



All About Doshas – Part 2

Dwividhopakramaneeyam | Doshopakramaneeyam

Ashtanga Hridayam with Dr. Rekha Radhamony

What we
have
learned
so far..

No:	Class	Chapters
Class 1	<ul style="list-style-type: none">• Introduction	<ul style="list-style-type: none">• Ayushkameeyam (The desire for long life)• Orientation
Class 2	<ul style="list-style-type: none">• The Daily Routine	<ul style="list-style-type: none">• Dinacharya
Class 3	<ul style="list-style-type: none">• The Seasonal Routine	<ul style="list-style-type: none">• Ritucharya
Class 4	<ul style="list-style-type: none">• All About Doshas – Part 1	<ul style="list-style-type: none">• Roganulapadaneeyam (How diseases occur)• Doshadivijnaneeyam (Doshas, dhatus and malas)• Doshabhedeeyam (Types of doshas)
Class 5	<ul style="list-style-type: none">• Liquid Foods	<ul style="list-style-type: none">• Dravadravyavijnaneeyam
Class 6	<ul style="list-style-type: none">• All About Foods – Part 1	<ul style="list-style-type: none">• Annaswaroopavijnaneeyam - 1
Class 7	<ul style="list-style-type: none">• All About Foods – Part 2	<ul style="list-style-type: none">• Annaswaroopavijnaneeyam - 2
Class 8	<ul style="list-style-type: none">• The concept of Digestion & Indigestion	<ul style="list-style-type: none">• Annasamrakshaneeyam (Protection of food)• Shodhanadigana Samgrahaneeyam (Herbs used in purification therapies)• Matrashiteeyam (Quantity of food)
Class 9	<ul style="list-style-type: none">• All About Substances & The Six Tastes	<ul style="list-style-type: none">• Dravyadivijneeyam• Rasabhedeeyam
Class 10	<ul style="list-style-type: none">• All About Doshas – Part 2	<ul style="list-style-type: none">• Doshopakramaneeyam• Dwividhopakramaneeyam

What we will learn in Part 2

No:	Class	Chapters
Class 1	<ul style="list-style-type: none">• Oiling & Sweating Therapy	<ul style="list-style-type: none">• Snehavidhi• Swedavidhi
Class 2	<ul style="list-style-type: none">• Emesis & Purgation Therapy	<ul style="list-style-type: none">• Vamana virechana vidhi
Class 3	<ul style="list-style-type: none">• Enema Therapy	<ul style="list-style-type: none">• Vasti vidhi
Class 4	<ul style="list-style-type: none">• Nasya & Medicated Smoking	<ul style="list-style-type: none">• Nasya vidhi• Dhumapana vidhi
Class 5	<ul style="list-style-type: none">• Oil pulling & Gargling	<ul style="list-style-type: none">• Gandushadi vidhi
Class 6	<ul style="list-style-type: none">• Eye Drops & Eye Treatments	<ul style="list-style-type: none">• Aschotana anjana vidhi• Tarpana pudapaka vidhi
Class 7	<ul style="list-style-type: none">• Blood letting, Cauterisation & other Surgical Procedures	<ul style="list-style-type: none">• Yantra vidhi• Shastra vidhi• Siravyadha vidhi• Shalyaharana vidhi• Shastrakarma vidhi• Kshara agni karma vidhi

The Treatment of Dosha Imbalance

Doshopakramaneeyam

Treatment of Vata Imbalance (Increase)

External treatments:

- Abhyanga
- Sudation
- Mridu samshodhana - mild purificatory therapies, mild Panchakarma (Vamana and Virechana). Excess of Panchakarma might lead to Vata increase
- Mardana – simple massaging without oil
- Veshtana – wrapping/covering the body
- Enema with oil, ghee, fat and drugs that increase hunger & digestion
- Seka – pouring of herbal decoctions / oils on the affected part
- Enema with hot potency drugs
- Taila anuvasana – enema with oil

