**ABSTRACT**

The traditional system of medical science Ayurveda encompasses basic principles related to the health management. Ayurveda not only suggest various ways of healthy living but also provide different treatment options for the management of various diseases; Ayurveda considers different aspect of disease such as Nidana (pathogenesis), Lakshanas (signs and symptoms) Chikitsa (Management) & Apunarbhatva (avoiding of recurrence). The approaches of Ayurveda towards disease management involve utilization of treatments modalities as per the predominance of Dosha & Prakriti, therefore it is very essential to know the etiological aspects of diseases. The correct diagnosis is also very important perspective for the selection of appropriate treatment options. This article presents significance of Nidana towards the understanding and treatment of disease and correlation with Samprapti.

**KEY-WORDS:** Ayurveda, Nidana, etiology, Samprapti.

**INTRODUCTION**

Ayurveda the science of healthy life practicing from anciently and it is known as traditional system of medicine. Ayurveda provides information regarding to maintain normal physiological functioning and also cure pathological conditions. Ayurveda consider different aspect of disease while treating such as; Nidana, Lakshanas, Chikitsa and Apunarbhatva, which provide knowledge about the management of disease. Nidana help to know about causes and pathogenesis of disease, Lakshanas describes sign and symptoms of disease, Chikitsa provide guideline of treatment and Apunarbhatva prevent chances of reoccurrence of similar pathological conditions. The concept of nidana resides around disease diagnosis & treatment. Rog-nidana helps greatly for Rog-nidana. This article correlated Nidana with Samprapti and presents significance of various aspects of Rog-nidana towards the understanding and treatment of disease.1-6

**Nidana**

Proper diagnosis is very essential for treating any disease. The effective diagnosis help to treat disease completely and improper diagnosis may leads inappropriate cure of disease and may also cause some noxious effects. Ayurveda mentioned concept of Sarva Roga Nidana, which encompasses information about Nidana, purvarupa and vyadhi etc. Concept of Nidana associated with Hetu, Nimitha, Ayathanam and Karanam. The diagnosis and treatment of disease need consideration of causative factors and the basic principle of Nidana involve identification of disease and control the causative factor as part of treatment itself. The consideration of causative factors provides knowledge about Doshic involvement and this fact play significant role towards the treatment of disease. The etiological factors also help to determines potency of the drug required to treat disease.4-8

**Purvarupa**

It is a part of diagnostic tool which resembles stage of initial manifestation of the disease. In this stage
symptoms are not very progressive and even not appeared properly therefore it is very difficult to correctly diagnose the disease. The condition of Purvarupa not offer any great abnormality in physiological functioning thus person generally not feel medical emergency and disease progression take places gradually. The identification of disease during Purvarupa helps significantly for controlling disease progression since precautionary measurements may be employed. Samyapurvarupa is Purvarupa which resembles general sign and symptoms at initial stage of disease, while Vishistapurvarupa describes manifestations for specific doshic predominance i.e.; symptoms of yawning for vataja associated with vata dosha, burning sensation in eyes for jwara associated with pitta dosha and indigestion for kapha jwara.

Rupa
Rupa involve lakshana (sign & symptoms), “signs” resembles manifestations of the disease observed by the physician while symptoms describes patient’s internal and external perspectives.

The lakshanas are appeared and help towards the diagnosis and treatment of disease. The knowledge about clinical manifestations of disease is very important for the proper diagnosis and treatment of particular disease hence therefore Rupa considered as vital accompany of nidana. The identification of lakshanas also helps to differentiated disease from one another since different diseases persists various sign and symptoms. The prevalence and strength of lakshanas provide guidance about the potency and duration of treatment.

Upasaya
Upasaya involve diagnostic test or trial. Sometimes it is very difficult to identify diseases signs and symptoms and in such condition diagnosis of disease becomes very challenging, in this condition diagnostic test or trial utilized for the proper identification of disease.[5-9]

Samprapti and Nidana
Samprapti means disease pathogenesis, the various etiological factors leads pathogenesis of disease and identification of such causative factors helps towards the diagnosis and treatment of disease (Nidana); thus consideration of causative factors contributes significantly for the approaches of Rog-Nidana. Ones the etiological factors identified that after disease pathogenesis may be understood and treatment protocol can be setup accordingly. The Samprapti (disease pathogenesis) sometimes be same for different disease but hetus may be different and vice versa.

