

Literary Research

**Critical study of Kaphaja Nānātmaja Vikāra with special reference to
Bṛhatrayī and Modern science**

Harshal S. Sabale^{1,*}, Abhijit H. Joshi²Ph.D. Scholar¹, Ph.D. Guide, Dean, Faculty of Ayurveda & I/C Registrar²^{1,2}Tilak Maharashtra Vidyapeeth, Pune, Maharashtra, India- 411037* **Corresponding Author:** Dr. Harshal S. Sabale, E-mail: drharshal1819s@gmail.com

Article Received on: 07/05/2022 Accepted on: 21/06/2022 Published on: 08/03/2023

ABSTRACT:

Like basic principles, every science has specific terms with specific meaning; these are called as Sva-Śāstra Saṁjñā. These scientific terms convey concentrated meanings that have been built up over significant periods of study of a field. Such terminology is often thought of as shorthand, a way of gaining great depth and accuracy of meaning with economy of words. Proper understanding of scientific terms used in science gives genuine knowledge of science. Being science, Āyurveda also has its own scientific terms; their correct understanding is required for correct knowledge of science. These scientific terms are explained in Āyurved Saṁhitās & their commentaries. In this research work, authors conducted critical study of Kaphaja Nānātmaja Vikāra from Mahāroga Adhyāya of Caraka Saṁhitā Sūtrasthāna as per the methodology mentioned. The references and cross references related to topic are collected from Āyurveda Saṁhitā (Bṛhatrayī with their respective commentaries) and modern science. Collected data is systematically analyzed for proper understanding of Sva-Śāstra Saṁjñā. This research work will certainly be beneficial to each Āyurveda clinician for Naidānika (Diagnostic) and Cikitsiya (Therapeutic) perspective.

KEY WORDS: Sva-Śāstra Saṁjñā, Naidānika, Nānātmaja, Vikāra, Cikitsiya etc.**INTRODUCTION:**

Like basic principles, every science has specific terms with specific meaning; these are called as Sva-Śāstra Saṁjñā. These scientific terms convey concentrated meanings that have been built up over significant periods of study of a field. Such terms are a means of conveying complex ideas clearly and concisely. Proper understanding of scientific terms used in science gives genuine knowledge of science.

Being science, Āyurveda also has its own scientific terms. These scientific terms are explained in Āyurved Saṁhitās & their commentaries. Thus the terms of Kaphaja Nānātmaja Vikāra need to be understood properly.

Aims:

Critical study of Kaphaja Nānātmaja Vikāra from Mahāroga Adhyāya of Caraka Saṁhitā Sūtrasthāna with special reference to Āyurvedika terminology.

Objectives:

- To perform critical study of Kaphaja Nānātmaja Vikāra from Mahāroga Adhyāya of Caraka Saṁhitā Sūtrasthāna with the help of Tantrayuktī (means of interpreting science), and Allopathic science texts.

MATERIALS:

- Caraka Saṁhitā with its all available commentaries.
- Following Āyurvedika classics with their commentaries.
 - Suśruta Saṁhitā with Dalhaṇa Ṭikā,
 - Aṣṭāṅga Saṁgraha with Śaśilekhā Ṭikā
 - Aṣṭāṅga Hṛdaya with Sarvāṅga -Sundarā & Āyurved -Rasāyana Ṭikā.
- Allopathic science texts.

METHODOLOGY:**1. Each term of Kaphaja Nānātmaja Vikāra will be studied with the help of**

- Tantrayuktī (Tools for composing and understanding treatises or means of interpreting science) &
- Allopathic science texts.

1. Criteria for selection of Āyurvedika technical terms:**• Inclusion criteria:**

- The terms including verbs related to diseases or denoting the signs & symptoms of Doṣa prakopa and confined to pathologies of the diseases.

• Exclusion criteria:

- The term not related to diseases or not denoting the signs & symptoms of Doṣa prakopa and not confined to diseases.
- Verbs & Nipātas (not related with pathologies of diseases)

Study Design: Study design is literary study.

Conceptual Study:

Ācārya Caraka mentioned 20 Kaphaja Nānātmaja Vikāra in Mahāroga Adhyāya of Caraka Saṁhitā Sūtrasthāna. Aṣṭāṅga Saṁgraha was written by Vṛddha Vāgbhaṭa. Nānātmaja Vikāras are also mentioned in Doṣabhedhiya Adhyāya of Aṣṭāṅga Saṁgraha Sūtrasthāna. Ācārya Arundutta and Ācārya Hemādri has written commentaries on Aṣṭāṅga Hṛdaya namely Sarvāṅga Sundarā and Āyurved Rasāyana. Both these commentators of Aṣṭāṅga Hṛdaya also mentioned Nānātmaja Vikāra in their commentaries. The ailments known as Nānātmaja Vikāra are those that are conclusively caused by the vitiation of just one Doṣa (either Vāta Doṣa or Pitta Doṣa or Kapha Doṣa). Here Kaphaja Nānātmaja Vikāra will be studied thoroughly for its better understanding.

