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PATHOPHYSIOLOGY OF SANKRAMAK ROGA AND ITS RELATION TO TRIDOSHA: AN AYURVEDA REVIEW

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ABSTRACT

Ayurveda is a science of traditional medicine which has main focus on maintenance of health and prevention from diseases. *Roga* (disease) is vitiated state of *Doshas*. According to *Ayurveda*, various factors causes alteration in elements of body leading to manifestation of *Roga* followed by the involvement of *Doshas*, *Dhatu*, *Agni* and *Srotas* along with deranged *Vayu*, *Jala*, *Desha* and *Kala*. *Ayurveda* described *Sankarmna* as *Aupsargika Roga* which associated with vitiation of *Doshas*. In this article we will relate the *Sankramak Roga* and *Tridoshas*. The pathophysiology of infectious disease elaborated with reference to vitiation of *Tridoshas*.

KEYWORDS

Ayurveda, *Doshas*, *Aupsargika Roga* and *Sankarmna*.

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INTRODUCTION

Human body is the result of the gross elements whereas the *Tridoshas* are the bio-energies. Amongst the *Tridoshas*, *Vata* is the outcome of the wind and earth elements, *Pitta* is the manifestation of fire element and *Kapha* is the result of the water and earth elements. The equilibrium between these elements signifies health and disequilibrium constitutes *Roga*. *Sankramak Roga* refers to communicable diseases whose one category usually spread by direct contact and the other one spreads indirectly by physical, chemical and biological

means. Every disease progression is dependent on the type of infection and *Prakriti* of an individual. In *Ayurveda* it is also recommended that the transmission of diseases depends upon the immunity power of the person. Hence person with low immunity (*Bala*) usually gets affected by *Sankramak Roga*. Vitiated *Doshas* along with *Dushti Dhatu* and *Malas* leads to ultimate clinical manifestation of *Sankramak Roga*. Reduction in *Bala* increases microbial invasion which further initiates pathogenesis of *Sankramak Roga*. Some common *Sankramak Rogas* are mentioned in Figure No.1.

Transmission of Sankramak Roga

Ayurvedic scholars have proposed various means of transmission of *Sankramak Roga* which are as follows

- *Sahbhojan*, during which contaminated saliva can transmit *Jwara* and *Shosha*.
- *Nihswas*, *Prasnaga* and *Sahasasna* can transmit diseases like *Shosha* through nasal transmission.
- *Kustha* also gets transmitted through nasal portal, broken skin during *Prasnaga* and *Gatra Sansparsha*.
- *Netrabhishyanda*, *Twak Roga*, *Apasmar*, *Rajyakshma* and *Masurika* can spread through *Prasnaga*, *Gatra Sansparsha*, *Sahbhojan*, *Nihswas* and *Sahshayya*.
- Sexual intercourse can also transmit *Kustha*, *Jwara* and *Upadamsa*.

Samprapti of Sankramak Roga

According to *Ayurveda*, there are basically two types of diseases namely; *Nija* and *Agantuja*. *Bala* plays important role in the prevalence of *Sankramak Roga*. *Sankramak Roga* is the result of pathogenesis of microbial agents through direct or indirect contact. These microbes develop, act specifically in particular tissues, then grow with biological system of human body, result in production of *Ama* and finally induce disease pathogenesis. Some microbial agents named in *Ayurveda* are *Alinsh*, *Arjuna* and *Arti* etc. It is believed that pathogenesis of *Sankramak Roga* is initiated when *Hetu* affect the body and *Bala* get diminished. Further vitiated *Dosha* along with *Dushti Dhatu* and *Malas* leads manifestation of *Sankramak Roga* as mentioned in Figure No.2.

Various exogenous or endogenous factors cause aggravation of *Doshas* which is further enhanced by improper daily regimen. This aggravation affects *Kosthagni* leading to improper digestion and production of *Ama* which affect the *Srotas* and causes *Srotadushti*. When the *Rasadhatu* along with *Ama* and aggravated *Doshas* reaches to the minute channels then these channels gets obstructed and normal physiological functioning of body get hampered. Some diseases like *Agantuj Jwara*, *Agantuja Atisara*, *Ajirna* and *Visuchika*, etc. caused by vitiation of *Doshas* and they also can be correlated with the infectious agents. The bio-energies of *Tridosha* are interrelated and have a specified and unique proportion. If the change occurs in the energy of *Tridosha* it will cause deviations in the equilibrium.

Effects on Doshas in different stages of pathogenesis

Shatkriyakala is a concept of *Ayurveda*, describing different phases of a *Roga* occurrence, also termed as disease cycle. The stage of susceptibility is also known as the stage of *Sañcaya* and *Prakopa* in *Ayurveda* and it advocate that body's immunity is of more importance than the infective organisms. *Doshas* can vitiate *Dhatu* if *Dhatu Bala* gets depleted.

Sanchya avastha Doshas get accumulated in their respective places and causes some symptoms like stiffness in abdomen as *Vata Sanchaya Lakshana*, rise in body temperature is *Pitta Sanchaya Lakshana* and heaviness in body due to *Kapha Sanchaya Lakshana*.

