

All About Doshas

Roganulapadaneeyam | Doshadivijnaneeyam | Doshabhedeeyam

Class 4 Ashtanga Hridayam with
Dr. Rekha Radhamony



The Natural Urges of the Body

na vegan dharayet vata vin mutra kshava trit kshudham
| nidra kasa srama shwasa jrimbha jhardi retasam ||

Vega means urges

The following urges should not be suppressed/ withheld

1. Air (gas)
2. Faeces
3. Urine
4. Sneeze
5. Thirst
6. Appetite
7. Sleep
8. Cough
9. Hiccup
10. Yawn
11. Vomit
12. Sperm

Suppression of urges

Urges

Gas/ fart (adhovata) - Vata gets obstructed in intestines. In the intestines, there is natural downward movement of vata. Due to suppression vata moves upward.

Symptoms

Bloating, abdominal distension, pain, exhaustion, blockage of flatus, loss of vision & digestive fire, diseases related to heart & upper part of stomach

Treatment

Rectal & urethral suppositories
Abhyanga
Avagaha (baths – sitz, tub bath)
Swedana (steaming)
Vasti
Purgative foods

Suppression of faeces– Leads to upward movement of vata

Twisting pain of calf muscles, running nose, headache, anal itching, feeling of blockage of heart, foul smelling vomit & breath

Suppression of urine

Body pain, urinary calculi, pain in penis & bladder,

Take ghee before lunch & Avapidaka sneha (drink ghee in high dose post lunch and dinner)

Suppression of urges

Urges	Symptoms	Treatment
Suppression of belching	Anorexia, tremors, constipation, feeling of blockage of heart, bloating, cough, cold, hiccups	Same as treatment of hiccups
Suppression of sneezing	Headache, weakness of sense organs, stiffness of neck, Bels Palsy	Teekshna Dhuma, Anjana, Snuffing, seeing sun directly for a few seconds, abhyanga, swedana
Suppression of thirst	Emaciation, weakness, deafness, loss of consciousness, delusion, heart diseases	Cooling treatments – drink & bathe in cold water
Suppression of hunger	Myalgia, anorexia, weight loss, abdominal colic, delusion	Light warm meals with good fats like ghee. Ghee soothes gastric mucosa
Suppression of sleep	Delusion, heaviness of head & the eyes, laziness, yawning, myalgia	Sleep, Abhyanga
Suppression of cough	Asthma (COPD), anorexia, heart disease, weakness, hiccups	Regular treatment for cough

Suppression of urges (contd..)

Urges	Symptoms	Treatment
Suppression of breathing	Bloating, heart diseases, delusion	Vata balancing treatment & rest
Suppression of yawning	Headache, weakness of sense organs, stiffness of neck, Bels Palsy	Vata balancing treatments
Suppression of tears	Rhinitis, eye disorders, heart diseases, stiffness of the neck, anorexia, delusion, bloating	Sleep, alcohol & talking to friends & family
Suppression of vomiting (causes Pitta imbalance)	Skin diseases, hyperpigmentation, eye diseases, itching, anemia, fever, cough, respiratory diseases, nausea, inflammation	Gandusha, dhumapana, induced vomiting with dry food, exercise, Rakta Moksha blood letting (in the case of skin diseases), virechana
Suppression of ejaculation	Oozing of semen, pain in the loin, inflammation, fever, chest pain, obstruction & difficulty in passing urine, myalgia, hernia, renal calculi & impotency	Eat chicken, rice, beer, massage the lower abdomen, Avagaha (immersion in oil), urinary bladder cleansing with enema, treatment with milk processed with herbs, sex

Who should not be given treatment

If one has suppressed the natural urges and comes to a doctor for treatment, the following conditions should not be taken for treatment

1. Intense pain
2. Intense thirst
3. One who is severely emaciated
4. One who vomits feces
5. Those who habitually suppress urges (In such people, there is constant vitiation of doshas especially Vata & will lead to failed treatment)

trit shoolarttam tyajet ksheenam vitvam vegarodhinam |

The root cause of all diseases

Roga sarve api jayante vega udeerana dharani: | nirdishtam
dharanam tatra sadhanam tatra bhooyishtam ye tu tan prati
|| tatraascha anekadha praya: pavana yat prakupyati | anna
panoushadham tasya yunjeeta ato anulomanam ||

All diseases are caused due to the following:

Vegodeerana – forcefully initiating the natural urges

Vegadharana – forcefully suppressing the natural urges

In most cases, Vata is generally vitiated due to disturbing the normalcy of physiological functions of the body.

