



Conceptual Study on Shadkriyakaal

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ABSTRACT: In present era, the sedentary lifestyle is giving birth to so many diseases. So, its need of an hour to prevent ourselves from such types of conditions and this can be done by following proper dincharya, ritucharya and other Ayurvedic regimes. Along all these regimes, shadkriyakala plays a very important role to diagnose disease at proper time. Whole pathogenesis is known as kriyakala. It includes six stages that's why it is known as shadkriyakala. These are the following six stages – Sanchaya, Prakopa, Prasara, Sthanasamshraya, Vyaktavastha, Bhedavastha. By the help of kriyakala, recognition of disease at its early stage can be done and proper treatment can be taken. So, further in this article the description of all these stages has been done.

KEYWORDS: Ayurveda, Shadkriyakala, Disease.

INTRODUCTION

Sama Doshas promotes arogyam while vriddhi and kshaya of Doshas are the root cause of diseases. [1] As per Acharya Sushruta, the manifestation of disease can be checked by knowing the conditions of dosha and it can be done by shadkriyakala. [2] When Doshas get vishama, then disease does not occur directly. There is a process of pathogenesis of disease like stages of sanchaya, prakopa etc. So this whole pathogenesis is known as kriyakala. It includes six stages that's why it is known as shadkriyakala.

These are the following six stages -

1. Sanchaya (Stage of Accumulation) - In this, Accumulation of Dosha occur in their dwelling places.
2. Prakopa (Stage of Aggregation) – In this stage, Doshas gradually increase in their dwelling places.
3. Prasara (Stage of Dissemination) – In this stage, the aggravated Doshas leave their dwelling places and get distributed by different channels of body to different sites of body.
4. Sthanasamshraya (Stage of Localization): The flustered doshas shatter into body channels (Srotas) due to khavaigunya (abnormality in channels). This stage is Sthanasamshraya.
5. Vyaktavastha (Stage of Manifestation): In this stage, Manifestation of symptoms of the disease takes place.
6. Bhedavastha (Stage of Complication): Due to chronicity, in this stage all complication & symptoms of disease are expressed completely.

By the help of kriyakala, recognition of disease at its early stage can be done and proper treatment can be taken. A clear view can be achieved for diagnosis and preventive measures of disease.

AIM AND OBJECTIVES

- (1) To understand shadkriya kala concept.

- (2) To understand the importance of shadkriyakala.
- (3) To understand the role of shadkriyakala in disease manifestation

MATERIALS & METHODS

For this conceptual study, literature had been collected from Ayurvedic texts like:

1. Sushruta Samhita
2. Ashtang Hridaya
3. Ayurvediya vikrtivijnanaan drogavijnana

CONCEPTUAL STUDY

(1) Sanchaya (Stage of Accumulation) –

When doshas increase at their own sites then that stage is known as Sanchaya[3]. In sanchayaavastha patient feels dislike for things which causes increase of dosha and like things which are of opposite nature of dosha. [4]. The symptoms in the following stages are these – like bulging of abdomen due to vatasanchaya, presence of yellowness in skin, urine, nails due to pitta sanchaya, and feeling of laziness and heaviness in body due to kaphasanchaya.[5] The etiology of Sanchaya can be of two types (1) Kala swabhava (natural) (2) Mithyaahara- vihara

(2) Prakopa (Stage of aggravation) –

It is second stage of shadkriyakala. In this, Doshas are ready to move from their own place to another place [6]. It is assumed by various observations that stage of prakopa occurs due to improper intake of ahara, vihara, aushadha etc. Due to different Doshasprakop there are different lakshanas like Koshtatodasancharana is due to vataprakop, Amlika, Pipasa and Paridaha are due to pitta prakopa and lakshanas like Annadwesa. Hridayotkledascha are due to kaphaprakop. Prakopa is of two types. 1) SachayaPrakopa 2) AchayaPrakopa[7].

