Sthananshraya, Vyakti and Bheda. Shatakriyakala is the process of understanding the samprapti of disease. Balancing doshas at first stage, by applying simple line of treatment can stop the dosha to go to next stage in the manifestation of disease. Similarly, if we know the doshas in prasaravashtha (stage of migration) it can be treated timely by Samshamana karma (pacification treatment) from the nearest possible way. Typhoid is an infective disorder caused by Salmollena typhi which enters in the body through contaminated food and water, poor hygiene and sanitation. The symptoms like fever, abdominal discomfort, weakness and skin rashes appear after exposure to infection in between 6-30 days. So, the knowledge of pathogenesis and incubation period of typhoid fever in the reference to Shatkriyakala will be highly beneficial for early diagnosis as well as prevention of the disease. Early diagnosis helps to cure the diseases successfully without much discomfort. This is an objective approach of ancient acharyas to make clinical practice more effective.

Keyword: Shatkriya kala, Typhoid.

INTRODUCTION

Ayurveda is the science of human life, which mainly deals with physical, psychological as well as spiritual wellbeing of an individual. The whole universe is under the control of time. Kriyakala is one such age old principle described in classical ayurveda treatises. Shatkriyakala is predominantly a concept of ayurveda which describes different phase of a disease formation in its own unique way. It refers to six stages for treatment.

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INTRODUCTION

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of understanding the pathogenesis of disease in consecutive stages. If accumulated dosa has been eliminated it won’t manifest successive stages of kriyakala. If not eliminated, it passes to next stages. Early diagnosis of the disease helps to cure the disease successfully without any discomfort in planning treatment. If physician able to detect the changes in early stages like Sanchaya (accumulation), Prakopa etc. based on the manifestation of doshas symptomatology and advises the technique at that stage to prevent further stages, So that disease may not become stronger. Typhoid fever is a systemic disease characterized by fever and abdominal pain caused by dissemination of Salmonella typhi or Salmonella paratyphi. The disease was initially called typhoid fever because of its clinical similarity of typhus. Typhoid fever was clearly defined pathologically as illness on the basis of its association with enlarged payer’s patches and mesenteric lymph nodes. The term enteric fever was proposed as an alternative designation to distinguish typhoid fever from typhus.

Aim & Objectives:
To understands the pathogenesis with relation to Shatkriyakala for diagnosis & management of Typhoid fever.

Materials and Methods:
Literature search- Review of literature regarding Shatkriyakala is collected from Brihatrayi and available commentaries on it and research articles are also searched from various websites.
Type of study- Conceptual study
Sanchaya (Accumulation) –
“सन्ततिरूपा वृद्धिशशच:”
“चयो वृद्धि: स्थाधाम्येव प्रद्रेष्यो वृद्धि हेतुयु ,
विपरीतगुणेऽखा कः”
In stage one, the dosas accumulates in its natural seat called as Sanchya & produces dislike for things which causes of increase & liking for the things of opposite qualities. The food or water contaminated by excreta of typhoid patients chronic carriers of typhoid are main source of infection. The orally ingested bacilli invade the small bowel and they multiply intracellular. Incubation period of Salmonella Typhi and Salmonella Paratyphi averages 10-14 days but ranges from 3-21 days depending on the inoculum size and the host’s health and immune status.

Prakopa (Aggravation) stage –
“विलयन रूपा वृद्धि: प्रकोपः. ”
“कोपसमुच्चार्यायिता.”
In this stage the invasion of bacteria with intestinal lymphoid tissue and proliferation of bacteria. When the number of intracellular bacteria increases on its own seat and acquires the tendancy to spread beyond its normal seat. This phase lasts for two weeks.

Prasara (Dissemination) stage – Now the bacteria move out of its own seat and begins to circulate in the body. Salmonella typhi co-opt the macrophages to cellular machinery for their own reproduction as they carried through the mesenteric lymph nodes to the thoracic duct, the lymphatic and then through to the reticulo-endothelial tissues of the liver, spleen, bone marrow, and lymph nodes. Afterward, the bacteria induce macrophage apoptosis and breaking out into the bloodstream to invade the rest of the body. The bacteria infect the gallbladder via either bacteremia or direct extension of infected bile. The result is that the organism re-enter the gastrointestinal tract in the bile and re-infects payer patches. Bacteria that do not re-infec the host are typically shed in the stool and available to infect other hosts. The invasion of bloodstream causing bacteremia, General toxemia is caused with rise of temperature, malaise, abdominal pain. Immunological reactions occur leading to the next phase in ten days’ time.

