

## CONCEPTUAL STUDY ON NIDANARTHAKARA ROGA: AN AYURVEDA REVIEW

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## ABSTRACT

Nidan means causative factors plays vital role towards the occurrence of disease, in some cases disease itself become causative factor for some other disease and Acharya Charaka described this concept as Nidanarthakara Roga. The diseases like Pratishyaya, Kasa, Kshaya and Shosha, etc. are comes under this heading. These conditions not only initiate pathogenesis of other diseases but also suppress immunity of person. Treatment of causative disease and early diagnosis of causative factors helps to prevent consequences of Nidanarthakara Roga. Present article described concept of Nidanarthakara Roga and diseases associated with this concept of Ayurveda. Shuddha Chikitsa, Dosha prashmana Chikitsa, Balya Aoushadhi, Rasayana therapy and Panchkarma, etc. are indicated for treating Nidanarthakara Roga

**KEYWORDS:** Ayurveda, Nidanarthakara Roga, Nidan, Causative Factor.

## INTRODUCTION

The diseases mainly arise due to the indulgence in causative factors, these causative factors (*Nidan*) plays important role for the pathogenesis of disease. There are some diseases which may become causes of other diseases and when disease itself become cause for other diseases then this concept comes under heading of *Nidanarthakara Roga* in Ayurveda. Ayurveda *Acharya* further described some examples of *Nidanarthakara roga* including; *Pratishyaya*, *Kasa*, *Shosha*, *Kshaya* and *Udara*, etc.<sup>[1-4]</sup>

Ayurveda as a holistic science of life described many fundamental principles related to the disease management, in this connection Ayurveda emphasizes on preventive approaches rather than therapeutic measure. Ayurveda furthermore presented many aspects related to the prevention of disease and avoidance of causative factors, in this regards Ayurveda described concept of *Nidanarthakara Roga*. As per this concept one disease acts as causative factor for other disease.<sup>[3-6]</sup>

The disease arises first termed as primary disease while disease arises as consequence of primary disease termed as secondary disease. The primary disease may occur due to the involvement of various etiological factors. The general causative factors of disease include psychological, nutritional and environmental factors, etc. *Bhaya*, *Shoka* and *Chinta* come under psychological

factors. Nutritional factors include *Ruksha annapana*, intake of less quantity of food, fasting and *Ati vyavaya*, etc. Environmental factors includes dust, pollution, exposure to heat, cold and disease aggravating season like rainy season, etc. The genetic factor and awful conduction of daily regimen also play important role in the pathogenesis of primary diseases.

*Acharya Charaka* described examples of *Nidanarthakara Roga* i.e. *Jwara*, *Raktapitta*, *Shosha* and *Gulma*, etc. Common cold or coryza occurs due to the unhealthy lifestyle, bad food habits, low immunity and environmental factors, etc. This condition turned to *Jeerna Pratishyaya* (chronic rhinitis) if not treated properly and in further stage turned to *Kasa*. Sometime causative factors itself shows some pathology thus serve both purpose i.e. disease as well as etiology, sometimes causative factors only remain etiology or serve as disease then further causes other disease. The prevention of first disease reduces chances of secondary diseases in early stage, but in chronic stage if secondary disease occurs just after first disease then focus should be made to cure secondary disease only. In such cases treatment of first disease helps to prevents chronic symptoms of secondary diseases.<sup>[6-8]</sup>

Primary disease if exists after the onset of a secondary then it is *Ubhayarthakari*, on other hand if primary disease subsides after the onset of secondary diseases

then it is considered as *Ekarthakari*. Treatment of such cases require *Shuddha Chikitsa*, here management of disease and causative factors is important to suppress chances of reoccurrence of disease. The identification of causative disease is very important in case of *Nidanarthakara vyadhi* to plan corrective treatment protocol. This concept of *Nidanarthakara roga* helps in the diagnosing of disease manifested finally. The vitiation of *Dosha* and *Dhatus* itself occurs due to the presence of disease for longer period of time which finally induces pathogenesis of other diseases. *Nidan sevan* leads primary disease that after *Mula vyadhi* arises.<sup>[7-9]</sup>

#### Causes of *Nidanarthakara roga*

*Vyadhi* can be *Swatantra* or *Paratantra*. *Swatantra vyadhi* occurs due to the direct involvement of external factors.

