Department :- Ayurved Samhita & Siddhant

Topic :- Applied Aspect of Tri Dosha Siddhant

Tridosha

Explains relatedness of a living organism to *all* possible variables in and out its matrix

Characters under continuous variation

Biological dynamics

Not necessarily follow physical dynamics

Shift from Philosophy to Practice

Phiolosophy, the raw material

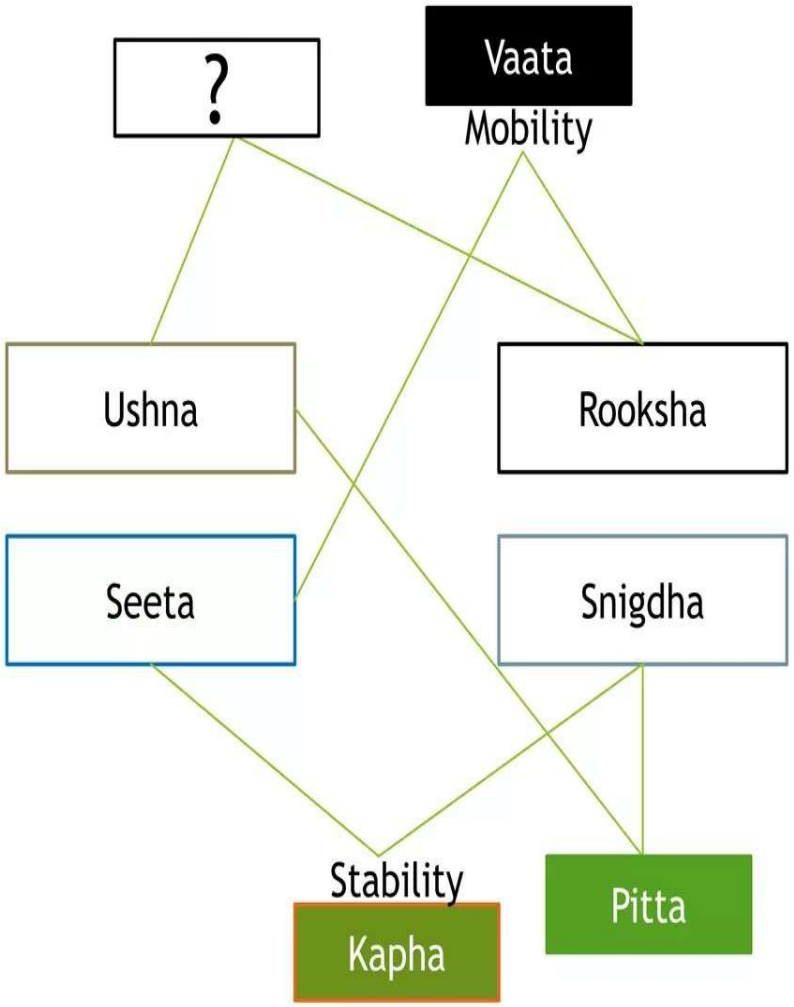
Panchabhoota, refined material extracted from raw material

Tridosha, fine product from

Treatment, final

From 2 to 3

- Usually Universe is explained through dichotomic expressions like
  - Ushna X Seeta (Agneeshomeeya)
  - Snigdha X Ruksha (Snehasara)
- Tridosha explains Trichotomy
- Shift from Dichotomy to Trichotomy is important



Seeta+Ruksha – Vata
Seeta+Snigdha - Kapha
Ushna+Sngdha - Pitta

Where is Ushna+Ruksha

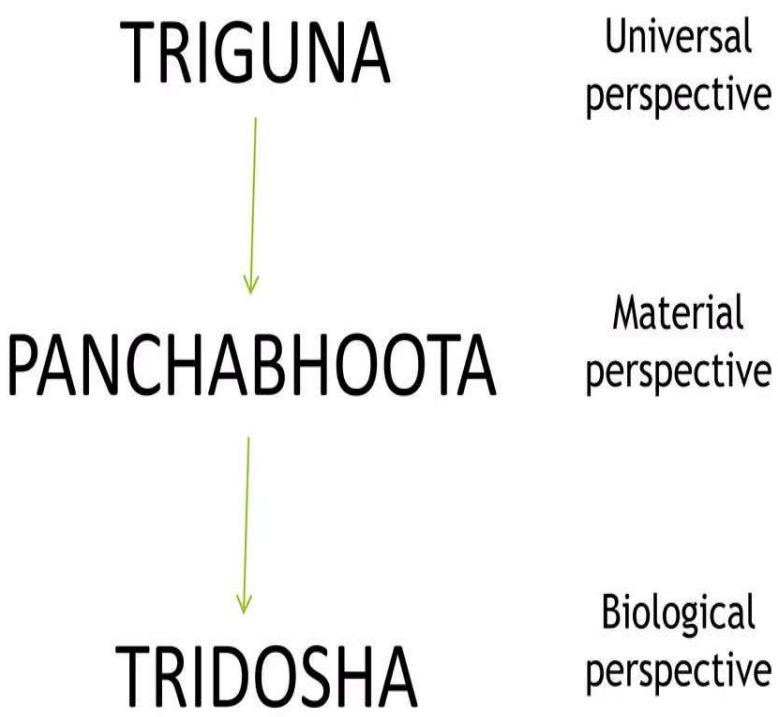
A rare, abnormal, destructive

Seeta-
snigdha

Ushna-
snigdha

Seeta-
rooksha

Evolution


TRIGUNA
Universal perspective
PANCHABHOOTA
Material perspective
TRIDOSHA
Biological perspective

TERMINOLOGY

- DOSHA
- DHAATU
- MALA
- STHOONA

Relative status in health and diseases

Dosha - They are easily disturbed and put disturbance to the system
Dhatu - Normally they support the biological system
Mala - They sometimes contaminate the body
Sthoona - Behave like three pillars, to support the biological system

TRIDOSHA – is it 'DRAVYA' or not?

THE RECIPROCAL DEFINITION OF DRAVYA

WHEREVER THERE IS QUALITY & ACTIVITY

THERE SHOULD BE AN UNDERLYING DRAVYA

IF 'DRAVYA' IS NOT PERCEIVABLE

Is sugar directly perceivable it the tea?

GO FOR ITS QUALITIES AND ACTIVITIES

Tridosha - *Definitions*

NOT

In terms of structure

BUT

Qualities and activities

Gunas (Qualities)

- Gunas not for description but for APPLICATION
- Main basis to apply saamaanya-visesha sidhaanta
- Exclusively Gurvaadiguna;
  - Exceptions - Pitta & Kapha (visra & mritsna)
- There is a cause-effect relation between Guna & Karma

