

Department :- Ayurved Samhita & Siddhant

Topic: Trividh Hetu

Introduction

- **Ayurveda – the science of life**
- **cause of diseases – different**
- **Immediate cause and late cause**
- **Time plays its role – acute and chronic**
- **Less concern about Healthy living in Fast developing modern civilization**
- **Knowledge about disease and need for a better living is a necessity to survive**

Need for the Study

- **There is no unknown etiology**
- **Ayurveda explains there is a Cause for an Effect**
- **Knowing the causes of a disease**
- **Can use as a tool for prevention**
- **Prevention is better than Cure**
- **Epidemics creating problems – SARS , EBOLA , etc.**
- **Statistics relates better knowledge of reasons**
- **Prevention for Unhealth and Ailments**

Relevance of Present Study

- **रोग - Disease**
- **Paining is a disease**
- **“ रुजन्ति इति रोगाः ”**
- **- Physical Pain , Psychic Pain**
- **in present day no disease
– it is disorders and syndromes**
- **means group of ill health**
- **- occupational , stress related ,
change in life style**

AIM

- ❖ **To review the concept of Trividhahetu explained in Ayurveda Samhitas**

OBJECTIVES

- ❖ **To review the literature related with Trividhahetu in Samhitas**
- ❖ **To study in detail about the subdivisions of Trividhahetu**

Description of Nidana

तत्र निदानं कारणमित्युक्तमग्रे

- च.नि.१/७

Hetu is the etiological factor or cause for a disease

इह खलु हेतुर्निमित्तमायतनं कर्ता कारणं प्रत्ययः समुत्थानं
निदानमित्यानर्थान्तरम्

-च.नि.१/३

The synonyms of Nidana are nimitta, hetu, āyathana, pratyaya , uthāna , etc.

Types of Hetu

- 1) **Asāthmya Indriyārtha Samyoga, Prajnāparādha, Parināma**
- 2) **Naishtika Hethu, Laukika Hethu**
- 3) **Sannikrishta Hethu - precipitating causes**
Viprakrishta Hethu - causes of long duration
Vyabhichāri Hethu -weak causes
Prādhānika Hethu -fulminating causes-produce quickly disease.
- 4) **Dosha Hethu**
Vyādhi Hethu
Ubhaya Hethu
- 5) **Utpādaka Hethu-direct responsible causes**
Vyanjaka Hethu-stimulating cause
- 6) **Bāhya Hethu-external causes**
Aabhyanthara Hethu-internal causes.

Nidana Panchaka

five means of diagnosis

तस्योपलब्धिनिदान पूर्वरूपलिङ्गोपशयसंप्राप्तिः ।

- च.नि.१/६

- the knowledge of the disease is acquired by

Nidana (cause)

Poorvaroopā (premonitory symptoms)

Roopa (signs and symptoms characteristic of the diseases)

Upasaya(diagnostic test or trial or error method)

Samprāpti(mode of manifestation of the disease).

Hetu - 3 types

तत्त्रिविधम् –
असात्म्येन्द्रियार्थ संयोगः, प्रज्ञापराधः परिणामश्चेति।

-च.नि.१/३

- **Asātmya Indriyārtha Samyoga**

Prajnāparādha

Parināma.

असात्म्येन्द्रियार्थसंयोगः

मिथ्यातिहीनयोगेभ्यो यो व्याधिरुपजायते।
शब्दादीनां स विज्ञेयो व्याधिरैन्द्रियको बुधैः ॥

- च.शा.१/१२८

- (1) अयोग(हीनयोग) - diminished use
- (2) मित्यायोग - perverted use
- (3) अतियोग - excessive use

श्रवणेन्द्रिय - auditory sense organ , स्पर्शनेन्द्रिय - tactile sense organ
दर्शनेन्द्रिय - visual sense organ , रसनेन्द्रिय - taste sense organ
घ्राणेन्द्रिय - olfactory sense organ

प्रज्ञापराधं and परिणाम

- प्रज्ञापराधं - धीविभ्रंशः (बुद्धिविभ्रंशः) (Degradation of Intellect)
- धृतिविभ्रंशः [Degradation of Courage (धैर्य)]
 - स्मृतिभ्रंशः (Degradation of Memory)

परिणाम -

कालः पुनः परिणाम उच्यते ।

- च. सू.११/४२

काल (Time factor) is understood as परिणाम

- मिथ्यायोगः , अतियोगः , हीनयोगः or अयोगः

Summary

- ❖ There is no other causes for diseases other than Trividhahetu.
- ❖ Asatmya Indriyarthā Samyoga is due the negligence of ones senses.
- ❖ Pranjaparadha is the after effect of bad mental faculty
A unhealthy mind in the body causes many disorders including psychological diseases.
- ❖ Different stages in a disease varies with Time
The diurnal and seasonal changes of Doshas are the outcome of the Kala factor
- ❖ Understanding of the Trividhahetu helps in diagnosing and management of a disease.

Conclusion

- **The trividhahetu – asatmya indriyarthasamyoga , pranjaparadha and parinama with their three subdivisions are the causes of diseases.**
- **The samyak yoga of the above factors are the causes of Normalcy – Health.**
- **Desire is the root cause of all the miseries and elimination of desires leads to eradication of all the miseries.**
- **The third factor , Kala is uncontrollable and is the important and unavoidable factor.**



Thank you