

## Dosha Dushya Sammurchana in Disease Manifestation - A Review


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According to Ayurveda, Tridosha, Saptadhatu, and Trimal are essential components of the body. Ayurveda is a discipline that addresses both therapeutic and preventive dimensions of human health. Dosha – Dushya Sammurchchhana plays a significant role in the causation of diseases that are crucial for both therapeutic and preventive approaches. Vyadhiutpatti has been defined as the mechanism through which disease develops. It comprises successive stages of pathogenesis leading to illness. Understanding Khavaigunya clarifies how the disturbed Doshas accumulate in a specific area of the body to cause disease while sparing other regions. The current study is a review of our classical Ayurveda literature that encompasses the concept of Shatkriyakala, a comprehensive description of Strotodushti and its varieties, elucidation of Khavaigunya, and Dosha-Dushya Samurchchhna concerning the development of disease.

**Keywords:** Dosha - Dushya Sammurchchhana, Tridosha, Saptadhatu, Trimal, Ayurveda

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## Introduction

Ayurveda, the ancient science of life, is based on the fundamental principles of *Tridosha* (*Vata*, *Pitta*, *Kapha*) and *Dushya* (the bodily tissues and waste products). Health in Ayurveda is defined as the balance of *Dosha*, *Dhatu* (tissues), *Mala* (waste), and *Agni* (digestive fire). Any disturbance in this equilibrium leads to the manifestation of diseases (*Roga*). The process by which disease originates and progresses in the body is known as *Samprapti* (pathogenesis). A critical component of this process is *Dosha Dushya Sammurchana*, which refers to the interaction between the vitiated *Doshas* and the *Dushyas* (body tissues), resulting in the formation of disease.[1]

The concept of *Dosha Dushya Sammurchana* holds a central position in the understanding of disease pathology in Ayurveda. The word *Sammurchana* implies the complex process of union or interaction, where the vitiated *Doshas* come into contact with susceptible *Dushyas*, leading to the manifestation of disease. This article explores the detailed concept of *Dosha Dushya Sammurchana*, its underlying mechanisms, clinical significance, and its role in Ayurvedic diagnosis and treatment.[2]

### **Tridosha and their role in disease manifestation**

The concept of *Tridosha* forms the foundation of Ayurvedic physiology and pathology. The three *Doshas* - *Vata*, *Pitta*, and *Kapha* - represent the fundamental physiological forces that regulate the body.

#### **1. Vata Dosha**

- Composed of *Akasha* (ether) and *Vayu* (air)
- Governs movement, respiration, and nervous system functions
- Characteristics: Dry, light, cold, rough, subtle, and mobile
- Vitiation causes disorders such as dryness, roughness, tremors, and instability

#### **2. Pitta Dosha**

- Composed of *Agni* (fire) and *Jala* (water).
- Governs digestion, metabolism, and transformation.
- Characteristics: Hot, sharp, oily, light, spreading, and liquid.

- Vitiation causes disorders such as inflammation, burning sensation, and increased body heat

#### **3. Kapha Dosha**

- Composed of *Prithvi* (earth) and *Jala* (water)
- Governs cohesion, lubrication, and structural integrity
- Characteristics: Heavy, cold, oily, soft, stable, and slow
- Vitiation causes disorders such as lethargy, coldness, heaviness, and excess mucus

### **Dushya and their role in disease manifestation**

*Dushyas* refer to the bodily components that are susceptible to the vitiation caused by *Doshas*. The *Dushyas* include *Dhatus* (tissues), *Upadhatu* (sub-tissues), and *Malas* (waste products). The interaction of vitiated *Doshas* with these *Dushyas* leads to pathological changes in the body.[3]

#### **1. Sapta Dhatu (Seven Tissues)**

- a. *Rasa Dhatu* (plasma) - Nourishment and immunity
- b. *Rakta Dhatu* (blood) - Oxygenation and circulation
- c. *Mamsa Dhatu* (muscle) - Strength and structure
- d. *Meda Dhatu* (fat) - Lubrication and energy storage
- e. *Asthi Dhatu* (bone) - Support and protection
- f. *Majja Dhatu* (marrow) - Nervous system function and immunity
- g. *Shukra Dhatu* (reproductive tissue) - Reproduction and vitality

#### **2. Upadhatu (Sub-Tissues)**

- *Stanya* (breast milk)
- *Artava* (menstrual blood)
- *Lasika* (lymph)

#### **3. Mala (Waste Products)**

- *Purisha* (stool)
- *Mutra* (urine)
- *Sveda* (sweat)

### **Definition of Dosha Dushya Sammurchana**

*Dosha Dushya Sammurchana* is pathological process where vitiated *Doshas* interact with susceptible *Dushyas*, resulting in manifestation of disease.

