

PHYSIOLOGICAL AND PATHOLOGICAL ROLE OF *DOSHAS* AND THEIR COMBINATIONS**Dr. Abhijit Ankush Nikam^{*1}, Dr. Nilesh Dileeprao Deshmukh² and Dr. Vikram Shelake³**¹Associate Professor, Dept. of *Kriya Sharir*, R.I.A.R.C.H. Ani Mayani, Dist-Satara, India.²Associate Professor, Dept. of *Kaumarbhritya*, R.I.A.R.C.H. Ani Mayani, Dist-Satara, India.³Associate Professor, Dept. of *Swasthvrutta*, R.I.A.R.C.H. Ani Mayani, Dist-Satara, India.***Corresponding Author: Dr. Abhijit Ankush Nikam**Associate Professor, Dept. of *Kriya Sharir*, R.I.A.R.C.H. Ani Mayani, Dist-Satara, India.

Article Received on 15/12/2021

Article Revised on 05/01/2022

Article Accepted on 25/01/2022

ABSTRACT

Ayurveda described theory of “*Tridoshic* balance” for living a healthy and balanced life. As per Ayurveda three *Doshas* (*Kapha*, *Vata* and *Pitta*) play vital role in governing major physiological activities of body. The anabolism activities mainly related to the *Kapha*, catabolism is associated with *Vata* and *Pitta* governs overall metabolism inside the body. The *Dosha* itself individually responsible for physiological and pathological expression but combinations of these three *Doshas* contributed towards the inherent constitution (*Prakriti*) of person and this combination imparts some specific qualities in the personality of individual. The balancing state of *Dosha* not only gives physical & emotional strength but also gives spiritual energy. It is believed that the normal health conditions are representation of balances amongst three *Doshas* while imbalances at *Tridoshic* level lead pathological manifestations. The *Tridoshic* imbalances and *Dosha* vitiation can be corrected by taking some preventive and therapeutic measures which includes appropriate diet, herbs, yoga and meditation, etc.

KEYWORDS: *Ayurveda*, *Doshas*, *Tridoshic balance*, *Physiology*, *Prakriti*.**INTRODUCTION**

Ayurveda put great emphasis towards the concept of *Dosha* and described three types of *Doshas* (*Vata*, *Pitta* & *Kapha*) as major physiological and pathological entities of body. *Doshas* forms predominant constitution of body and represents some special characteristics depending upon their predominant constitution. *Doshas* govern many physiological activities and also contributed towards the pathological manifestation if get vitiated. *Dosha* represents different features and functions since they are composed by various combinations of *Panchmahabhutic* components as mentioned below:

- ✚ *Vata Dosha*: Space & Air
- ✚ *Pitta Dosha*: Fire and Water
- ✚ *Kapha Dosha*: Earth and Water

The healthy physic and physical state is associated with balancing state of *Doshas* while disease mainly arises due to the imbalance of *Tridoshas*. *Ahara-Vihara* affects balances of *Doshas* therefore it is advised to follows disciplinary diets and life style for restoring balances of *Doshas* and good health status.

Properties and Physiological Role of *Vata Dosha*

Vata Dosha offers *Ruksha*, *Shukshma*, *Khara*, *Laghu*, *Shitai* and *Chala*, etc. properties. This *Dosha* predominantly resides from urinary tract, legs, colon, waist, feet, intestines and bones, etc. This *Dosha* govern functioning associated with energy, maintain circulation in body and provides motion. This *Dosha* impart enthusiastic energy, learning ability, responsible for inspiration & expiration, control movements & transportation process inside the body and excretion of toxins, etc. Imbalance of *Vata Dosha* may leads symptoms of skin dryness, inflammatory symptoms including pain, menstrual disorders, constipation and anxiety, etc.

Properties and Physiological Role of *Pitta Dosha*

Pitta Dosha offers *Tikshan*, *Ushna*, *Amala*, *Sneham*, *Vishra* and *Katu*, etc. properties. This *Dosha* mainly resides from chyle, stomach, blood and lymph, etc. *Pitta dosha* govern digestive and metabolic activities, control hormonal function, regulates enzymatic activities and generate heat. *Pitta* predominant person possess intelligent and good physical state, this *Dosha* imparts courage and anger in personality of individual. *Pitta* gives fair complexion and optimum muscular strength. The overall metabolic activities depends upon state of

Pitta Dosha inside the body, this *Dosha* is also responsible for vision, luster and nourishment.