Treatment: Food & treatments for clearing the passages of Vata & helping it restore the natural direction of movement

Dharaneeya Vega - Urges that should be suppressed

lobha irshya dwesha matsarya ragadeenam jitendriya: ||

1. Greed
2. Envy
3. Hatred
4. Competition
5. Intense desire

What happens when toxins accumulate in the body & Why?

One must exercise precaution to balance Doshas and eliminate waste products at the right time by doing purificatory treatments like Panchakarma. Accumulation of such toxins could lead to their aggravation and subsequently even death may occur due to this.

Importance of Panchakarma:

When we do Shamana chikitsa (by (langhana) fasting, or (pachana) correction of Agni, there are chances that the disease may come back due to bad lifestyle etc, but Doshas balanced with Panchakarma will never come back.

Panchakarma should be followed by Rasayana Therapy (with tonics and aphrodisiacs)

Diseases caused by external factors – Agantu Roga

The following diseases are caused due to external factors, also known as Agantu Rogas

1. Bhuta (microbes, insects, evil spirits)
2. Visha (poison)
3. Air (cyclone, hurricane)
4. Agni (fire)
5. Kshata (accident, injury)
6. Bhanga (fracture, loss of organs)
7. Diseases due to Raga (intense desire), dwesha (hate), bhaya (fear), etc

General Treatment for all Diseases (Sarva roga samanya chikitsa)

- Avoidance of improper activities of body, mind and speech by voluntary violation of rules (Prajnaparadha)
- Controlling the senses
- Remembering previous experiences and acting rightly
- Having a good knowledge of the habitat, season and the self
- Adherence to rules of good conduct and rituals
- Peaceful procedures as mentioned in Atharva Veda like worship of celestial powers – Ghashanti (astronomical palliative procedures)
- Staying away from Bhuta (evil spirits, microbes)
- Respective treatment followed as per the principles explained above, are the general guidelines to treat all types of diseases.

SEASON (DOSHA ACCUMULATIONS)	TIME TO DO PANCHAKARMA TO DETOXYFY
Winter	Spring (Vasanta)
Summer	Rainy Season
Rainy Season	Autum Season

- By doing Panchakarma for respective seasons, one will not become victim of diseases due to the effect of the seasons.

The best time for Panchakarma Treatment

The 3 Doshas (Doshadi Vijananeeyam)

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Introduction

- This chapter explains the concept of Tridosha
- Understanding Tridosha – primary step to understand Ayurveda

Dehasya Mulam (The main constituents of human body)

dosha dhatu mala moolam sada dehasya ||

- Doshas
- Dhatus
- Malas

Effect of increased Vata, Pitta & Kapha

Balanced doshas

tam chalam | utsaha uchwasa niswasa cheshta vega pravarttanai: | samyag gatyā cha dhatunam akshanam paatavena cha anugrihnati avikriti cha | pittam pakti ushma darshanai: | kshut trid ruchi prabha medha dheer shourya tanu mardava | shleshma sthiraiva snigdhatva sandhi bandha Kshama adibhi: ||

Increased Doshas

Vridhdhastu kuruta: anila: karshya karshnya ushnakamitwa kampa anaha shakrit grahan bala nidra indriyabhramsa pralapa bhrama deenata | peeta vin mutra netra twak kshut trid daha alpanidrata pittam | sleshmaa agni sadana praseka alasya gauravam shwaitya shaitya shladha angatwam shwasa kasa ati nidrata ||

