

काठीन्यात ऊन भावात दोषाः अन्तो कु पितो IN SICKLE CELL ANAEMIC PATIENTS

Ashay H. Nandeshwar^{1,*}, Leena A. Nandeshwar² and Dr. Prashant B. Tople³

Faculty VPAMC & PhD Scholar¹, Professor²,

Department of Rachana Sharir¹, Department of Rasa Shastra²

¹P.D.E.A. 's College of Ayurved and Research Center, Nigdi Pradhikaran, Pune, Maharashtra, India- 411044.

³Professor & HOD PDEA's CARC Nigdi Pune.



*Corresponding Author: Ashay H. Nandeshwar

Faculty VPAMC & PhD Scholar, Department of Rachana Sharir, P.D.E.A. 's College of Ayurved and Research Center, Nigdi Pradhikaran, Pune, Maharashtra, India- 411044.

Article Received on 13/05/2025

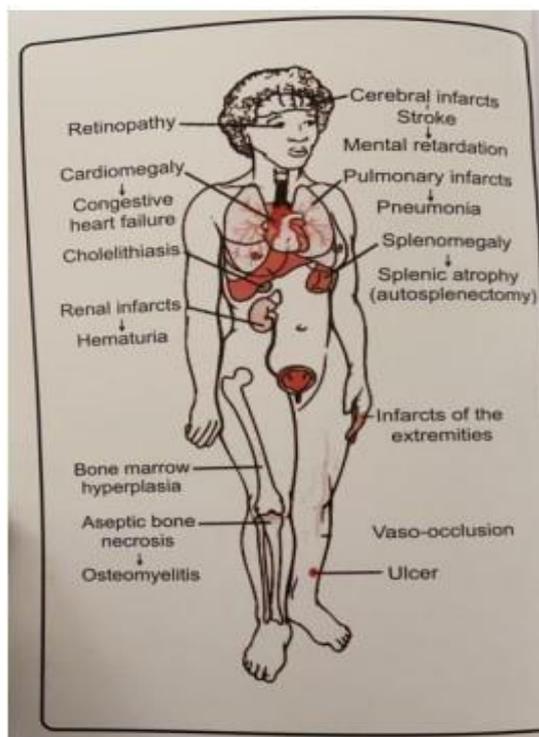
Article Revised on 04/06/2025

Article Accepted on 24/06/2025

ABSTRACT

'Kathinyat un Bhawat Dosha Antah kupito Mahaan'..... What do these terms indicate? Kathinyat means, chronicity of any disorder like organisms which are lying in necrotic zones or the necrotic zones themselves which remain untreated for long time. Here, necrotic zones mean, all deformed body structures such as Arthritic joints, Cirrhotic liver, Ischaemic heart or any other disorders which are there in the body for a very long time. Charaka has already mentioned that any disorder after one year will become yapya i.e., it will be difficult to treat and after three years it will become asadhya i.e., non-treatable. So now it indicates that Charaka Acharya was familiar with the pathophysiology and prognosis of the disorder. Un Bhawat indicates that whenever any disorder is ignored or overlooked the symptoms or the doshas get aggravated thus becoming difficult to treat.

KEYWORDS: So now it indicates that Charaka Acharya was familiar with the pathophysiology and prognosis of the disorder.



see patients with necrotic conditions like hip joint necrosis and other joint necrosis. We even get necrosed liver and spleen which ultimately become the sources of infection and these necrotic zones become source for the growth of infective organisms. Hence, the Kathinyat causes non treatable conditions.

Un Bhawat means if you ignore the present infection or symptoms then it can cause deformed RBCs inside the body which if get accumulated at the brain, the patient can suffer from stroke. If it gets accumulated at the joints it can cause necrosis, at liver it can cause problem with the liver and spleen, at heart the patient can suffer heart attack and can it can also cost him his life. Hence, Kathinyat and Un Bhawat in Sickle Cell Anaemic Patients can be very well expressed by the given. Therefore, to overcome Kathinyat and Un Bhawat in Sickle Cell Anaemic Patients one should take care of abnormal cells and infections which can cause huge amounts of Abnormal Cells which in turn will cause necrotic pathology in body parts.

Chronicity of qualities of vata

Firstly the qualities of vaata are as follows.

