

Nidanapanchanka of Shotha Vyadhi: An Ayurvedic Review

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Abstract

In Ayurveda, Shotha is a disease which is characterised by Utsedha (Elevation of the body part) The Vata in the Bahya Sira effects the Rakta, Pitta and Kapha and in turn gets avrodhed leading to utsedha known as Shotha. Numerous Nidan such as those related to Guru (eg. Masha, Godhuma) Amla (Takra, Sura) lavana (Vida, Samudra)sevan, inappropriate usage of Panchkarma, inappropriate diet following Panchakarma and other diseases like Chhardi, Visuchika, Alsaka, and many more have been related. Nidana is defined as the underlying cause of a disease and has been said that Nidana Parivarjan is the first step of Chikitsa. Here in this present article the effort is made to better understand the Nidana Panchaka with specific emphasis on Samprapti of Shotha. It will help in planning the specific management and preventive measures.

Keywords: Shotha, Nidanpanchaka, Utsedha

INTRODUCTION: -

Shotha, referred to as Shopha or Svayathu, encompasses various conditions from local swelling to Inflammation. In Ayurveda, Shotha is described as an independent disease and also as a symptom of many diseases. It can be compared with Inflammation in modern science.

Acharya Madhav says that due to its Prakupita Nidan, the Dushit Vayu affect the Rakta, Pitta & Kapha taking them to Bahya Sira & getting avrodha by them & causing Utsedha of the tissues. Due to the accumulation of all three doshas along with Rakta present in between the Twacha & Mansa is known as Shotha¹.

Inflammation is a response of vascularised tissue to infections & damaged tissue that brings cells & molecules of host defence from the circulation to the sites where they are needed to eliminate the offending agents².

Material & Method:

This article is based on a review of Nidanpanchaka of Shoth Vyadhi from Ayurvedic Samhitas and texts available in the Library of Govt. Ayurveda College, Raipur (C.G.). The textbooks referred to are Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, Madhav Nidana, Bhaishajya Ratnavali along with their commentaries.

Aim & Objectives:

To Study and understand the Nidanapanchaka of Shotha Vyadhi An Ayurvedic Review.

Nidana (Causes)

Nija Shotha

S.No	Aaharaj Nidana	Viharaj Nidana	Anyan Nidana
1)	Guru (Masha, Godhuma), Amla (Takra, Sura), Lavana (Vida, Samudra), Pishtanna, Phala (Mridika, Parushak), Shak (Vastuka, Patola), Raag Sevan ³ (Aachar-Chatni) (Too heavy, sour, saltish preparation of rice, vegetable, pickle)	Sneha, Sweda, Vamana, Virechana, Asthapana, Anuvasana, Shirovirechana Asamuchit prayoga ³ (Improper use of Panchkarma)	Chardi, Alsaka, Visuchika, Shwasa, Kasa, Atisara, Shosha, Pandu, Udararog, Jwara ³ (Excessive emaciation of the body due to vomiting, intestinal, hypotony, cholera, dyspnoea, cough, diarrhoea, consumption, anemia, abdominal disorder, fever)
2)	Dahi, Haritak, Madira, Mandak, Kichad Bhrisht Mritika, Adhik Namkin ³ (Curd, Salad, Wines, Imperfect curd, eating Earth Mud & Brick, Excessive intake of Salt)	Panchkarma, Upvasa, Adhavarakarshitasya ³ (Disease manifested after Panchakarma, fasting and due to excessive walking)	Pradara, Bhagandara, Arsha, Kushtha, Kandu, Pidika Vikar ati Karshneva, Visarp, Pratishaya ³ (Emaciation due to Menorrhagia, Fistula in Ano, Haemorrhoids, Skin disorder, Pruritic and Carbuncles)
3)	Virudh, Nutan shuk dhanya, Nav Shami Dhanya, Anup & Udakdesa Pashu Pakshi Mans Sevan ³ (Germinated & leguminous grains, Marshy & Aquatic animal)	Mithya Sansarjana Krama (Improper dietetic regimen after Panchkarma Therapy), Chardi, Shwathu, Udgara, Shukra, Vata, Mutra, Purish Vega Dharana ³ (Suppression of urges like vomiting, sneezing, eructation, semen, flatus, urine and faeces)	Garbhsampidana, Garbhprapatnata, Prajatanam Mithya Upchara ³ (Compression of Foetus, Abortion or improper postpartum management)
4)	Ajirna, Virudha aahar sevan ⁴ , Antagonistic, Defective & Poisoned food ⁵	Adhika Stri prasang, Hathi, ghoda, unta & rath ki sawari ⁴	Marmopghat ⁵ (Injury to Vital parts)