Reduced doshas

Lingam ksheeno anile angasya sado alpabhashite hitam | sanjna moha tadha sleshma vridhyuktam ashaya sambhava: || pitte mando anala sheetam prabhahani | kaphe bhrama: shleshmashayanam shoonyatwam hriddrava: shladha sandhita: ||

Effect of Doshas

Dosha	Balance	Increase	Decrease
Vata	<ol style="list-style-type: none">1. Enthusiasm2. Respiration3. Regulating the movements of the body, mind & speech4. Initiate natural urges5. Maintaining balance of dhatus6. Regulating the functions of sense organs	<ol style="list-style-type: none">1. Emaciation2. Black discoloration3. Desire for hot things4. Tremors5. Bloating6. Constipation7. Loss of strength8. Loss of sleep9. Loss of sensory functions10. Irrelevant speech11. Delusion12. Dizziness13. Timidity	<ol style="list-style-type: none">1. Weakness of the organs2. Speaking very little3. Loss of sensation/ awareness/ consciousness4. Symptoms of increased Kapha

Effect of Doshas

Dosha	Balance	Increase	Decrease
Pitta	<ol style="list-style-type: none"> 1. Digestion 2. Metabolism 3. Maintains normal body temperature 4. Vision 5. Helps in causing hunger & thirst 6. Maintains the glow of skin 7. Responsible for intelligence, courage, valour, softness of the body 	<ol style="list-style-type: none"> 1. Yellowish discoloration of the feces, urine, eyes, and skin 2. Excess hunger and thirst 3. Feeling of burning sensation 4. Reduced sleep 	<ol style="list-style-type: none"> 1. Weak digestion 2. Coldness 3. Loss of glow of the skin
Kapha	<ol style="list-style-type: none"> 1. Stability 2. Lubrication to the joints of the body 3. Kshama – patience of the mind :-) 	<ol style="list-style-type: none"> 1. Weak digestion 2. Excess salivation 3. Laziness 4. Heaviness 5. White discolouration 6. Coldness 7. Looseness of body parts 8. Respiratory issues 9. Excessive sleep 	<ol style="list-style-type: none"> 1. Delusion Emptiness of the organs related to Kapha 2. Palpitation 3. Looseness of the joints

Effect of Dhatus

- prenanam jeevanam lepa: sneho dharanam pooranam garbholpadanam

Dhatu	Balance	Increase	Decrease
Rasa (Product of digestion)	Provides nourishment	Similar to symptoms of kapha increase	dryness, fatigue, emaciation, exhaustion without any work and noise intolerance.
Rakta (Blood)	Maintains life activities	Herpes, diseases of the spleen, abscess, skin diseases, gout, bleeding diseases, abdominal tumours, disease of the tooth, jaundice, discoloured patches on the face, loss of strength of digestion, coma, reddish discoloration of the skin, eyes and urine Treatment: Rakta moksha (blood letting), Virechana (purgation)	desire for sour and cold things, loss of tension of veins (and arteries) and dryness.
Mamsa (Muscle)	Covers the bones	Cervical lymphadenitis, tumour, increase in size of cheeks, thighs and abdomen, over-growth of muscles of the neck Treatment: Surgery, Kshara karma (Strong alkali treatment), Agni Karma (cautery)	debility of the sense organs, emaciation of cheeks, buttocks and pain in the joints

Effect of Dhatus (contd..)

Dhatu	Balance	Increase	Decrease
Medas (Fat)	Lubrication	Fatigue, difficulty in breathing even after little work, sagging of the buttocks, breasts and abdomen Treatment: Treatment for obesity	loss of sensation in the waist, enlargement of spleen and emaciation of the body Treatment : Treatment for emaciation
Asthi (Bone)	Supports the framework of the body	overgrowth of bones and teeth	pain in the joints, falling off of the teeth, hairs, nails etc Treatment: Usage of milk, ghee & vasti (enema) with milk & ghee
Majja (Bone marrow)	Filling of the inside of the bones	Heaviness of the eyes and the body, increase of size of the joints and causes ulcers which are difficult to cure	hollowness (of the bones inside) giddiness and seeing of darkness
Shukla (Male & female reproductive system)	Conception & pregnancy	Increased sexula desire and seminal calculi	delay in ejaculation, ejaculation accompanied with bleeding, severe pain in the testicles and a feeling of hot fumes coming out of the urethra