Treatment of Vata Imbalance

Food

- Foods which are of sweet, sour and salt taste
- Foods that have hot potency
- Sneha – oil, ghee, fats
- Wine prepared from corn flour and jaggery


Mind

- Trasana – threatening, frightening
- Comforting the patient

Treatment of Pitta Imbalance (Increase)

- Sarpi paana – drinking Ghrita
- It can be plain or medicated, based on physician's advice
- Swadu, sheeta virechana – purgation therapy with drugs of sweet taste and cold potency
- Intake of foods and drugs having sweet, bitter and astringent tastes
- Inhaling of fumes from herbs that are cooling, pleasant and comforting
- Anointing the body with camphor, sandalwood paste, vetiver paste frequently

Treatment for Pitta Imbalance (Increase)

- Spending time in the moonlight enjoying pleasant music & soft cold breeze
- Company of friends and family who speak cordially & happily
- Spending time with wife, who is obedient, pleasing and virtuous !!! 
- Residing in a house with a fountain of cold water
- Spending time in a building near a waterbody with clean water and sand, with lotus and other flowers, and trees around
- Keeping a calm mind
- Consuming milk and ghee
- Purgation therapy (Virechana)

Treatment of Kapha Imbalance (Increase)

- Teekshna Vamana Virechana - strong emesis and purgation
- Consuming food which is dry
- Eating less quantity of food
- Having food with strong pungent, bitter & astringent taste
- Having heating foods
- Old wine
- Sex
- Keeping awake at night
- Exercising
- Worry !

Treatment of Kapha Imbalance (contd.)

Udwarttana - dry massage of the body

Vamana – emesis therapy

Drinking of soups made from grains

Honey

Therapies and medicines that reduce fat

Inhalation of medicated smoke

Fasting

Gargling

Facing challenging situations & difficulties

Treatment of combination of doshas

Dosha 1	Dosha 1	Season
Vata	Pitta	Greeshma Regimen (Summer) Regimen (Vata boosts Pitta-Yogavahi)
Vata	Kapha	Vasanta Regimen (Spring) (Vata boosts Kapha- Yogavahi)
Pitta	Kapha	Sharad Regimen (Autumn)

Stages of Imbalance & Treatment

Stage	Definition	Treatment
Chaya	Mild increase of 1 dosha	Dosha should be treated properly in this stage itself
Prakopa	Enhanced imbalance of 1 dosha	Dosha should be carefully treated without making opposite dosha to increase
	Enhanced imbalance of all 3 doshas	The most pronounced dosha to be controlled first without making opposite doshas to increase

Suddha Chikitsa (Good Treatment)

That treatment which cures only one disease and gives rise to another disease sooner or later, is not a good treatment.

A good treatment is one that cures one disease and does not give rise to another (Suddha chikitsa)



Movement of Dosha from
Digestive Tract to Body
Tissues & Vice Versa

Movement from GI Tract to Tissues

Due to

- Exercise
- Increase in heat
- Unsuitable/unhealthy activities (ahita)
- Quick movement of Vata

The increased Doshas move out of the Kosta (gastrointestinal tract) to the Shakhas- tissues, bones and vital organs etc

Movement of Doshas from Tissues to GI Tract

Due to

- Opening of channels due to purificatory therapies
- Dosha's capacity to melt & liquify
- Digestion of doshas
- Non-aggravation of Vata

Doshas move back from tissues & vital organs (shakha) to Koshta (GI tract)

Note: When Doshas move from one place to other, they remain there for some time, waiting for an external factor. After deriving strength by season, time etc, they may get further aggravated and move to other places as well.

