

#### WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

### Topic 1 Kaya, Chikitsa and Kayachikitsa - Nirukti, Paribhasha, Paryaya and Bheda

# काय, चिकित्सा & कायचिकित्सा

Nirukti (Etymology) • Paribhāṣā (Definition) • Paryāya (Synonyms) • Bheda (Classification)

(plus a simulated clinical case with justified choice of therapy)

## 1 | Why three words?

What it really means in Ayurveda Word Literal idea

a) Body as doṣa-dhātu-mala aggregate (structural view) b) "That which grows / dwells / Kāya

Metabolic Fire (Agni) - functional view changes"

"The act of separating disease Chikitsā Any planned measure that prevents, alleviates or eradicates morbidity from body"

Internal medicine - all non-surgical management centred on Kāya-Chikitsā "Therapy aimed at Kāya" correcting **Agni** & systemic doșa imbalance

#### The two authoritative roots

1. 'कायो नाम दोषधातुमलसंघातः" - "Kāya is the confluence of doṣa-dhātu-mala." — Aṣṭānga Hṛdaya Sūtra 1 /

2. "कायोऽत्र अग्निरुच्यते, तस्य चिकित्सा कायचिकित्सा" - Dalhaṇa on Suśruta Sūtra 1 / 7 : "Here 'kāya' denotes Agni; treatment of deranged Agni itself is Kāya-chikitsā."

These twin viewpoints (structural **body** & functional **fire**) explain every later classification.

## 2 | Nirukti + Paribhāṣā + Paryāya + Bheda

### 2-A KĀYA

Paryāya

Aspect Classical hook Detail

 $K\bar{a}$  (to move/grow) + Ay (to exist)  $\rightarrow$  that which exists by ceaseless See AH Su 1/7 above Nirukti

① Sharīra-drishti - "Doṣa-dhātu-mala-saṅghāta" ② Agni-drishti -Paribhāṣā "Digestive & tissue fire" Dalhana, Su Sū 1/7 commentary

Compiled from Skt. lexicons &

Sharīra, Deha, Tanu, Gātra Suśruta

i. Sthūla vs. Sūkṣma (gross vs. subtle body) ii. Śārīrika vs. Āgneya Caraka's dual use of "kāya" in **Bheda** 

focus (anatomical vs. metabolic) Cikitsā Sthāna intro

#### 2-B CHIKITSĀ

**Aspect** Detail **Classical hook** 

Amarakośa & Bhāva-prakāśa Nirukti "Chikitsā - to keep the cause of disease away" (चित् + कीट् + साय) quotations

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Aspect	Detail	Classical hook
Paribhāṣā	" <b>Yā kriyā vyādhi hāriņī sā chikitsā</b> " – Any action that destroys disease.	Bhāva-prakāśa Pūrvakhaṇḍa 11
Paryāya	Bheṣaja, Aushadha, Agada, Pathya, Jaayu, Pratikarma etc.	Complete synonym list
Bheda	1 . Śodhana (eliminative) • 2 . Śamana (pacificatory) • 3 . Rasāyana (rejuvenative) • 4 . Vājīkaraṇa (reproductive) • 5 . Sattvāvajaya / Daiva-vyapāśraya (psycho-spiritual)	Caraka, Suśruta & later nibandhas divide therapy this way

#### 2-C KĀYA-CHIKITSĀ

Aspect	Detail	Classical hook
Nirukti	Kāyasya Chikitsā - treatment of the body / Agni	Term appears as first of <i>Aṣṭāṅga</i>
Paribhāṣā	"Internal medicine that restores <b>Agni &amp;</b> systemic homeostasis."	Caraka Cikitsā-sthāna preamble
Paryāya	Antaḥ-parimarjana chikitsā, Agni-chikitsā, Jāṭharāgni-śāmaka kriyā	Later commentaries
Bheda	A. <b>Twofold</b> - ① Āgantu (exogenous) ② Nijaroga (internal)	Caraka Viman-4 <i>B.</i> <b>Fourfold</b> – Śodhana/Śamana/Rasāyana/Vājīkaraṇa as applied specifically to systemic disease

