

#### WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

## Topic 4: Anukta Roga - Treatment Principles based on Dosha-Dushya Vivechana

# Anukta Roga (अनूक्त रोग): Treatment Principles Based on Doṣa-Dūṣya Vivecana

Ayurveda is a timeless science whose principles are applicable even to diseases that are not explicitly mentioned in the classical texts. These unmentioned, unnamed, or newly emerging diseases are known as **Anukta Roga**. The genius of Ayurvedic diagnosis and treatment lies not in memorizing thousands of disease names, but in its foundational, principle-based approach. The cornerstone of this approach is **Doṣa-Dūṣya Vivecana**—a deep and discerning analysis of the pathogenic factors (Doṣa) and the bodily tissues they afflict (Dūṣya).

Acharya Charaka provides the intellectual freedom and the guiding principle for tackling such conditions:

विकारनामाकुशलो न जिह्नीयात् कदाचन । न हि सर्वविकाराणां नामतोऽस्ति भ्रुवा स्थितिः ॥ (च.सू. १८/४४)

Vikāranāmākuśalo na jihrīyāt kadācana | Na hi sarvavikārāṇāṃ nāmato'sti dhruvā sthitiḥ || (Ca.Sū. 18/44)

**Translation**: A physician should never feel embarrassed for not knowing the name of a disease. Indeed, there is no fixed rule that every disease must have a name.

This shloka empowers the physician to focus on the underlying pathology rather than getting fixated on a label.

## The Core Diagnostic Method: Doṣa-Dūṣya Vivecana (दोष-दूष्य विवेचन)

The manifestation of any disease, named or unnamed, is the result of a pathological interaction ( $samm\bar{u}rchan\bar{a}$ ) between the vitiated Dosas and the vulnerable  $D\bar{u}syas$ . Analyzing this interaction is the key to diagnosis and treatment.

## 1. Doșa Vivecana (Analysis of the Vitiated Doșa)

The first step is to identify which Doşa(s) are primarily involved. This is achieved by meticulously observing the patient's symptoms (lakṣaṇas) and relating them to the natural qualities (guṇas) of Vāta, Pitta, and Kapha.

- **Vāta Doṣa**: Look for symptoms characterized by its qualities—*rūkṣa* (dryness), *laghu* (lightness), *śīta* (coldness), *khara* (roughness), *sūkṣma* (subtlety), and *cala* (mobility).
  - **Clinical Signs**: Shifting or throbbing pain (*śūla*), stiffness (*stambha*), contraction (*saṅkoca*), cracking joints, dryness of the skin, constipation, anxiety, and fluctuating intensity of symptoms.
- **Pitta Doṣa**: Look for symptoms reflecting its qualities—sasneha (slight oiliness), tīkṣṇa (sharpness), uṣṇa (hotness), laghu (lightness), visra (foul smell), sara (spreading), and drava (liquidity).
  - **Clinical Signs**: Burning sensation ( $d\bar{a}ha$ ), redness ( $r\bar{a}ga$ ), fever ( $u \neq m\bar{a}$ ), suppuration ( $p\bar{a}ka$ ), excessive sweating, loose stools, and emotions like anger and irritability.
- **Kapha Doṣa**: Look for symptoms manifesting its qualities—*snigdha* (oily), *śīta* (cold), *guru* (heaviness), *manda* (dullness), *ślakṣṇa* (smoothness), *mṛtsna* (stickiness), and *sthira* (stability).
  - **Clinical Signs**: Heaviness (*gaurava*), itching (*kaṇḍū*), swelling (*śotha/śopha*), coldness (*śaitya*), excessive salivation or mucous discharge, lethargy, and dull, stable pain.

## 2. Dūṣya Vivecana (Analysis of the Afflicted Tissue/Channel)

 $D\bar{u}$ ṣya refers to the bodily elements that are vitiated by the Doṣas. This includes the seven  $Dh\bar{a}tus$  (tissues), the  $Upadh\bar{a}tus$  (secondary tissues), and the Malas (waste products). The analysis involves identifying the primary site (adhiṣṭh $\bar{a}$ na) of the disease.

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- Rasa Dhātu (Plasma, Lymph): Symptoms like anorexia (aruci), fever (jvara), tastelessness, and general malaise.
- Rakta Dhātu (Blood): Skin disorders (kuṣṭha), bleeding conditions (raktapitta), abscesses (vidradhi), and inflammation.
- Māṃsa Dhātu (Muscle): Tumors (arbuda), myalgia, swelling, and changes in muscle mass.
- **Meda Dhātu** (Adipose tissue): Abnormal growths, fatigue, excessive sweating, and disorders of metabolism like obesity or emaciation.
- Asthi Dhātu (Bone): Pain in the bones, joint deformities, cracking sounds, and issues with teeth and hair.
- Majjā Dhātu (Bone Marrow/Nerve Tissue): Giddiness (*bhrama*), fainting (*mūrcchā*), pain in the joints, and neurological symptoms.
- Śukra Dhātu (Reproductive Tissue): Infertility, loss of libido, and other reproductive disorders.

