

## Clinical Application of Shad Kriya Kala

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### Abstract

Shad kriya kala is an Ayurvedic concept which describes the various stages of disease formation. Based on the stages of diseases preventive measures can be applied to overcome the complications. Acharya Sushruta, Madhava and Charaka have described the concept of Shad kriya kala in Mutrakrcchra, Amplapitta, Kasaroga which explains the disturbance of Doshas. Basically Shad Kriya kala is an objective approach of Ayurveda Acharyas helping for the clinical practice. Early diagnosis of diseases helps to cure the diseases in early stages without any complications.

**Keywords:** Shad Kriyakala; Vata; Pitta; Kapha etc.,

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### Introduction

Ayurveda has given an important place to kala, because the existence and destruction depends on kala. The production of dosha, dhatu and vyadhi are particularly related with rutu and other kalas. So, Sushruta while mentioning kala shadkriya kala has given much more importance to kala. Kriya means action, Kala means time, the meaning of kriya kala is function of doshas in different stages or treatment time. Kriya kala describes mode and stage of development of diseases.

Kriya kala has been widely described in two separate entities as follows:

1. Rutu kriya kala
2. Vyadhi kriya kala

#### 1. Rutu Kriya Kala

It is explained by Acharya Vagbhat in astanga sangraha and Acharya Charaka in charaka samhita,

it deals with the normal physiological variations of doshas in the respective seasons. If person adopted the regimens of seasons these doshas will bring back to the normal stage. These are three stages as follows:

	Chaya	Prakopa	Prashamana
Vata	Grishma	Varsha	Sharad
Pitta	Varsha	Sharad	Hemant
Kapha	Sishira	Vasanta	Grishma

#### Treatment

1. In vasanta rutu the kapha gets more aggravated, so vamaana is the best line of treatment in this rutu.
2. In sharad rutu the pitta gets more aggravated, so virechana is the best line of treatment in this rutu.
3. In varsha rutu the vata gets more aggravated, so Basti is the best line of treatment in this rutu.

## 2. Vyadhi Kriya kala

It is explained by Acharya Sushruta, also called as Shad Kriya kala. It describes mode and stage of development of diseases in six stages. The vitiated doshas shows particular karyas in different six stages. It refers to the proper diagnosis of stages of disease and adopting preventive, curative measures of aushadha, ahara and charya.

If accumulated dosha has been eliminated it wont manifest successive stages of shad kriya kala. If not eliminated, it passes to next stages as the disease advances to later stages it becomes stronger and stronger for management.

This preventive measures were described to overcome complications and early diagnosis of disease helps to cure the disease successfully without any complications in treatment.

In this process of disease manifestation, the movement of morbid doshas into the next stage depends upon virality of causative factors.

Shad kriya kala are six in numbers, as they mentioned below:

1. Sanchaya (stage of accumulation)
2. Prakopa (stage of inclination)
3. Prasara (stage of migration)
4. Sthana Samshraya (stage of localization)
5. Vyakti (stage of manifestation)
6. Bheda (stage of complication)

Each stage is explained as follows:

### 1. Sanchaya (Stage of Accumulation)

- It is the first stage of shatkriya kala.
- Sanchaya means collection, i.e. accumulation of doshas due to causative factors.

Excessive intake of causative factors leads to accumulation particular doshas only in their own place and become stagnant, i.e. dosha dushti is mild.

- It is the early stage to plan the suitable preventive measures.
- Nidana [causative factors]: It is classified into two types.

A) Kala swabhava [Natural]

B) Trividha hetu: a) Prajnaparadha

b) Asatmendriyarthasamyoga

c) Vyapanna hetu

- In kala swabhava, due to day and night,

bahya loka changes, seasonal variation the doshic imbalance takes place in our body naturally.

- a) Seasonal changes: 1] In varsha rutu vata gets more accumulated.
  - 2] In sharad rutu pitta gets more accumulated.
  - 3] In vasanta rutu kapha gets more accumulated.
- b) Climatic changes: 1] Vata gets accumulated, in cold air, cloudy climate, rainy season.
  - 2] Pitta gets accumulated, in hot climate, mid day.
  - 3] Kapha gets accumulated, in spring season.
- C] Physiological aspects: 1] At the end of digestion, vata gets accumulated.
  - 2] During digestion, pitta gets accumulated.
  - 3] After digestion, kapha gets accumulated.
- D] Psychological aspects: 1] In fear condition, vata gets accumulated.
  - 2] In angry condition, pitta gets accumulated.
  - 3] In depression condition, kapha gets accumulated.

