

13. DOSHOPAKRAMANEYAM / दोषोपक्रमणीयं- (TREATMENT OF DOSHAS)

वृद्ध वात चिकित्स / TREATMENT FOR INCREASED VATA DOSHA

वातस्तोपक्रमः स्नेहःस्वेदः संशोधनं मृदु
स्वादम्ललवणोष्णानि भोज्यानि अभ्यङ्ग मर्दनम्
वेष्टनं त्रासनं सेको मद्यं वैष्टिकगौडिकम्
स्निग्धोष्णबस्तयो बस्तिनियमः सुखशीलिता
दीपनैः पाचनैः सिद्धाः स्नेहाश्चः अनेकयोनयः
विशेषात्मेद्य पिशितरस तैलानुवासनम्

1. स्नेहः / sneha - oleation-oral administration of oil / ghee / fat and external oil massage
2. स्वेदः / sveda - sudation - diaphoresis, sweating therapy
3. संशोधनं मृदु / mrudu samshodhana - mild purification procedure, mild panchakarma (vamana and virechana).
 - excess of panchakarma might lead to vata increase.
4. स्वादम्ललवणोष्णानि भोज्यानि /svadu amla lavana ushna bhojya - foods which are of sweet, sour and salt taste;
5. अभ्यङ्ग / abhyanga - oil massage
6. मर्दनम् / mardana -simple massage
7. वेष्टनं / veshtana - wrapping / covering the body/ organ with cloth
8. त्रासनं / trasana - threatening, frightening
9. सेको / seka - pouring of herbal decoctions / oils on the affected part

10. मद्यं पैष्टिकगौडिकम् / paishtika goudika madya - wine prepared from corn flour and jaggery- molasses
11. स्निग्धोष्णबस्तयो बस्तिनियमः /snigdha ushna basti - enema therapy with fat-oil, enema with drugs of hot potency
12. सुखशीलिता / sukhasheelata - comforting the patient
13. दीपनैः पाचनैः सिद्धाः स्नेहाश्चः अनेकयोनयः / deepana pachana siddha sneha - medicated fats of different kinds- sources prepared with drugs causing increase of hunger and improving digestion;
14. विशेषात्मद्य पिशितरस तैलानुवासनम् / medya pishita taila anuvasana - oleation enema prepared from juice of fatty meat and oil-

वृद्ध पित्त चिकित्स / TREATMENT FOR PITTA IMBALANCE (INCREASE)

पित्तस्य सर्पिषः पानं स्वादुशीतैः विरेचनम्
 स्वादुतिक्तकशयाणि भोजनानि औषदानि च
 सुगन्धिशीतहृद्यानां गन्धानामुपसेवनम्
 कर्पूरचन्दनौशीरैःअनुलेपः क्षणे क्षणे
 प्रदोषश्चन्द्रमाः सौधं हारि गीतं हिमो अनिलः
 अयन्त्रणसुखं मित्रं पुत्रः सन्दिग्धमुग्धवाक्
 छन्दानुवर्तिनो दाराः प्रियाः शील विभूषिताः
 शीताम्बुधारागर्भाणि गृहाणि उद्यान दीर्घिकाः
 सुतीर्थ विपुल स्वच्छसलिलाशय सैकते
 साम्भोजजल तीरान्ते कायमाने द्रुमाकुले
 सोम्या भावाः पयः सर्पिर्विरेकश्च विशेषतः

1. सर्पिषः पानं / sarpi paana - drinking of ghrita (clarified butter). it can be plain or medicated, based on physician's advice.

2. स्वादुशीतैः विरेचनम् / svadu, sheeta virechana - purgation therapy with drugs of sweet taste and cold potency,

3. स्वादुतिक्तकषायाणि भोजनानि औषदानि च / intake of foods and drugs having sweet, bitter and astringent tastes.

4. सुगन्धिशीतहृद्यानां गन्धानामुपसेवनम् / inhaling of fumes from herbs that are coolant, pleasant and cordial

5. अनुलेपः / anointing the body with

कर्पूर / camphor,

चन्दनौ sandalwood paste

उशीरैः / vetiver paste,

क्षणे क्षणे very frequently.

