

# Conceptual Study of 'Kriyakal'

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## Abstract

Ayurveda is a branch of medicine that focuses on maintaining good health and shielding the body against illness. Disease development is a protracted process. Numerous Acharyas state that it consists of multiple levels. Chaya (the stage of accumulation), Prakopa (the stage of aggravation), and Pramshama (the balanced stage of doshas) are discussed by Acharya Charaka and Acharya Vagbhata. Chaya and Prakopa are exclusively connected to the onset of illness in this. However, Acharya Sushruta has provided a detailed explanation of this. He has identified six stages: vyakti (stage of disease manifestation), Sanchaya (stage of accumulation), Prakopa (stage of aggravation), Prasara (stage of disease spread), and Bheda (stage of disease differentiation). A vaidya who is aware of all these phases and treats patients at an early stage is successful in preventing illness. It is referred to as a wise doctor. He had to be fully aware of each of these six phases. Thus, the current work is an attempt to conceptualize the Ayurvedic Kriyakala.

**Keywords:** Ayurveda, Six, Vaidya, Kriyakala

## Introduction :

Ayurveda is a branch of medicine that focuses on keeping the body healthy and shielding it from illness development.<sup>1</sup> A state of whole physical, mental, social, and spiritual well-being is referred to as health. Any other physical state can be referred to as a disease. There is no physical state of well-being in this. Disease does not arise from a straightforward procedure. It takes some time and goes through several stages. Thus, a doctor has enough time to diagnose the body's illness and stop it from getting worse. This requires accurate understanding of the stages, which our Ayurveda

precisely describes. Modern science states that the illness develops gradually. The incubation phase comes first, followed by the intake of etiological elements, prodromal symptoms, and finally symptoms. However, Ayurveda describes the onset of disease in a very different way. Dosha vitiation is the cause of the sickness. There are three doshas in the human body: Pitta, Kapha, and Vata. They each have their primary sites. Despite being found all over the body, they have certain places. Up to this point, the body is considered to be in its usual state and the doshas are restricted to their particular place.

The body transitions from a healthy state to a diseased state when certain stimuli produce an unnatural rise in doshas and disturb the usual state of doshas. Sushrut Samhita mentions this under the Kriyakal category. There are six stages of kriyaka,

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starting with dosha accumulation and ending with full-blown disease formation and expression. Sanchay, Prakopa, Prasara, Sthanasanshraya, Vyakti, and Bheda are the names of these six phases.<sup>2</sup> With the right understanding of this Kriyakal, the doctor may treat the patient early on and avoid future sthanasamshraya avastha from forming. Stopping the progression of vitiated doshas toward severe pathogenesis of the disease is the primary goal of kriyakal.

#### **Aims :**

To study in detail the concept of *Kriyakal*.

#### **Objective:**

1. To take various references related to *Kriyakal* in various *Ayurvedic Samhitas*.
2. To understand this information and correlate with modern concept of pathogenesis.
3. To understand the *Ayurvedic* aim related to *Kriyakal*.

#### **Material and Methods :**

Literature review is done through all available Ayurvedic Samhitas, texts, various research papers available in Journals and online data available.

#### **Review of Literature :**

Acharya Sushruta has described six stages in the process of development of disease. They are namely Sanchaya, Prakopa, Prasara, Sthanasamshraya, Vyakti, bheda. But Acharya Charaka and Acharya Vagbhata have given only three stages in formation of disease namely Sanchaya, Prakopa and Prashama.<sup>3, 4</sup> Though the last stage described above (Prashama) is in this list, it is the normal state of doshas. So there are only two stages, Sanchaya and Prakopa, responsible for formation of disease. The six stages mentioned by Acharya Sushruta can be correlated with the two stages described by Acharya Charaka and Acharya Vagbhata. To know the different sets

of symptoms of any disease is the duty of each physician and one who knows it well is called as 'Vaidya' according to our Ayurveda.

#### **1) Sanchaya (accumulation stage) :<sup>5</sup>**

It is the initial phase of dosha buildup. In this, the vitiated doshas gradually fill the entire space as their volume increases. Acharya Dalhana has named this phase Sanchaya. Various indications and symptoms correspond to an increase in the amount of vitiation of particular doshas. They are as follows:

- a) Vata Sanchaya Lakshana - the abdomen feeling heavy and full.
- b) Pitta Sanchaya Lakshana: pale yellow discolouration of the urine, nails, eyes, and skin. Decrease in digestive power.
- c) Kapha Sanchaya Lakshana: bodily heaviness and inertia

This Sanchaya elicits a negative reaction against any diet and way of life that contributes to the deterioration of doshas. If dosha is properly controlled at this point, it cannot stay vitiated and returns to its normal state. It has the potential to further vitiate the doshas if ignored at this point. The pathophysiology is more severe because of this.

#### **2) Prakopa (the aggravating stage):<sup>6</sup>**

Kriyakal's second stage is this. At this point, the doshas become more vitiated and emerge from their particular place. Prakopa is the term for this level of dosha vitiation that is more severe. The quantity of vitiated doshas increases during the Prakopa stage, and they are unable to remain in one place.

- They're prepared to leave their current location. Prakopa is the name given to it by Acharya Dalhana. It is brought on by certain doshas becoming vitiated via diet and lifestyle choices. It exhibits the following various symptoms and signs:

- Abdominal pains that resemble needles and Vata movement in the abdomen are symptoms of Vata Prakopa Lakshana
- Pitta Prakopa Lakshana: regurgitation accompanied by intense thirst, a burning feeling in the chest, and a sour taste.
- Kapha Prakopa Lakshana: Loss of appetite and nausea.