Ayurveda described terms Vikalpa Samprapti means different degree of doshic involvement and this understanding of dosha predominance help in selecting treatment methodology. Ayurveda mentioned that there are different sign and symptoms for vataj, pittaj or kaphaj disease and pathological manifestation suggests about the vitiation of dosha. Ayurveda also described another term Pradhanya means out two or many which disease need to be cure primarily and concept of Nidana help to identified diseases pathogenesis and then give importance to primary disease. The principle concept of Rog-Nidana is that one should cure primary disease the other dependent secondary diseases subside automatically. However this approach required careful observation of hetus, samprapti and lakshana.[8-12]

![Figure 1: Consideration of samprapti (general) of disease for Rog-Nidana.](image)

**NIDANA OF GRAHANI ROGA**
The Grahani roga associated with Agni and disturbed bowel movement. Various factors lead Agni Dushti which may cause Grahani Roga.

**Etiological factor**
Abhohana, Atibhohana, Vishama Bhojana, Asatmya Bhojana, Vega Vidharana, Shoka, bad dietary habits, irregular life style, Dosha vitiation and disturbed bowel movements.

**Diagnosis**
At initial stage of disease sign & symptoms such as: Aalasya, Trishna, Anna Vidaha, Chirapaka and Kayagaurava may observe. Later on when disease progression occurs following sign & symptoms may be seen.

- Ati Srushta Mala
- Vibbadha Mala
- Vairashya
- Arochaka
- Praseka
- Shuna Padkara
- Tamaka
- Asthiparvaraka,
- Chhardana
- Lohanugandhi Udgara
- Jwara
Samprapti of Grahani

<table>
<thead>
<tr>
<th>Heta</th>
<th>Agni Dushki</th>
<th>Apachana</th>
<th>Ama Upatti</th>
<th>Shukrakosa</th>
<th>Annarishcham</th>
<th>Ama Amsvisha</th>
<th>Grahan Dosh</th>
<th>Grahan Roga</th>
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Chikitsa of Grahani roga

Ayurveda mentioned use of Agniyordhana and Pachana drugs which possess Deepana property. Treatment modalities implemented Ajirna and Aitisara for the management of Grahani Dosha. Purgation also suggested to removes Ama visha. Various Deepana Pachana drugs along with Laghu & Supachhya Ahara and conduction of disciplinary life style offer relief in disease condition. The Deepana and Pachana drugs which may be recommended for the management of Grahani roga are: Marichadi Churna, Chitrakadi Vati, Bhunimbadi Churna, Takrarishta, Madhukasava, Kshara Ghrita, Pancha Pallava, Pancha Lavana and Rasajanandi Churna.

Ahara Vihara for Grahani roga

Ayurveda suggests consumption of Laghu & Supachhya Ahara; Takra, Masur, Mudaga, Makshika and Dadima. Ayurveda also recommended following disciplinary life style (good conduction of Dincharya).

However the traditional text of medical system also suggests that Guru Anna, Gomutra, Dugdha, Gud & Viruddha Ahara should not be consumed. Spicy & oily food also needs to be avoided. Similarly the daily conduction which need to be avoid in Grahani roga are; Aatap, Ratri Jagarana, Vega, Nasta Karma, Anjana and Dhumpana.

DISCUSSION

The Rog Nidana is an important aspect of ayurveda which not only consider etiology and diagnosis of disease but also suggest path for disease treatment since correct diagnosis and control of causative factors play significant role towards the management of disease. Regarding Grahani roga the approaches of Nidana offer path for diagnosis and treatment of Grahani disease. The drugs used for Grahani Rog possess Laghu Gunam and Deepana properties thus help to control Pitta and Kashaya Rasa, Ushna Veerya, Vikasi and Ruksha Gunas is useful in Kapha. The suggested drugs for Grahani Roga reduce Daha in the Kosta and also act as Vatahara.

CONCLUSION

Ayurveda give importance to the various aspect of disease such as pathogenesis, diagnosis and treatment. The approaches of Ayurveda towards disease management involve utilization of treatments modalities as per the predominance of Dosh & Prakriti, therefore it is very essential to know the etiological aspects of diseases. The Ayurveda concept of Nidana play significant role towards the management of various disease including; Grahani roga since correct diagnosis is very important perspective for the selection of appropriate treatment options. The disorders related to digestion of food and its absorption is becoming more common now a day’s due to faulty food habits, Grahani Dosha is one of them. The consideration of Nidana help towards the diagnosis and etiological consideration of Grahani Roga & thus suggest correct path for the treatment of disease which involve; utilization of Deepana and Pachana drugs along with conduction of disciplinary life style.

REFERENCES