[Ch.Su.18/6; Ch.Chi.12/5-6; Su.Chi.23/4]

Agantuja Shotha ^{6,7}

S.No	Nidana
1)	Shastra Chedana, Bhedana, Shadana, Bhanjana, Pichhana, Utpeshana, Prahara, Vadha, Bandhana, Veshthana, Vyadhana, Pidana (Excision, incision, injury, breaking, hindrance, grinding, heating, stroking, binding, twisting, piercing, pressing)
2)	Bhallataka Pushpa, Phala, Rasa (Touch of flower, fruit and juice of Bhallataka)
3)	Atmagupta Shuka Sparsha, Krimi Shuka, Ahita Patra-Lata-Gulma (Trichome of Kapikachu, bristles of poisonous insect, harmful leaf, creepers and shrubs)
4)	Sweda Vishaja Prani Parisarpanata, Savisha Pranidanta Nakh aaghat, Vita Mutra Shukra Sparsh (Touch of poisonous animals teeth, nails, stool, urine, semen)
5)	Visha Vruksha Sparsha, Gara Visha Avachurnata (Touch of toxic tree, Application of artificial poison)

[Ch.Su.18/4, Ash.Hri.Ni 13/38-39]

Purvarupa (Premonitory Sign & Symptoms)

- Ushma ⁸(Heat)
- Dawathu (Distress)
- Sira aayama (Dilation of Blood Vessels)
- Anga Gaurava ⁹(Felling of heaviness of body part)

[Ch.Chi.12/10; Ash.Hri.Ni.13/30]

Rupa (Common Sign & Symptoms)¹⁰

- Gaurava (Heaviness at site)
- Anawasthita (Instability)
- Utsedha (Elevation)
- Ushma (Increased Callor)
- Sira Tanutvama (thinning of blood Vessels)
- Lomaharsha (Horripilation)
- Anga Vivarnata (Discoloration)

[Ch.Chi.12/11]

Shoth Bheda ^{11,12,13,14,15,16,17,18,19,20,21}

Ekvidha Bheda	Utsedha samanyata		
Dwividha bheda	• Nija • Agantuja	• Sarvangja • Ekangaja	
Trividha Bheda	• Vattaja • Pittaja • Kaphaja	• Sarvang ashrita • Ardhatra ashrita • Avyav ashrita	• Prithu • Unnata • Grathita
Chaturvidha Bheda	• Vataaja • Pittaja		

	• Kaphaja • Agantuja
Panchvidha Bheda	• Vattaja • Pittaja • Kaphaja • Sannipataja • Vishaja
Shadvidha Bheda	• Vata • Pitta • Kapha • Shonita • Sannipata • Agantuja
Saptavidha Bheda	• Vata • Pitta • Kapha • Vata-Pitta • Vata-Kapha • Pitt-Kapha • Tridoshaja
Navvidha Bheda	• Vata • Pitta • Kapha • Vata-Pitta • Vata-Kapha • Pitt-Kapha • Tridoshaja • Abhighataja • Vishaja

[Ch.Su.18/3,7,8; Ch.Chi.12/7; Su.Su.17/4; Su.Chi.23/3,6 Ash.Hr.Ni.13/22-24]

Sign & Symptom of Shotha according to Dosha^{22,23,24}

Vataja Shotha	Pittaj Shotha	Kaphaj Shoth
• Chala (Unstable) • Tanu Twaka (Thin skined) • Parusha (Roughning of skin) • Aruno Asith (Reddish or blackish) • Prasupti (Numbness)	• Mridu (Soft) • Sagandha Shotha (Odorous) • Asitpitt Ragwan (Black, yellow or red) • Bhrushu Daha pakwan (Inflammation & Suppuration)	• Guru (Heavy) • Sthira (Stable) • Pandu (Pale) • Arochaka (Anorexia) • Praseka (Salivation) • Nidra (Oversleep) • Vami (Vomiting)

• Harsha (Horripilation) • Arati (Pain) • Animitaha prashamyti (Subsides without any reason) • Prapidito praunnamati (Restored after pressure) • Diwabali (Aggravated during Day)	• Ushyate sparshsaho (Burning Sensation, Tenderness) • Jwara (Fever) • Bhrama (Associated with giddiness) • Sweda (Sweating) • Trusha (thirst) • Mada (Narcosis) • Akshi Ragkrita (Redness of eye)	• Agnimandya (Poor Digestion) • Krichha janmo Krichh prashmano (Difficult in origin and end) • Nipidito na unnamet (Not restored after pressure) • Ratribali (Aggravated during night)
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[Ch.Chi.12/12-14]

Samprapti²⁵

Due to above Prakupit Nidana, Vata reaches the Bahya Sira and affects Kapha, Rakta and Pitta. As a result of this Nidana, the Marga get avrodhed which spreads to the nearby areas leading to development of Shotha characterised by Utsedha.