Sthanasamsraya (Localization) stage -
“प्रसृत्यां पुनःविवाहान्तः सॉतोबौज्याध्यात्म संकः स
स्थानसार्यः”
Agitated and disturbed dosa move all over body and produces vyadhi (disease) when favorable environment was developed of dosa-dusya sammurchana due to unhealthiness of srotas in a particular site resulting into manifestation of disease. Localization of bacteria occurs in intestinal lymphoid tissue, mesenteric nodes, gall bladder, liver, spleen, payer’s patches of the small intestine and sometimes the bones, and produce prodromal clinical signs. In this stage local necrosis, probably due to antigen-antibody hypersen-
sensitivity reactions result in characteristic lesion. The ileum is most affected, but lesion may be found in jejenum and colon like oval payer’s patches become greatly swollen, necrosis occurs with ulcer formation. The ulcer are brownish-black with undermined edges and solitary lymph follicles and mesenteric lymph affected.\footnote{17}

Vyaktavastha (Manifestation of disease) – “व्याक्तिक रूप व्यक्ति:”\footnote{18}

In vyaktavastha, there is the clear manifestation of the signs and symptoms in typhoid fever like step ladder pyrexia of increase nature, malaise, leucopenia, centrally coated tongue, relative bradycardia, constipation / diarrhoea and hepatop-splenomegaly. Pale red blanching, slightly raised macules known as “Rose spots” appear over the chest and abdomen at the end of the first week. Abdominal pain, distension and epistaxis may occur. Signs of meningism, delirium, other complication including coma and death can occur at the end of second week.\footnote{19}

Bhedaavastha (Chronicity) – If the typhoid is untreated or encountered with insufficient vyadhivighatakara bhavas, lands in stage of bhedaavastha in which it affects other systems of the body and leads to formation of upadrava (complication).\footnote{20}

Complication of typhoid fever to as under.\footnote{21}

General- Toxemia and typhoid state, hyperpyrexia, peripheral circulatory failure, disseminated intravascular coagulation, deep vein thrombosis and thrombophlebitis.

Gastrointestinal - Hemorrhage, perforation, paralytic ileus, peritonitis, parotitis, toxic hepatitis.

CNS – Meningitis, encephalitis, meningovasulitis.

Other Systems - Myocarditis, pylonephritis, glomerulonephritis, osteomyelitis, arthritis, cholecystitis, bronchitis, pneumonia, orchitis and rarely alopecia.

**DISCUSSION**

Natural history of typhoid fever and shatkriyakaka can be correlated with each other. There are six phase of disease progression in natural history of disease like sanchaya, prakopa, prasara, sthanasanshray, vyakti and bhedavastha. In sanchaya and prakopa stage, patients have no specific signs and symptoms because in this stage bacilli invade in small bowel and they multiply intracellurally to required tendency to spread out from own seat. As the vitiation of doshas takes place after 07 days of aagantuja karan & prasara of bacteria starts in this time. Incubation period of salmonella typhi is 8-14 days so prasara may starts after 08 days. In this time doshas does not get vitiate hence symptoms of sanchaya and prakopa. In prasar stage, bacilli spread out own seat and produce bacteremia. Patients have signs and symptoms like rise of temperature due to vitiation of doshas markedly pitta and decrease in number of circulating white blood cells (leukopenia) occurs with eosinopenia and relative lymphocytosis, Blood cultures and urine cultures obtained during febrile period for salmonella Typhi or S. paratyphi. In sthanasanshray stage, bacilli invade with gall bladder and payer’s patches of small intestine and produce prodromal signs. Blood cultures are sometime still positive at this stage. In vyaktavastha, Typhoid clear appears with signs and symptoms like as rose spots, rise of temperature, headache, malaise, abdominal pain, endocarditis, meningitis etc. Widal and stool culture are strongly positive at this stage. In bhedavastha, typhoid appears with chronic sign and symptoms like hemorrhage, intestinal perforation, cholecystitis, splenic infarction etc. This stage blood, urine, widal and stool cultures are found positive.

**CONCLUSION**

Through natural history of typhoid fever we can correlate with sanchay, prakop, prasara, sthanasanshray, vyakti, bhedavastha of shatkriyakala for diagnosis and treat the typhoid accordingly.

**REFERENCES**


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