

**NIDANARTHAKARA ROGA: DISEASE AS A CAUSATIVE FACTOR FOR ANOTHER
DISEASE -AN AYURVEDIC REVIEW****Dr. Ajay Kumar^{*1}, Dr. Ajay Kumar Tiwari²**¹Assistant Professor, Department of *Roga Nidan Evam Vikriti Vigyan* SRV Ayurvedic Medical College and Hospital, Lucknow, Uttar Pradesh, India.²Assistant Professor, Department of *Daravyagunas* Goel Ayurvedic Medical College & Hospital, Lucknow, Uttar Pradesh, India.***Corresponding Author: Dr. Ajay Kumar**Assistant Professor, Department of *Roga Nidan Evam Vikriti Vigyan* SRV Ayurvedic Medical College and Hospital, Lucknow, Uttar Pradesh, India.DOI: <https://doi.org/10.5281/zenodo.23032944>**How to cite this Article:** Dr. Ajay Kumar^{*1}, Dr. Ajay Kumar Tiwari². (2026). *Nidanarthakara Roga: Disease As A Causative Factor For Another Disease -An Ayurvedic Review*. World Journal of Pharmaceutical and Medical Research, 12(10), 14–16. This work is licensed under Creative Commons Attribution 4.0 International license.

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ABSTRACT

Ayurveda emphasizes that diseases do not always arise solely from external etiological factors; an existing disease itself may become the causative factor for the development of another disease. This concept is known as *Nidanarthakara Roga*, described in *Charaka Samhita Nidana Sthana*. According to this principle, if a disease is not diagnosed and managed appropriately, it may initiate a cascade of pathological events resulting in secondary disorders. Classical examples include *Jwara* leading to *Raktapitta*, *Raktapitta* causing *Shosha*, *Pleehavridhi* progressing to *Jathara* and *Shotha*, and the interrelationship among *Arsha*, *Atisara*, and *Grahani*. These examples demonstrate the sequential progression of disease due to persistent *Dosha* imbalance, *Agnimandya*, and *Dhatukshaya*. This concept closely resembles disease progression, complications, and comorbidities recognized in modern medicine. The present review explores the classical references, probable pathogenesis, clinical significance, preventive aspects, and modern correlations of *Nidanarthakara Roga*. Understanding this concept highlights the importance of early diagnosis, timely intervention, preservation of *Agni*, and prevention of disease progression. The concept serves as a valuable guide for comprehensive patient management and supports the *Ayurvedic* objective of preventing complications through appropriate therapeutic measures.

KEYWORDS: *Nidanarthakara Roga*, *Nidana*, Disease Progression, *Agni*, *Ayurveda*, Secondary Disease, Complications.**INTRODUCTION**

Ayurveda is a science of life that primarily focuses on the preservation of health and prevention of disease.^[1] The causative factors (*Nidana*) of diseases are generally external or internal agents that disturb the equilibrium of *Dosha*, *Dhatu*, and *Mala*.^[2] However, *Acharya Charaka* has described a unique concept known as *Nidanarthakara Roga*, wherein an existing disease itself acts as the etiological factor for another disease. The classical statement, *Nidānārthakaro rogo rogasyāpyupalabhyate*^[3], indicates that one disease may initiate another disease if it remains untreated or inadequately managed.

This concept explains the sequential evolution of disease and reflects the dynamic nature of *Ayurvedic* pathogenesis. Persistent *Dosha* vitiation, impaired *Agni*, *Srotodushti*, and depletion of body tissues facilitate the transformation of one pathological condition into another. Classical examples include the progression of *Jwara* to *Raktapitta*, *Raktapitta* to *Shosha*, *Pleehavridhi* to *Jathara* and *Shotha*, and the mutual causative relationship among *Arsha*, *Atisara*, and *Grahani*. These examples demonstrate that disease progression is a continuous pathological process unless interrupted by proper treatment.