Native and Foreign Doshas (Sthayi & Agantu Doshas)

Priority of treatment

1. Dosha which has moved to another dosha's seat
2. Doshas that has strength to overcome other do

The foreign dosha should be treated after treating the native Dosha

The choice of Dosha to be treated first depends on the level of aggravation and strength of doshas

Out-of-place Dosha (Tiryakgata Dosha)

- Usually, the Tiryakgata Doshas – which are not localized in the gastrointestinal tract but localized in the tissues, cause troubles to the patient for a long time; they should not be treated in haste. They should be carefully treated only after determining the strength of the body and digestive activity.
- These doshas should be mitigated by palliative treatment or they should be brought into the alimentary tract and then they should be expelled out by the nearby route (either by mouth – by emesis – Vamana or by anal route, by purgation – Virechana)

Saama Dosha

Features of Saama Dosha

- Imbalanced Dosha + Ama = Saama Dosha
- Balabhramsha – loss of strength
- Gaurava – feeling of heaviness of the body
- Anila Moodata – inactivity of vata
- Alasya – laziness, lassitude
- Apakti – loss of digestive power
- Nishteeva – spitting saliva frequently, more of expectoration
- Malasanga – constipation or low frequency of urination leading to accumulation of wastes
- Aruchi – anorexia
- Klama – exhaustion

The opposite of the above symptoms = Nirama Doshas – Doshas not mixed with Ama

Origin of Ama – Amotpatti

- Soon after digestion process, the useful part gets separated from the waste. The useful, nutrition rich part is called as Rasa dhatu.
- Due to lack of digestion strength, The Rasa Dhatu does not form well, it remains in raw, weak form. It gets vitiated, it stays in the Amashaya (stomach and intestines) itself, and becomes 'Ama'.
- Other authors opine that Ama gets formed from intimate mixing with one another of greatly increased Doshas.
- The Doshas and Dusyas (the Dhatus and Malas) which get mixed with this Ama are designated as Sama – mixed with Ama;
- The diseases originating from this Saama dosha are called as Saama Vyadhi

Treatment of Sama Dosha

Sama Doshas that are spread all over the body, stagnated in the Dhatus and which are not moving out of their places of accumulation, should not be forced out by purification Panchakarma therapies like emesis, purgation etc.

Just as attempts of extracting juice from an unripe fruit leads to destruction, the site itself will get destroyed if we try to expel the Doshas out along with Ama

Route of administration	Action
Mouth	Expels doshas from stomach & small intestine
Nose	Expels doshas from head neck and above region
Rectum	Expels doshas accumulated in the large intestine

Sama Dosha Treatment – The Right Approach

Give drugs that help with digestion

Increase hunger of the patient

Abhyanga

Swedana

Purification therapies to expel out the doshas – carefully after assessing the strength of the patient, at proper time

Treatment of Saama doshas (contd.)

- In the early stages, accumulated saama doshas are naturally coming out as loose motions or by vomiting, do not stop them with medicines. If stopped it can create diseases
- The patient has to be given light foods
- If this is not stopping naturally, the patient must be given digestive drugs and Panchakarma has to be administered

Time for eliminating Dosha out of the body -

Extreme seasons with high dosha accumulation	Dosha increase	Time to do Panchakarma to detoxify (Sadharana Kala)	Treatment to be done
Winter	Kapha	Spring (Vasanta)	Vamana
Summer	Vata	Rainy Season	Vasti
Rainy Season	Pitta	Autum Season	Virechana

The Time of Administration of Medicine (Aushadhasevana Kala)

Name	Time	Diseases
Anannam	Empty stomach	Kapha related conditions
		Patients with good strength
		Severe kapha conditions
Annadou	Before food or at the beginning of food intake	Apana vayu related issues
Anna madhya	Between food	Samana vayu related issues
Anna ante	At the end of morning meal	In disorders of Vyana vata
Anna ante	At the end of evening meal	In disorders of Udana vata
Kavalantare	In between morsels	Prana-vata disorders
Grase grase	With each morsel	In anorexia, loss of taste
Muhu muhu	Many times a day	diseases due to poison, vomiting, hiccup, thirst, dyspnea and cough
Sa annam	Mixed with food	Anorexia
Samudgam	Before and after food	Convulsions, tremors, hiccup
Nishi	Bedtime	Diseases affecting head and neck

The Two Types of Therapy (Dwividhopakramaneeyam)

Santarpana & Apatarpana

Since the human body is of two types – obese and lean, the treatment is also of two kinds.