Effect of Malas (waste products)

avashtambha pureeshasya |
 mutrasya kledavahanam |
 swedasya kleda vidhruti ||

Malas	Balance	Increase	Decrease
Feces	1. Maintenance of strength of the body	1. Distension of abdomen 2. Gurgling noise 3. Feeling of heaviness Treatment: Purgation	Gurgling noise in the intestines and bloating, vata moves in upward direction in the intestine causing discomfort and pain in the region of the heart and flanks Treatment : Using meat of abdominal viscera, half steamed pulses, black gram, barley, etc
Urine	1. Eliminate excess kleda/ moisture	1. Severe pain in the bladder 2. Feeling of incomplete emptying of urine Treatment: Treatment of diabetes	scanty urination, dysuria, urine discoloration or hematuria Treatment of dysuria
Sweat	1. Slow elimination of moisture	1. Excess perspiration with foul smell and itching Treatment: Physical activity, oil bath, sudation therapies, use of wine	falling of hair, stiffness of hair and cracking of the skin. 22. Decrease of Malas which are of little quantity is difficult to perceive, it should be inferred from the dryness, pricking pain, emptiness and tightness of their sites of production and elimination.

Doshas & Dushyas

tatrasthini sthitho vayu pittam tu sweda raktayo: sleshma
sesheshu |

Vata stays in the bone

Pitta stays in sweat & blood

Kapha stays in the rest of the dhatus

Without Vata, bone is not bone; without pitta, rakta does not become rakta. In some commentaries, it is mentioned, asthi can also be nadi or nerves

When one dosha increase/ decrease, there is respective increase/decrease in associated dhatus

Brimhana & Lankhana Therapies

The increase in doshas, dhatus & malas is due to Santarpana (excessive nourishment) & the decrease is due to apatarpana (reduction in the nourishment)

Hence the best treatment of diseases caused to increase of doshas, dhatus and malas is Brimhana therapy (nourishment)

Decrease – Lankhana therapy (reduction treatment)

In case of Vata the reverse order works

Increase in Vata – Brimhana therapy

Decrease in Vata – Lankhana therapy

Both Doshas and Dhatus together vitiate the Malas (waste products) which in turn vitiates the Malayanas (channels of their elimination).

The Concept of Ojas – the Essence of Dhatus

Ojastu tejo dhatunam sukrantanam param smritam |

Ojus is the essence of dhatus

It is mainly located in the heart but spread all over the body & regulates health. It has the following properties:

- Snigdha – unctuous, oily
- Somatmaka – has moisture, watery
- Shuddha – clear (transparent)
- Ishat Lohita Peetakam – slight reddish yellow in colour
- Loss of Ojas leads to loss of life
- All aspects of health are related to Ojas.

