

A REVIEW OF LITERATURE OF “*SHATKRIYAKAL*”

¹*Dr. Deepak S. Kathawate, ²Dr. Sachin R. Dukale, ³Dr. Rajaram H. Jadhav,
⁴Dr. Narayan B. Bhalsing

¹*Asst. Prof. Dept. of Samhita Siddhant PMT's Ayurved College Shevgaon, Ahmednagar.

²Asst. Prof. Dept. of Swasthavritta, PMT's Ayurved College Shevgaon, Ahmednagar.

³Professor. Dept. of Swasthavritta, PMT's Ayurved College Shevgaon, Ahmednagar.

⁴Prof. Dept. of Agadtantra, PMT's Ayurved College Shevgaon, Ahmednagar.

Article Received on
13 March 2021,

Revised on 02 April 2021,
Accepted on 23 April 2021

DOI: 10.20959/wjpr20215-20420

***Corresponding Author**

Dr. Deepak S. Kathawate

Asst. Prof. Dept. of Samhita
Siddhant PMT's Ayurved
College Shevgaon,
Ahmednagar.

ABSTRACT

Ayurveda, as a holistic treatment procedure thus represents the science of life and longevity originating in the Vedic traditions of India. Based on the principle of eternal life, *Ayurveda* has a vast body of knowledge which covers eight principal branches. *Ayurveda* is based on *tridoshas* i.e. *vata*, *kapha* & *pitta* when imbalance occur in between them disease were produced. *Ayurveda* recognizes and elaborates six different stage process of disease manifestation that is collectively known as *Shatkriyakal*. The last two stages of this entire process involve the detection and complications of disease formation. Unlike *Ayurveda*, modern medicine recognizes the two stages of detection and complication as the core stages of disease formation. These six stages

or better known as *Shatkriyakal* in *Ayurveda* are described as unique and they permit the thorough recognition and elimination of diseases long before it progresses into evidently differentiated clinical symptoms. This article focus on this 6 stages of disease formation.

KEYWORDS: *Shatkriyakal*, Disease formation.

1. INTRODUCTION

Sushruta, an ancient Indian surgeon, has described the concept of *Kriyakala* in *Varnaprashn adhyaya*, an ancient Vedic Sanskrit text, which seeks to explain the incidence of *Varnas* in terms of *Doshic* disturbances. *Varna*, in modern parlance, may be described as an inflammatory process that may lead ulceration and chronic inflammation, promoting all stages of carcinogenesis. Abnormal interactions between *Prakriti* (genotype) and

environmental factors vitiate the *Doshas* and impair immunity, which can lead to aberrant cell growth and cancer. Moreover, the interaction between vitiated *Doshas* and weak *Dhatus* (body tissues) manifests as cancers of a specific organ. *Shatkriyakala* (six stages of progress of a disease), on the other hand, provides a framework to assess the cancer and its pathogenesis in different stages. According to Ayurvedic concepts, all cancer therapies treat the affected tissues indirectly by eliminating vitiated *Doshas*, rejuvenating *Dhatus* and restoring immunity in cancer patients. The present review describes the six stages of *Shatkriyakala* in detail, with an emphasis on research areas to validate the concept of *Shatkriyakala*. This traditional knowledge can be utilized with modern technologies to detect predisposition for cancer or diagnose cancer in its early stages.

2. AIM AND OBJECTIVES

To study the *Shatkriyakala* as per *Ayurvedic* literature.

3. MATERIAL AND METHODS

All *Brihtrayis* very well explain *Shatkriyakala* in his *Samhita*, this references were taken for this article, also internet surfing, various magazine, article were used for the preparation of this article.

Shatkriyakala is process of disease formation, there are 6 stages so this called *Shatkriyakala* 1 there name are follows.

- 1) *Sanchaya Avastha*
- 2) *Prakop Avastha*
- 3) *Prasar Avastha*
- 4) *Sthansanshray Avastha*
- 5) *Vyakti Avastha*
- 6) *Bheda Avastha*

3.1. *Sanchaya*

It is also known as the stage of accumulation. *Sanchaya* is the first phase of *Shatkriyakal* or disease formation meaning 'stored'. It is commonly referred as the period of accumulation when *Aama* produced during the improper *Prapaka* digestion that collects in the gastrointestinal tract of the body. This condition of disease manifestation is primarily associated with *Kapha* imbalance accumulates in the stomach. *Ayurveda* states that when *Aama* results from *Pitta* imbalance it gets collected in the small intestine and it amasses in the

colon when gets connected to a *Vata* dysfunction. The presence of the *aama* disturbs the proper functioning of the *doshas* creating mild symptoms that can be easily felt. Such symptoms signal physiological imbalance and people have a common tendency to ignore these symptoms as they disappear by themselves in a few hours. And this habit of ignoring them instead of recognizing and eliminating their root causes, people invite the disease process to gain a strong footing in the body. *Ayurveda*, these symptoms alert towards an imbalance in the body that is likely to occur.