Dormant & Dominant Gunas

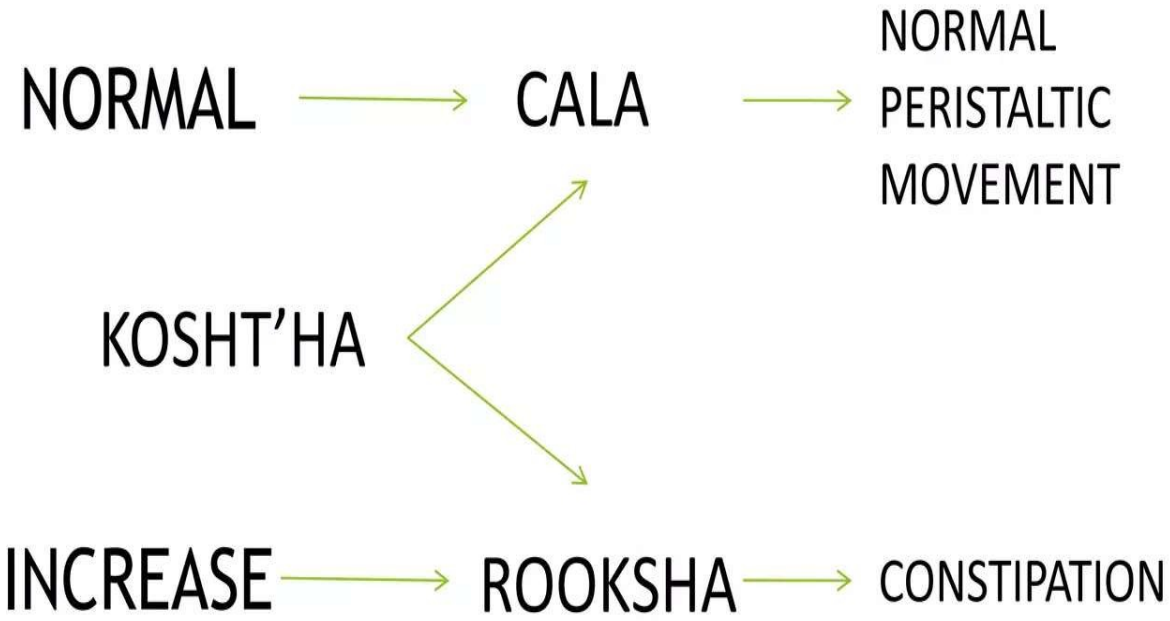
- Almost all the functions of Doshas are expressions of underlying Gunas
- All the Gunas of Doshas are not equally active in all the functions
  - Eg: Normal functions of Vata (Utsaha-achwasa-niswasa etc.) predominate with Calaguna only
  - Then where are the other Gunas?
- So, Gunas should be understood distinctively as **dominant Gunas & dormant Gunas**

Rule - 1

- Guna dormant in normal state may become dominant in abnormal state
  - Eg: Vata - Normal function - Utsaha etc - dominant Guna - Cala
  - Vata - increased presence (Vriddhilakshana)
    - Kaarsya - Laghu
    - Karshnya - Ruksha
    - Ushnakamitwa - Seeta
    - Kampa - Cala
    - Sakritgraha - Ruksha, Seeta etc.

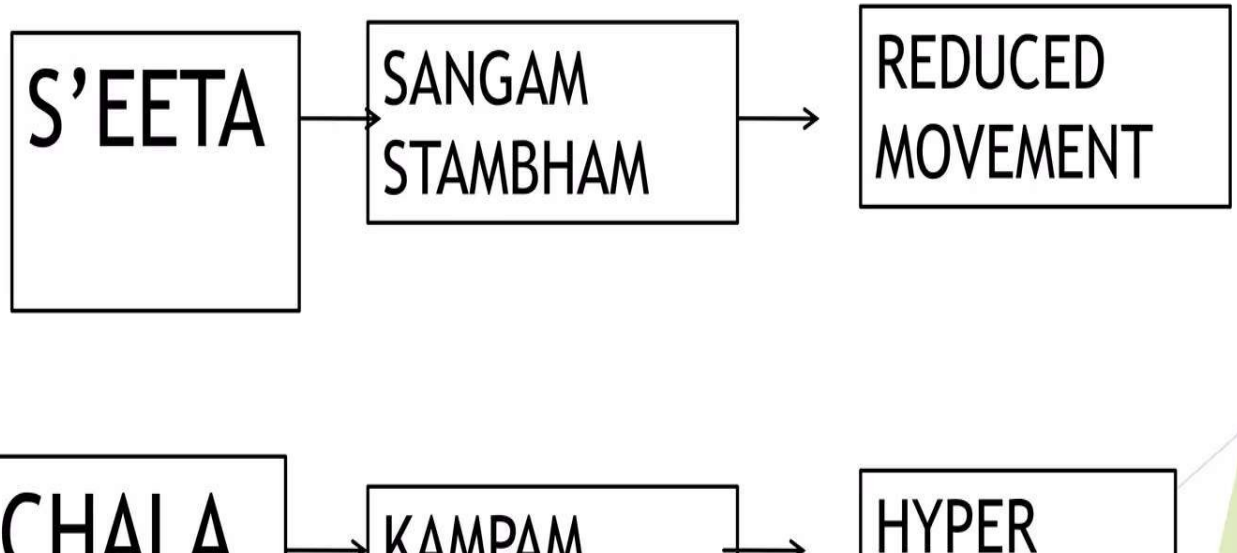
Different Gunas exhibit their functions

For Vata


NORMAL
CALA
NORMAL PERISTALTIC MOVEMENT
KOSHT'HA
INCREASE
ROOKSHA
CONSTIPATION

Rule - 2

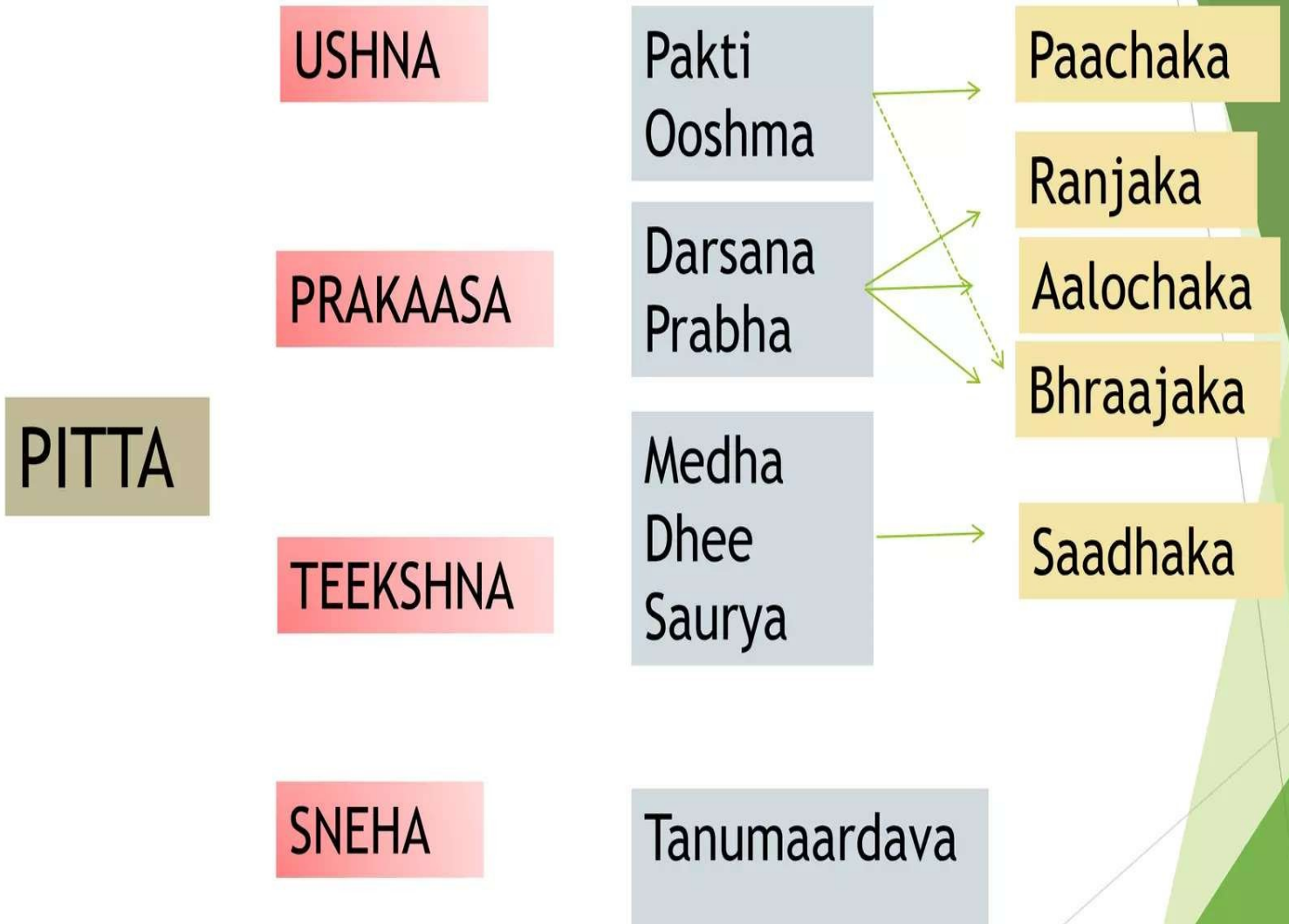
- Quality dormant in one activity may become dominant in another activity in the same state of Dosha
- See the following examples for Vata