(a) Chaya Prakopa – In this type of prakopa, Doshas physiological aggravation will takes place due to swabhavika/ritu, when these Doshas aggravates further then various problems will generate in human body.[8]

(b) AchayaPrakopa - It is an instant form of Prakopa over riding chayaAvastha. For instance if one over indulges in heavy work, vatadosha instantly aggravates this is one example of AchayaPrakopa.[9]

(3) Prasara (Stage of Dissemination) –

In this third stage of shadkriyakala the aggravated Doshas leave their own place and with the help of different SrotasDoshas spread into the other parts of body, with the help of Vayu. Vayu may be alone or by combining with other Doshas leads to 15 types of Prasaraavasthas. These are the following avasthas - 1) VataPrasara (2) Pitta Prasara (3) KaphaPrasara (4) RaktaPrasara (5) Vata Pitta Prasara (6) Vat KaphaPrasara (7) VataRaktaPrasara(8)Pitta KaphaPrasara (9) Pitta RaktaPrasara (10) KaphaRaktaPrasara (11) Vata Pitta KaphaPrasara (12) Pitta KaphaRaktaPrasara. (13) Vata Pitta KaphaPrasara (14) VataKaphaRaktaPrasara. (15) Vata Pitta KaphaRaktaPrasara.[10] The Prasara of three main Doshas produce different lakshans in body like Vimarga-Gamana, Atopa due to VataPrasara. Osha, Chosha, Paridaha, Dhoomayanani because of pitta prasara. Arochaka, Avipaka, Angasada and Chardi due to Kaphaprasra [11]

(4) Sthanasamshraya (Stage of Localization)–

– In this stage, obstruction of Doshas will occur due to abnormality in Srotas. When vitiated Doshas continue to increase then they will vitiate different organs of the body and produce disease concerned to that organ. This stage shows poorvarupa of diseases.[12] At this stage the process of interaction between morbid elements and tissues takes place, the availability of weak or per defective site is essential for the localization of morbid.[13]

(5) Vyaktavastha (Stage of Manifestation) –

In this stage, clinical features are well developed and disease can be identify on the basis of these features.[14] Dalhana has called this stage as a stage of manifestation of disease.[15] In this stage cardinal symptoms of disease will develop like – atisara, jwara etc.[16]

(6) Bhedavastha (Stage of Complication) –

It is last stage of Shadkriyakala, in this the progression of disease reaches at its final. If it's left untreated then various complications will generate and it will give origin to other diseases. In this stage prognosis of disease becomes very poor so very difficult to treat.[17] It is also consider as a complicated stage. In this stage diseases became chirakari (chronic) or asadhya (incurable). [18]

Particular Treatment according to Shadkriyakala [19]

S.N.	STAGE	THERAPEUTIC MEASURES
1.	Sanchya	Nidanparivarjan, Suitable shamana
2.	Prakopa	Vata – Vatanulomana Pitta – Pitta samana / sukhvirechana
3.	Prasara	Vata – Basti Pitta – Virechana Kapha – vama
4.	Sthansansraya	Sampraptiveghatana
5.	Vyakti	Lakshanik and as per chikitsasiddhantas.
6.	Bheda	Doshpratyanik and vyadhipratyanakchikitsa.

DISCUSSION

In present era, the lifestyle has become very hectic and busy, there is lack of time for self-care. So, this type of sedentary life style is giving birth to so many diseases. So, its need of an hour to prevent ourselves from such types of conditions and this can be done by following proper dincharya, ritucharya and other Ayurvedic regimes. Along all these regimes, shadkriyakala plays a very important role to diagnose disease at proper time. By treating disease according to shadkriyakala its further complications can be stopped. Shadkriyakala word is consist of three words i.e Shad means six, kriya means treatment and kala means time. So, in shadkriyakala there are six different stages of disease manifestation. By knowing the condition of Doshas in each stage, it is easy to diagnose disease and to treat it at time.

CONCLUSION

Shadkriyakala plays a very important role to make diagnosis of disease. It is very useful for early prognosis of disease at proper time and to hamper the manifestation of disease. With the help of shadkriyakala the Sadhyata and Asadhyata of disease can also be checked. And proper management of disease can be done. According to Acharya Sushruta the kriyakala helps to make proper management of disease by knowing the conditions of Doshas.

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