In sickle-cell disorder when I talk about Kathinyat we get to

'तत्र रूक्षो लघुः शीतः खरः सूक्ष्मश्चलोऽनिलः' | (A.H.Su. 1:11)

'योगवाहः परं वायुः संयोगादुभयार्थकृत् ।

दाहकृत् तेजसा युक्तः, शीतकृत् सोमसंश्रयात्' || (C.Chi. 3:39)

- 1) **Ruksha (dry)** - Dryness of vata causes increased dryness in the body which makes cracking sound in the joints, wrinkles on face, cracks on soles and palms. When it's not cared for, dry skin may lead to atopic dermatitis (**eczema**).
- 2) **Laghu(light)**-excess lightness causes increased mobility and looseness of joints, weight loss, tremors, etc.
- 3) **Shita (coldness)** - Desire for warm things increases. If excess cold is ignored it may lead to chronic inflammation in bronchioles, asthma, shortness in breathing etc.
- 4) **khara (roughness)** - excess roughness if ignored leads to flaky skin, eczema, cracked heels, chapped lips, itching, etc.
- 5) **Sukshma (subtle)** - this property enables molecular separation and exhibit vata activity at microscopic level which gets disturbed if ignored when in excess amount.
- 6) **Chala** - if this property of vata is in excess it leads to tremors. This can cause the nervous system to be hyperactive and lead to shaking. Diseases or disorders, such as stroke, multiple sclerosis, traumatic brain injury, or Parkinson's disease

Chronicity of qualities of pitta

'पित्तं सस्नेहतीक्ष्णोष्णं लघु वित्रं सरं द्रवम्'

- 1) **sa Sneha (slightly oily)** - excessive oiliness can lead to heart attack, stroke, breast/ovarian cancer, diabetes, hypertension, unhealthy weight gain, and joint pain, etc.
- 2) **tikshna (sharp or penetrating)** - excess sharpness can cause ulcers in the digestive tract, eg- peptic ulcers.
- 3) **ushna (hot)** - if untreated, heat exhaustion can lead to heatstroke, a life-threatening condition that occurs when your core body temperature reaches 104 F (40 C) or higher. Heatstroke requires immediate medical attention to prevent permanent damage to your brain and other vital organs that can result in death.
- 4) **Laghu** - proper digestion leads to lightness, if this occurs in excess, the hunger and thirst quality of a person increases.
- 5) **visra gandha** - if this property is in excess the odour in various parts of the body becomes more foul than normal and can lead to various skin infections or unhygienic conditions if greatly ignored.
- 6) **sara** - pitta should cover the molecular surfaces of food which represents it's flowing of fluidity feature, if it is present in excess it may lead to burning sensation or even excess moisture in the stomach.
- 7) **Drava** - The liquid feature of pitta governs the various digestive juices in the gastrointestinal tract. If secreted in excess amount it may lead to burning

sensation and even gastric ulcers.

Chronicity of qualities of kapha

'स्निग्धः शीतो गुरुर्मन्दः श्लक्ष्णो मृत्स्नः स्थिरः कफः' | (A.H.Su. 1:12)

- 1) **snigdha (unctuousness)** - it provides moisture and union of molecules, if present in excess can lead to destruction of activities at molecular level, synthesis of molecular products, etc.
- 2) **sheeta (cold)** - excess cold may lead to diseases like hypothermia, frostbite, trench foot, chilblains, etc.
- 3) **Guru (heavy)** - it is responsible for weight gain, if present in excess can lead to obesity and disorders related to it.
- 4) **manda (slow)** - if present in excess can lead to inactive state of mind and body, laziness, etc
- 5) **slakshna (slimy)** - this property helps to regenerate the tissues but if present in excess, more sliminess can lead to development of unwanted tissues during regeneration process.
- 6) **Mrutsna (sticky)** - excess sticky property of kapha if ignored can cause hypotension, or low blood pressure.
- 7) **sthira (stable)** - this property provides more stability and support to the body but if present in excess can lead to paralysis or stiffness of various parts in the body like the neck, head, hands, legs, etc.

REFERENCES

1. Charaka Samhita – Agnivesha, revised by Charaka and Dridhabala with Ayurveda Dipika commentary by Chakrapa.
2. Sushruta Samhita – Sushruta with Nibandhasangraha commentary by Dalhana.
3. Dwivedi, L.N. (1998). Ayurvediya Vikriti Vigyan. Chaukhamba Orientalia.
4. Ghai, O.P., Paul, V.K., & Bagga, A. (2019). Essential Pediatrics. CBS Publishers & Distributors.
5. Serjeant, G.R. (1992). Sickle Cell Disease. Oxford University Press.
6. Hoffman, R., Benz, E.J., Silberstein, L.E., et al. (2017). Hematology: Basic Principles and Practice. Elsevier.
7. Sharma, R.K. & Dash, B. (2007). Charaka Samhita (Text with English Translation). Chaukhambha Sanskrit Series.
8. Lad, V. (2002). Textbook of Ayurveda: Fundamental Principles. The Ayurvedic Press.
9. Kasper, D.L., Fauci, A.S., Hauser, S.L., et al. (2015). Harrison's Principles of Internal Medicine. McGraw Hill.
10. Nandeshwar, A.H., & Nandeshwar, L.A. (2025). Sickle Cell Anaemia in Ayurvedic Perspective. Unpublished manu.