The concept of *Nidanarthakara Roga* bears remarkable similarity to the modern concepts of disease progression,

complications, secondary disorders, and comorbidities. Therefore, understanding this principle has significant clinical importance in preventing complications, planning appropriate treatment, and improving patient outcomes.

Acharya Charaka describes *Arsha* (Hemorrhoids), *Atisara* (Diarrhea), and *Grahani* as *Nidānārthakara Rogas*, meaning these three disorders are interrelated and often act as causative factors for one another.^[5] Their common underlying factor is *Agni Mandya* (impaired digestive fire). When the strength of *Agni* declines, these diseases aggravate and perpetuate each other. Conversely, restoration of *Agni Bala* leads to their improvement. Therefore, maintaining optimal digestive fire is considered the fundamental principle in the prevention and management of these disorders.^[5]

AIM

To review the Ayurvedic concept of *Nidanarthakara Roga* and evaluate its significance in disease progression, prevention, and clinical management.

OBJECTIVES

- To study the classical references of *Nidanarthakara Roga* described in *Ayurvedic* literature.
- To understand the probable *Ayurvedic* pathogenesis involved in disease-to-disease causation.
- To analyze the clinical importance of early diagnosis and timely management in preventing secondary diseases.
- To correlate the concept of *Nidanarthakara Roga* with modern concepts of disease progression, complications, and comorbidities.
- To highlight the role of maintaining *Agni* and *Dosha* equilibrium in preventing disease progression.

MATERIALS AND METHODS

This study is a narrative review based on classical *Ayurvedic* literature and contemporary scientific publications. Relevant references were collected from *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, and other authoritative *Ayurvedic* texts. Modern literature related to disease progression, complications, and comorbidity was reviewed through indexed databases such as PubMed, Google Scholar, and other peer-reviewed sources. The collected information was critically analyzed and interpreted to understand the concept, mechanism, clinical significance, and contemporary relevance of *Nidanarthakara Roga*.

Modern Correlation of *Nidanarthakara Roga*

The *Ayurvedic* concept of *Nidanarthakara Roga*, wherein one disease becomes the etiological factor for another disease, closely resembles the modern concepts of disease progression, complications, and comorbidities. Persistent pathological processes may initiate structural and functional alterations that ultimately result in secondary diseases.

Some important correlations are as follows

1. Diabetes Mellitus

Persistent hyperglycemia in diabetes mellitus produces microvascular injury, glomerular basement membrane thickening, mesangial expansion, and progressive glomerulosclerosis. These pathological changes gradually impair renal function, ultimately leading to chronic kidney disease.^[6] Thus, diabetes itself acts as the causative factor for another disease, which is comparable to the concept of *Nidanarthakara Roga*.

2. Hypertension

Long-standing systemic hypertension increases left ventricular afterload, resulting in compensatory left ventricular hypertrophy. Continued pressure overload eventually causes myocardial fibrosis, ventricular remodeling, and systolic or diastolic dysfunction, culminating in heart failure. Here, hypertension functions as the primary disease leading to a secondary pathological condition.^[7]

3. Obesity

Obesity is associated with insulin resistance and excessive accumulation of triglycerides within hepatocytes, leading to hepatic steatosis. Persistent metabolic injury may progress to non-alcoholic steatohepatitis (NASH), fibrosis, cirrhosis, and even hepatocellular carcinoma. This sequential progression illustrates how one disease predisposes to another.^[8]

4. Chronic Infection

Persistent infection may trigger an exaggerated systemic inflammatory response. The release of inflammatory mediators causes endothelial injury, microvascular dysfunction, tissue hypoperfusion, and widespread cellular damage, eventually resulting in sepsis and multiple organ dysfunction syndrome (MODS). This represents a classic example of sequential disease progression.^[9]

DISCUSSION

Nidanarthakara Roga is a unique pathological concept described in *Ayurveda*, emphasizing that an untreated or improperly managed disease can itself become the causative factor for another disease. Unlike primary etiological factors such as improper diet, lifestyle, or environmental influences, this concept recognizes an existing disease as an independent etiological factor responsible for the development of subsequent pathological conditions.