In the second stage of vitiation; *Prakopa avastha*, *Doshas* move to their dwelling places, stagnate it and results in *Vata Prakopa Lakshana* causing pain in abdomen and movement of *Vata* in *Mahasrotas*, *Pitta Prakopa Lakshana* causing *Amlika*, *Pipasa* and *Paridaha*. *Kapha Prakopa Lakshana* resulting in *Annadweshya* and *Hridyotkledascha*.

In the third stage of *Prasara avastha* vitiated *Doshas* leave their dwelling places, distribute to various parts of the body with the help of different *Srotas* and *Rasa*.

These circulating *Doshas* settle in places of lowered vitality and produces symptoms like *Vata Prasara*

Lakshana i.e. *Vimarga-Gamana* and *Atopa*. *Pitta Prasara Lakshana* i.e. *Chosha* and *Paridaha* while *Kapha Prasara Lakshana* involves *Arochaka*, *Avipaka* and *Chardi*.

In fourth stage *Sthanasamshraya avastha* obstruction of *Doshas* occurs due to abnormality in the *Srotas*.

Vyaktavastha and sixth stage involves signs and symptoms of disease like *Jwara* and *Atisara*. After a particular time this disease changes to *Nija Vyadhi* and has negative impact on the immunity of the body and hence makes person more susceptible to all *Sankramak Roga*.

The specific pathogenesis of *Sankramak Roga* is not clearly mentioned in *Ayurveda* literature but it is believed that diminished *Bala* along with different etiological factors allow microbial invasion leading to pathological initiation of *Sankramak Roga*.

The vitiated *Dosha*, *Dhatu* and *Malas* lead ultimate clinical manifestation of *Sankramak Roga*.

The progression of disease depends upon types of infection, individual constitution and growth of microbial load.

Ayurveda described different modalities in management of *Krimi* which tend to produce diseases. *Apakarshana*, *Prakriti Vighata* and *Nidaana Parivarjana* are some common approaches of Ayurveda which helps in microbial diseases. *Nidaan Parivarjana* reduces chances of contacts so that one should not expose to disease causing microbes. *Prakriti Vighata* is a medicinal approach involving use of drugs to decrease *Kapha* and *Malas* to prevent microbial lodgment and growth. *Yogic* exercise and *Panchakarma* therapy help in detoxification of the body. Susceptibility towards the *Sankramak Roga* can be decreased through balanced lifestyle and proper maintenance of personal hygiene.



Figure No.1: Different *Sankramak Roga*

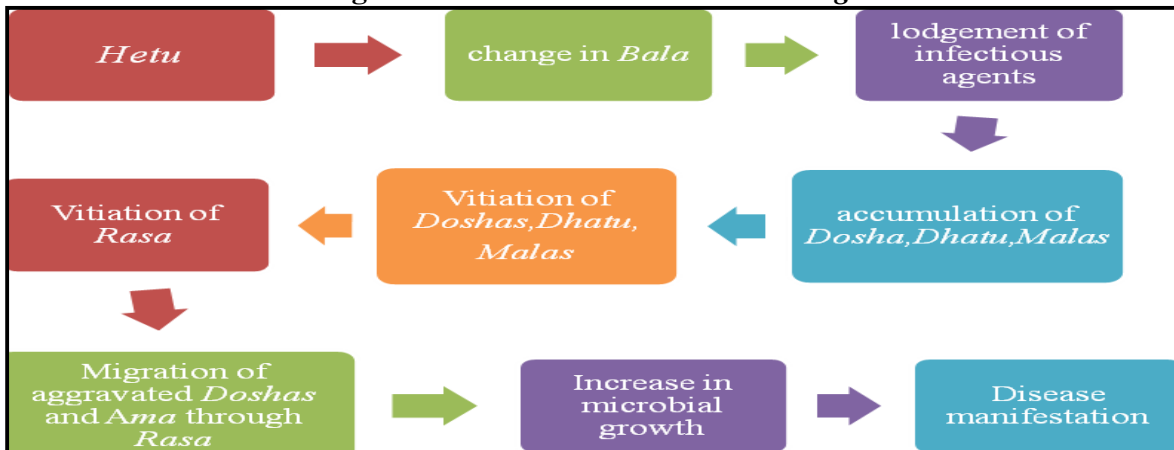


Figure No.2: Pathophysiology of *Sankramak Roga*

CONCLUSION

Sankramak Roga is amongst the major pathological conditions occurring due to the direct or indirect contact. These are mainly associated with infective microorganism as main etiological factor. *Ayurveda* emphasizes more on the status of *Doshas* or body's immune system in manifestation of *Sankramak Roga*. The three *Doshas* are responsible for all diseases when they are deranged. Microbial contamination results in imbalance of *Doshas* leading to *Sankramak Roga*. Some *Ayurvedic* texts have clearly attributed pathophysiology of diseases to intrinsic factors like *Dosha*, *Dhatu*, *Agni* and *Srotas*. *Doshas* are important for occurrence of disease and its management.

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CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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