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Review Article

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Ayurveda View on Disease Progression w.s.r. to Concept of *Shatkriyakala*: A Review

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Abstract

Ayurveda aims to keep healthy people healthy and helps in the treatment of sick people's diseases. Ayurveda recommended a variety of treatments for balancing *Dosha*, *Dhatu* and *Mala*. Ayurveda portrayed various modalities of sickness determination and *Kriyakala* is one such methodology which assists or determines different phases of disease progression. The *Kriyakala* idea encourages specific treatment based on the stage of disease progression. The suitable measures can be taken to address the equilibriums of *Doshas* based on the specific phases of illness. Ayurveda looked into the idea of *Shatkriyakala* as a "six stages of disease progression" that can be used to evaluate the disease's pathogenesis in different stages. These six stages are *Sanchaya*, *Prakopa*, *Prasara*, *Sthanasamshraya*, *Vyaktavastha* and *Bhedavastha*. This article discussed six phases of *Shatkriyakala*, its significance in disease determination and their treatment.

Keywords: Ayurveda, Samhita Siddhant, *Shatkriyakala*, Progression

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1. Introduction

The two words *Kriya* and *Kala* make up the term *Kriyakala*. *Kriya* refers to the treatment option used to correct *Dosha* imbalances, and *Kala* refers to the stages of a disease's progression. The idea of *Kriyakala* assists with surveying the forecast of disease stages. *Kriyakala* provides information regarding disease diagnosis and treatment in accordance with the degree of *Doshas* vitiation. (1-3)

Sushruta mentioned the idea of *Kriyakala* in *Varnaprashnadyaya*, and this idea was further developed into *Shatkriyakala*, which refers to the six stages through which a disease progresses. *Acharya Sushruta* describes the disease's state in six stages and recommends the appropriate therapeutic approach based on its progression. The upside of this idea is that it assists in early conclusion of illnesses eventually sickness can be managed in the beginning phase. The appropriate course of treatment can be planned in accordance with the disease's progression. (4-6) As per the concept of *Shatkriyakala* the six stages of disease

progression and their modern correlation is depicted in **Figure 1**.

As depicted in **Figure 1**, the *Sanchaya* can be correlated with stage of accumulation, *Prakopa* is associated with stage of aggregation, *Prasara* can be correlated with stage of dissemination, *Sthanasamshraya* is associated with stage of localization, *Vyaktavastha* resembles stage of manifestation and *Bhedavastha* is referred to the stage of complication. (6-8)

Sanchaya avastha:

This stage sees the gradual accumulation of *Doshas* in their respective locations; this stage starts pathogenesis of sickness. *Doshas* exhibits symptoms after accumulating on their specific seats. *Sanchaya avastha* is associated with the symptoms of *Vata Sanchaya Lakshana*, *Pitta Sanchaya Lakshana* and *Kapha Sanchaya Lakshana*.

The treatment of morbid *Doshas* during this stage stops the *Doshas* from spreading to the next stage, due to the low severity of the disease and the absence of *Doshas*

vitiation, this stage of disease pathogenesis is easy to manage.

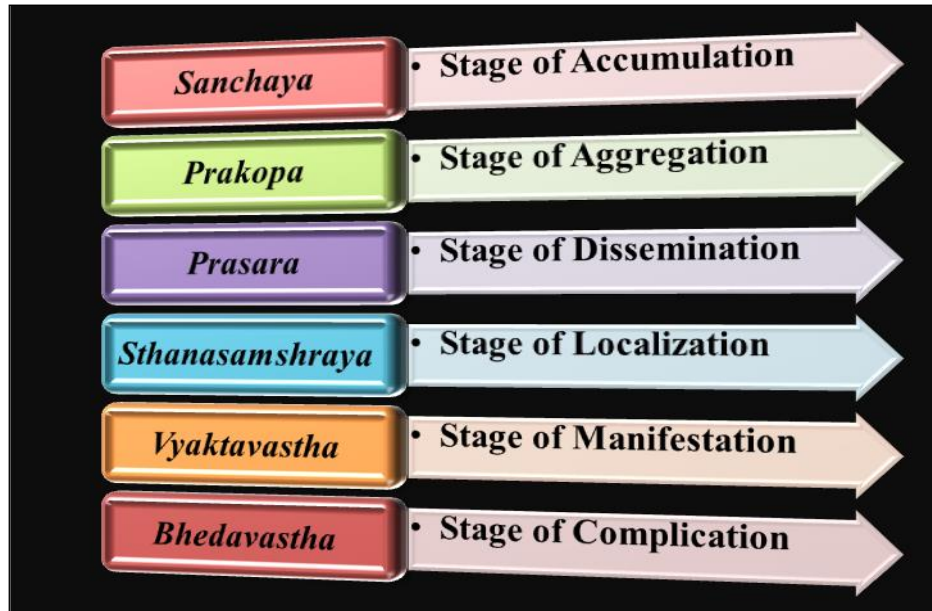


Figure 1. Stages of *Shatkriyakala*

Prakopa avastha:

Doshas are ready to relocate from their current location at this stage. The persistent indulgence in *Nidana* such as; inappropriate *Ahara* and *Vihara* may drive *Prakopa avastha*. *Koshta toda*, *Amlika*, *Paridaha* and *Hridyotkledascha*, etc. are major symptoms of this condition.

Prasara avastha:

In this stage exasperated *Doshas* pass on their places and moves to different sites of body and spread through various *Strotas*. This stage may produce symptoms of *Atopa*, *Vimarga-Gamana*, *Osha*, *Dhoomayanani*, *Avipaka* and *Chardi*, etc.

Vayu and the *Doshas* move around, thus *Prasara* can be any combination including *Vata Prasara*, *Kapha Prasara*, *Pitta Prasara*, *Rakta Prasara*, *Vata Kapha Prasara*, *Vata Pitta Prasara*, *Vata Rakta Prasara* and *Vata Pitta Rakta Prasara*, etc.

Sthanasamshraya avastha:

Organ vitiation caused by vitiated *Doshas* can lead disease in those organs where vitiated *Doshas* accumulate, and *Shrotas* abnormality causes *Doshas* to become blocked. In this stage, ominous symptoms and side effects of illness are evident as *Poorva rupa* of disease.

Vyaktavastha:

Vyaktavastha is regarded as the stage of manifestation because symptoms can be observed at this stage. The primary side effects remain visible in this stage hence treatment can be arranged accordingly. The *Vyadhi Pratyanka Chikitsa* might be planned in this stage to forestall further movement of illness.

Bhedavastha:

Bhedha is the final stage of disease progression, where disease complications and the origin of other diseases may occur. The condition may become incurable if left untreated, and the prognosis is extremely poor at this stage. This stage is truly challenging to treat disease and may influences chances of survival.

2. Clinical Significance of *Shatakriyakala*

The *Shatkriyakala* teaches about the aggravated *Doshas* at their earliest stages, which helps in avoiding etiological factors, following a disciplined daily routine, and adhering to a specific diet that pacifies particularly vitiated *Doshas* and contribute to preventing the pathological manifestation of diseases. The *Samshamana Karma* or *Shodhna Karma* can be planned according to the concept of *Shatkriyakala*. The daily and dietary routine along with medical treatment can be advocated to the patient on the basis of particular stage of *Shatkriyakala*. Subsequently at beginning phase of disease movement the evasion of causative variables are suggested alongside disciplinary conduction of way of life. The preventive measures help to resist disease pathogenesis at early stage of illness. This concept helps to assists progress of infection. *Shatkriyakala* assists with forestalling further aggregation of *Hetu*, this concept gives information about the factors that cause diseases; so preventative measures can be taken accordingly. *Shatkriyakala* ensures accurate disease management and helps in the planning of disease treatment. The data about *Sthanasamshraya* may assists with forestalling organ to get impacted by infection. The *Sadhyasadhyatva* of infection can be investigated with the concept of *Shatkriyakala*. (7-9)

3. Modern View:

As per modern concept the progression of disease and concept of *Shatkriyakala* can be explained as follows:

- Accumulation of *Dosha*
- Spread of *Doshas*
- Aggravated *Doshas* spread other parts of the body
- Agitated *Doshas* accumulated throughout the body
- Manifestation of diseases symptoms
- Manifestation of specific sign of diseases

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4. Conclusion

Planning, preventative and therapeutic measures made easier to treat and understand disease progression. *Dinacharya* and *Ritucharya's*, appropriate guidelines can be used to further prevent disease progression based on the specific disease's manifestation. The six phases of sickness movement depicted as *Shatkriyakala* in Ayurveda and this idea helps significantly towards the avoidance of illnesses. *Kriyakala* as *Chikitsavasara* alluded to the hour of treatment during the infection indication. *Shatkriyakala* assists with evaluating pathophysiology of illness and physician can analyze at any stage and plan treatment according to the progressive stage of disease. Early disease prevention stops the disease to get worsens and *Shatkriyakala* can be used to predict *Sadhyaasadhyatva* of disease which offers strategies for completely eradicating morbid *Doshas*.

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Conflict of Interest

The authors declare that there is no conflict of interest regarding the publication of this article.

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