[Ch.Chi.12/8-9]

Samprapti Ghataka²⁶

Dosha – Vata Pradhana Tridosha

Dushya – Rasa, Rakta, Udaka

Strotasa – Rasvaha , Raktavaha, Udakvaha

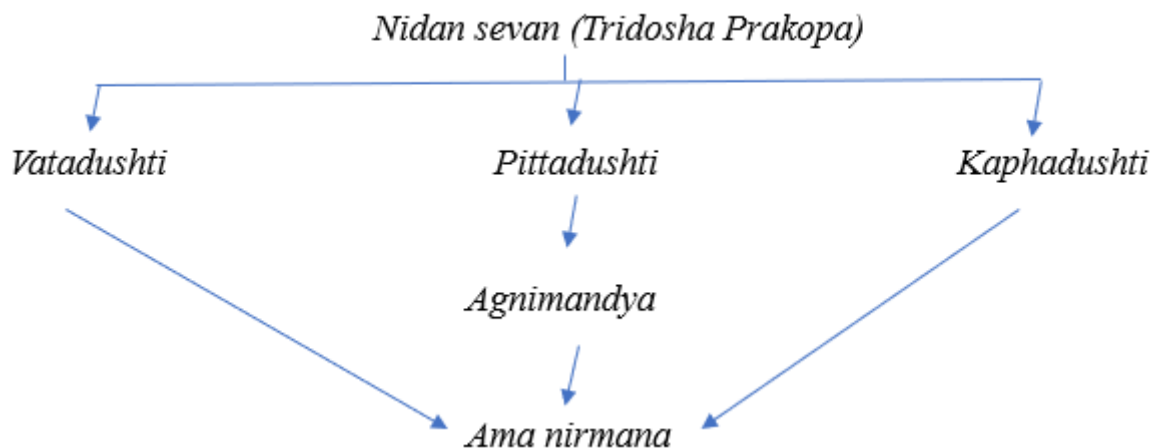
Strotodushti – Sanga, Vimarggamana

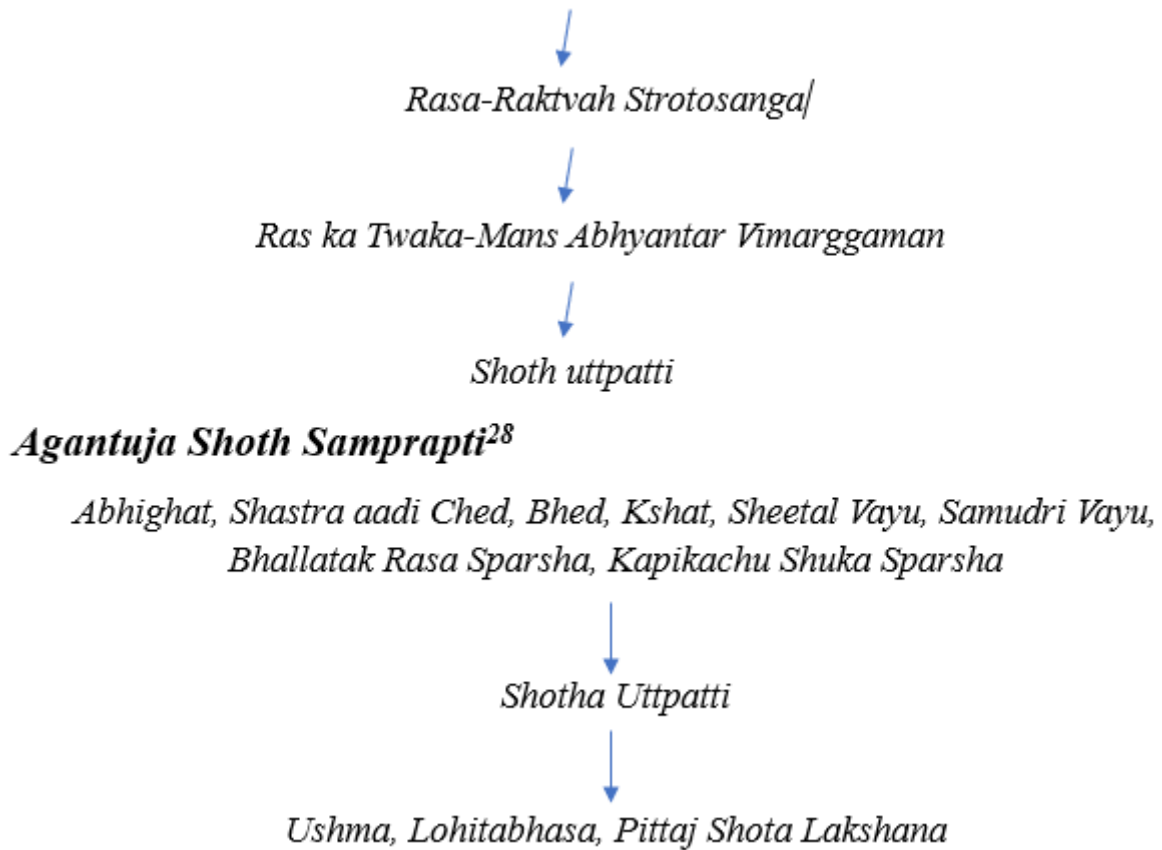
Adhishtana – Twaka Mansa Madhya

Swabhava – Ashukari (Vran Shotha), Chirkari (Nija Shotha)

Agni dushti – Vishamagni, Mandagni

Samprapti Chakra²⁷





Upadrava (Complications) ²⁹

- Chardi (Vomiting)
- Shwasa (Dyspnoea)
- Aruchi (Anorexia)
- Trishna (Thirst)
- Jwara (Fever)
- Atisara (Diarrhoea)
- Daurbalya (Debility)

[Ch.Su.18/18]

Sadhyasadhyata

Sadhya – Shotha which is of recent onset and having no complication.³⁰

Krichsadhya – Shotha manifesting in the trunk and that which moves to all the parts of body.³¹

Asadhya –

- Shotha seen only in half of the body and that which spreads upwards³²
- Shotha present in abdomen, neck and vital organs
- Shotha which is big in size and hard
- Patient who has increased / difficult respiration
- Patient having severe thirst, vomiting, debility, fever, lack of desire for food.
- Shotha not produced by its own causes, that appearing in the feet in men and in the face in women, that appearing in genital organs in both.
- Shotha affecting children, old aged people and women.

- Thin & debilitated by disease³³
- Attended by complication like vomiting, etc located in vital part, having streaks generalised with discharge in weak person.
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[Ash.hri.Ni 13/42; Ch.Chi.12/80]

Upshaya/Pathya³⁴

Aharaja	Viharaja
