



ISSN 2456-3110

Vol 9 · Issue 2

February 2024

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Concept of *Kleda* in accordance to *Kriya Sharir* - A Review Article

Kiran Lalwani¹, D.T. Kodape², Sunil Topare³, Kiran Pawar⁴

¹Post Graduate Scholar, Department of Kriya Sharir, Government Ayurved College, Nagpur, Maharashtra, India.

^{2,4}Associate Professor, Department of Kriya Sharir, Government Ayurved College, Nagpur, Maharashtra, India.

³HOD, Department of Kriya Sharir, Government Ayurved College, Nagpur, Maharashtra, India.

ABSTRACT

Concept of *Kleda* may not yet have any recognized clinical value as it is not specifically addressed in any Ayurvedic texts. Our Classical text doesn't particularly mention it in any of its quotations. However, we are all aware that the term "*Kleda*" appears throughout *Bruhatrayi*. *Kleda* is an integral *bhava* in human body with physiological, pathological and therapeutic importance. It has different meaning in different context. *Acharya Charaka* identified this as one among the Six *Ahara Parinamakara Bhava*, factors essential for biotransformation of diet, thus helping in the digestion and metabolism process. It also helps in other vital functions of the body i.e., circulation, respiration, excretion, and protection of the skin through sweating as well. It is a factor responsible for moisture, thus it may be considered as water in the body, present in various forms. Generally, water (*Udaka*) is moisturizing agent. *Kleda* and *Udaka* may be synonymous but *Udaka* when performs a specific function of *Kledana* (moistening, wetting or liquifying) then it is known as *Kleda*. The amount of *Kleda* is balanced by removal of excess *Kleda* in the form of *Sweda* and *Mutra*.

Key words: *Kleda*, *Udaka*, *Kledana*, *Sweda*, *Mutra*.

INTRODUCTION

The word '*Kleda*' originates from the root '*Klid*' which means 'to make wet'. So, *Kleda* is something which makes things wet. *Kleda* is a *Dravya* with certain properties and functions. *Kleda* is described as representative of *Jala Mahābhūta* in the body and causing softening and loosening of solid materials on an account of its *Drava*, *Snigdha* and *Mṛudu* properties. So, *Kleda* is nothing but *Udaka* with some

modifications.

AIM AND OBJECTIVES

1. To clarify the concept of *Kleda* in accordance with *Sharir Kriya*.
2. To establish *Kleda's* function and role in relation to the core *Ayurvedic* principles.

MATERIALS AND METHODS

All the *Ayurvedic* classics and modern text along with journals and modern databases has been thoroughly searched.

Relation of *Kleda* and *Dosha*

Prakrut Kleda is directly related to *Kapha Dosha* due to similarities in properties and *Jaliya Dharma*.^[1] It is related to *Kledaka Kapha* which resides in *Amashaya* and does the function of *Anna Kledana*.

Relation between *Kleda* and *Mala*

Prakrut Kleda is responsible for softening the solid elements in the body because of its *Drava*, *Snigdha*,

Address for correspondence:

Dr. Kiran Lalwani

Post Graduate Scholar, Department of Kriya Sharir,
Government Ayurved College, Nagpur, Maharashtra, India.

E-mail: kiranlalwaniayur123@gmail.com

Submission Date: 14/12/2023 Accepted Date: 23/01/2024

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: 10.21760/jaims.9.2.29

Picchila, Mrudu Gunas. According to *Acharya Sushrut*, *Sweda* is responsible for making *Twak Sukaumaryatwa* by doing *Dharan* of *Kleda*.

