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Concept and significance of *Shatkriyakala*

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ABSTRACT

The term *Kriyakala* refers to the recognition of the stages of a disease progress. This concept is mostly compared with disease pathogenesis. *Kriyakala* means the time of treatment or interception in the process of disease manifestation. *Acharya Susruta* has narrated detailed concept of *Shatkriyakala* in 21st chapter of *Sutrasthana*. *Shatkriyakala* include six stages viz *Sanchaya*, *Prakopa*, *Prasara*, *Sthansamshraya*, *Vyaktavastha* and *Bhedavastha*. *Kriya* means Action or treatment. Early diagnosis of any disease helps to cure the disease successfully without much discomfort. This is an objective approach of ancient scientists helping for the clinical practice.

Key words: *Shatkriyakala*, *Dosha*, *Dhatu*, *Sanchaya*, *Prakopa*, *Prasara*, *Sthansamshraya*, *Vyaktavastha*, *Bhedavastha*

INTRODUCTION

A number of new diseases have been found all around the world as a result of today sedentary lifestyle, pollution, eating habits and things man's incapacity to achieve and maintain his internal steady state equilibrium results in the onset of disease. The six stages of the shat *Kriyakala*, as described by *Acharya Sushruta*, provide insight into the *Doshadushtis* present condition as well as the course of any bodily illness from its beginning. The treatment plan as well as the stages of sickness presentation are both fully explained by one of the most important Ayurvedic concept.

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METHODOLOGY

Literature Search

Review of Literature regarding *Shatkriyakala* is collected from (1) *Sushruta Samhita* (2) *Astang Hrudayam*. All compiled matter is reorganized and critically analyzed for the discussion and attempt has been made to draw some fruitful conclusions.

Shat Kriyakala

Till now we know that physiology is the study of normal functioning of the body is study of *Dosha* (bioenergy), *Dhatu* (tissues) and *Mala* (waste matter). Pathology deals with etiology, diagnosis, symptoms of the disease.

To cure the disease completely knowledge of *Shatkriyakala* or *Samprapti* is essential. *Shat* means six and *Kriyakala* means stages. *Samprapti* has six stages from the accumulation of *Doshas* till the disease is completely manifested. *Sushruta* has described these stages in the following way.^[1]

1) Stage of Accumulation (*Chaya* or *Sanchaya*)

In this stage the disturbed *Doshas* start accumulation in their own sites.

a) In *Vata Chaya* the person senses abdominal bulging due to *Vata* accumulation and then becomes lethargic.

- b) In *Pitta Chaya* yellowness of nails, eyes and urine is observed.
- c) In *Kapha Chaya* body temperature is lowered. The person starts developing nausea.

Chaya is increased in its own sites and produces dislike for things which are the causes of increase and liking for things of opposite qualities.

In this stages mild symptoms are seen. Thus it is very beneficial to cure the person in this 1ststage itself.^[2]

If we treat the disease at the stage of *Sanchaya* (accumulation), the disease does not spread further. This is the reason why it is said that if we can win over the disease.^[3]

The *Doshas* should be vanquished (by effective treatment) in their stage of *Chaya*.^[4]

Explaining *Chaya Avastha*

SN	Chaya	Site	Desire of qualities of Doshas
1.	Vata	Pakvashaya	Ushna, Snigdha and sweet
2.	Pitta	Grahani	Sweet, Sheeta
3.	Kapha	Amashaya	Fasting

Symptoms of *Chaya Avastha*

SN	Chaya	Site	Symptoms
1.	Vata	Pakvashaya	Stabhadpurna Koshttha
2.	Pitta	Grahani	Pitavabhasata
3.	Kapha	Amashaya	Mandoshmata, Gaurav

The initial effects of etiological factors or suppression of immune response in case of infectious disease can be correlated with *Sanchaya* which is considered as stage of *Doshas* accumulation. *Sanchaya* may represent the level of oxidative stress which damages the cell structure and its functions.

2) Stage of Aggravation (Prakopa)

In this stage the doshas go on accumulating further in their own sites.

- a) In *Vata-Prakopa*, hyper peristalsis is observed i.e., food passes very rapidly through the stomach and intestine.
- b) In *Pitta-Prakopa*, water brash, polydipsia (frequency in drinking water) and burning sensation is observed.
- c) In *Kapha-Prakopa* the person feels nauseated about food and heaviness in chest is observed.

