

CONCEPTUAL STUDY ON KAPHA PRAKOPAK NIDAN**Dr. Ashutosh Singh*¹ and Dr. Vijaya Agrawal²**

¹Final Year P.G. Scholar, Department of Rognidan, Parul Institute of Ayurved, Parul University, India.

²Associate Professor, Department of Rognidan, Parul Institute of Ayurved, Parul University, India.

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Corresponding Author*Dr. Ashutosh Singh**

Final Year P.G. Scholar,
Department of Rognidan,
Parul Institute of Ayurved,
Parul University, India.

ABSTRACT

Kapha is a word which indicates a part of tridosha (vata, pitta, kapha), according to ayurveda this dosha is responsible for stability, lubrication, substance and support of our physical body. In the kaphadosha there is a predominance of the water and earth elements, like these elements kapha tends to be cool, moist, stable and heavy. These qualities manifest heavy bone, lustours, and supple skin. Kapha is also prone to gaining weight. Nidan means that causative factors which are used for disease, Dosha (kapha) prakopaknidan are responsible for developed diseases.

KEYWORDS: Tridosha, kapha, nidan.

INTRODUCTION

In Ayurveda samhita two types of awastha are mentioned one is prakrutaawastha second is vaikrutaawastha. E.g. If kapha is in prakrutaawastha then this is the equilibrium state of kapha which is good for body. If kapha is in vaikrutaawastha then it started manifested the diseases, it happens while taking kaphaprakopaknidan as usual in form of aharajnidan, viharajnidan, agantujnidan, mansik nidan. It's a fact that without involvement of doshas disease can't manifest in human body.

Due to etiological factors of doshas these are capable to free movement in one channel to another channel, and when they got kha-vaigunya (free space) they started manifest a disease. Not any disease is able to manifest without a dosha.

Kapha prakopak nidan

Kapha prakopak nidan is described below.

1) Aharaj nidan.

Its classified in different types of nidan.

A) Ras pradhanya nidan

Madhur rasa

Amla rasa

Lavan rasa

Above three are kapha prakopak rasa.

- i) Madhur rasa: Madhurras is formed by combination of prithvi mahabhuta, this atuned to tissues of body and increses the ras, rakta, mans dhatus etc.
- ii) Amla rasa: Amla rasa is formed by combination of Agni and Prithvi Mahabhuta. Amla rasa is Dantaharsha – feeling of sensation of teeth. Mukhasrava – secretion from mouth.
- iii) Lavan rasa: The substences possessing lavana rasa essentialy apya and tejasa in constitution, action of lavana rasa is pacana, kledana, bhedan, chedan.

B) Guna Pradhanyata

Shita Guna: cold feelings are taken into consideration as shita, its remove usnata of body.

Snigdha Guna: snigdha guna known as soothing property. Its have also a moistening of substance. It act as a vatahara.

Guru Guna: It is known as heaviness, when there is gravity ina substance then it posseses guru guna.

Pichhila Guna: pichhila means sliminesss, which has got sticking nature. This property which cause “Lepana Shakti” in body.

C) Ahara Dravya nidan

Mas

Rajmas

Tilpista

Singada

Milk

Curd

Kapha prakopak viharaj nidan

Divaswapna,

Atiswapna,

Avyayam,

Aalasya,

Sukhsaiyyaatisevan

Raj dhumsewan

Kapha prakopak Mansik Nidan

Harsha

Santosh

Achinta

TamogunPradhanta

Anyanidana

Balyavastha

Basantritu

Pratahkal

CONCLUSION

Above all nidanas of kapha which is help to manifest many type of kaphajnanatmakvikar and many types of samanyajvikar which can be vitiated with vata and pitta. And with other vyadhighataka. With the help of this nidana we can easily do nidanparivarjan and can prevent manifestation of disease.