1) तृप्ति (Tṛpti):**A] Āyurvedika Aspect of term Tṛpti:**

1) In Yajñapurūṣīya Adhyāya of Caraka Saṁhitā Sūtrasthāna, Ācārya Caraka mentioned “Tṛpti i.e. Contentment” is a quality of food as mentioned below,

तृप्तिराहारगुणानां | च. सू. 25/40¹

2) Ācārya Caraka mentioned Paryāpti is one of the qualities of Anupāna. Commentator Cakrapāṇidatta explained that Paryāpti means Tṛpti i.e feeling of satisfaction produced due to consumption of proper Anupāna (drink after meal).

पर्याप्ति तृप्तिः | च. सू. 27/325 (आयुर्वेददीपिका व्याख्या-चक्रपाणिदत्त कृत)²

3) कोष्ठगौरवादाहारस्पृहातृप्तिः |

अन्ये पुनराहुः-अन्नानभिनन्दता तृप्तिरिव तृप्तिरोचकः | अ. सं. सू. 20/18³

As per Aṣṭāṅga Saṁgraha, Feeling of heaviness of the abdomen causing lack of desire for food is Tṛpti. Others say that Tṛpti is lack of desire for food and drinks or loss of appetite (anorexia)

Whenever Kapha Doṣa get vitiated, its qualities like Gurū (Heavy to digest), Manda (slow) etc, also get amplified in the body, which in turn causes lack of desire for food and drinks or loss of appetite (anorexia).

B] Modern medical science aspect:**Anorexia Nervosa: 4**

“Many people are concerned about gaining weight, but for other people, this concern becomes compulsive, resulting in anorexia nervosa.” The following are the reasons of anorexia nervosa,

a) Genetics and hormones: numerous studies have suggested a link between anorexia and serotonin, a brain neurotransmitter.

b) Environment: There is social pressure to be slim.

c) Psychology: People who suffer from obsessive compulsive disorder are more likely to stick to a rigorous diet and exercise routine.

2) तन्द्रा (Tandrā):**A] Āyurvedika Aspect of term Tandrā:**

1) Ācārya Suśruta defined term Tandrā in Suśruta Saṁhitā Sharirasthana as mentioned below,

इन्द्रियार्थेष्वसम्प्राप्तिर्गौरवं जृम्भणं क्लमः |

निद्रार्तस्येव यस्येहा तस्य तन्द्रां विनिर्दिशेत् || सु. शा. 4/49⁵

Sense organs not receptive to their objects, feeling of heaviness of the body, more of yawning, exhaustion, activities of the person being similar to those of sleeping person, such condition is to be called as Tandrā (stupor).

2) In Jvaranidāna Adhyāya of Aṣṭāṅga Hṛdaya, Ācārya Vāgbhaṭa mentioned “Tandrā” as one of the symptom of Kaphaja Jvara. In Sarvāṅga Sundarā commentary term Tandrā is defined as below,

निद्रार्तस्येव विषयाग्रहणं-तन्द्रा | अ. ह. नि. 2/49 (सर्वाङ्गसुन्दरी व्याख्या)⁶

Activities of the person being similar to those of sleeping person and person’s sense organs not receptive to their objects; this condition is called as “Tandrā”

Whenever Kapha Doṣa get vitiated, its qualities like Gurū (Heavy to digest), Manda (slow), Sthira (firm) etc, also get amplified in the body, which in turn causes Tandrā i.e. drowsiness.

B] Modern medical science aspect:**Drowsiness: 7**

“Drowsiness is the feeling of being excessively drowsy or weary during the day. Additional symptoms of drowsiness include forgetting and falling asleep at inappropriate times.”

The causes of drowsiness are as mentioned below,

a) Lifestyle factors: like working very long hours or switching to night shift.

b) Mental, emotional or psychological state: like depression, Stress, anxiety, boredom

c) Medical conditions: Diabetes mellitus, Hypothyroidism, Hyponatremia (low sodium level in blood).

3) निद्राधिक्य (Nidrādhikya):

A] Āyurvedika Aspect of term Nidrādhikya:

1) In Caraka Saṁhitā, Ācārya Caraka defined the process of onset of the Nidrā (sleep) as follows,

यदा तु मनसि क्लान्ते कर्मात्मानः क्लमान्विताः |
विषयेभ्यो निवर्तन्ते तदा स्वपिति मानवः || च. सू. 21/35⁸

When the mind as well as the soul gets exhausted or become inactive and the sensory and motor organs become inactive then the individual gets sleep. Sleep is nothing but the state of the mind when mind is unconnected with the sensory or motor organs.