6. प्रदोषश्चन्द्रमाः सौधं residing on terraces lit by moonlight in the evenings,

7. हारि गीतं enjoying pleasant music and

8. हिमो अनिलः / soft cold breeze,

9. अयन्त्रणसुखं मित्रं / company of friends who do not restrain him,

10. पुत्रः सन्दिग्धमुग्धवाक् / of sons who speak cordially and with innocence.

11. छन्दानुवर्तिनो दाराः प्रियाः शील विभूषिताः / spending time with wife, who is obedient, pleasing and virtuous;

12. शीताम्बुधारागर्भाणि गृहाणि residing in houses उद्यान दीर्घिकाः सुतीर्थ विपुल स्वच्छसलिलाशय सैकते equipped with fountains emitting

cooled water, parks and ponds,

13. साम्भोजजल तीरान्ते कायमाने द्रुमाकुले spending time in houses near water reservoirs having clean water, sand, lotus, flowers, and trees, with a सोम्या भावाः calm mind;

14. पयः सर्पिर्विरेकश्च विशेषतः consuming milk, ghee and purgation therapy (virechana)

वृद्ध कफ चिकित्स / TREATMENT FOR KAPHA IMBALANCE (INCREASE)

श्लेष्मणा विधिना युक्त तीक्ष्णं वमनरेचनम्
अन्नं रुक्षाल्पतीक्ष्णोष्णं कटुतिक्तकषायकम्
दीर्घकालस्थितं मद्यं रतिप्रीतिः प्रजागरः
अनेकरूपो व्यायामः चिन्ता रुक्षं विमर्दनम्
विशेषात् वमनं यूषः क्षौद्रं मेदोघ्नमौषधम्
धूमोपवासगण्डूषा निःसुखत्वं सुखाय च

1. श्लेष्मणा विधिना युक्त तीक्ष्णं वमनरेचनम् -vidhiyukta teekshna vamaana virechana - strong emesis and purgation in accordance with prescribed procedure,

2. अन्नं रुक्ष consuming food which are dry,

3. अल्प consuming food in limited quantity

4. तीक्ष्णोष्णं कटुतिक्तकषायकम् - consuming food that have teekshna (strong, piercive), ushna (hot), pungent, bitter and astringent taste,

5. दीर्घकालस्थितं मद्यं old wine

6. रतिप्रीति: sexual activity

7. प्रजागरः - keeping awake at night,

8. अनेकरूपो व्यायामः exercises of different kinds,

9. चिन्ता worry,

10. रुक्षं विमर्दनम् dry massage of the body;

11. विशेषात् वमनं vamana - emesis therapy,

12. यूपः drinking of soups- of grains

13. क्षौद्रं use of honey,

14. मेदोघ्नमौषधम् therapies and medicines that reduce fat

15. धूम - inhalation of medicinal smoke,

16. उपवास fasting,

17. गण्डूषा - gargling

18. निःसुखत्वं सुखाय च - facing difficulties

उपक्रमः पृथक्दोषान् यो अयमुद्दिश्य कीर्तितः

संसर्गसन्निपातेषु त यथास्वं विकल्पयेत्

The different treatment prescribed for each dosha individually, may be combined appropriately in conditions of combinations of two or three doshas.

ग्रैष्मः प्रायो मरुत्पित्ते वासन्तः कफमारुते
मरुतो योगवाहित्वात्, कफपित्ते तु शारदः

1. generally the treatment for the combination of vata and pitta is similar to the regimen of summer-grishma described in chapter 3.

2. for kapha and vata combination treatment, it is similar to the regimen of vasanta- spring

a. because maruta- vata is yogavahi;

b. yogavahi means, vata,

• when associated with pitta, boosts augments pitta dosha,

• when it is associated with kapha, it boosts kapha dosha.

3. For the combination of kapha and pitta the treatment shall be similar to the regimen of sarad- autumn

चय एव जयेद्वोषं कुपितं तु अविरोधयन्
सर्वकोपे बलीयांसं शेषदोष अविरोधतः

1. chaya - the doshas should be treated properly when they are in chaya stage (mild increase) only.

2. kopa - in their stage of kopa (dosha enhanced imbalance),

a. They should be vanquished without opposing / interfering with one another dosha.