Rule - 3

- Quality dominant in one site/situation may be dormant in another site/situation

Site	VAATA	PITTA	KAPHA
AGNI	Vishamaagni due to CHALA (ANAVASTHITATWA)	Teekshna due to USHNA TEEKSHNA	Manda due to GURU MANDA
KOSHT'HA	Kroora due to ROOKSHA S'EETA	Mridu due to DRAVA SARA	Madhyama due to SEETA SNIGDHA


PITTA
USHNA
PRAKAASA
TEEKSHNA
SNEHA
Pakti
Ooshma
Darsana
Prabha
Medha
Dhee
Saurya
Tanumaardava
Paachaka
Ranjaka
Aalochaka
Bhraajaka
Saadhaka

MIND	Vaata	Mobility	Easiness Receptivity	Paatava Utsaaha
	Pitta	Sharpness	Descrimination Judgement	Medha Dhee
	Kapha	Stabilty	Retention Memory	Smriti Kshama

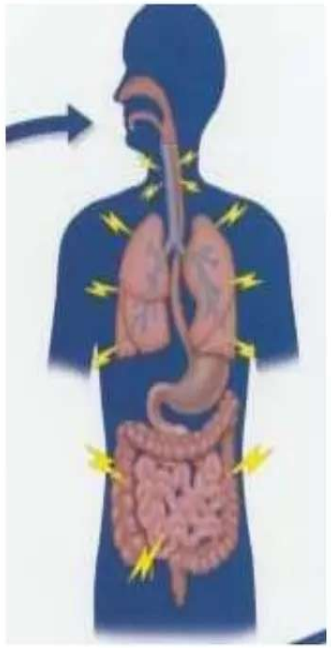
Variations of Dosha (Doshabheda)

- Sites (Sthaana)
- Functions (Karma)
- Stage (Avasthaa)
- Cause (Hetu)
- Manifestation (Aakriti)
- Management (Saadhana)
- Combination (Samyoga)

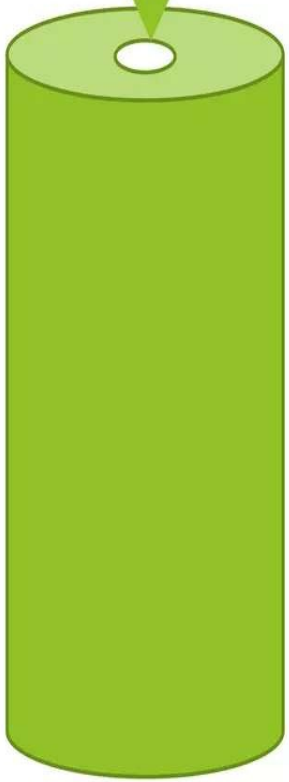
Chief locations

- Related to *feeding*, *processing* & *evacuation*
- Related to sites of production in the gut

- Importance of gut in biology



INLET

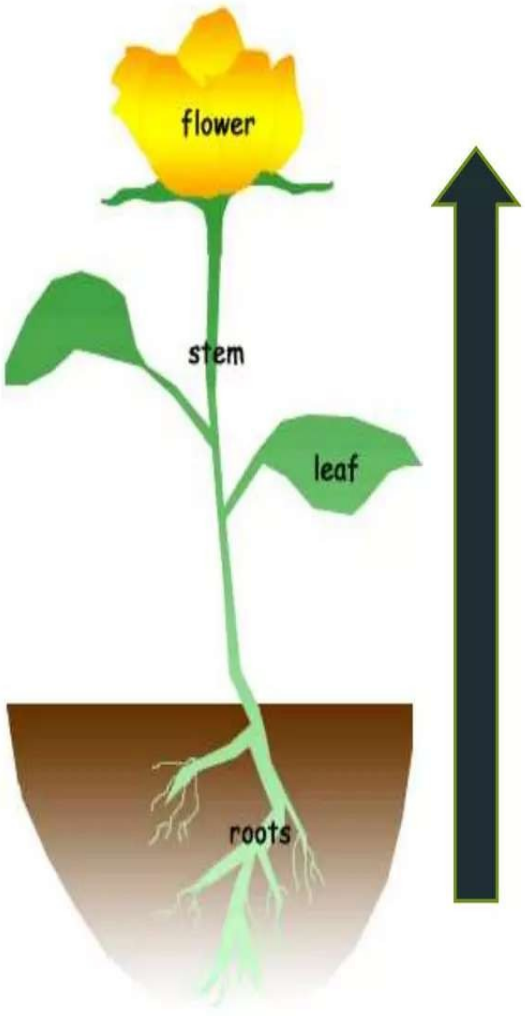


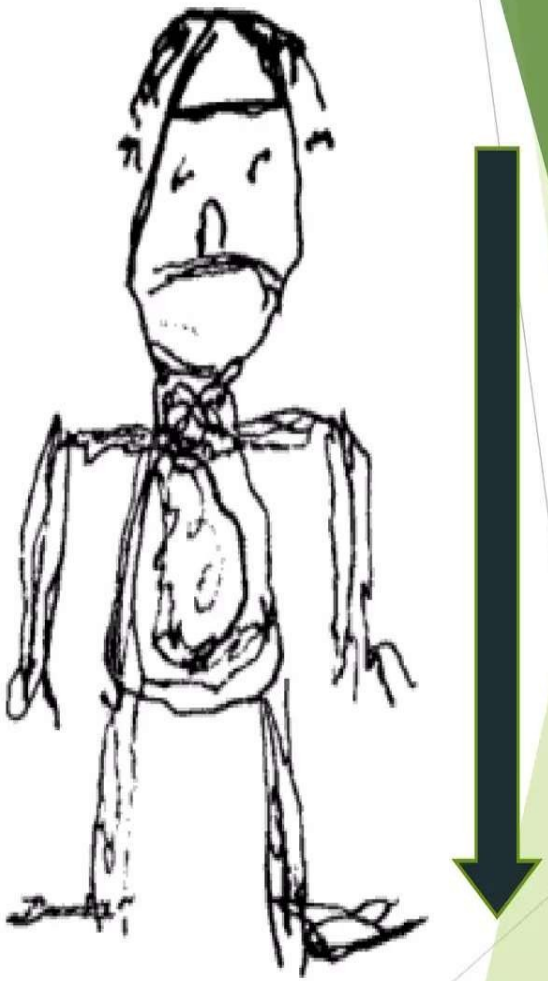
Heaviness

PROCESSING

VACCUM AT THE BOTTOM

OUTLET


flower
stem
leaf
roots



Sites – clinical importance

- Includes dhaatu, kosht'ha, indriya etc.
- Clinical - Compare with rogamaarga
- Vaata – mostly madhyama
- Kapha-pitta – mostly – saakha,kosht'ha
- Related to prognosis – tulya/atulyadooshyata
- Grouping of syndrome
  - eg: aamavaata - "sleshmasthaanam pradhaavati"
  - Sleshmaas'ayaanaam soonyatvam

Functional varieties (karmabheda)

- Five types of doshas
- Classification - on the basis of function

Functional sites

- Main repository (moolasthaana) & functional territories (gocharasthaana)
- Almost totally different from structural sites
- Function more important than site
- Physiological importance stressed initially
- Pathologically - Becomes more important in the context of *aavarana*
- Explains the harmonious co-existence of doshas

Stage (avastha)

- Accumulation (chaya)
- Circulation (prakopa)
- Normalization (pras'ama)

- Variants – s'eeta and ushna
- Explains seasonal phenomena
- Practically explainable

Varieties of cause (hetubheda)

- Three types of causative agents
- Includes food, physical activities, mental activities, facultative activities, seasonal variations etc.