Whenever the normal liquid portions (*Ārdratā*) increase in *Dhātu* as a result of metabolism or in some pathological conditions, it is to be eliminated mainly through *Mūtra*.^[4]

i.e., मूत्रस्यक्लेदवाहनम् | (A.H.Su. 11/5)

बस्तिपूरणवक्लेदकृन्मूत्रं | (Su. Su. 15/2)

Sweda also helps in the controlled elimination of *Kleda*.

i.e., स्वेदस्यक्लेदविधुति | (A.H.Su. 11/5)

स्वेदक्लेदत्वक्सौकुमार्यकृत् | (Su.Su.15/2)

According to Ayurveda, *Mutra* and *Sweda* are the *Malas*, *Kleda* is eliminated through *Mutra*^[7] while *Sweda* holds it in the body tissues. Thus, the status of *Kleda*, *Sweda* and *Mutra* are interdependent. If *Kleda* is water portion, then consider *Sweda* as solute part in sweat and *Mutra* as solute part in the urine. *Sweda* retain *Kleda* while *Mutra* eliminates it from body. This concept is applied practically during treatment of diseases.

Role in Ahara Parinamkara Bhava

Prakrut Kleda plays vital role in *Anna Pachana* with normal functioning of *Dosha*, *Dhatu*, *Mala* and *Agni*, ultimately maintaining normal physiological process in the body.

Ushma, *Vayu*, *Kleda*, *Sneha*, *Kala*, and *Samyoga* are necessary for correct *Ahara Pachana*.^[2] Here *Kleda* should be seen as *Jalabhaga* existing within the body, particularly the *Kledaka Kapha* in *Amashaya* that performs the *Annasanghata* (breaking down the dietary material into a mucilaginous state).

Role in Digestion

It is regarded as one of the prerequisites necessary for healthy food digestion. *Kleda* is the moisture needed to keep the mild digestion at the point of *Dhatu*s running smoothly. The stomach's mucous membrane is shielded by the gastric mucin (*Kleda* + *Sneha*).

Chymification (*Kledana*) is the process by which food breaks down into tiny particles in the stomach, and the resulting food is known as chyme. Here, the *Kaphaja Bhava* is *Kleda*. Thus, in *Sareera*, *Kapha* bears responsibility for *Kledana*.^[3]

In addition to supplying a liquid medium for the digestion process, mucus secreted by the mucus neck cells of gastric glands is crucial in protecting the mucous membrane of the stomach. Additionally, the gut's associated lymphoid tissue contributes to protection by blocking the entry of any bacteria. *Kledaka Kapha* is able to describe each of these mechanisms.

Vikrut Kleda Utpatti in Dhatu

Kleda is the moisture required for the smooth functioning of the subtle digestion at the point of *Dhatu*s (tissues). Every *Dhatu* has specific shape and structure. *Rasa* and *Rakta* are liquid. The rest have specific physicality and shape. For smooth functioning of them, there is always a need for something to help replenish them. *Kleda* is the moisture created for replenishment and nourishment of every *Dhatu* and is used by that tissue and the next tissue as well.

The amount of *Kleda* produced is due to the *Jala Mahabhuta* in the body. As, a result, if you drink a lot of water, the generated *Ahar Rasa* will also contain a lot of water and *Kleda*. This *Kleda* which is generated at every level, has to be removed from the body otherwise it can cause *Srotorodha*, vitiation of *Jala Mahabhuta* and other issues and diseases.

Frequent consumption of *Kledakara Ahar Vihar*.



Abnormally higher amount of *Kleda* in *Strotas*.



Excess *Kleda* formation in *Dhatu*.



Excessive formation of *Kleda* in *Body*.



Inhibition of normal physiological function of *body*.

In normal physiological condition, *Kleda* should typically migrate from one *Dhatu* to another, but in case of excess *Kleda*, it will remain in the *Dhatu*.

1. In *Rasa* - Due to excess *Kleda* - *Rasa* fails to replenish the *Rakta Dhatu* and hence it causes *Pandu/Anemia*.
2. *Kleda* that becomes stagnant in *Rakta* and *Mamsa Dhatu* can cause skin disorder.
3. *Asthi* - No particular diseases of *Asthi Dhatu* that shows *Kleda*, but there are diseases like osteomalacia and greenstick fractures where the *Dhatu* becomes weak because of depletion of *Prithvi Mahabhuta* and its *Sthira Guna*.
4. *Majja* - *Atyadhikka Kleda* in *Majja Dhatu* leads to fogginess of mind specifically in psychological disorders like schizophrenia.
5. When *Shukra Dhatu* gets affected can cause congenital issues - for example juvenile diabetes.

