VIKAR VIGHATAKAR BHAV AND ABHAV- The Process of Disease Manifestation

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***Abstract*—Ayurveda was originated to remove the suffering of human being. According to concept of Ayurveda Cause of disease is Dosha and Dushya are the specific factors responsible for diseases. Manifestation of disease depends on the quality of Dosha and Dushya component.It means imbalanced Dosha and Dushya may initiate the manifestation of disease. Physician Factors which assist for disease manifestation are the vikar-vighatkara abhava. Factors which hinder disease manifestation are vikar-vighatkar bhava.Visheshas are the specific factors like nidana,dosha,and dushya. Prativishesha are the outcome of the interaction between the vishesha. Anubadhnati, bala, kala, are the three main factors responsible for the changes in samprapti of diseases.**

***Index Terms*—Vikar vighatkara bhava, Vikar vighatkar abhava, Manifestation of disease.**

I. INTRODUCTION

Every individual is dissimilar while resisting a disease. Disease is an outcome of mutual association between Nidanadi Visheshas(Nidana, Dosha and Dooshyas). Presence or absence of a factor called Vikara Vighata Bhava affects greatly the mutual association of Trayonidanadi Visheshas.The outcome of reaction of Nidanadi Visheshas with Vikara-Vighata Bhava and Abhava will cause vivid manifestation of pathogenesis (Sampraptis). Acharya charaka explained the concept Vikar-vighatkar bhava abhava in Prameha nidan Adhyaya.

II. AIM AND OBJECTIVE

1. To understand the concept of vikarvightakar bhav-abhav Prativishesha.
2. To understand the influence of vikarvighatakar Bhav-Abhav in Vyadhi samprapti.

III. LITERATURE REVIEW

1. Charak Samhita Nidan Sthana 4th chapter Prameha Nidan Adhyaaya

- Visheshas:[1]
  - Nidan
  - Dosha
  - Dushya

- VIKAR-VIGHATAKAR BHAVA
  - Factors hinder the manifestation of diseases and also called as Anutpattikar bhav.
  - Factors opposing the disease present.
  - Prati Vishesha [2]
    - Na vikar utpatti
    - Chiren vikar utpatti
    - Alpa bala vikar utpatti
    - Asarvalingayukta Vikara Jananam

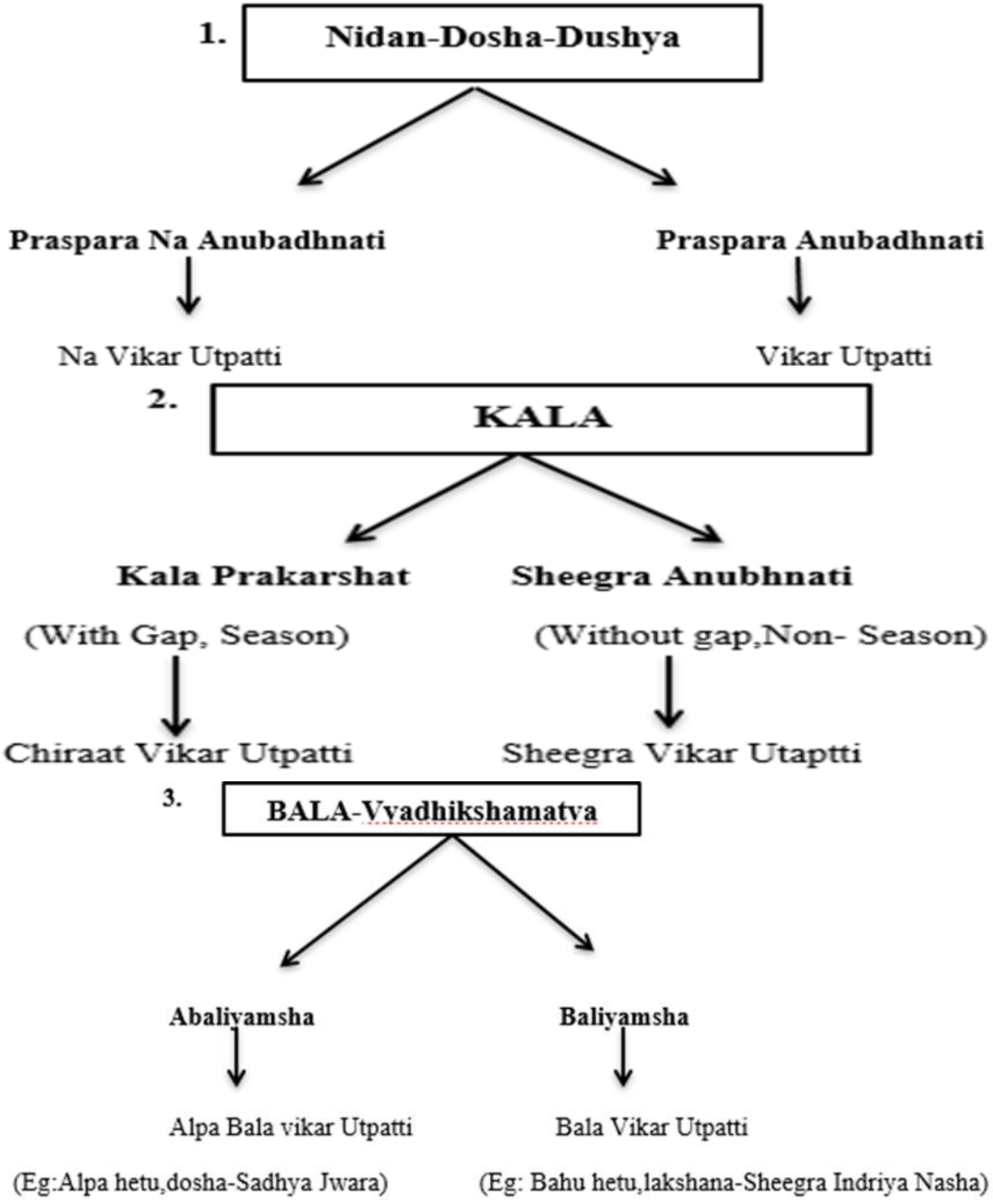
- VIKAR-VIGHATAKAR ABHAVA
  - Absence of factors that hinders/ delays the manifestation of diseases.
  - Vyadhi utpadak bhava in body produces diseases.
  - PratiVishesha
    - Vikar utpatti
    - Shigra vikar utpatti
    - Bala(Mahati) vikar utpatti
    - Sarvalinga Yukta Vikara Jananam