- Not dosha specific
- Not disease specific
- Only headings

Varieties of management (saadhanabheda)

- Snigdhopas'aya – Vaata, vaata-pitta
- Rookshopas'aya – kapha, kapha-pitta

Varieties of association (samyogabheda)

- Samsarga
- Sannipaata

- Then what is anubandha...?
  - Because any two of the doshas have some common features
  - In the process of disease one dosha may take up another dosha with it

Dosha vikriti

- Decrease (Kshaya)
- Increase (vriddhi)
- Signature features (Aatmaroopa)
- Morbid activities (Kupitakarma)
- Independent diseases (naanaatmajavyaadhi)
- Dependent diseases (saamaanyajavyaadhi)

Increase and decrease of doshas are understood through increase of some or other qualities

Symptoms of Increase (vriddhilakshana)

- General indicators of particular dosha
- Students' guideline for dosha
- Not a clinician's guideline
- Not disease-specific
- But, sometimes help for differential diagnosis

- Important during an 'identity crisis'

Clinical importance

- Not suggesting the process of disease but, indicating doshaja variety of a disease or to identify anubandhadosha
  - Eg: kshut, trit (pitta)
- Some times very important in designing treatment
  - Trishna in jvara
  - Alpanidrata in depression

Signature features (aatmaroopa)*

- Mentioned in Carakasamhita
- Sure indicators of particular dosha
- सर्वेष्वपि खल्वेतेषु वातविकारेषूक्तेष्वन्येषु चानुक्तेषु वायोरिदमात्मरूपमपरिणामि कर्मणश्च स्वलक्षणं, यदुपलभ्य तदवयवं वा विमुक्तसन्देहा वातविकारमेवाध्यवस्यन्ति कुशलाः (C.S.Su 20/12)
- Responsible for different activities when localized in tissues
- Guna-karma relationship between aatmaroopa-prakupitakarma

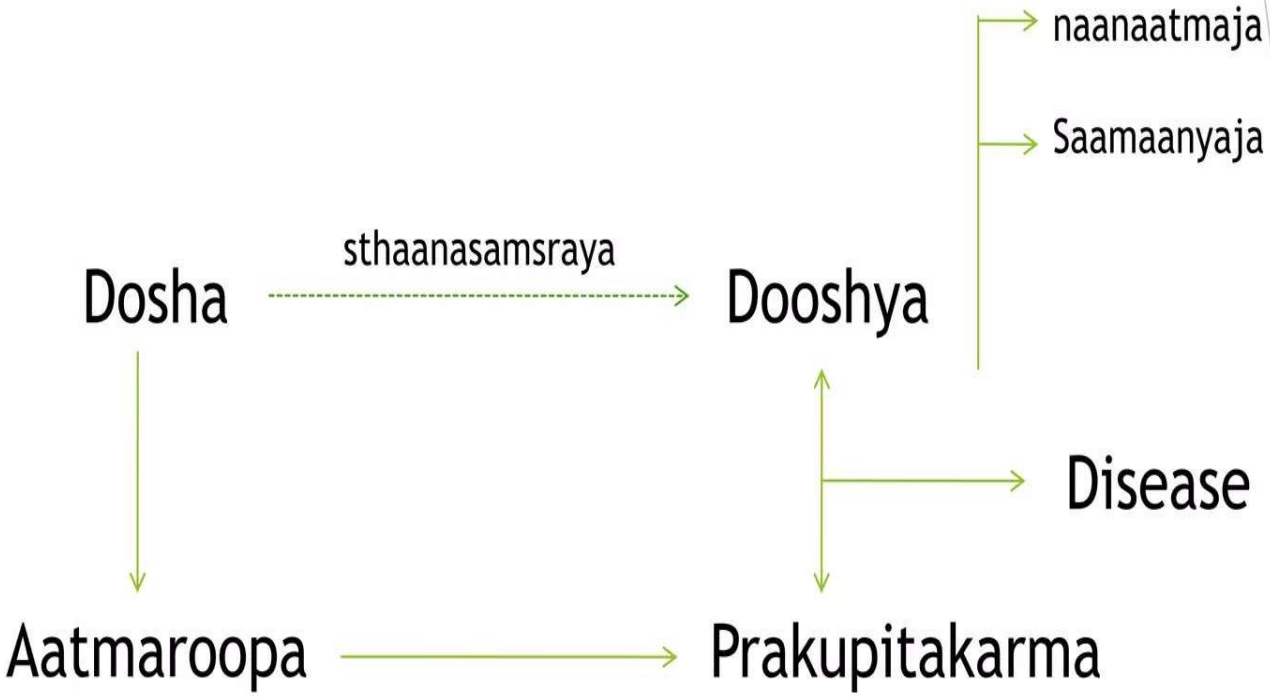
Signature features (aatmaroopa)

Vaata	Pitta	Kapha
Raukshya	Aushnya	Sneha
Saitya	Taikshnya	Saitya
Laaghava	Dravatva	Sauklya
Vaisadya	Anatisneha	Gaurava
Gati	Suklaarunavarjya-varna	Maadhurya
Amoortatva	Visragandha	Sthairya
Anavasthitatva	Katukaamlarasa	Paichilya
	Saratva	Maartsnya

Morbid activities (prakupita karma)

- Indicators of pathological processes at different sites of action
- Basic understanding of mechanism of dosha action
- Should be understood in comparison with site of action
- Related to sthaanasamsraya of dosha in different sites
- Dhaatugatha avastha of doshas can be taken as a simple model

Pathogenesis



Diseases – two types

- Aatmaroopa of a single dosha expressed at a site leads to Naanaatmajavyaadhi
  - nakhabheda - raukshya at nakha –
  - Anavasthitachittatva – anavasthitatva of manas
  - Davathu – aushnya of indriyas
- Aatmaroopa of more than one dosha expressed at a site leads to Saamaanyayaadhi

Vaata - prakupitakarma

Ref: A H Sutra

Sramsa/Bhrams'a

- Caused by laghutva & chalatva
- Loosening /dislocation/displacement
- Loosening – muscle tone/ flaccidity
- Dislocation – joint
- Muscle dislocation – prolapses, intussusception, ptosis, hernia etc.
- Dislocation – in aasayaapaksrshagati, atisaara (visramsayati abdhaatum)

Vyaasa - dilation

- Due to predominance of aakaas'a & lightness
- Production of avakaas'a in dhaatukshaya
- Mechanism of hypertrophy
- Dilation of lumens – aneurysm, cardiomegaly, brochiectasis etc.
- In the sampraapti of raajayakshma – "ativivritya vaa"

Svaapa

- “kriyaasu achaitanyam”
- Sensory loss

Saada

- Functional insufficiency (kriyaasu asamartha)
- Deficiencies of different factors Eg: insulin deficiency (type II)

Sankocha & Sanga – Partial and complete obstruction

- Due to seeta, rooksha qualities
- Mostly of a lumen
- Mostly mechanical
- Otherwise called rodham
- GI tact - udara, gunma, udaavarta, ruddhapadakaamala
- Respiratory tract - swaasa, kaasa
- Mootravahasrotas - mootraaghaata, asmari
- Circulatory system - atherosclerosis etc.