3. prakopa - when there is simultaneous enhanced increase (kopa)

of all the three doshas,

a. The most powerful / most aggravated dosha should controlled first, without opposing the remaining doshas.

SUDDHA- ASUDDHA CIKITSA

प्रयोगः शमयेव्याधिमेकं यो अन्यमुदीरयेत्
ना असौ विशुद्धः शुद्धस्तु शमयेद्यो न कोपयेत्

- that treatment which cures one disease and gives rise to another disease- sooner or later, is not shuddha- pure/ good/appropriate;
- a pure treatment is that which cures one - diseases and does not give rise to another.

दोषसन्चार / MOVEMENT OF DOSHAS

व्यायामात् ऊष्मणः तैक्षण्यात् अहिताचरणादपि
कोष्ठाच्छाखास्थिमर्माणि द्रुतत्वान्मारुतस्य च

Movement from koshta to shakha -

by the effect of

1. व्यायामात् exercise,
2. ऊष्मणः increase of heat,
3. अहिताचरणादपि - unsuitable/unhealthy activities and
4. तैक्षण्यात् due to quick movement of vata,

The increased doshas move out of the kostha (gastrointestinal tract) to the

- a. shakhas- tissues,
- b. asthi - bones and
- c. marmas- vital organs
- d. and vulnerable points.

दोषा यान्ति तथा तेभ्यः स्रोतोमुखविशोधनात्
वृद्ध्यात् अभिष्यन्दनात्पाकात्कोष्ठं वायोश्च निग्रहात्
तत्रस्थाश्च विलम्बेरन् भूयो हेतुप्रतीक्षणः
ते कालादिबलं लब्ध्वा कुप्यन्ति अन्याश्रयेष्वपि

MOVEMENT FROM SHAKHA TO KOSHTA -

Doshas move from body channels and tissues to the gastro
intestinal tract,

by the effect of

- a. purification,
- b. clearing and widening of the minute body channels.
- c. by further increase of doshas,
- d. by liquefaction,
- e. by maturity,
- f. by balancing and controlling vata.

When doshas move from one place to other, they remain there for
some time, waiting for an exciting / powerful cause / factor.

after deriving strength by season, time etc, they get further
aggravated and move to other places as well

STHANI AND AGANTU DOSHAS - NATIVE AND FOREIGN DOSHAS

तत्रान्य स्थानसंस्थेषु तदीयामबलेषु तु
कुर्याच्चिकित्साम् स्वामेव बलेनान्यामिमाविदु

· Treatment should be done- especially on priority to that dosha which has travelled into the seats of other doshas and which is weak,

· Priority should also be given to that dosha which, by its own strength overcomes other doshas.

AGANTU DOSHA

आगन्तुं शमयेद्वोषं स्थानिनं प्रतिकृत्य वा

- foreign dosha, should be treated

a. either after treating the sthanika (native dosha)

b. or even otherwise. the choice of dosha, to be treated first depends on the level of aggravation and strength of doshas.

तिर्यग्गत दोष /TIRYAK GATA DOSHA -

प्रायस्तिर्यग्गता दोषाः क्लेशयन्त्यातुरांश्चिरम्
कुर्यान्न तेषु त्वरया देहाग्निबलवित् क्रियाम्
शमयेत्तान् प्रयोगेण सुखं वा कोष्ठमानयेत्
ज्ञात्वा कोष्ठप्रपन्नांश्च यथासन्नं विनिर्हरेत्

Usually, the tiryaggata doshas -

- : which are not localized in the gastrointestinal tract
- but localized in the tissues, cause troubles to the patient for a long time;

They should not be treated in haste.

1. They should be carefully treated only after determining the strength of the body and digestive activity.
2. They should be mitigated with stipulated palliative treatment
3. Or they should be brought into the alimentary tract and then they should be expelled out by the nearby route

·(either by mouth - by emesis - (vamana or by anal route,) by purgation - virechana)

सामदोष लक्षण / EFFECTS OF DOSHAS ASSOCIATED WITH AMA - SAMADOSHA LAKSHANA

स्रोतरोध बलभ्रंश गौरव अनिल मूढताः

आलस्यापक्तिनिष्ठीवमलसङ्गारुचिक्लमाः

लिङ्गं मलानां सामानां, निरामाणां विपर्ययः

- When imbalanced doshas get associated with ama (a factor of indigestion / false metabolism), it is called as saama dosha.
- The symptoms of malas associated with or mixed with ama