1. Santarpana- nourishing, enriching. It is also called Brimhana (fattening, increasing weight, causing heaviness)
2. Apatarpana – depleting, cleansing. It is also called Langhana (fasting, losing weight, causing lightness)

Brihmana treatment - prithvi (earth element) and ap (water element)

Langhana – the rest of the three elements (fire, air and ether)

2 Kinds of Treatments

Shodhana –
Purification procedures
(Panchakarma)

Shamana- Palliative
treatment

Shodhana

Shodhana treatment expels imbalanced Doshas out of the body

5 types

Niruha- decoction enema

Vamana- emesis, vomiting therapy

Virechana – purgation

Nasya – instillation of medicines through the nose

Raktamoksha – blood letting

Shamana treatment

Shamana is palliative treatment
with medicines

Does not expel the increased
Doshas out of the body

Does not increase the normal
Doshas

Makes the abnormal Doshas
normal

In short, Shamana treatment brings
imbalanced Dosha to normalcy

Types of Shamana

- Pachana – with digestive, carminative drugs
- Deepana – hunger producing drugs
- Kshut – by avoidance of food, fasting
- Trut – by avoidance of water, avoiding liquid food intake
- Vyayama - physical activity
- Aatapa - exposure to sunlight
- Maruta - exposure of wind

Note: Brimhana- fattening therapy is Shamana only because it alleviates/ mitigates both Vata and Vata Pitta- combination

Who needs nourishing therapy? (Brimhana)

- Vyadhi karshita – emaciated by diseases
- Bhaishajya Karshita – emaciated by medicines & therapies
- Madya Karshita – emaciated by alcohol
- Stri Karshita – Emaciated by excess sexual activity
- Shoka karshita – Emaciated by grief
- Bhara – who carries heavy loads frequently
- Adhva – who has walked / travelled long distances
- Urakshata – person with chest injury
- Kshatakseena – who is debilitated due to injury

Who needs nourishing therapy? (contd.)

- Ruksha – who has excess dryness of the body
- Durbala – debilitated
- Vatala – Vata body type
- Garbhini – pregnant
- Sutika – woman who has just delivered
- Bala – children,
- Vruddha – the aged
- Greeshme – in the month of summer, even the other people, who are not indicated above should be given nourishing therapy

Method of Brimhana

- Meat
- Milk
- Sugar
- Ghee
- Enema prepared sweet substances and fats(oil, ghee)
- Sleep
- Comfortable bed
- Oil- massage
- Bath
- Comfort & rest
- Happiness of the mind

Who needs weight loss therapy (Langhana)

- Meha – diabetics
- Amadosha – persons suffering from Ama
- Atisnigdha – who has undergone excess oleation treatment
- Jvara – fever
- Urustambha – stiffness of the thighs
- Kushta – skin diseases
- Visarpa – herpes
- Vidhradi – abscess
- Pleeha – diseases of spleen
- Shira, Kanta Akshi roga – head, throat, and eye diseases
- Sthula – Obese

Even others during Shishira – winter, langhana treatment should be done

Who should do weight loss treatment by purification therapies (Lakhana by Shodhana)

Patients with these diseases should be given Panchakarma treatment as Langhana therapy

- Extremely obese
- High Pitta & Kapha
- Amadosha
- Fever
- Vomiting
- Diarrhea
- Heart disease
- Constipation
- Feeling of heaviness
- Excessive belching

Who needs digestive treatments & then purification for weight loss?
(Deepana, Pachana, Panchakarma)

- Moderately obese
- Medium strength of the body

Should be treated first by administration of digestives and hunger producing substances, later with other purification therapies

Who needs palliative treatment for weight loss? (Shamana type of Langhana)