Vartana

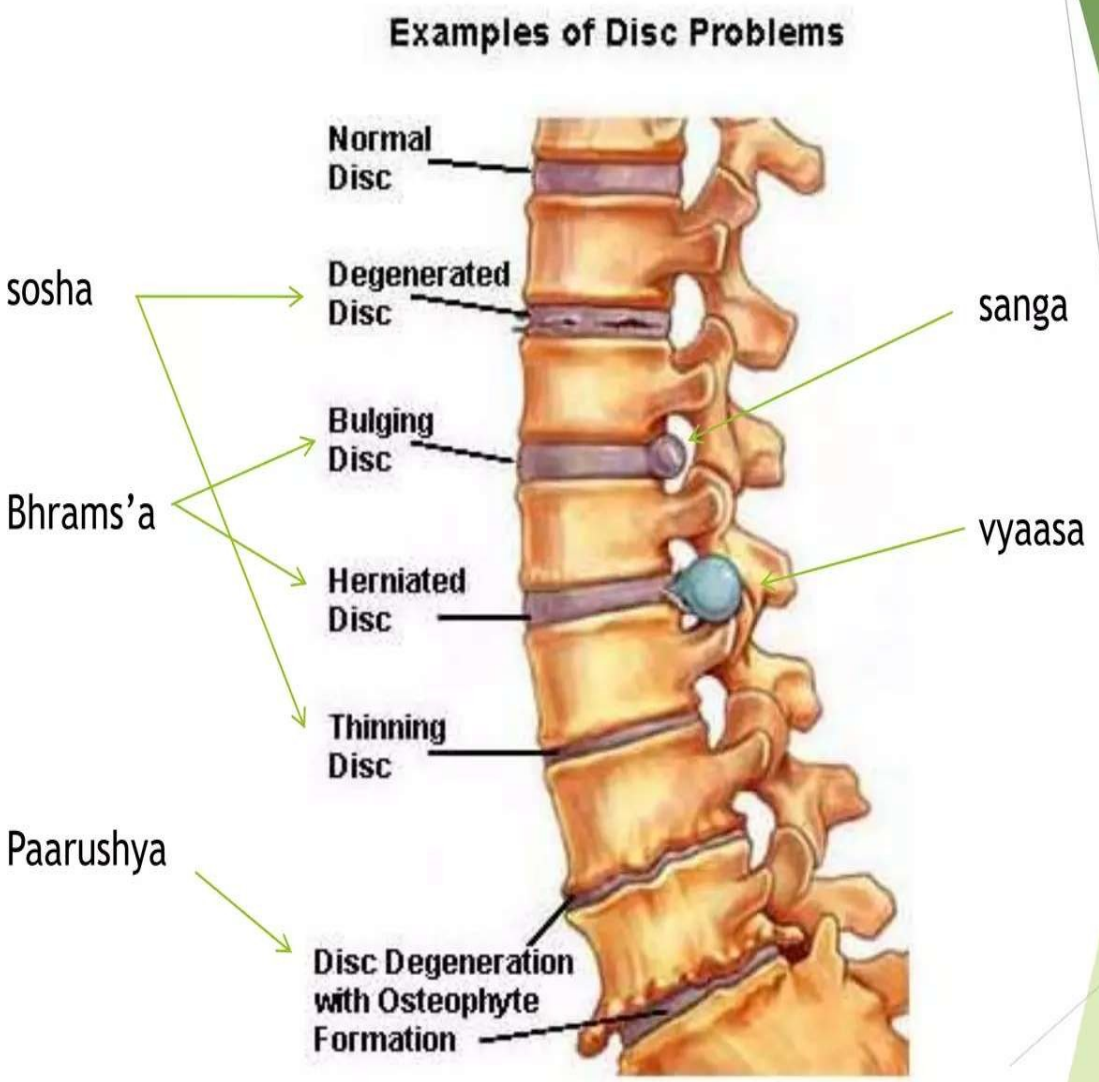
- Pindeekarana – mass formation
- Gunma, Space occupying lesions etc.

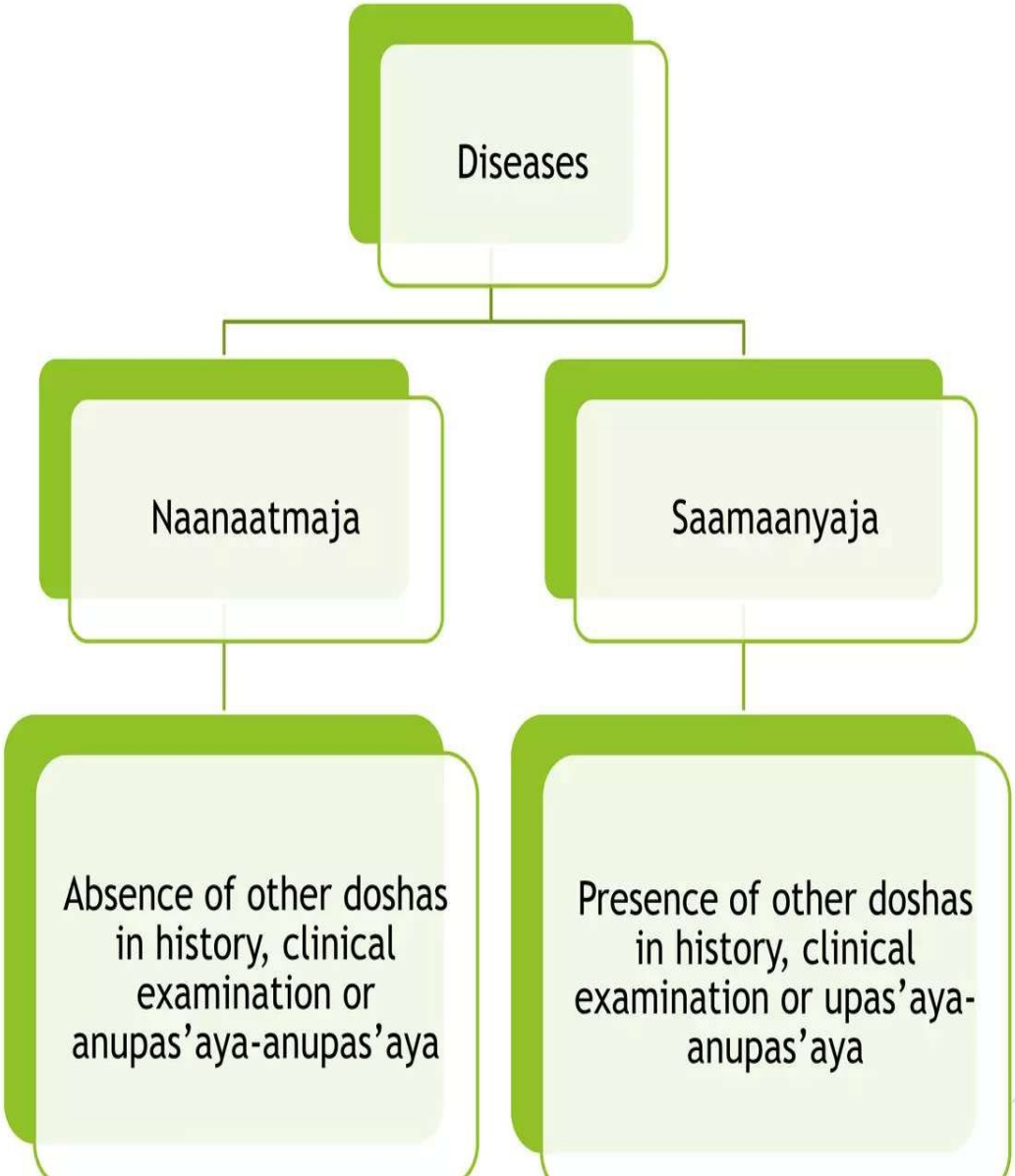
- Kampa
  - due to chalatva
  - tremor
- Paarushya
  - due to kharatva
  - harshness (of voice)

