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The concept of *Leena Dosha* w.s.r. to latent phase of disease

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ABSTRACT

Ayurveda is a system of medicine with historical roots in the Indian subcontinent. The main aim of Ayurveda is maintenance of health of a healthy person and to treat the disease. Various fervent concepts with sturdy bed rocks are led down for understanding the human body. Discrete postulates and system in disclosing the gear of the disease in various Ayurveda classics. One of the ultimate and tempting picture is *Leena Dosha* in fine tune of the disease. During the pathogenesis of the disease the *Dosha* will undergo various *Avastha* one such important *Avastha* is *Leena Dosha Avastha* which is mostly considered as latent phase of the disease, if the physician understand the concept of *Leena Dosha Avastha* physician can easily subside the disease by the proper plan of treatment. As in India many top killer diseases had been short listed among them quite common is Malaria. So in this article an attempt had been made to understand the *Leena Dosha Avastha* w.s.r to Latent phase.

Key words: *Leena Dosha, Latent Phase, Malaria.*

INTRODUCTION

Leena Dosha is *Dhatwantarasthita*^[1] and *Anutklishta*^[2] *Avastha* of *Dosha*, that is *Doshas* are comply to deep in the *Dhatu*s (formed elements in the *Dhatu*s) in an unexcited stated, As a consequence the symptoms are less expressed or sometimes not expressed during the stage of the disease. It can be clinically inferred by its deterioration nature, so to reduce the recurrence of disease, the *Doshas* which are deeply adhered in the *Dhatu*s should be expelled out of the body by making it *Utklishtaavastha* (excited state of *Dosha*).

In contemporary science *Leena Dosha* can be

correlated with latent phase of the disease. Latent phase is that stage where microorganism will be in active stage when it get favourable conditions it develops disease. In India according to world malaria report in 2018, India accounted for the 219 million cases of malaria were reported. So it's important to understand the concept of *Leena Dosha Avastha* w.s.r to Latent phase.

AIMS AND OBJECTIVES

To understand the concept of *Leena Dosha Avastha* w.s.r. to Latent phase of disease.

MATERIALS AND METHODS

Source of data

- Literary source
- Classical text book of Ayurveda
- Text books of contemporary science
- Authenticated website
- Research journals

Concept of *Leena Dosha*

For meticulous discernment of any science its basic principle are needed to be understood, but apart from

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basic principle that sustain life in balance and prevent morbidity when under imbalance, There are many spell binding postulations that wing under them for the manifestation of disease. One among them is the concept of *Leena Dosha Avastha*.

In this ambience, perception of *Leena Dosha* is prodigiously needed. *Leena Dosha* literally means attached or merged.^[3] Technically the word meaning of *Leena Dosha* is concealed.^[4] Hence *Leena Dosha* is the state where the *Doshas* are attached or concealed in *Dhatus*. The symptom in the *Leena Dosha Avastha* is not expressed.

It can be stated - *Ekadesshasita*,^[5] *Anuvata*^[6] and *Dhathavantaarasta*^[7]

In our classical text books *Leena Dosha* is explained in various context like;

- *Vishma Jwara*^[8] (Fever - intermittent)
- *Grahani*^[9] (Irritable Bowel Syndrome)
- *Tamaki Swasa*^[10] (Bronchial Asthma)
- *Apasamara*^[11] (Epileptic Seizures)

In *Vishma Jwara* context

'*Glaanigauravakaarshyebhahasayasasmaannapramuc hyate I*

Vegettusamatikraantegatoayamtilakshyate II'

The shloka states that fever will subside for sometime, but the person experiences *Glani* (tiredness), *Gaurava* (heaviness), *Karshya* (lean) etc., as *Doshas* will be deep seated in the *Dhatus*.

In *Grahani* context

'*Leena Pakvasayam Vaapayam Sravayam Sadeepanam I'*

In *Charaka Chikitsa Grahnidosha* it is explained as if *Leena Dosha* are in *Pakvashaya*, *Virechana* with *Deepana* should be given.