The word *Sammurchana* implies the dynamic and complex process where the disturbed physiological forces (*Doshas*) combine with bodily components (*Dushyas*), initiating structural and functional abnormalities.

Dosha	Dushya	Disease	Symptoms	Example
Vata + Rasa	Rasa	Shotha (Edema)	Swelling, dryness	Vataja Shotha
Pitta + Rakta	Rakta	Raktapitta (Bleeding disorders)	Epistaxis, hematuria	Pittaj Raktapitta
Kapha + Mamsa	Mamsa	Granthi (Tumor)	Hard mass, heaviness	Lipoma
Vata + Asthi	Asthi	Asthigata Vata (Osteoarthritis)	Joint pain, crepitus	Osteoarthritis
Pitta + Majja	Majja	Majjagata Pitta (Neuroinflammation)	Burning sensation, dizziness	Multiple sclerosis
Kapha + Meda	Meda	Medoroga (Obesity)	Weight gain, lethargy	Obesity

When the *Doshaprakopa* is managed with appropriate interventions or when the seasonal regimen (*Ritucharya*) is correctly adhered to, the *Doshas* naturally calm themselves (*Prashama, Shama*) without advancing to other pathological stages (to be explained later). When neglected, the *Prakupita Doshas* (vitiated *Doshas*) advance to the stage of *Prasara*, where the *Doshas* abandon their original sites and spread throughout the body in all directions.[4]

Now these *Prasarita Doshas* (*Doshas* put into circulation) seek out weak and vulnerable *Dushyas* (*Dhatus* and *Malas*). Upon encountering such *Dushyas*, the vitiated *Doshas* infiltrate those *Dushyas* and become entrenched within them.

This phase of pathogenesis is referred to as *Sthana Samshraya* or the lodgment of *Doshas* or the localization of *Doshas* in *Dushyas* (*Dhatus, Malas*). When the vitiated *Doshas* infiltrate the *Dhatus* (*Dushyas*), a reaction occurs between the encroaching *Dosha* and the invaded *Dhatu*.

This results in a pathological combination or amalgamation of *Doshas* & *Dushyas*, initiating disease pathology. This amalgamation of *Dosha* and *Dushya* is known as *Dosha Dushya Sammurchana*. [5]

### Components of Dosha Dushya Sammurchana

**1. Dosha Prakopa (Vitiation of Dosha):** Initial disturbance of *Doshas* due to improper diet, lifestyle, or environmental factors.

**2. Dushya Kshaya or Vriddhi (Increase or Decrease of Tissues):** Imbalance in *Dushyas* due to pathological processes.

**3. Sthana Samshraya (Localization):** Vitiated *Doshas* get lodged in a specific tissue or organ.

**4. Dosha Dushya Sammurchana (Interaction):** Interaction between the disturbed *Doshas* and *Dushyas* leads to disease formation.

### Types of Dosha Dushya Sammurchana

Based on the involvement of specific *Doshas* and *Dushyas*, *Dosha Dushya Sammurchana* can be classified into the following types:

#### 1. Vataja Sammurchana

- Vitiation of *Vatadosha* interacting with specific *Dushyas*
- Dryness, roughness, and mobility are key features
- Diseases: Osteoarthritis, constipation, paralysis, and tremors

#### 2. Pittaja Sammurchana

- Vitiation of *Pitta Dosha* interacting with susceptible *Dushyas*
- Heat, inflammation, and burning sensations are key features
- Diseases: Hyperacidity, dermatitis, jaundice, and ulcers

#### 3. Kaphaja Sammurchana

- Vitiation of *Kapha Dosha* interacting with specific *Dushyas*
- Coldness, heaviness, and stagnation are key features
- Diseases: Obesity, respiratory issues, and hypothyroidism

#### 4. Sannipataja Sammurchana

- Involvement of all three *Doshas* interacting with *Dushyas*
- Complex symptomatology with mixed features of all *Doshas*
- Diseases: Psoriasis, diabetes, and autoimmune disorders

### Concept of disease manifestation

*Nidan Sevan* (*Dosha Sadharmi* and *Dhatuviprita Ahara Vihara*)

↓  
*Dosha Sanchay*  
 ↓  
*Dosha Prakopa*  
 ↓  
*Dosha Prasara*  
 ↓  
*Strotodushti* (Sanga type of *Strotodushti*)  
 ↓  
*Sthanasanshraya*  
 ↓  
*Dosha-Dushya Samurchchhana*  
 ↓  
*Vyadhi Purvaroop*  
 ↓  
 Disease present (*Roopa* of *Vyadhi*)

### Stages of Dosha Dushya Sammurchana

The process of *Dosha Dushya Sammurchana* follows a stepwise progression, which is explained through the six stages of *Samprapti*:

#### 1. Sanchaya (Accumulation)

- Mild accumulation of *Doshas*
- No clinical manifestation
- Example: Feeling heaviness after eating heavy food

#### 2. Prakopa (Aggravation)

- Increased intensity of *Dosha*
- Mild symptoms appear
- Example: Increased acidity after consuming spicy food

#### 3. Prasara (Spread)

- Spread of vitiated *Doshas* into systemic circulation
- Symptoms become more prominent
- Example: Acid reflux spreading to the throat

#### 4. Sthana Samshraya (Localization)

- Vitiated *Doshas* lodge in a weak tissue
- Tissue damage begins
- Example: Ulceration in the stomach lining

Stage of *Dosha-Dushya Sammurchchhana* or phase of premonitory symptoms of a disease.

In this phase, the aggravated *Dosha* begins to localize to any area of the body and manifests the particular disease.

In the fourth phase of *Kriyakala* (stage of disease manifestation), circulating *Doshas*, upon finding any susceptible area in the body, get lodged there, leading to the initiation of a specific disease process with the exhibition of Premonitory symptoms (*Purvaroop*) of that specific disease.[6]

*Dosha-Dushya Sammurchchhana* is primarily significant for the manifestation of disease. Here, *Sammurchchhana* denotes *Alivyapti* (intermixing of the *Dosha - Dushya*). This specific combination of *Dosha* and *Dushya* is referred to as *Dosha-Dushya Sammurchchhana*.

According to Madhava Nidana, *Purvaroop* represents faintly manifested symptoms or the concealed symptoms of the impending disease.

In the stage of *Sthanasanshraya*, the first occurrence of mixing *Dosha* with *Dushya* takes place. This combination leads to the development of some symptoms, which are regarded as *Purvaroop* of *Vyadhi*. [7]

All the aforementioned stages, including *Nidana Sevan*, *Khavaigunya*, *Srotodushti*, *Dosha-Dushya Sammurchana*, and *Sanshraya*, contribute to the emergence of *Vyadhi Utpatti*.

#### 5. Vyakti (Manifestation)

- Clear manifestation of disease
- Disease becomes clinically recognizable
- Example: Gastric ulcer or colitis

#### 6. Bheda (Complication)[8]

- Chronic stage with complications
- Structural and functional damage
- Example: Bleeding ulcer or cancer

### Clinical Examples of Dosha Dushya Sammurchana[9]

#### 1. Amavata (Rheumatoid Arthritis)

- *Vata* and *Kapha* interaction with *Mamsadhatu*
- Symptoms: Joint stiffness, swelling, and pain

#### 2. Psoriasis (Ekakushta)

- *Vata* and *Pitta* interaction with *Twak* (skin)
- Symptoms: Scaling, inflammation, and itching

#### 3. Hyperacidity (Amlapitta)

- *Pitta* interaction with *Rasadhatu* and *Annavaha Srotas*.

- Symptoms: Heartburn, sour belching, and nausea

#### 4. Diabetes (*Prameha*)

- *Kapha* interaction with *Medadhatu* and *Mutravahasrotas*
- Symptoms: Polyuria, thirst, and weight gain

#### Factors Influencing Dosha Dushya Sammurchana[10]

- **Agni (Digestive Fire):** Weak digestion leads to improper metabolism, increasing *Dosha*
- **Ama (Toxins):** Formation of *Ama* due to poor digestion increases *Dosha* interaction with *Dushya*.
- **Srotodushti (Channel Blockage):** Blockage of *Srotas* prevents proper functioning of *Dhatus* and aggravates *Dosha-Dushya*
- **Satmya and Asatmya:** Adaptability or incompatibility of food and lifestyle influences disease formation

#### Treatment Approach

1. **Nidana Parivarjana** - Avoidance of causative factors
2. **Shodhana** - Detoxification therapies (*Panchakarma*)
3. **Shamana** - Pacification using herbal formulations
4. **Rasayana** - Rejuvenation therapy

## Conclusion

*Dosha Dushya Sammurchana* is vital concept in Ayurvedic pathology that explains complex interaction between vitiated *Doshas* & *Dushyas*, leading to manifestation of diseases. Understanding this concept is essential for accurate diagnosis & effective treatment in Ayurveda. *Dosha Dushya Sammurchana* is cornerstone of Ayurvedic pathology, bridging gap between *Dosha* imbalance & disease manifestation. Its detailed stages, significance in pathogenesis, & applications in conditions like hyperthyroidism & diabetes highlight its relevance. By breaking this amalgamation through targeted treatments, Ayurveda offers personalized approach to health management, with potential for further research in integrating with modern medicine. This exploration, supported by various sources, provides comprehensive view for readers seeking to understand this complex yet fascinating concept in Ayurveda.

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