- Soushirya
  - due to saukshmya
  - porosity (mainly in bone tissue)
- S'osha
  - due to rooksha & laghu
  - wasting, dystrophy, degeneration
- Spandana
  - Due to chalatva
  - Fasciculations, involuntar y movements

Stambha

- Due to seeta+rooksha
- Solid medium - Rigidity, stiffness
- Liquid medium – arrest of flow - (like in coagulation)
- Malastambha


Examples of Disc Problems
Normal Disc
Degenerated Disc
Bulging Disc
Herniated Disc
Thinning Disc
Disc Degeneration with Osteophyte Formation
sosha
Bhrams'a
Paarushya
sanga
vyaasa


Diseases
Naanaatmaja
Saamaanyaja
Absence of other doshas in history, clinical examination or anupas'aya-anupas'aya
Presence of other doshas in history, clinical examination or upas'aya-anupas'aya

Independent diseases (naanaatmajavyaadhi)

- Independent of other morbid factors
- Mostly localized diseases
- Minimum systemic involvement/pathogenesis
- Linear correlation with aatmaroopa

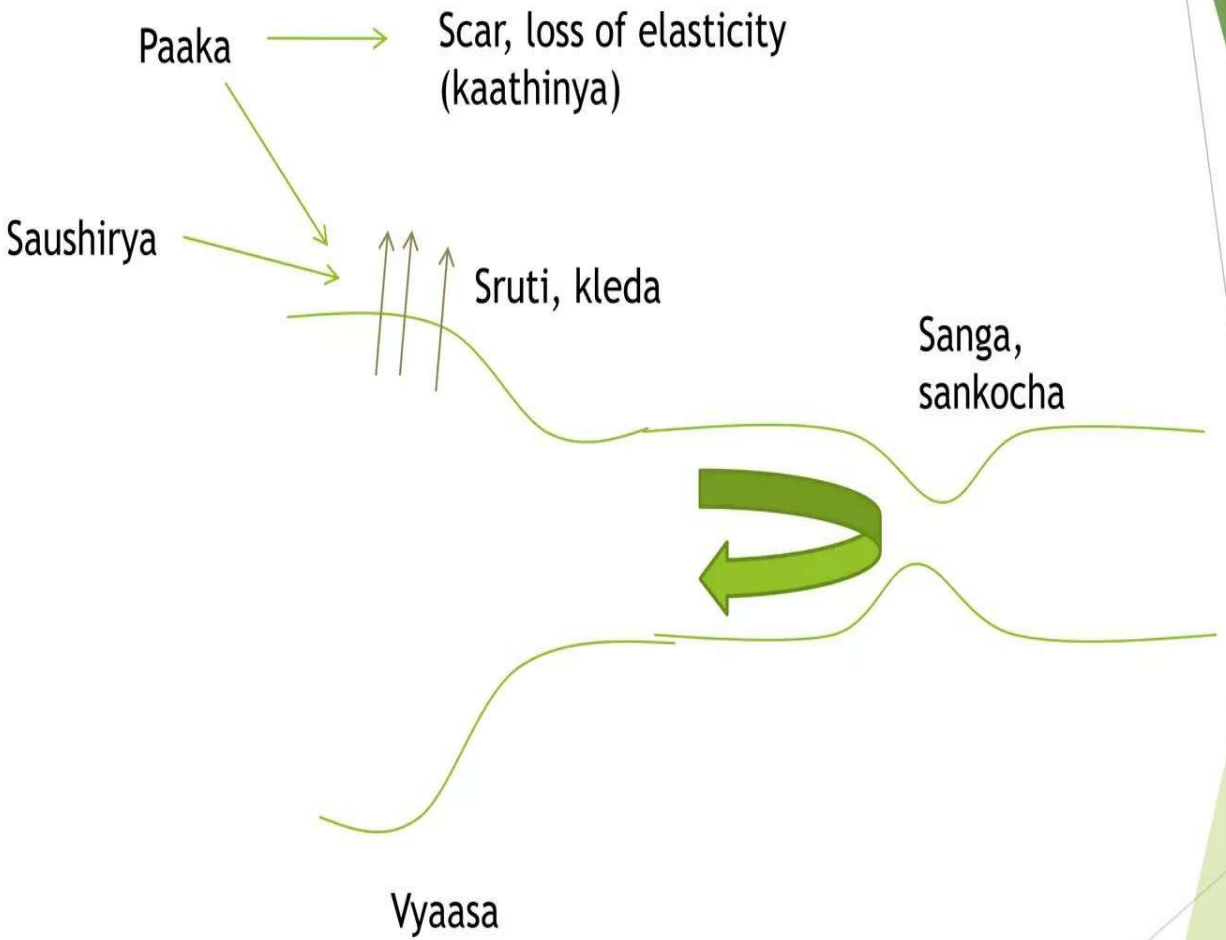
General diseases (saamaanyajavyaadhi)

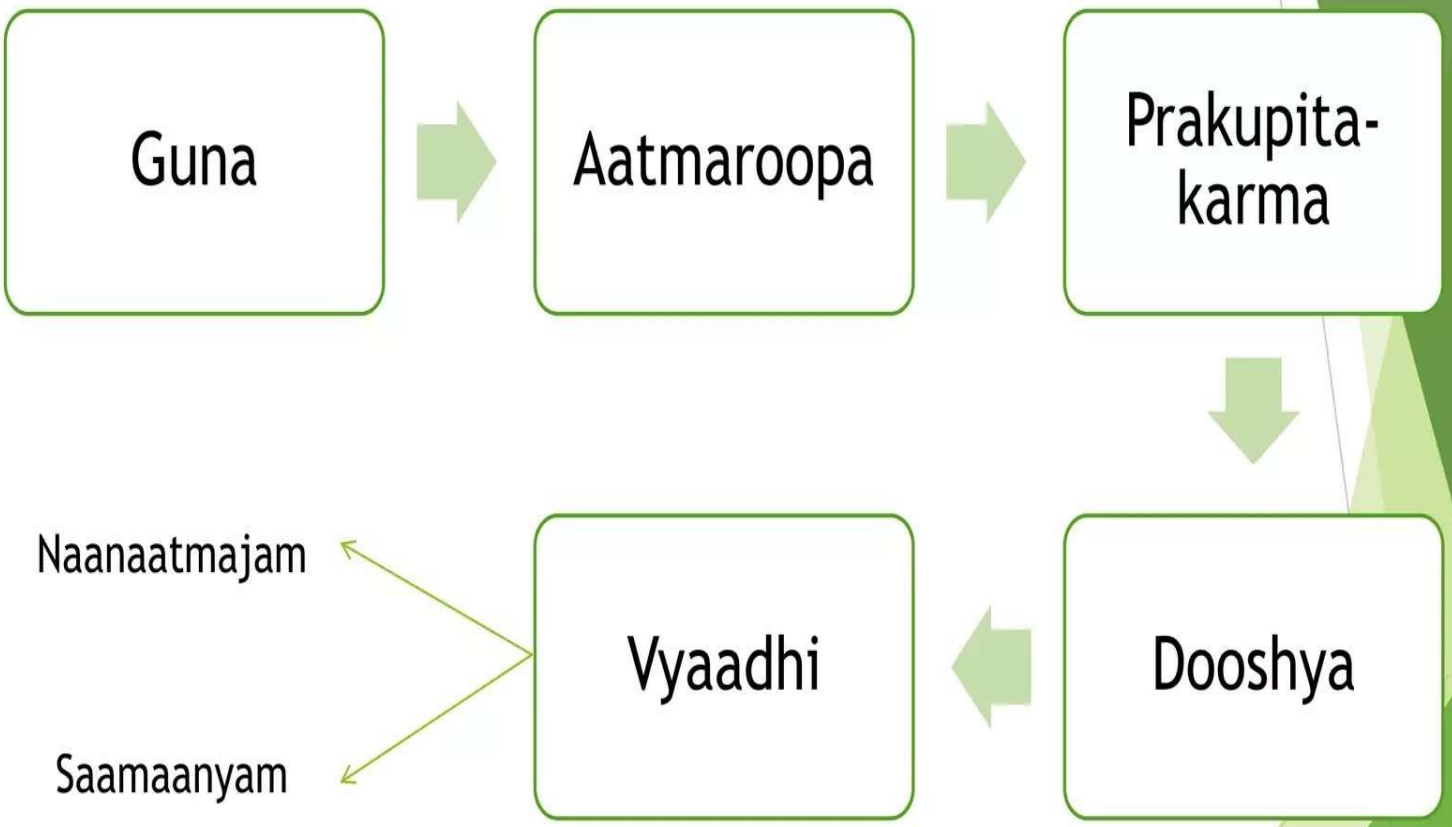
- Involvement of more morbid factors
- Process of pathogenesis well identified
- Involvement of co-morbid factors like srotas, agni, aama, ojus etc.