In *Swasa* context

'*Leenashchethdoshahashahasyaaddhoomaistamniha redhudaha I'*

In *Swasa*, *Shodana Karma* (purifactory measures) like *Vamana* (therapeutic emesis) is being mentioned after as a *Paschat Karma* (post operative) is *Dhoomarpana* is done to remove the *Leena Dosha* from the body if *Dhoomarpana* is not done, it may lead to further accumulation of the *Leena Dosha* in body.

In *Apasamara* Context

'*Tatrachaavasthaitihrudaye Indriyaayataneshu Cha Leenatvena Avasthitaahai Visheshena Poorayantiyada II'*

In *Apasamara* it is stated that *Dosha* state in *Leena Avastha* in *Hrudaya* (heart), *Manovahasrotas* (channels controlling mind) and *Indriya* (sense organs) and *Buddhi* (brain) when they are exposed to *Nidana* like *Kama* (desire), *Krodha* (anger), *Bhaya* (fear) etc.

Nidana for *Leena Dosha*

- *Mithyopachara* (Improper regimen)
- *Svabhava* of a *Vyadhi* (Nature of disease)
- *Vyadhikshamatva* (Immunity)
- Abstaining from treatment for a disease

Assessment of *Leena Dosha*

Leena Dosha is a state where the *Doshas* are attached or concealed in the *Dhatus*. *Leena Dosha* is formed due to the formation of *Saamadoshas*. After the intervention even though sign and symptoms are subsided, there can be presence of *Shashadosha* in the form of *Leena*. When there is favourable conditions like climate etc. the disease will start developing again. Clinically *Leena Dosha* can be inferred in a *Vyadhi* through an exhibition of recurrent or intermittent attack of a disease.

Latent period/Latency period of disease

A Latent period is a lag time between exposure to a disease causing agent and the onset of the disease the agent causes. Here the pathogen / is present in latent stage, without clinical symptoms or signs of infection in the host. Latent infections are essentially static.

Ex: Latent period in Malaria.

All clinical symptoms and manifestations of malaria, involving different organs are due:

- Asexual phase
- Erythrocytic phase

The pre-erythrocytic phase that affects only a very few hepatocytes passes off as a silent phase without any symptoms.

The appearance of the parasites in the blood and development of clinical symptoms may not correlate. The first few cycles of the parasite's development in the blood may remain symptoms free despite there being detectable, early, parasitemia (Latent period of Malaria).

Table 1: Latent Period for Malaria.

SN	Parasite Names	Latent Period
1.	P. Falciparum	9 - 14 days
2.	P. Vivax	12 - 18 days
3.	P. Ovale	18 - 40 days

From above table it is observed that the latent phase of P. Ovale is more than P. Vivax and P. Falciparum.

It is the time taken by the organism to complete its development in the intermediate host.

Ex: Once ingested by a mosquito, malaria parasite must undergo development within the mosquito before they are infectious to the human.

DISCUSSION

On the basis of above information it is revealed that *Leena Doshā* is a pathological state of concealed existence of *Doshā*. Its comprehension is not only cramped to the relapse and remission of a disease but also the latency and scrupulously even it can be weaned to be an abnormality in cell mediated immunity. Understanding of *Leena Doshā* is understood through the relapse and remission of disease. The physician should comply with treatments of *Aama* followed by *Rasayana*. *Leena Doshā* can occur before and after treatment of disease before

treatment due to the formation of *Samadosha* and after treatment it is in *Sheshadosha* in the form of *Leena*.

CONCLUSION

In the diseases like *Vishmajwara*, *Apasamara* etc. due to *Heena Balakshmata* (immuno compromised), individuals adopting *Aapthya Ahara Vihara* (harmful food and activities) which are prohibited during recovery from the disease is adopted by patient and *Asaymak Chikitsa* (improper treatment) are the reasons for relapsing of the disease due to these factors the *Doshā* will get resided in the form of *Leena Doshā* gradually becomes contributing factors for the development of the disease. So the physician should have proper knowledge about the *Leena Doshā*.

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