- Those who are troubled by increased Doshas
- Medium strength of the body
- Medium strength disease
- Capable of withstanding hunger and thirst
- Poor strength of the body and of disease

Treatment is exposing the patients to breeze, sunlight and exercise

Note:

“Na brimhayet lankhaneeyan
Brimhyastu mridu lankhayet”


Those who are to be given Langhana- weight loss therapy, should not be given Brimhana- fattening

Those who are to be given Brimhana should be given mild Langhana or both Langhana and Brimhana together, simultaneously may be given depending upon the nature of habitat, season, strength etc

Benefits of Weight Loss Treatment (Langhana)

- Clarity of sense organs
- Expulsion of wastes
- Feeling of lightness of the body
- Good taste perception
- Appearance of hunger and thirst together
- Feeling of lightness in the chest region
- Clear belching
- Clear throat
- Decreased severity of diseases
- Increase in enthusiasm
- Loss of laziness

Note



If these therapies are done wrong, or done in excess will lead to extreme emaciation and obesity

Effect of Excessive Nourishment (Atibrimhana)

- Atisthaulya – profound obesity
- Apachi – Lymphadenitis, excessive swelling
- Meha – Diabetes, UTI
- Jvara – fever
- Udara – enlargement of abdomen
- Bhagandara – fistula-in-ano
- Kasa – cough
- Samjnanasa – loss of consciousness
- Mutrakrichra – dysuria
- Ama
- Kushta – skin diseases

Treatment of over-nourishing

- Treatments which reduce Medas, Vata & Kapha
- Use of horse gram, Shyamaka (barnyard millet), barley as food, green gram, honey mixed with water
- Indulgence in worry & stressful activities
- Purification therapies
- Avoidance of sleep

Preparations to treat over- nourishment

- Powder of Vidanga (False black pepper – *Embelia ribes*) + dry ginger + yavakshara and iron filing
- Powder of barley and Amla along with honey should be licked daily.
- Triphala + Guduci + Abhaya (*Hareetaki*, *Terminalia chebula* and *Musta* (*Cyperus rotundus*), should be licked with honey daily
- Rasanjana (Aqueous extract of *Berberis aristata*)
- Brihat Pancamula (*Agnimantha*, *Shyonaka*, *Gambhari*, *Patala*, *Bilva*)
- Guggulu along with the fresh juice of *Agnimnatha* (*munja*, *arni*)

Effect of excessive weight loss therapy (ati- lankhana)

- Profound emaciation,
- Bhrama – delusion, dizziness
- Kasa – cough
- Trishna – severe thirst
- Aruchi – anorexia
- Decrease of moisture
- Decrease of digestive power
- Decrease of sleep, vision, hearing, semen, Ojas, hunger and voice
- Pain in the urinary bladder, heart, head, calves, thighs, upper shoulders and flanks
- Fever, delirium, excessive talking, belching, exhaustion, vomiting, cutting pain in the joints and bones
- Non-elimination of feces, urine etc arise from excessive Langhana

The most important note!

“Karshyameva varam sthoulyat nahi sthoolasya bhashajam”

Being thin is a blessing.

There is no treatment for the obese.

Neither Brimhana nor Langhana can remove excess of fat, digestive activity and Vata in an obese person.

Why being thin is better?

- A weak emaciated person can eat sweet, fatty, oily foods to his heart's content while obese person has to eat dry food with pungent and bitter tastes in limited quantity !
- The emaciated person becomes fat like a bear by absence of worry, happiness, use of nutritious foods and a lot of sleep
- There is nothing other than meat that helps to make body fat, especially the meat of carnivorous animals, as they feed on meat
- Foods which are heavy and non-nutritious are ideal for the obese
- Barley is heavy and non nutritious, ideal for the obese
- Godhuma- wheat is light to digest and nutritious, hence good for emaciated !



Thank You

Now you know, why I always say
lose weight by eating rice, gain
weight by eating wheat !! 😊

See you in the next course!

Ashtanga Hridaya Part 2 :
Detoxification with Ayurveda