Conversion

- Some diseases may have naanaatmaja and saamaanyaja stages

  Eg: Gridhrasi, pakshaaghaata etc.
- Sometimes, at a particular stage of treatment a saamaanyaja disease can turn naanaatmaja (keveladoshaavastha)
- Most of the saamaanyajavyaadhi can not become naanaatmaja
  Eg: swaasa, udara, raajayakshma etc.


Paaka
Scar, loss of elasticity
(kaathinya)
Saushirya
Sruti, kleda
Sanga,
sankocha
Vyaasa


Guna
Aatmaroopa
Prakupita-karma
Dooshya
Vyaadhi
Naanaatmajam
Saamaanyam

Mutual interaction

- Aama
- Aavarana

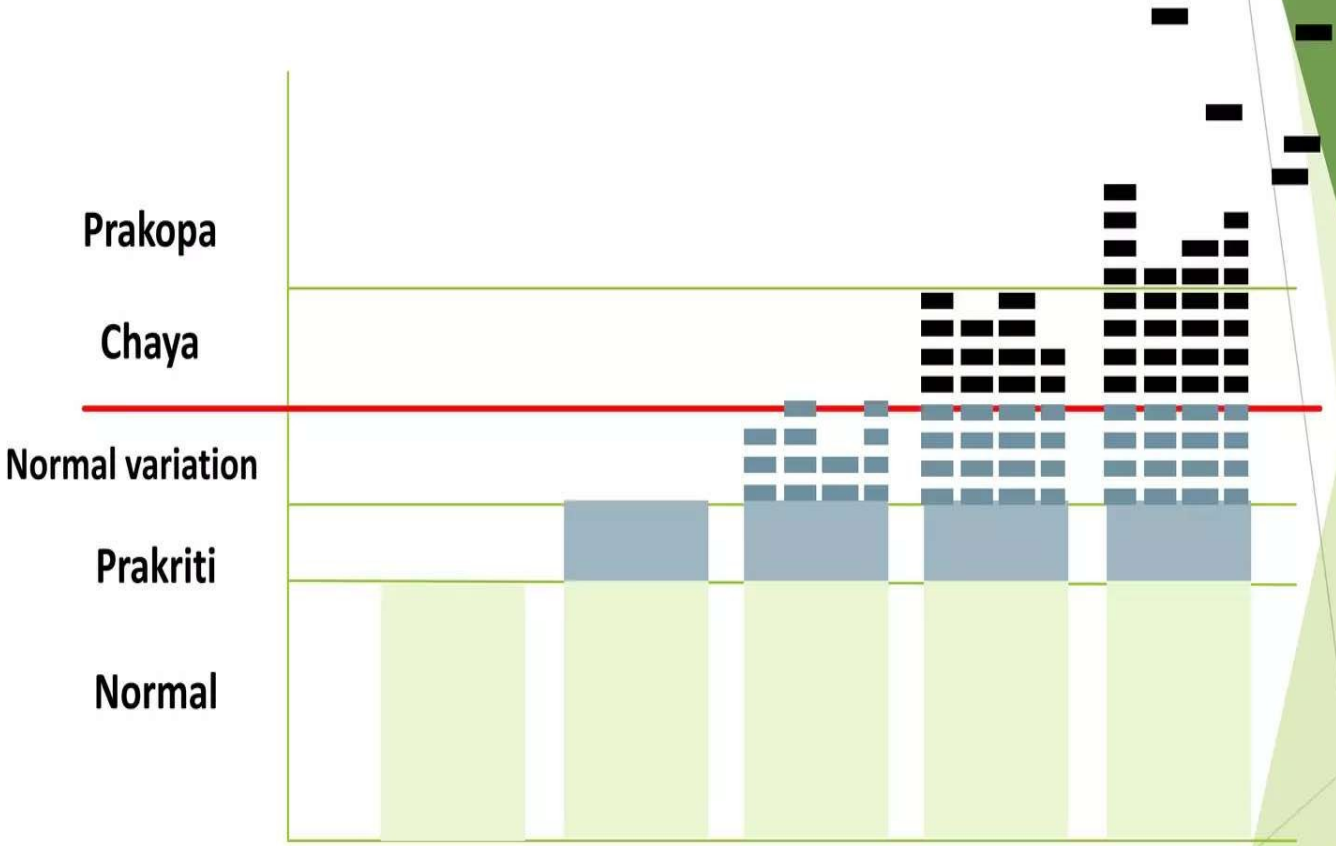
Exceptions