The analysis of *Srotas* (body channels) is equally important to pinpoint the pathway of the disease. For instance, respiratory symptoms point to the vitiation of *Prāṇavaha Srotas*.

## The Chikitsā Sūtra (चिकित्सा सूत्र - Line of Treatment)

Once the *Doṣa* and *Dūṣya* are clearly identified, a logical treatment plan can be formulated based on the foundational principle of **Sāmānya-Viśeṣa Siddhānta** (principle of similarity and dissimilarity). Treatment involves using substances and therapies that have qualities opposite (*viparita*) to the causative factors.

The treatment protocol is as follows:

- 1. **Nidāna Parivarjana (**निदान परिवर्जन): The absolute first step is to remove the cause. The patient must stop the diet, lifestyle, or environmental factors that led to the *Doṣa* aggravation. This is the most effective treatment.
- 2. **Doṣa Pratyānīka Chikitsā (दोष** प्रत्यानीक चिकित्सा): This means "treatment antagonistic to the Doṣa." One must apply therapies and substances with opposite qualities.
  - o If **Vāta** is dominant (e.g., dry, cold, light), the treatment should be oily (*snigdha*), hot (*uṣṇa*), and heavy (*guru*). This includes oil massage (*abhyanga*), steam therapy (*svedana*), medicated enemas (*basti*), and a nourishing diet.
  - If Pitta is dominant (e.g., hot, sharp), the treatment should be cold (śīta) and mild (manda). This involves using cooling herbs (like sandalwood), purgation therapy (virecana), and a diet that is sweet, bitter, and astringent.
  - If Kapha is dominant (e.g., heavy, cold, oily), the treatment should be light (laghu), hot (uṣṇa), and dry (rūkṣa). This includes therapeutic emesis (vamana), use of pungent and bitter herbs, fasting, and vigorous exercise.
- 3. **Dūṣya/Vyādhi Pratyānīka Chikitsā (**व्याभि प्रत्यानीक चिकित्सा): This is treatment antagonistic to the disease process and the affected tissue. It involves selecting specific herbs (*dravyās*) that have a targeted action (*prabhāva*) on the afflicted *dūṣya* or *srotas*.
  - For a disease of *Meda Dhātu* (adipose tissue), herbs like *Guggulu* or *Vrikshamla* are used for their fat-scraping (*lekhana*) property.
  - For a disease of *Asthi Dhātu* (bone), substances rich in calcium and herbs like *Lākṣā* and *Asthiśṛṅkhalā* are chosen.

## A Practical Example: Analyzing a Modern Condition

Let's consider a condition with symptoms of widespread muscular pain, fatigue, and brain fog, which might be labeled "Fibromyalgia" in modern medicine. An Ayurvedic physician would approach this *Anukta Roga* as follows:

### • Doșa Vivecana:

- Widespread, shifting pain (*śūla*): **Primary Vāta aggravation**.
- Fatigue, heaviness (gaurava), lethargy: Associated Kapha Doşa and presence of Āma (metabolic toxins).
- Brain fog (impaired cognition): Vāta affecting Majjā Dhātu and obscuring the channels of the mind (Manovaha Srotas).

## • Dūşya Vivecana:

• Pain is located in the muscles: Māṃsa Dhātu is the primary afflicted tissue.

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- The systemic nature of fatigue and malaise suggests vitiation starts at the level of Rasa Dhātu.
- **Inferred Pathology**: This is a *Vāta-Kaphaja* condition with *Āma*, primarily located in the *Rasa* and *Māṃsa Dhātus*, obstructing multiple channels (*Srotorodha*).
- Treatment Plan:
  - 1. **Nidāna Parivarjana**: Advise patient to avoid cold, dry foods, irregular routines, and excessive mental stress.
  - Āma Pācana: Start with light fasting (laṅghana) and digestive herbs like Trikatu or Citrakādi Vaţi to clear Āma.
  - 3. **Doṣa-Dūṣya Chikitsā**:
    - Administer gentle full-body oil massage (*Abhyanga*) with Vāta-pacifying oils like *Dhanwantaram Tailam* followed by steam (*Bāṣpa Sveda*) to pacify Vāta and Kapha and clear channels.
    - Prescribe herbal combinations that are Vāta-Kapha-hara and work on the Māmsa Dhātu, such as preparations of Daśamūla, Rāsnā, and Guggulu.
    - Medicated enemas (Basti) could be the main line of treatment to pacify the root of Vāta.

By focusing on the fundamental principles of Doṣa and Duṣya, a physician can confidently and effectively treat any disease, whether it is an ancient, well-documented malady or a new, unnamed condition of the modern era. This principle-based approach ensures that Ayurveda remains a dynamic and ever-relevant system of medicine.

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