Properties and Physiological Role of *Kapha Dosha*

Kapha Dosha is related with *Sita*, *Guru*, *Snigdha*, *Manda* and *Pichila* properties. It mainly locates around chest, head, joints, neck and fatty tissue, etc. *Kapha dosha* provides lubrication to the body, maintain fluidity in body and support joints movement. *Kapha* imparts relaxed mood behavior, graceful appearance, fair complexion and peaceful mind. *Kapha* helps to hold contents of body, provides unctuousness, astringent

effects to control fluid excretion, it gives firmness & heaviness to the body, provides lubrication to the joints thus facilitate their movement and control hyper excitement, etc.

COMBINATION OF *DOSHAS*

The predominant constitution of *Doshas* contributed towards the inherent qualities of person which described as *Prakriti* of individual. The various combinations of *Doshas* give different constitution (*Prakriti*) as depicted in **Figure 1**.

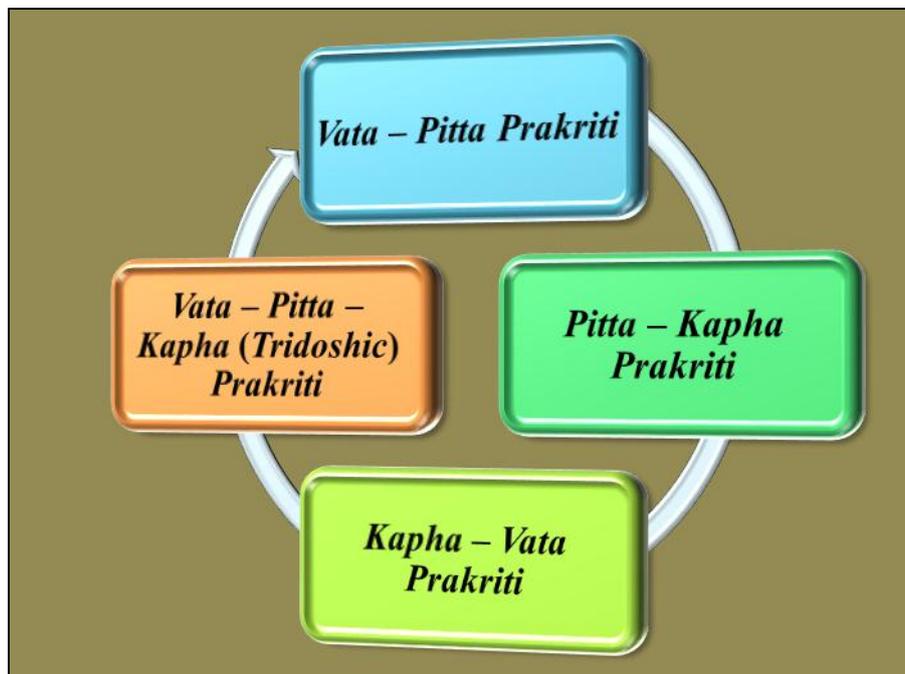


Figure 1: Major combinations of *Doshas* which contributed towards the *Prakriti* of person.

1. *Vata – Pitta Prakriti*

Vata-pitta combination in predominance gives *Vata – Pitta Prakriti*; this constitution imparts creativeness, medium stature and optimum level of energy. People of this constitution considered more vulnerable to digestive disorders including constipation, diarrhea, heartburn and indigestion. These types of person also get affected by inflammatory disorders, aches, pains, sleep disorders and skin irritation, etc.

2. *Pitta – Kapha Prakriti*

Pitta-kapha type individuals possess strong willpower, focused behavior, robust body frame; possess good health, normal digestive strength and prominent state of *Agni*. These people may suffer with obesity and skin diseases.

3. *Kapha – Vata Prakriti*

Kapha-vata combination gives desire for stability and enthusiastic nature, but also responsible for mental confusion and internal conflict. Physically delicate built up, vulnerable to digestive problems like bloating and

constipation. These people possess awful sleeping habits, lack of focus behavior and mental irritability.

4. *Vata – Pitta – Kapha (Tridoshic) Prakriti*

This constitution is considered balanced *Prakriti* since people with this constitution generally remain healthy and fit. *Tridoshic Prakriti* gives medium body built up, sharp minds and good physical status. Person predominant to *Tridoshic Prakriti* may get suffered with digestive problems, sleeping disorders, obesity and depression, etc.