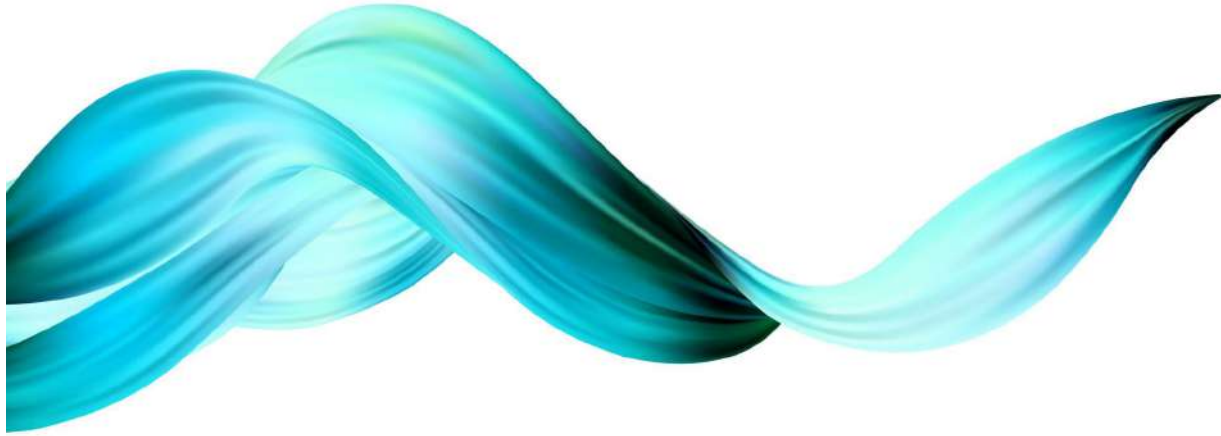
Cause of decrease of Ojas	Symptoms of decrease in Ojus	Treatment
<p>Anger Starvation Worry Grief Exertion</p> <p>(Other texts) Too much exercise, fasting for long periods of time, eating less quantity of food, intake of alcoholic beverages which cause dryness, intake of incompatible foods, fear staying awake in the night, injury, attack by evil spirits, microbes , depletion of tissues by hemorrhage etc., too much of elimination of Kapha, blood, semen, waste products & ingestion of poison</p>	<p>Emaciation Fretfulness Repeated worries without reason Discomfort in sense organs Loss of glow of skin Negative thoughts Dryness of the body</p>	<ol style="list-style-type: none"> 1. Use of Jivaniya group of drugs (enlivening/ antiageing group) – (eg. Licorice) 2. Milk 3. Meat soup

- Increase of Ojas gives contentment, nourishment and increases the strength of the body

Decrease of Ojus

Doshabhedeeyam (Types of Doshas)

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Seats of Doshas

Vata	Pitta	Kapha
Pakvasaya – large intestine Kati – waist Sakthi – hip Shrotra – ear Asthi – bones Sparshanendriya – skin Special seat – Pakwashaya (large intestine)	Nabhi – umbilicus Amashaya- stomach and small intestine Sweda – sweat Lasika- lymph Rudhira – blood Rasa- plasma Druk – eye Sparshanam – skin Special seat – Nabhi (region around the umbilicus)	Ura – chest Kantha – throat Kloma – pancreas Parvani – joints Amashaya - stomach and small intestine Rasa – plasma Meda – fat Ghrana – nose Jihva – tongue Special seat – Ura (chest region)

Types of Doshas - Vata

Vata

Prana

- Seat in Murdha (head)
- Moves in the chest & throat
- Regulates heart, senses organs, intellect and organs
- It is the cause of inspiration, expectoration, sneezing, belching & swallowing of food

Udana

- Seat in the chest
- Moves in the nose, umbilicus, throat
- Functions are speech, effort, enthusiasm, strength, colour, glow & memory

Vyana

- Seat in the heart
- Moves fast all over the body
- Functions are flexion, extension, opening & closing of eyelids
- Generally, most body movements are regulated by Vyana

Samana

- Seat near the digestive organs
- Moves in the koshta (alimentary canal)
- Functions are receiving food into the stomach, aids in digestion, helps dividing the food into sara and kitta, and moves these in their normal paths

Apana

- Seat in the Apana (large intestine)
- Moves in the waist, urinary bladder & genitalia
- Functions are ejaculation, menstruation, defecation, urination & childbirth

Types of Doshas – Pitta

Pitta

Pachaka Pitta

- Most dominant of the Pittas
- Seat in between amashaya & pakwashaya (stomach & the intestines)
- Made of Panchamahabhutas with Fire as the main element. There is little (or no) water element
- Function is digestion & transformation. Cooks the food, splits it into sara & kitta, helps functioning of other types of Pittas

Ranjaka Pitta

- Seat in the Amasaya (stomach and small intestine)
- Functions are converting sara to be absorbed into the blood & converting rasa dhatu to rakta dhatu

Sadhaka Pitta

- Seat in the Hridaya (heart)
- Functions are basically mental – knowledge, intelligence, memory, self consciousness to attain Dharma, etc