## 3 | Choosing the "TYPE" of Chikitsā - a Simulated Case

## ☐ Case vignette

A 32-year-old software engineer, long screen-hours, erratic meals, complains of:

- Heavy head & body in the morning
- Dull epigastric burning, bloating after lunch
- Alternating loose & constipated bowel
- Neck stiffness beginning (Manyāstambha grade I)

Rogī Bala: Medium | Agni: Viṣama | Nidāna: Sedentary posture + cold drinks

**Āyurvedic Diagnosis**: Kāyāgni-manda → Āmajīrṇa progressing to Vāta-Kapha Manyāstambha

### **Decision grid**

Decision step	Reason	Chikitsā-type selected
<ol> <li>Āma present? → yes (coated tongue, heaviness)</li> </ol>	Kapha-āvaraņa dominance	<b>Langhana / Deepana-Pācana</b> - Rūkṣa Sweda, Hingvāṣṭaka + Śuṇṭhī-jal
2. Agni weak; toxins mild	No severe dosha load yet	Mṛdu Virechana (10 ml Guḍūcyādi-Eranda)
3. Local Vāta-stambha in neck	Posture strain	<b>Bahir-parimarjana</b> – Sesame oil Abhyanga + Valuka Sweda
4. Systemic regulation	Prevent progression	<b>Śamana Aushadhi</b> - Yogarāja-Guggulu 500 mg BID
5. Agni stabilised (~Day 7)	Ready for nourishment	Rasāyana start - Aśvagandhā-Lehya 10 g HS
6. <b>Lifestyle root-cause</b>	Prolonged sitting	<b>Pathya</b> – ergonomic desk, 30-min micro-break, warm lunch routine

Therefore: the appropriate initial chikits  $\bar{a}$ -type =  $\hat{S}$ amana-prakṛti Deepana-Pācana with adjunct Bahir-parimarjana.

If recurrence or chronicity → upgrade to **Śodhana (Short Yoga-Basti) + long Rasāyana**.

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## 4 | Quick-reference Tables

## **4-A Concept matrix**

Term	Nirukti (root- meaning)	Paribhāṣā (definition)	Paryāya (synonyms)	Bheda (main subdivision)
Kāya	To go / grow / exist	Body-mass <b>or</b> Agni	Deha, Sharīra, Tanu, Gātra	Sthūla / Sūkṣma ; Śārīrika / Āgneya
Chikitsā	To cut off disease	Disease-destroying action	Bheshaja, Aushadha, Agada, Pathya	Śodhana • Śamana • Rasāyana • Vājīkaraṇa
Kāya-Chikits	ā Treating Kāya	Ayurvedic Internal Medicine	Antaḥ-parimarjana, Agni- chikitsā	Āgantu vs. Nija + the 4- fold above

### 4-B Four pillars for every Kāya-Chikitsā plan

Phase	e Classical term	What you do	
1	Nidāna-parivarjana	Delete the cause → posture, food	
2	Śamana / Śodhana	Neutralise or expel doșa	
3	Rasāyana	Re-nourish dhātu & agni	
4	Satvavājaya / Pathya	Long-term mind, diet, routine reset	

## 5 | Sanskrit Snippets for viva

Devanāgarī		English	render	ing

"सम्प्राप्ति-विघटनमेव चिकित्सा" "Treatment is nothing but breaking the pathogenesis."

"कायोऽत्र अग्निः" - Dalhaṇa "Here 'Kāya' is Agni itself."

"या क्रिया व्याधिहरिणी सा चिकित्सा" – Bhāva-prakāśa "Whatever act removes disease is Chikitsā."

### □ Take-home bullets

- 1. Two images of Kāya anatomical body and metabolic Agni; both need simultaneous care.
- 2. **Chikitsā = Samprāpti-vighaṭana**; if you can't map the pathogenesis you can't pick the right therapy-type.
- 3. **Kāya-Chikitsā** begins with the gut every systemic disease loops back to Agni.
- 4. In the **simulated case** we selected **Deepana-Pācana + Bahir-parimarjana** first; jumping to heavy Śodhana in the presence of Āma would have been *pratyakūla* (counter-therapeutic).
- 5. Rasāyana & Pathya are not "after-thoughts"; they lock the cure and prevent relapse.

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