1. स्रोतरोध srotorodha - obstruction of the channels, pores

2. बलभ्रंश balabhramsha - loss of strength,

3. गौरव gaurava - feeling of heaviness of the body,
4. अनिल मूढताः anila moodata - inactivity of anila-vata,
5. आलस्या alasya - laziness, lassitude,
6. अपक्ति apakti - loss of digestive power,
7. निष्ठीव nishteeva - person spits saliva frequently, more of expectoration,
8. मलसङ्गा malasanga - constipation or low frequency of urination leading to accumulation of wastes
9. अरुचि aruchi - anorexia,
10. क्लमाः klama - exhaustion

The opposites of the above symptoms are of the nirama doshas - doshas not mixed up with the ama. (undigested materials)

आमोत्पत्ति / PRODUCTION OF AMA

ऊष्मणो अल्पबलत्वेन धातुमाद्यं अपाचितम्
दुष्टं आमाशयगतं रसमामं प्रचक्षते

- Soon after digestion process, the useful part gets separated from the waste. the useful, nutrition rich part is called as rasa dhatu.
- Due to lack of digestion strength, the first dhatu , rasa dhatu does not form well / remain uncooked / not digested, it remains in raw, weak form.

- it gets vitiated,
- It stays in the amashaya (stomach and small intestines) itself,
- And is known as 'ama'

अन्ये दोषेभ्य एवतिदुष्टेभ्यो अन्योन्य मूर्च्छनात्
कोद्रवेभ्यो विषस्येव वदन्त्यामस्य सम्भवम्

- Other authors opine that ama gets formed from intimate mixing with one another of greatly increased doshas
- Just as poison gets formed from mixing of different kinds of kodrava

साम निरुक्ति

आमेन तेन सम्पृक्ता दोषा दूष्याश्च दूषिताः
सामा इत्युपदिश्यन्ते ये च रोगास्तदुद्भवाः

- The doshas and dusyas (the dhatus and malas) which get mixed with this ama are designated as sama - mixed with ama;
- The diseases originating from this saama dosha are called as saama vyadhi

साम दोष चिकित्सा/saama dosha chikitsa—treatment of sama doshas

सर्वदेह प्रविसृतान् सामान् दोषान् न निर्हरेत्
लीनान् धातुषु अनुत्क्लिष्टान् फलादामाद्रसानिव
आश्रयस्य हि नाशाय ते स्युः दुर्निर्हरत्वतः

The sama doshas

1. which are spread all over the body,
2. which are lurking in the dhatus and
3. which are not moving out of their places of accumulation,

• Should not be forced out by purification panchakarma therapies like emesis, purgations etc.

• just as attempts of extracting juice from an unripe fruit leads to destruction, of the dwelling place itself , so also it will be very difficult to to expel them out along with ama

• right approach in sama dosha treatment

पाचनैर्दीपनैः स्नेहैस्तान् स्वेदैश्च परिष्कृतान्
शोधयेत् शोधनैः काले यथासन्नं यथाबलम्

sama doshas should be treated

1. First with drugs

- पाचनै which are digestive and
- दीपनैः which increase hunger;

2. Next with

- oleation-snehana
- sudation therapies, -svedana

3. Finally they should be expelled out with shodhana therapies-

- emesis,
- purgation

At the proper time, and in accordance with the strength of the patient.

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हत्याशु युक्तं वक्त्रेण द्रव्यमामाशयान्मलान्
घ्राणेन चोर्ध्वजत्रूथान् पक्वाधानाद्गुदेन च

1. Drugs administered through the mouth,

• bring out the malas / doshas from the amasaya- stomach and small intestines;

2. Drugs administered through the nose

• bring out the doshas from the parts above the shoulders and

3. drugs administered through the rectum

• bring out the doshas from the pakvasaya - large intestine.