• Katu (Pippali, Maricha), Tikta (Nimba, Kutaja), Deepniya varga Dravya (Saunfa) • Shuka Dhanya- Puran Shali Chawal • Shami Dhanya- Kulatha, Munga • Shaka – Nishpava, Karela, Lal Sehjan, Patola, Ventagra Bhag, Baigan, Muli, Punarnava, Chitrak, Neem, Gokshur leaf, Katuki, Haldi, Haritaki, Mankkand, Hurhur, Gajar, Shallaki • Mansa- Goha, Mor, Titara, Murga, Bater, Mushaka, Kachua, Singiya Machli • Phala – Aam, Kheksa • Mutra - Gomutra, Ajamutra, Mahishmutra • Purana Ghrita, Takra, Sura, Madhu, Asava, Arishta • Erand tail • Shilajita • Shuddh Guggula, Lohbhasma	• Sanshodhana • Upvasa • Sweda • Parilepa • Parisechana • Panduroga me Varnit Agnikarma

[Bh.Ra. 42/196-201]

Anupshaya/Apathya³⁵

Aharaja	Viharaja
• Guru, Ushna, Virudh – Visham, vidahi bhojan (eg. Kulatha, Masha) • Mritika bhakshan • Gramya – Anupa mans (Valoor) • Lavana, Jala, Guda, Taila • Shushka Shaka (Vastuka, Patola) • Nav Anna, Pishta Anna • Dadhi, Krishra • NirjarMadya, Amla Padarth (Takra, Sura)	• Purva Vayu Sevan • Vegavrodha • Divashayana • Maithuna

[Bh.Ra. 42/203-205]

Conclusion

According to the text above, Shotha refers to swelling or oedema, which is synonymous with Inflammation. Shotha is undoubtedly Vata Pradhan Tridosha Vyadhi. Injuries, Poisons, Allergic reactions, and Dosha imbalances can all be causes of Shotha. The two primary types in Shotha are Nija and Agantuja. However, it is additionally divided into Ekvidha, Dwividha, Trividha, Chaturvidha, Panchvidha, Shadvidha, Saptavidha and Navvidha Bheda. While Shoth Vyadhi can be cured in its acute stage, if the disease progresses to a chronic stage and its symptoms are ignored, it can turn into Krichsadhya or Asadhya. Therefore, in order to do a proper Chikitsa, it is crucial to comprehend the Acute Nidana (cause), Samprapti (pathogenesis), and Rupa (symptoms) of Vyadhi.

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