➤ In trividha hetu, due to wrong utilization of indriya, knowingly doing the mistake, inherent cause, change in ahara and vihara the doshic imbalance takes place in our body.

➤ Laksana [symptoms]

The accumulated doshas manifests certain symptoms are as follows:

- 1] Vata sanchaya laksana: Stiffness and fullness in abdomen.
- 2] Pitta sanchaya laksana: Yellowishness of body parts, mild increase in body temperature.
- 3] Kapha sanchaya laksana: Heaviness in whole body, lassitude.

Chikitsa [treatment]: When the doshas are in mild condition samshmana chikitsa is sufficient.

➤ In this stage the treatment for accumulated doshas as follows:

1] In aggravated vata, vatanuloma dravyas are used.

Example: Haritaki churna, shata pushpa churna,

etc.

2] In aggravated pitta, pitta shamaka dravyas are used.

Example: Draksha, avipattikara churna, etc.

3] In aggravated kapha, katu ushna dravyas are used.

Example: Trikatu, mild langhana karma indicated.

### *Example*

#### **1] Mutra krcchra**

Nidana: Excessive physical exercise, consumption of irritant drugs, rough food, regular intake of wine, eating during indigestion, eating meat of marshy land animals and fish, riding over the back of the fast moving animals leads to accumulation of vata dosha.

Chikista: Intake of buttermilk, milk, meat of wild animals, water of mudga pulse, fruit of kusmanda, gokshura, cold edibles, etc.,

#### **2] Amla pitta**

Nidana: Excessive intake of incompatible, rotten, sour food substances, eating before the digestion of previous meals, use of ground cereals, improperly processed wines and drinks, suppression of natural urges, excessive use of hot, unctuous, dry, liquid articles, consumption of molasses, repeatedly sleeping in day time after eating, overbathing, tub bath, drinking water in between food eating, etc., leads to accumulation of pitta dosha.

Chikista: Intake of rice of old Sali variety, Yava, wheat, mudga, saktu, amalaki and all tikta juices, flowers of banana tree, kapittha, pomegranate etc.,

#### **3] Kasaroga**

Nidana: Exposure to smoke and dust, excessive physical exercises, consumption of rough foods, entry of food substances in abnormal path and suppression of sneezing leads to accumulation of kapha dosha. Chikista: In take of unctuous substances like oil, milk, sugarcane juice, curd, aranala and sour fruits, prasana type of alcoholic drink, soup of meat of animals of marshy and aquatic, syamaka, Yava, kodrava, soup of mudga, draksha, bimbi, jivanti, trikatu, lukewarm water, honey, sleeping during day time etc.

## **2. Prakopa (Stage of Inclination)**

➤ It is a second stage of kriya kala in which the

inclination of doshas takes place.

- It is an extended state of chaya in which doshas aggravate in its own place and are ready to move from its own place to other places (but do not move) i.e., doshas increase in the quantity.
- In chaya Avastha doshas are in solidified form, in prakopa avastha doshas are in liquefied form.

### *Types*

There are two types of prakopa as follows:

1. Chayapoorvaka Prakopa: It means getting prakopa avastha after the chaya avastha.  
Example: Preparation of Idli—Soak Black gram flour overnight in water, next day morning overflow of black gram flour paste takes place.
2. Achayapoorvaka Prakopa: It means getting prakopa avastha without prior to accumulation.

Example: Boiling the milk: i. If fire increased, milk overflow takes place.

ii. If fire decreased milk overflow does not take place.

### *Lakshanas (Symptoms)*

- i. Vata Prakopa Lakshana: Breakdown of functions, pain, pricking type of pain, breaking type of pain, movement of vata in mahasrotas etc.
- ii. Pitta Prakopa Lakshanas: Sour eructations, burning sensation all over body, excessive thirst.
- iii. Kapha Prakopa Lakshana: Aversion to food, excessive salivation in mouth, heaviness, tastelessness.