Acharya Charaka has illustrated this principle through several classical examples. Persistent *Jwara* aggravates *Pitta*, leading to the development of *Raktapitta*, while prolonged *Raktapitta* ultimately causes *Shosha* due to continuous depletion of *Rakta* and other *Dhatus*. Similarly, *Pleehavridhi* progresses to *Jathara Roga* and subsequently to *Shotha*. The interrelationship among *Arsha*, *Atisara*, and *Grahani* further demonstrates that these diseases may act as mutual causative factors,

particularly in the presence of *Agnimandya*. Therefore, *Acharya Charaka* emphasizes the preservation of *Agni*, as restoration of digestive fire prevents disease progression and promotes recovery.

From an *Ayurvedic* perspective, the pathogenesis of *Nidanarthakara Roga* involves persistent *Dosha* aggravation, *Agnimandya*, *Ama* formation, *Srotodushti*, and progressive *Dhatukshaya*. If these pathological events remain uninterrupted, the primary disease gradually transforms into secondary disorders, creating a disease cascade.

This principle bears a striking resemblance to the modern concepts of disease progression, complications, and comorbidities described in contemporary pathology. In diabetes mellitus, persistent hyperglycemia causes progressive microvascular damage, leading to diabetic nephropathy and eventually chronic kidney disease. Likewise, long-standing hypertension produces left ventricular hypertrophy, myocardial remodeling, and ultimately heart failure. Obesity promotes insulin resistance and hepatic fat accumulation, resulting in non-alcoholic fatty liver disease (NAFLD), which may further progress to non-alcoholic steatohepatitis (NASH), cirrhosis, and hepatocellular carcinoma. Similarly, chronic infections may trigger sepsis, which can subsequently progress to multiple organ dysfunction syndrome (MODS). These examples clearly demonstrate that one disease can become the etiological factor for another disease, closely paralleling the *Ayurvedic* concept of *Nidanarthakara Roga*.

Thus, *Nidanarthakara Roga* not only explains the natural progression of diseases described in *Ayurvedic* classics but also corresponds closely with the modern understanding of disease evolution. Recognition of this concept reinforces the importance of early diagnosis, timely intervention, maintenance of *Agni*, correction of *Dosha* imbalance, and prevention of complications. Therefore, this principle remains highly relevant in contemporary clinical practice and provides an integrative framework for comprehensive disease management.

CONCLUSION

Nidanarthakara Roga is a unique and clinically significant concept described in *Ayurveda*, which explains that an existing disease may itself become the causative factor for the development of another disease if not managed appropriately. This principle highlights the sequential progression of disease through persistent *Dosha* vitiation, *Agnimandya*, *Ama* formation, *Srotodushti*, and *Dhatukshaya*. Therefore, early diagnosis, timely intervention, maintenance of *Agni*, and correction of *Dosha* imbalance are essential to interrupt this pathological cascade and prevent secondary diseases. Interestingly, this classical *Ayurvedic* concept closely parallels the modern pathological understanding of disease progression, complications, and comorbidities.

Conditions such as diabetes mellitus progressing to chronic kidney disease, hypertension leading to heart failure, obesity resulting in non-alcoholic fatty liver disease, and chronic infection culminating in sepsis and multiple organ dysfunction syndrome exemplify the same principle of one disease predisposing to another. Thus, the concept of *Nidanarthakara Roga* demonstrates the remarkable foresight of *Ayurveda* in explaining sequential disease evolution.

A comprehensive understanding of this concept provides an integrative framework that bridges classical *Ayurvedic* wisdom with contemporary medical science. It not only reinforces the preventive approach of *Ayurveda* but also supports modern strategies aimed at early diagnosis, prevention of complications, and holistic patient management. Further clinical and interdisciplinary research is warranted to validate and expand the applicability of this concept in evidence-based healthcare.

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