- Prativishesha:

The specific factors which are involved in the manifestation of a disease are known as Visheshas/Nidanadi Visheshas[8] and they include Nidana (causative factors), Doshas (three humours of body) and Dooshyas Dhatus/Upadhatus/Malas). Ayurveda considers disequilibrium state of Doshas

and Dhatus as disease.Unwholesome food habits/conduits, time/season (Kala),germs,injuries,lightening and toxins can vitiate Doshas and are known as Bahya Hetus(external causative factors). Similarly,vitiated Doshas and Dhatus become the Abhyantara Hetus (internal causes). Acharya Chakrapani considers Nidanadi Visheshas as Vyadhijanaka Nidana

- Process of disease manifestation: [3]



- Charak Nidan 4th Chapter:Prameha Nidan Adhyaaya [4]

1.NIDAN:

- AHARAJ-

Dadhi, Payah,Navapana, Anna,Gudavikrita,Shita dravya,Guru snigdha dravya, Gramya,anup,audak mamsa

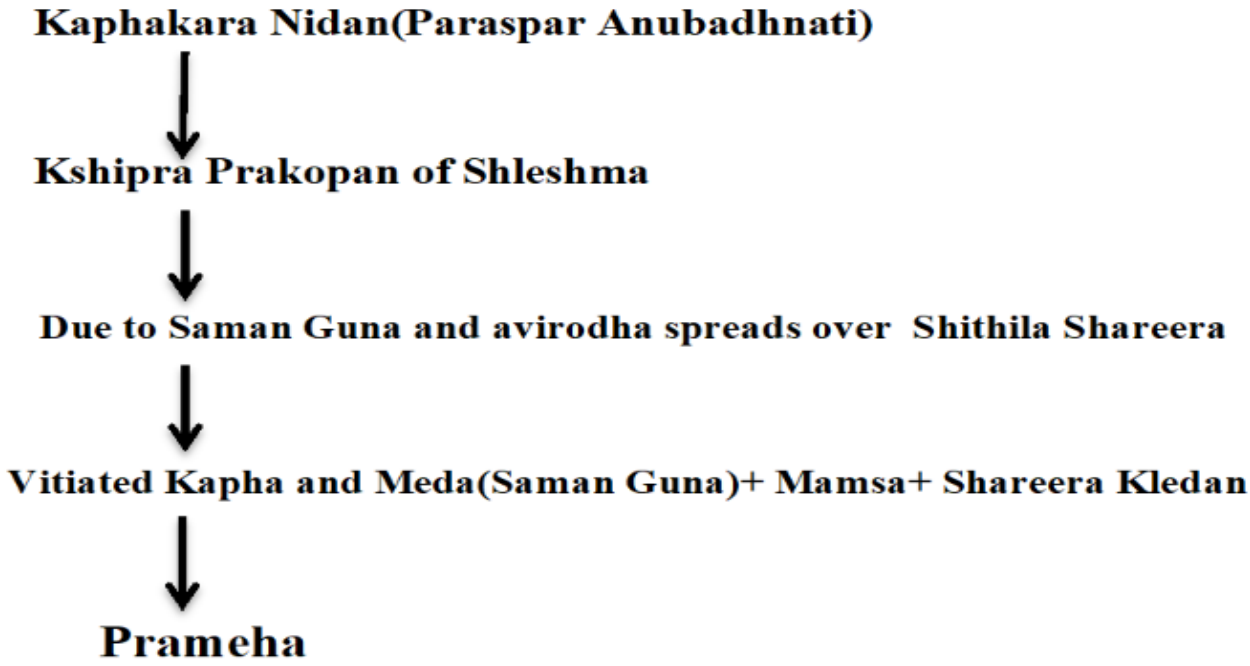
- Viharaj-

Aasyasukham,Swapnasukham,Diwaswapna,Avyayam,Alasya

- Manasik-

Achintya,Krodha,Shoka

2. **Samprapti:**



IV. CONCLUSION

Mutual association between NidanadiVisheshas is a must for the manifestation of a disease. But it is VikaraVighata Bhava or Abhava which inhibits or facilitates the association of the Nidanadi Visheshas and thereby brings about various pathogenesis.Chikitsa is aimed at Nidana Parivarjan(avoidance of causative factors) and Samprapti Vighatana (breaking down the pathogenesis). It is essential that the physician must be well equipped with the knowledge of pathogenesis,factors affecting pathogesis,strength of the Dosha and Rogi to adopt a proper treatment and to achieve success.Knowledge of Vikara Vighata Bhava Abhava Prativisheshas is essential in assessing pathogenesis, Sadhyasadhyatwa (prognosis of a disease) and to adopt a proper treatment protocol. Vishesha along with Prativishesha are responsible for the variations in the Vyadhi samprapti in terms of onset,progress and severity.

REFERRENCES

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