### *Chikitsa (Treatment)*

- In mild prakopa langhan pachana is the best line of treatment.
- In vata prakopa vaiswanara churna for oral administration, basti for removal of vitiated doshas is the best line treatment.
- In pitta prakopa avipattikara churna for oral administration, virecana for removal of vitiated doshas is the best line of treatment.
- In kapha prakopa hingavastaka churna for

oral administration, vamana for removal of vitiated doshas is the best line of treatment.

#### Example: 1. *Mutrakrcchra*

- Due to excessive intake of etiological factors the vata gets more vitiated, they are ready to move next stage.
- Treatment: Basti.

#### 2. *Amla pitta*

- Due to excessive intake of etiological factors the pitta gets more vitiated, they are ready to move next stage.
- Treatment: Virecana.

#### 3. *Kasaroga*

- Due to excessive intake of etiological factors the kapha gets more vitiated, they are ready to move next stage.
- Treatment: Vamana.

#### 3. **Prasara (Stage of Migration)**

- It is the third stage of kriya kala in which the migration of doshas takes place.
- The liquefied doshas move from own place to another places.
- The doshas spread all over the body from cerebrum to soles.
- The pitta, kapha, rasadi sapta dhatu, malas are instantaneous substance so they increase in quantity but do not have the capacity to move, only vata dosha is having the capacity to move from own place to another place. So, vata is the essential factor for carrying the prasara avastha.
- This gives us a clear that either to prevent the doshas to this stage, the disorder of vata dosha must be checked and kept in control. Types: There are 15 types of prasara as follows: 1. Vata prasara 2. Pitta prasara 3. Kapha prasara 4. Rakta prasara 5. Vata pitta prasara 6. Vata kapha prasara 7. Pitta kapha prasara 8. Vata rakta prasara 9. Pitta rakta prasara 10. Kapha rakta prasara 11. Vata pitta rakta prasara 12. Vata kapha rakta prasara 13. Pitta kapha rakta prasara 14. Vata pitta kapha prasara 15. Vata pitta kapha rakta prasara.

#### **Lakshana (Symptoms)**

1. Vata prasara lakshana: Vata moves to different places other than its own seats, painful sensation in mahasrotas.
2. Pitta prasara lakshana: Localised burning sensation, sucking type of pain, burning sensation all over the body, emitting smoke from mouth.
3. Kapha Prasara lakshana: Anorexia, indigestion, lassitude, vomiting.

#### **Chikista**

1. In this avastha first advised to hetu linga chikista later vyadhi chikista.
2. If doshas are on movement eliminate them through the nearest possible outlet by these karmas (a) Vamana (b) Virecana (c) Sirovirecana (d) Swedana, etc.

Example: 1. *Mutra krcchra*: In this stage the vitiated vata moves in downward direction obstruct the mutravaha and purishavaha srotas.

Treatment: Basti karma

2. *Amla pitta*: In this stage the vitiated pitta moves in upward and downward direction obstruct the rasavaha and annavaha srotas.

Treatment: Vamana, virechana, Basti karma.

3. *Kasaroga*: In this stage the vitiated kapha moves in upward direction obstruct the rasavaha, pranavaha and annavaha srotas.

Treatment: Virechana, swedana, Dhumanasya, vamana.

#### **4. Sthana Samshraya (Stage of Localization)**

- This is the fourth stage of kriyakala in which localization of doshas takes place.
- In prasara wherever srotovaigunya is present there the doshas settle. So, called as sthana samshraya.
- Doshas settle at a places in two preconditions they are: (a) Nidana must be potent enough to cause damage. (b) Have depletion or any certain disturbances in the normal surface of the srotas.
- When the dosha damages or makes dushti in that khavaigunya is present is called as dosha.
- The union of dosha and dushya at particular site takes place.

- Sites for the localization of the doshas as follows: (1) Udara: ex-Udara roga, atisara, gulma etc. (2) Bastigata: ex-Prameha, Ashmari, mutragata etc. (3) Gudagata: ex-Bhagandara, Arsha etc. (4) Padagata: ex-Slipada, vatashonita etc.
- In this stage premonitoring signs and symptoms of the diseases are seen.