Alochaka Pitta

- Seat in the eyes
- Helps with good vision

Bhrajaka Pitta

- Seat in the skin
- Gives glow & colour to the skin

Types of Doshas - Kapha

Kapha

Avalambaka

- Seat in the chest and trika pradesha – the joint of shoulder, neck and back
- Water element predominance
- Helps lubrication, nourishment of the food & influences the functioning of other Kaphas

Kledaka

- Seat in the Amasaya – stomach & the intestines
- It moistens the hard food mass and helps in digestion

Bodhaka

- Seat in the tongue.
- Helps in the perception of taste

Tarpaka

- Seat in the head
- Nourishes the sense organs

Shleshaka

- Seat in the joints
- It lubricates and strengthens the joints

Concept of Vitiation of Doshas

- Chaya – the first level increase of Dosha in their own place. Chaya means slight increase of Dosha in its own place. It produces dislike against the things that would cause further increase of a particular Dosha. It is a self defense mechanism of the body to avoid further increase of Dosha, which may lead to disease.
- Kopa/Prakopa - means increase and overflow of Doshas from its own place to other places. It has the potential to cause the disease. It causes appearance of symptoms of increased Dosha, leading to onset of disease process. The premonitory symptoms of the disease can be observed at this stage.
- Shama/Prashama - means decrease of increased Dosha and restoration of health. Sama means normalcy. Restoration/decrease of increased Dosha to its normal levels.

Qualities that cause Chaya, Kopa and Shama

	Vata	Pitta	Kapha
Chaya	Hot along with dryness, movement, etc causes Vata Chaya	Teekshna (piercing, strong) and other qualities- dryness, lightness, etc associated with cold cause Chaya- mild increase of Pitta,	Snigdha –(unctuous, oily) and others – heaviness, stickiness, mild, etc along with cold quality causes Kapha chaya. (mild increase)
Prakopa	Coldness along with dryness causes Kopa	The above qualities associated with hot, cause Kopa – profound increase of Pitta.	Same Snigdha – unctuous, oily etc qualities associated with Ushna – hot cause Kapha Kopa
Prashama	Snigdha (oiliness, unctuousness) and other qualities- Guru (heavy), Ushna (hot) , pichila (stickiness), sthira (stability) etc. associated with hotness bring about Shamana of Vata.	Manda (viscous, mild) and other qualities like stickiness, stability etc, associated with cold bring about Pitta Shama- reduction back to normal	Manda- dull and others- rough, dry, clarity, movement, lightness associated with cold quality bring about Kapha Shama- reduction to normal.

To Summarise...

	Vata	Pitta	Kapha
Chaya	Ushna (hot) + Ruksha (dryness) and associated qualities cause Vata Chaya Season: Summer	Sheeta (cold) + Teekshna (piercing, strong) etc qualities cause Pitta Chaya Season: Rainy season	Sheeta (Cold) + Snigdha (unctuous, oily) cause Kapha Chaya Season: Winter
Prakopa	Sheeta (cold) + Ruksha (dryness) and associated qualities cause Vata Kopa Season: Rainy season	Ushna (hot) + Teekshna (piercing, strong) etc qualities cause Pitta Kopa Season: Autumn	Ushna (hot) + Snigdha (unctuous, oily) cause Kapha Kopa Season: Spring
Prashama	Ushna (hot) + Snigdha (unctuous, oily) and associated qualities cause Vata shama. Season: Autumn	Sheeta (cold) + Manda (mild, dull) cause Pitta Shama. Season: Dewy season	Ushna (hot) + Rooksha (dryness) cause Kapha Shama Season: Summer

Action of increased Dosha

- When there is a flood, the water gushes into the cities very fast, but the reversal process is very slow. Similarly, the increased Doshas spread throughout body from foot to head to produce diseases but the decrease of Dosha and restoration of normalcy takes a very long time

Dosha is the main cause of disease

- Like a bird flying high in the sky cannot escape from its shadow, the root cause for disease lies in Tridosha. Even the mental qualities such as Satva, Raja and Tama are influenced by Tridosha. Dosha get vitiated, then cause vitiation of body tissues (Dhatu) and waste products (Mala) to cause disease.