Kleda* as a *Dusya

Dosha Dushya Sammurchana, *Agnimandya* or disturbed *Sara-Kitta Vibhajana* produces *Vikrut Kleda* that can cause or become a vital entity in disease manifestation. This can be justified from certain *Vyadhi Utpattis* explained in *Samhitas* such as *Kushtha*, *Prameha*, *Prameha Pidaka*, *Vrana* etc.

In classical text, word "*Kleda*" also used for secretion or oozing from wound (*Vrana*)^[5] or skin lesions as a symptom in various disorders. Exudates which are inflammatory products are common in skin diseases, for example in *Kushtha* and *Visarpa*, *Kleda* is considered as *Dusya* in these clinical conditions too.

Kleda* in *Prameha

In Diabetes, excessive of *Kleda* suppresses the *Agni* (factor responsible for digestion and metabolism), obstructs the *Strotas* and produces various disorders. Among the vitiating factors responsible for causation of *Prameha*, *Vikruta Kleda* is one among the important factors responsible for the pathogenesis of the ailment. In *Samprapti* of *Prameha*, *Kleda* becomes seriously vitiating due to hampered process of digestion

and mixes with urine to produce turbid and frequent urination, which is cardinal feature of *Prameha*.^[5]

***Kleda* in Obesity**

In general, *Kleda* should travel from one *Dhatu* to another; nevertheless, if there is excess *Kleda*, it will remain in the *Dhatu*. In obesity, *Kleda* becomes stagnant in *Medovaha Srotas*. There will be flabbier adipose tissue. Although *Meda Dhatu* is present in every body, it manifests differently in thin people than in fat people. Therefore because of presence of *Jala Mahabhuta*, the fat in obese person will be flabbier.

DISCUSSION AND CONCLUSION

According to Ayurveda, *Kleda* is a substance where the water element (*Jala Mahabhoota*) predominates at the most basic level (the *Mahabhoota* level). Furthermore, in terms of *Tridoshas*, *Kleda* is regulated and contributed by both *Pitta* and *Kapha*. In case the *Apya Bhava* of *Kapha* is disrupted, the body might experience an increase in *Kleda*; or if, *Ushna* (heat) and/or *Drava (Jala) Bhava* gets rise. Next comes a disruption of *Pitta*, which therefore causes a disturbance of *Kleda*.

Kleda is the fundamental collection of *Sneha* in the body that sustains life by maintaining the homeostasis. In our classics, *Kleda* is used in two forms; one as a normal constituent needed for the body, for digestion, keeps the entire body moistened and holds all the elements together.

When this *Kleda* exceeds a particular limit, attains another form i.e., *Malarupa*, and it should be eliminated through *Mutra*, *Sweda* etc. If there is no proper elimination of *Kleda* which leads to *Malasanchaya* in *Dhatu*s which disturbs the overall system and leads to *Kleda Pradhana Vyadhis*, some are mentioned above.

Any derangement in *Kleda* can cause its deterioration, thus all measures should be taken to keep the *Snehabhava* of *Shareera* in optimum level. An assessment of this is of utmost importance for a clear diagnosis of a condition in a patient. This can be carried out by the thorough examinations of the *Malas*, especially *Mutra*.

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How to cite this article: Kiran Lalwani, D.T. Kodape, Sunil Topare, Kiran Pawar. Concept of Kleda in accordance to Kriya Sharir - A Review Article. J Ayurveda Integr Med Sci 2024;2:187-190.

<http://dx.doi.org/10.21760/jaims.9.2.29>

Source of Support: Nil, **Conflict of Interest:** None declared.