Chikista: (1) The treatment is purely according to the disease diagnosed and the localization of the doshas. (2) If we are able to identify the disease at this stage we can prevent the virality of the disease as well as complications.

Example: [1] Mutra krcchra: The vitiated dosha get settle down in the basti.

#### **Treatment: Bastikarma**

[2] Amla pitta: The vitiated dosha get settle down in the amasaya.

Treatment: Vamana, virechana, Basti karma.

[3] Kasaroga: The vitiated dosha get settle down in uras.

#### **5. Vyakti (Stage of Manifestation)**

- This is the fifth stage of kriyakala, in which appearance of all the signs and symptoms of disease takes place.
- Disease name is given according to signs and symptoms.
- Invisible signs and symptoms of a disease will come into surface that consult as vyakti.
- It is a stage in which the manifestation of fully developed disease appears.
- In this stage the doshic predominance, the involvement of dushya, the involvement of srotas will clearly reveals the samprapti of a disease.
- This stage facilitates the physician to analysis, diagnosis and plan the treatment.

Treatment: According to the diagnosis the treatment is to be planned accordingly.  
Example: [1] Mutra krcchra: Elimination of little quantity of urine oftenly with difficulty, white or yellow in color, hot burning sensation, feeling of heaviness in scrotum, penis and bladder. [2] Amla pitta: Indigestion, exhaustion, nausea, sour eructation, heaviness, burning sensation in the chest and throat, loss of appetite. [3] Kasaroga: Feeling

of congestion in the throat, itching sensation, coating of throat and palate, hoarseness of voice, loss of taste, mildness of digestive fire.

#### **6. Bheda (Stage of Complication)**

- It is final stage of kriyakala where the disease course ends in relief or if continues attains chronicity, arises to some other disorders finally may lead to death.
- In this stage Specific signs and symptoms of disease manifest like vata, pitta, kapha, jwara lakshanas.
- It refers to the chronicity of the disease.
- Mostly this kriyakala is concerned with Vidradi leading to vrana in this stage.
- Example: In baddagudodara if untreated may lead to chidrodara.

Treatment: In this stage difficult to cure, if not treated at the earliest stage then the disease may become incurable leads to complication finally death may occur.

Example: [1] *Mutra krcchra*: In this stage according to signs and symptoms classified into 8 types and leads to the complication.

[2] *Amla pitta*: According to movement of doshas two types and leads to the complication.

According to predominance of doshas four types. According to that produces particular signs and symptoms and leads to the complication.

[3] *Kasaroga*: In this stage according to signs and symptoms classified into 8 types and leads to the complication.

#### **Importance**

Sanchaya, prakopa and prasara are the preclinical stage, in these stages formation of the disease can be prevented.

- In sthana samshraya prodromal symptoms are seen, in this stage proper precaution and immediate treatment can be given to control the disease.
- In vyakti cardinal signs and symptoms are seen, in this stage disease is treated by proper diagnosis to prevent complication.
- In bheda early treatment is beneficial or else disease become untreatable and may lead to another disease, complication and even death. Apunarbhava chikitsa can be given

in early stage to prevent a recurrence of the disease.

- It helps for prognosis, diagnosis, to give treatment, naming the disease, treatment in earlier stage.
- Shodhana chikitsa is given in prakopa avastha, shamshamana chikitsa given in first two stages.

## Discussion

Kriya kala can be subdivided in two stages: 1) Doshaja kriya kala: The treatment is given according to the involvement of doshas, it includes sanchaya, prakopa, prasara stages. 2) Vyadhi Kriya kala: The treatment is given according to the disease, it includes sthana samshraya, vyakti, bheda stages. So, in manifestation of disease shad kriyakala having important significance. If we understand shad kriyakala properly we can detect the disease in early stage and treated easily. Hence each stage of kriyakala helps to prevent the spread of disease.

## Conclusion

In process of manifestation of various diseases, concepts of shad kriyakala have great role.

- All the six stages of shad kriyakala may not be distinctly procurable in each and every disease but it risk in all the conditions.
- The duration of each stage depends on etiological factors, triggering factors, nature of doshas, nature of disorder.
- By this we concluded that whatever may be the disease the early diagnosis will not cause complication, every stage having particular treatment, physician can treat the disease by lower doses and less time in early stage.

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