3.2. *Prakopa*

It is the second stage of *Shatkriyakal* in Ayurveda or popularly known as the second stage of disease process. It is translated as provocation or aggravation. Though the *prakopa* phase does not manifest the clearly differentiated clinical symptoms that allopathic medicine can recognize, the *Ayurvedic* physicians confirm the aggravated state of *aama* through pulse diagnosis. And accordingly, the *Ayurvedic* physician recommends some dietary and behavioral changes in order to reverse the *prakopa* stage.

3.3. *Prasara*

It is the third stage of *Shatkriyakal* in Ayurveda. This third phase of disease formation literally means to leave and spread. At this phase *aama* accumulates to such a degree that it finally starts to overflow in the gastrointestinal tract. The *doshas* transport along with the important nutrients to the *dhatu*s. Its stickiness stops it from being transported back to the gastrointestinal tract. It is the stage of migration.

3.4. *Sthana Samshraya*

It is the fourth phase of *Shatkriyakal* in Ayurveda. It is also known as the stage of disease augmentation. *Sthana samshraya* literally means taking shelter in a place. The *aama* that has migrated from the gastrointestinal tract enters and lodges in a defective and weak *dhatu*. Once the *aama* accumulates in an area of low immunity, its basic qualities overwhelm the *dhatu* and it causes dysfunction and structural damage of the body. It is the stage in which specific susceptibility to serious infections or degenerative diseases start. Several factors determine which specific *dhatu*s are predisposed to accept and be damaged by *aama*. A combination of the common factors like effects from previous illnesses, seasonal changes, stress, effects from past diet and behavioral choices, radiation and chemical pollutants, etc. produces weakness which opens certain tissues to diseases.

3.5. *Vyakta*

It is the fifth stage of *Shatkriyakal* in that *avshtha* disease in *vyakta avashtha*. This stage is the one in which clearly differentiated symptoms first appear. It is the stage of symptom manifestation. The disease process overwhelms the ability of the body to maintain immunity and healthy functioning. At this stage, structural dysfunctions or damages have progressed to the point where the illness actually activates.

3.6. *Bheda*

It is the sixth and final stage of *Shatkriyakal* in *Ayurveda*. This final phase is also known as the stage of complications. *Bheda* literally means differentiation. Stage five that is *Vyakta* confirms general diagnosis and the sixth stage confirms differential diagnosis. This phase offers a detailed understanding of the group of symptoms that have surfaced the fact that all the doubts regarding the nature of the disease are eliminated. This sixth stage is characterized by severe impairment of *dhatu* function, serious damage to the *shrotas* (the vessels within each *dhatu*) and the complications that involves related *dhatu*s. The entire disease process can be aggravated by the toxic side effects of the drugs that are used to cure it. At this final stage, many of the diseases become a bit difficult to treat completely.

4. DISCUSSION AND CONCLUSION

Degenerative conditions and susceptibility to several infectious diseases do not develop overnight, it takes many years and the seeds of dysfunction occur as a result of inappropriate lifestyle and diet. *Shatkriyakal* or the six significant stages of disease formation in *Ayurveda* provides the knowledge of how illness originates and manifests step-by-step. *Ayurveda* uses these six stages to remove both the signs as well as the causes of the diseases.

5. REFERENCES

1. Dr. Bharamanan Tripathi, Madhavnidan, Chaukhambha surabharti prakwhan, part I.
2. Vaidya Laksmipati sastri, yogarathakar samhita Chaukhambha prakashan.
3. Yadavji Trikamji Aacharya, Charak Samhita Ayurveda Deepika Vyakhyan, Chaukhamba Surbharti Prakashan, Varanasi, 2013.
4. Dr. Indra dev Tripathi, Rasarathna samuchchaya by Chaukhambha Sanskrit bhawan.