Vagbhata has said that in this stage *Dosha* spread throughout the body. However, this is not quite correct.^[5]

The disturbed biological response after invasion of etiological factors alter normal state of body leading to the more accumulation of disease causative entity inside the body this can be correlated with *Prakopa of Shatkriyakala*. *Prakopa* stage has unusual cell proliferation due to oxidative stress which may have increased DNA mutations or induced DNA damage and genome instability.

3) Stage of Spread (Prasara)

In this stage the *Doshas* are hyper activated and they leave their site and start spreading throughout the body.

- a) In *Vata-Prasara Doshas* change their place and move in any part of the body. A person experiences tympanitis.
- b) In *Pitta-Prasara* body temperature is raised and burning sensation is sensed.
- c) In *Kapha-Prasara* the person experiences fatigue, indigestion and tastelessness. Also a falling for nausea is developed.^[6]

How Prasara stage is formed?

If milk is kept for boiling in a vessel, after some time it comes up to the brim and then if not removed spills out. Similarly *Doshas* leave their place and spread throughout the body.

When water and *Kodrava* (type of cereal) are mixed and kept in closed vessel for some time, then fermentation takes place and this mixture spreads

rapidly everywhere. Similarly, *Doshas* spread rapidly throughout the body.

The stage of *Prasara* can be correlated with the cell migration as oxidative stress can augment tumor growth and metastasis by causing profound alterations in the morphology and adhesive properties of the cells.

4) Stage of Localization (*Sthanasamshraya*) In this stage the aggravated *Doshas* attack the *Dushya* or weak tissues or waste products & disease is manifested. In these stages the prodromal symptoms (*Purvarupa*) starts appearing.

In this stage the disease starts progressing. The type of disease depends on where the *Doshas* have accumulated. Depending on the type of channel these *Doshas* attack, various disease like diarrhea, kidney stone, fever etc. occurs. To prevent this stage *Rasayana* treatment is very beneficial.

Stage of disease augmentation in which causative entity accumulated at different body parts can be correlates with *Sthanasamsraya* in which aggravated and spreaded *Dosha* gets localized to many body parts.

Sthanasamshraya may be called as homing process of the cells. This homing process takes place through multiple steps, which includes progression, invasion and settling of cells into a distant organ.

5) Stage of Manifestation (*Vyakti*) In this stage the disease expresses itself. Here, the disease can be diagnosed easily. e.g. pyrexia, colitis (diagnosed by type of feces). Sushruta has described this stage as occurrence of disease.

In this stage proper symptoms or *Rupa* appears, therefore particular disease expresses particular symptoms.

Stage of manifestation of symptom can be considered as *Vyakti* in which disease diagnosis can be possible accurately on the basis of sign and symptoms. It is considered as acute stage of disease manifestation.

6) Stage of Differentiation (*Bheda*) This is the last stage of *Shat-Kriyakala*. In this stage the disease can be diagnosed correctly and its *Doshaja* type can be

decided e.g. *Pittaja* diarrhea (where *Pitta Dosha* is predominant).

Stage of complications of disease can be correlates with *Bheda* stage in which chronic or incurable condition may persist if proper treatment options not adopted.

Significance of *Shat-Kriyakala*

- 1) Understand the stage in a definite sequence before the disease is diagnosed.
- 2) We can prevent the formation of disease if the initial stage are diagnosed correctly.
- 3) Different type of treatment can be given for different stage.
- 4) The physician can successfully cure the patient and prevent the recurrence of the disease.

DISCUSSION

Kriyakala can be subdivided in two stages: 1) *Doshaja Kriya Kala*: The treatment is given according to the involvement of *Doshas*, it includes *Sanchaya*, *Prakopa*, *Prasara* stages. 2) *Vyadhi Kriya Kala*: The treatment is given according to the disease, it includes *Sthana Samshraya*, *Vyakti*, *Bheda* stages. So, in manifestation of disease *Shad Kriyakala* having important significance. If we understand *Shad Kriyakala* properly we can detect the disease in early stage and treated easily. Hence each stage of *Kriyakala* helps to prevent the spread of disease

CONCLUSION

In process of manifestation of various diseases, concepts of *shad kriyakala* have great role. All the six stages of *Shad Kriyakala* may not be distinctly procurable in each and every disease but it risk in all the conditions. The duration of each stage depends on etiological factors, triggering factors, nature of *Doshas*, nature of disorder. By this we concluded that whatever may be the disease the early diagnosis will not cause complication, every stage having particular treatment, physician can treat the disease by lower doses and less time in early stage.

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