### 3) Prasara (disease spread stage)<sup>7</sup> :

This is Kriyakal's third stage. In this case, the diet and lifestyle choices that lead to further dosha vitiation persist, causing the doshas to shift from their precise physiological location.

They are considered to go through the Prasara stage, which is brought on by a quantitatively elevated dosha. They exhibit the following particular symptoms and signs:

- Vata Prasara Lakshana: Abnormal movement of Vata away from its usual path and abdominal gas displacement.
- Pitta Prasara Lakshana: feverish sensation, dehydration, burning sensation, and finally, excessive burning.
- Kapha Prasara Lakshana: Indigestion, vomiting, bodily pain, and loss of taste.
- Important quotes from Acharya Sushruta indicate that pitta should be handled if Vayu dosha occupies Pittasthana. In case pitta is in Kapha sthana, kapha needs to be taken care of. Treatment for vata is necessary if vata is occupied by kapha.

The Prasara stage has been described with an illustration by Acharya Dalhana. The created dough expands quickly after flour, yeast, and water are combined. When a vessel is small, it fills completely and occasionally overflows. The initial flour quality and consistency are altered by the yeast in addition to its volume. It is comparable to vitiated doshas exactly. Thus, it is evident that in the Prasara stage, the consistency and quality of Vitiated Dosha must be altered. The overflowing

dosha is pathological rather than natural. Their primary involvement is in pathogenesis.

### 4) Sthana Samshraya (disease localization stage)<sup>8</sup> :

It is Kriyakal's fourth stage. Toxic chemicals in the body form as a result of vitiated doshas, which circulate throughout the entire body. When an organ's self-immune response is compromised, vitiated doshas effectively generate poisonous and dangerous chemicals. This marks the initial emergence of the disease. Sthanasamshraya is caused by quantitatively increasing vitiated doshas, and the symptoms manifest based on where in the body the vitiated dosha is located. They are listed in the following order:

- a) In Abdomen – Gulma, Vidradhi, Udararoga, Anaha, Visuchika, Atisara, Agnimandya.
- b) In Basti – Prameha, Kidney stone, Mutraghat, Mutradosha and other related disease of urinary tract.
- c) In Vrushana – Vrushanagata vrudhi
- d) In Shishna – Niruddhaprakash, Upadansha, Shukra dosha
- e) In Gudamarga – Bhagandar and Arsha
- f) In Urdhwajatru – Urdhwajatrugata vyadhi
- g) In Twacha – mamsa – Rakta – Kshudraroga, Kushta, Visarpa
- h) In Medadhatu – Granthi, Apachi, Arbuda, Galaganda, Alaji
- i) In Asthi – Vidradhi, Asthi majja shoth, Anushayi pitika
- j) In pada – Shleepada, Vatashonita, Vatakantaka
- k) In All body – Jwara and diseases of all body affecting all systems.

In Sthanasamshraya stage, the treatment should be given for Vitiated dosha and its specific location.

### 5) Vyakti (all illness stages of emergence)<sup>9</sup> :-

This is Kriyakal's fifth stage. Clinical characteristics are expressed as a result of

quantitatively enlarged Vitiated doshas that are established in various bodily systems based on shortages of bodily constituents. It is the illness's confirmation. Diseases like shopha (swelling), Arbuda (tumor), Granthi (aneurysm), Vidradhi (abscess), Visarpa, and Jwara (fever) can all appear.

At this point, the symptoms are expressed more clearly. Therefore, at this point, disease diagnosis is simple. The course of treatment ought to be determined by the disease and its symptoms.

#### 6) The differentiation stage, or Bheda<sup>10</sup> :

Kriyakal's sixth and final stage is this one. The sickness that has been expressed is fully understood. Types according to Vitiated Dosha are also known. Owing to the understanding of illness types based on vitiated dosha, it is referred to as bheda. It's the ongoing state in which an illness manifests itself. At this point, the illness can become incurable.

#### Discussion :

A disease's pathophysiology is called Kriyakal. There are six stages in all, starting with the build-up of vitiated doshas and ending with the full manifestation of the disease. Understanding and identifying the various dosha vitiation stages is helpful. To stop the disease's prognosis from getting worse, each stage necessitates attention and prompt treatment. Ignorance causes the illness to worsen and eventually become chronic and incurable.

The Sanchaya and Prakopa stages are the first two. It is, respectively, the development of disease and its worsening. It develops as a result of dosha vitiation brought on by a changeable environment throughout the year, an improper diet, and an improper daily or seasonal routine. Prasara is the third stage, while Sthanasamshraya is the fourth. It is, respectively, the localization and dissemination of disease. This occurs when the body's vitiated

dosha wanders around and settles in an organ or area with minimal resistance. Prodromal symptoms appear at stage four. The disease's onset stage is the fifth stage. This exhibits definite symptoms and indicators. This stage allows for the diagnosis to be made. The final stage is called the differentiation stage, or bheda. If the illness is not adequately managed, problems may arise. The illness can be recovered from with the right care. Understanding the prognosis of a disease requires having a thorough understanding of Kriyakal. Prasara is the third stage, while Sthanasamshraya is the fourth. More issues can be avoided if it is identified and treated as soon as possible in the early stages.

#### Conclusion :

- Kriyakal aids in comprehending the disease's vitiation, enabling accurate etiology to be determined.
- It facilitates comprehension of the illness's diagnosis and course of manifestation. Early therapy can help prevent severe pathogenesis and additional difficulties for individuals with vitiated doshas.
- Treatment at any stage prevents the disease's prognosis from getting worse.

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