- Vikritivishamasamavaaya

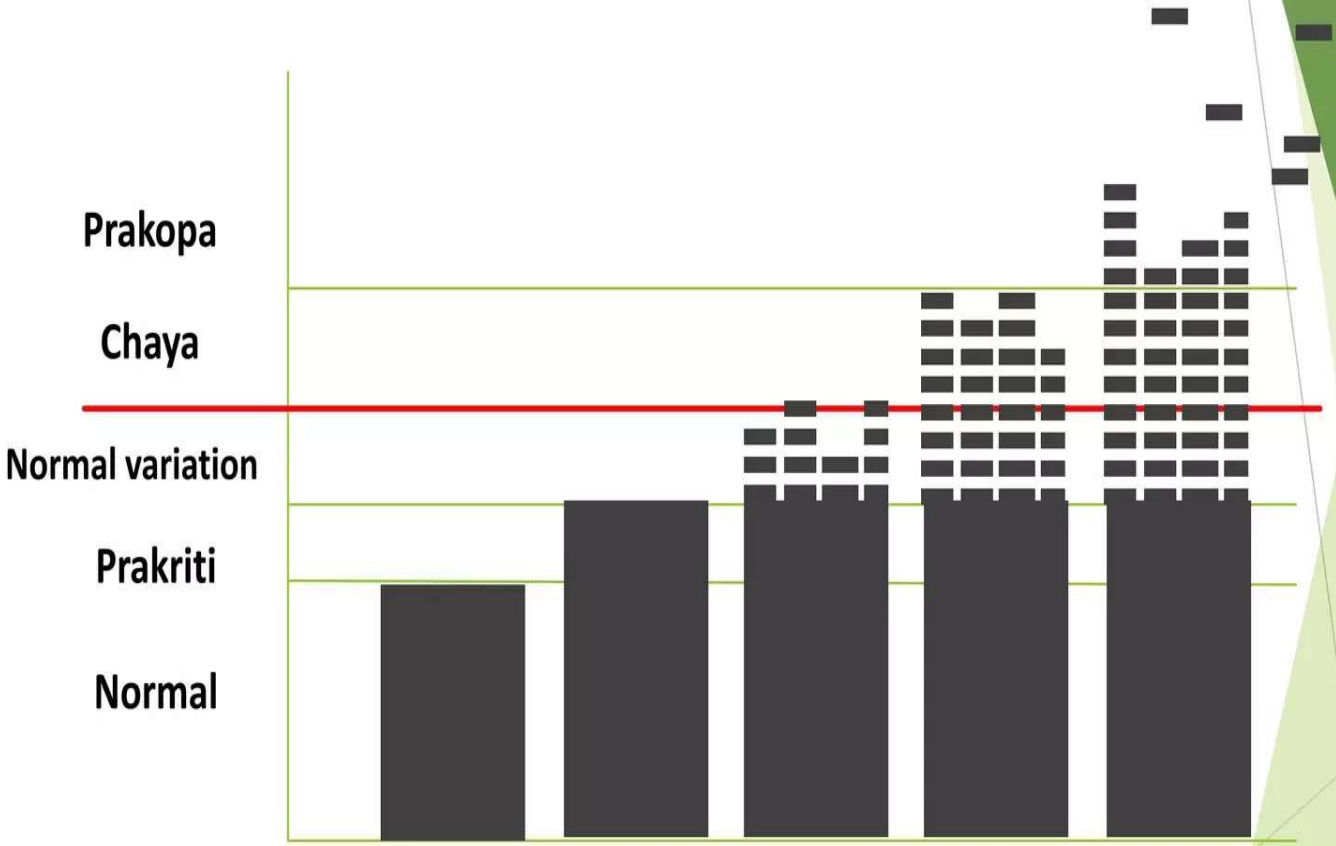
Beyond tridosha

- Rishta
- Bhootagraha

TRIDOSHA - POSSIBLE VARIATIONS

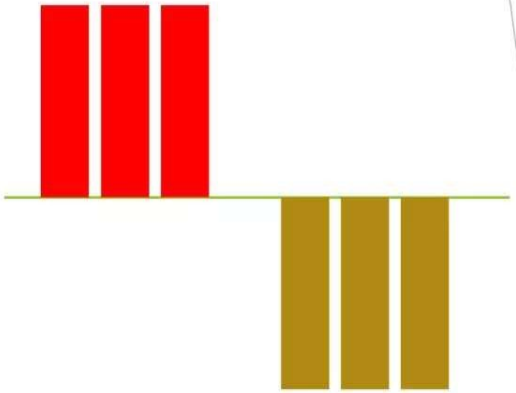


TRIDOSHA - POSSIBLE VARIATIONS



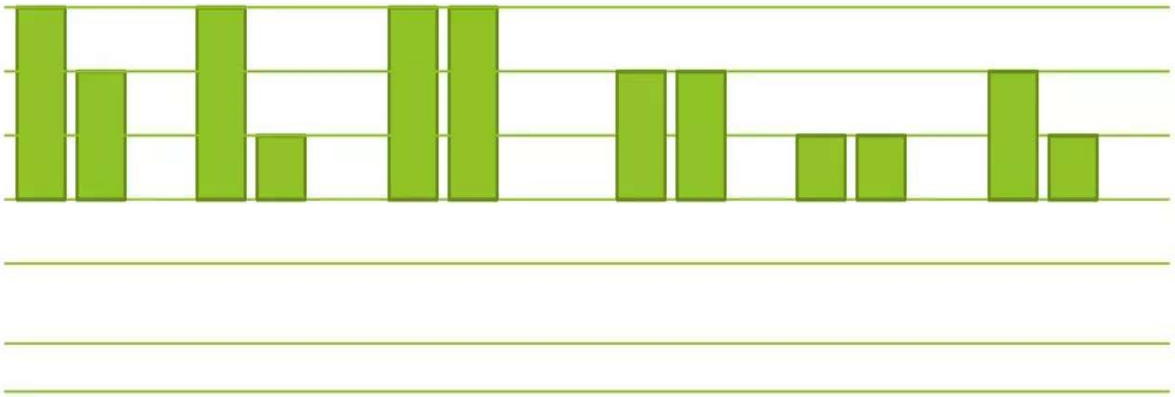
COMBINATIONS

SAMSARGA

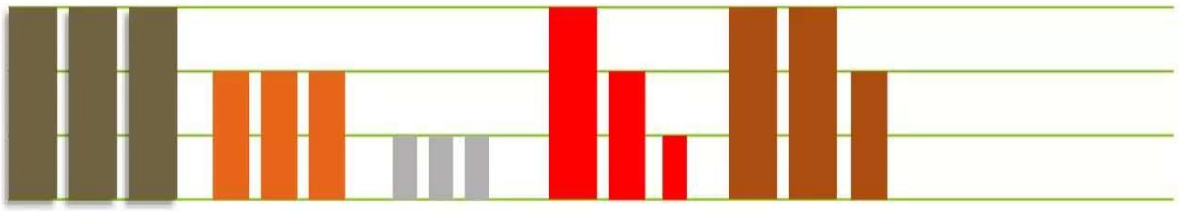


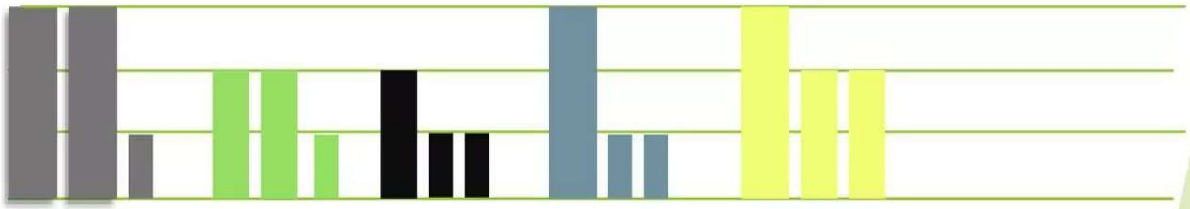
SANNIPAATA

SIX COMBINATIONS OF SAMSARGA

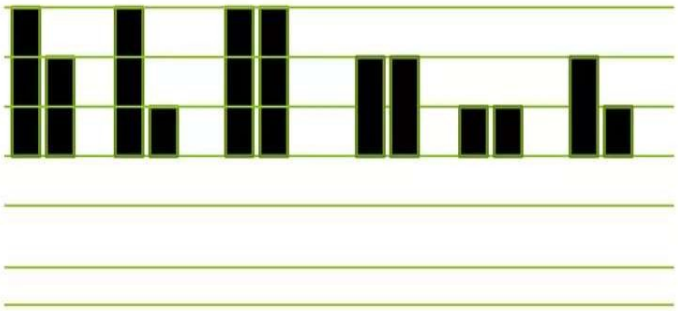


TEN COMBINATIONS OF SANNIPAATA

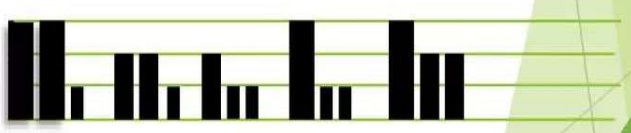




SIX COMBINATIONS OF SAMSARGA



TEN COMBINATIONS OF SANNIPAATA



THANK YOU