Doshas and Pathological Conditions

Vata control upward and downward movements, associated with speech, senses of touch and sound, but vitiated state of *Vata* may leads following pathological situations:

- ❖ Inflammatory and metabolic ailments.
- ❖ Joint pains, stiffness and Frequent Headaches
- ❖ Menstrual disturbance.
- ❖ Anxiety, depression and mental irritability, etc.
- ❖ Constipation and formation of gas.
- ❖ Dehydration, dry and rough skin.

- ❖ Insomnia, anxiousness and agitation.

Pitta is responsible for digestive and metabolic activities, but vitiation of *Pitta* may causes following health abnormalities:

- ❖ Indigestion or excessive and frequent thirst or hunger
- ❖ Heartburn and acidity
- ❖ Burning sensation and hot flushes in body
- ❖ Skin rashes, acne and allergy
- ❖ Anger, irritability and restlessness

Kapha is responsible for fluidity and liquidity in body, imbalance of *Kapha* may leads following pathological conditions:

- ❖ Lethargy and excessive sleep
- ❖ Anorexia, nausea and water retention
- ❖ Congestion and respiratory distress
- ❖ Obesity and associated problems
- ❖ Diabetes and skin ailments
- ❖ Depression and lack of alertness

Management of *Dosha* Vitiatio

Ayurveda suggested many dietary and life style modification along with herbs and classical ayurveda formulations for pacifying vitiation of *Doshas*. Avoidance of day time sleeping, late night awakening, suppression of natural urges, excessive physical exertion, excessive sexual conduct and avoidance of stress, etc. are some life style related guidelines of Ayurveda which can helps to pacify *Doshas* vitiation. Similarly avoidance of heavy, oily and spicy foods, etc. is suggested to prevent food induced *Dosha* vitiation. Ayurveda drugs like *Ashwagandha Churna*, *Triphala Churna*, *Sitopaladi Churna*, *Giloy Churna* and *Haritaki Churna*, etc. can be employed for maintaining balances of *Doshas*.

CONCLUSION

Ayurveda described *Doshas* as major physiological and pathological entities of body. The normal physiological health status is resultant of balancing state of *Dosha* while pathological manifestations occur after vitiation of *Doshas*. The vitiation and imbalances in *Doshas* arises due to the awful conduction of *Ahara-Vihara* thus Ayurveda advocated balanced conduction of dietary and daily regimen to prevent *Doshas* vitiation and related diseases. Ayurveda herbs, classical formulations and *Yoga* practices can also helps to correct disturbances of *Dosha*.

REFERENCES

1. Cavanagh, Danny, and Carol Willis. *Essential Ayurveda: A Practical Guide to Healthy Living*. Ayurveda UK, 2004.
2. Sharma P.V, Charka Samhita, vol-1, Sutra Sthana, 1\57, Reprint edition -2012, Varanasi: Chowkhamba Sanskrit series office, pg.8.
3. Shastri K.N, Chaturvedi G.N, Charka Samhita, vol-1, Sutra Sthana, 1\59, Reprint edition -2015, Varanasi: Chaukhmbha Bhartiya Academi, pg. 36.
4. Tripathi Brahamanand, Astnaga Hridya Samhita, vol-1, Sutra Sthana, 1\10, Reprint edition -2015, Delhi: Chaukhmbha sanskrit pratisthan, pg10.
5. Pole, Sebastian. *Ayurvedic Medicine the Principles of Traditional Practice*. 1st ed., Churchill Livingstone, 2006.
6. Shastri K.N, Chaturvedi G.N, Charka Samhita, vol-1, Sutra Sthana, 1\61, Reprint edition -2015, Varanasi: Chaukhmbha Bhartiya Academi, pg.37.
7. Sharma P.V, Charka Samhita, vol-1, Sutra Sthana, 18\49-51, Reprint edition -2012, Varanasi: Chaukhmbha Orientalia, pg.131.
8. <https://www.ayurveda.com/doshas-their-elements-and-attributes/> accessed on 31/12/2021.
9. Tripathi Brahamanand and Astnaga Hridya Samhita, vol-1, Sutra Sthana, 1\11, Reprint edition -2015, Delhi: Chaukhmbha sanskrit pratisthan, pg.11.
10. Tiwari, Maya. *Love Your Body Type The Ayurveda Way*. 1st ed., Mother Om Media, 2012.
11. Rastogi S. *Ayurveda for comprehensive health care*. Indian J Med Ethics, 2009; 6: 101–2.