These conditions leads primary diseases while *Paratantra vyadhi* arises from other illnesses. The development of secondary disease may take place in following conditions:

- ❖ Lack of proper treatment of previous disease
- ❖ Improper diagnosis
- ❖ Weak immunity
- ❖ Avoidance of disease aggravating factors

Negligence of primary disease due to the absence of complicated sign and symptoms

#### Pathological consequences involve in *Nidanarthakara roga*

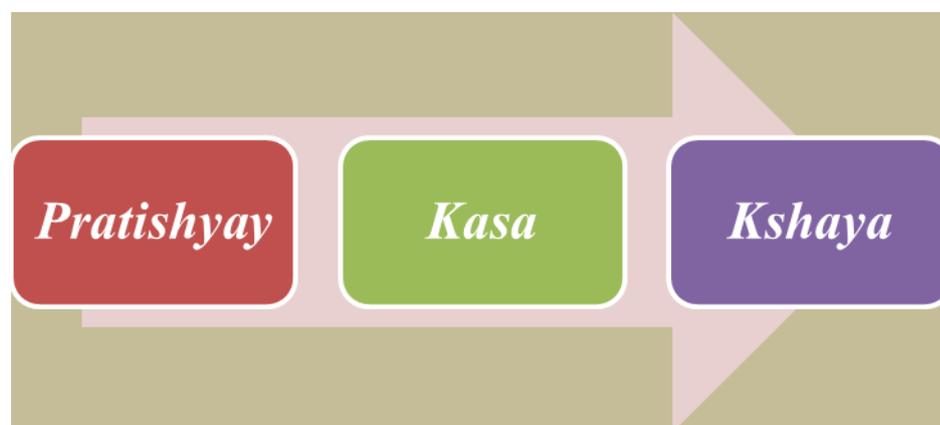
Indulgence of etiological factor lead primary disease which further causes aggravation of *Dosha*, obstruct the

*Srotamsi*, depletion of *Dhathus* due to the lack of nourishment associated with obstructed channels, deterioration of metabolic activities, diminishes state of *Agni*, production of *Ama* and accumulation of toxins, etc. These all health issues associated with primary disease further leads secondary diseases.<sup>[8-10]</sup>

#### Common example of *Nidanarthakara roga*

*Pratishyay* is primary disease which causes secondary disease *Kasa*. The primary disease *Pratishyay* arises due to the bad life style, smoking, exposure to dust, cold, suppression of natural urges and awful dietary habits, etc. *Pratishyaya* further form *Kasa* as secondary disease, the primary disease turned to secondary disease if *Dushta* condition of primary disease neglected and proper treatment of first disease not planned. The avoidance of causes of *Pratishyaya* and improper treatment may further cause *Kasa*.

*Pratishyaya* if not treated properly than it further leads vitiation of *Vata dosha* along with *Kapha* in later stage of *Pratishyaya* the *Samprapti* of disease increases and patients develop *Kasa*. The diminished immunity of *Pranavaha srotas* play important role in development of *Kasa* from *Pratishyaya*. The aggravated *Kasa* in chronic stage leads *Dhathu Kshaya* associated with weight loss, destruction of alveolar walls and finally turned to *Kshaya*. Here involvement of *Apana vata* play important role in the manifestation of *Kasa*. As depicted in **Figure 1**, *Pratishyay* acts as a primary disease for *Kasa* which further turned to *Kshaya*, so one disease ultimately become causative factor of other disease.



**Figure 1:** Diseases comes under examples of *Nidanarthakara roga*.

*Kasa* disturbed gastric fire, when *Agni* not working properly then it leads depletion of *Dhathu* especially *Rakta* which in results causes unavailability of *Poshak rasa* which further decreased by *Dosha prabhava*. These all together induces consequences of *Kasa* and *Kshaya*, including depletion of *Dhathu*, aggravation of *Doshas* and diminish state of immunity, etc.

The *Anuloma kshaya* causes depletion of *Dhathus* in the direction of nourishment while *Pratiloma kshaya* causes depletion of *Dhathus* in the direction opposite to their nourishment. The disease which involves *Anuloma kshaya* can further leads other disease associated with deprived body nourishment.<sup>[9-11]</sup>

**The other examples of diseases caused by other illness as per modern science are as follows**

- ✓ Diabetes may cause renal disease
- ✓ Obesity associated with heart problems
- ✓ Anxiety or mental issues may develop hypertension
- ✓ Kidney problems may causes skin manifestation
- ✓ Diabetes also causes retinopathy
- ✓ Digestive ailments may affects immunity leading to the infections

**Common therapies for *Nidanarthakara roga***

- ❖ *Shuddha Chikitsa*
- ❖ *Dosha prashmana Chikitsa*
- ❖ *Balya Aoushadhi*
- ❖ *Rasayana therapy*
- ❖ *Panchkarma*

**CONCLUSION**

The major causative factors of diseases are awful conduction of *Ahara* & *Vihara*, genetic factors, environmental factors and psychological factors, etc. These all factors may leads health ailments, sometimes this health problem persisted for longer period of time leading to another disease and such types of pathological conditions in Ayurveda referred as *Nidanarthakara roga*. The disease arises first referred as primary disease while disease occurs in later stage as consequence of primary disease referred as secondary disease. *Strotorodha*, *Vishamagni*, vitiation of *Doshas*, depletion of *Dhatus* and production of *Ama*, etc. are major pathological conditions associated with *Nidanarthakara roga*. Renal disease associated with diabetes, heart problems, hypertension and diabetic retinopathy, etc. are examples of *Nidanarthakara roga*. Early diagnosis, primary care, treatment of root cause of disease and avoidance of causative factors, etc. are suggested for managing such types of health problems.

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