उत्किलष्टानध ऊर्ध्वं वा न चामान्वहतः स्वयम्
धारयेदौषधैर्दोषान् विधृतास्स्ते हि रोगदाः

saama doshas which are greatly increased and going out of the body on their own accord,

either in the upward or downward routes- vomiting and purging respectively

should not be stopped by medicines,

for they produce diseases, if they are stopped

प्रवृत्तान् प्रागतो दोषानुपेक्षेत हिताशिनः

विबद्धान् पाचनैस्तैस्तैः पाचयेन्निर्हरेत् वा

1. Such doshas which are going out should be ignored in the early stage

- and the patient should be given suitable foods- light food;

2. next in the second stage

- they should be cooked with digestive drugs
- or removed out by purification (panchakarma) therapies.

TIME FOR ELIMINATING DOSHA OUT OF THE BODY

श्रावणे कार्तिके चैत्रे मासि साधारणे क्रमात्

ग्रीष्मवर्षाहिमाचितान् वाय्वादीन् आशु निर्हरेत्

1. vata

- which undergoes mild increase (chaya) in greeshma (summer)

- should be removed from the body (by basti- enema) in shravana masa (august)

2. Pitta

- which undergoes mild increase in varsha (rainy season),

- should be expelled out of the body in kartika month (by virechana - purgation)

3. kapha

- which undergoes mild increase in shishira (winter)
- should be expelled out in chaitra month (april) by vamana.

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अत्युष्णवर्षशीता हि ग्रीष्मवर्षाहिमागमाः

सन्धौ साधारणे तेषां दुष्टान् दोषान् विशोधयेत्

- greeshma, varsa and hemanta [summer, rainy season and winter]- have too much of heat, rain and cold respectively; in the period in between these, known as sadharana kala; the doshas should be cleared out.

कृत्वा शीतोष्णवृष्टीनां प्रतीकारं यथायथम्

प्रयोजयेत्क्रियां प्राप्तं क्रियाकालं न हापयेत्

- after having overcome the effects of cold, hot and rainy seasons suitably- by adopting appropriate protective methods necessary treatment - therapies should be administered;
- The kriyakala- period of abnormal activity, stages of disease evolution should not be allowed to progress- further.

औषध काल / AUSHADHA SEVANA KALA - TIME OF ADMINISTRATION OF MEDICINES

युञ्ज्यादनन्नमन्नादौ मध्ये अन्ते कवलान्तरे

ग्रासे ग्रासे मुहुः सान्नं सामुद्रं निशि चौषधम्

Medicines should be administered,

1. ananna - on empty / when there is no food- in the stomach ;
2. annadau - just before food or at the beginning of food intake,
3. anna madhye - during / in between food intake
4. anna ante - at the end of food intake.

5. kavalantare - in between morsels
6. grase grase - with each morsel
7. muhu: - repeatedly, many a times a day
8. sa annam - mixed with food
9. samudgam - before and after food
- 10 nishi - at night, bed time

कफोद्रेके गदे अनन्नं बलिनो रोगरोगिणोः
अन्नादौ विगुणे अपाने, समाने मध्य ईष्यते
व्याने अन्ते प्रातराशस्य, सायमाशस्य तूत्तरे
ग्रासग्रासान्तयोः प्राणे प्रदुष्टे मातरिश्वनि
मुहुर्मुहुर्विषच्छर्द्धिहिधमातृत्श्वासकासिषु
योज्यं संभोज्यं भेषज्यं भोज्यैश्वित्रैररोचके
कम्पाक्षेपहिधमासु सामुद्गं लघुभोजिनाम
ऊर्ध्वजत्रुविकारेषु स्वप्नकाले प्रशस्यते

1. ananna -

- for diseases arising from increase of kapha,
- which are severe
- and for persons who are strong,
the time of administration of medicine shall be when
there is no food- in the stomach ;

2. annadau

- in disorders of apanavata,

3. anna madhye

- in disorders of samana vata

4. anna ante

- in disorders of vyana vata at the end of the morning meal. ,
- in disorders of udana vata at the end of evening meal.

5. kavalantare

- in disorders of prana- vata

6. grase grase

- in anorexia / loss of taste it shall be mixed with different kinds of tasty foods

7. muhu

- in diseases produced by poison,
- vomiting,
- hiccup,
- thirst,
- dyspnea and
- cough

8. sa annam

- in anorexia

9. samudgam

- in tremors,
- akshepaka (convulsions),
- hiccup,

10 nishi

- for diseases affecting head and neck.