2) अतिनिद्रता-निद्राधिक्यम् | अ.ह.सू.11/8(आयुर्वेदरसायनम् व्याख्या)⁹

As per Āyurved-Rasāyana commentary on Aṣṭāṅga Hṛdaya, Atinidrāta i.e. excessive sleep means Nidrādhikya. Here it is mentioned as one of the symptom of Kapha Doṣa Vṛddhi (augmented kapha Doṣa).

Whenever Kapha Doṣa get vitiated, its qualities like Gurū (Heavy to digest), Manda (slow), Sthira (firm) etc, also get amplified in the body, which in turn causes Nidrādhikya i.e. Excessive sleep.

B] Modern medical science aspect:

Excessive sleep:¹⁰

The causes of excessive sleep are as mentioned below,

- Thyroid problem
- Heart disease
- Depression
- Certain medications etc.

4) स्तैमित्य (Staimitya):

A] Āyurvedika Aspect of term Staimitya:

In Sneha-Adhyāya of Caraka Saṁhitā Sūtrasthāna, Ācārya Caraka mentioned complications of the improper oleation therapy. “Staimitya” is one of the complications. Commentator Ācārya Cakrapāṇidatta explained the “Staimitya” as,

स्तैमित्यम् आर्द्रवस्त्रागुणितत्वमिवाच.सू. 13/76

(आयुर्वेददीपिका व्याख्या-चक्रपाणिदत्त कृत)¹¹

Here, Staimitya means the realization that the body is

wrapped in a wet cloth.

2) स्तैमित्यं तु प्रमीलक इत्यन्यैः पठितम् | अ. सं. सू. 20/18¹²

In Aṣṭāṅga Saṁgraha it is mentioned that, Staimitya means deep sleep or unconsciousness.

3) स्तैमित्यं गात्राणां निरुत्साहत्वम् | अ. सं. सू. 9/39 (शशिलेखा व्याख्या)¹³

As per Śaśilekhā commentary on Aṣṭāṅga Saṁgraha, Staimitya means lack of enthusiasm in the body.

Whenever Kapha Doṣa get vitiated, its qualities like Gurū (Heavy to digest), Manda (slow), Sthira (firm) etc, also get amplified in the body, which in turn causes Staimitya.

B] Modern medical science aspect:¹⁴

Staimitya means excess cold sensation or timidness. The causes of shyness are as mentioned below,

- Social anxiety.
- Overprotective parents can cause their children to be shy.
- Public humiliation.
- Critical work environment.

5) गुरुगात्रता (Gurūgātratā):

A] Āyurvedika Aspect of term Gurūgātratā:

Here the word “Gurū” means Heaviness and “Gātra” means Sharira i.e. body. Hence term “Gurūgātratā” means heaviness in the body.

Gurū is one of the qualities of Kapha Doṣa. When Kapha Doṣa get vitiated with its qualities like Gurū (heavyness), Sthira (firm), Manda (slow) etc., it causes heaviness in the body i.e. Gurūgātratā.

B] Modern medical science aspect:

Heaviness of the body:¹⁵

The causes of feeling of heaviness in the body are as mentioned below,

- Hypothyroidism.
- Anemia.
- Insulin resistance (Diabetes mellitus).
- Depression.
- Anxiety. Etc.

6) आलस्य (Ālasya):

A] Āyurvedika Aspect of term Ālasya:

1) आलस्यं-अनुत्साहः | अ.ह.सू.11/8(आयुर्वेदरसायनम् व्याख्या)¹⁶

As per Āyurved -Rasāyana commentary on Aṣṭāṅga Hṛdaya, Ālasya means lack of enthusiasm. Here Ālasya is mentioned as one of the symptom of Kapha Doṣa Vṛddhi (augmented kapha Doṣa).

2) आलस्यं कर्मण्यनुत्साहः | सु. सू. 2/6

(निबन्धसङ्ग्रह व्याख्या-डल्हन कृत) ¹⁷

A per Nibandhasaṅgraha commentary on Suśruta Saṁhitā, Ālasya means lack of enthusiasm to do any activity.

3) सुखस्पर्शप्रसङ्गित्वं दुःखद्रेषणलोलता |

शक्तस्य चाप्यनुत्साहः कर्मस्वालस्यमुच्यते || सु. शा. 4/52 ¹⁸

Desire for comfortable touch, trying to avoid discomfort always, lack of enthusiasm in work though capable of doing it, is called as Ālasya i.e. lassitude.

Here cause of Ālasya is attributed to the vitiation of Kapha Doṣa with its properties like Gurū (heavyness), Sthira (firm), Manda (slow) etc.

B] Modern medical science aspect:

Laziness: ¹⁹

The causes of laziness are as mentioned below,

- Vitamin deficiency.
- Anemia.
- Insulin resistance (Diabetes mellitus).
- Depression.
- Thyroid disorders.
- Cancer
- Anxiety. etc.

7) मुखमाधुर्य (Mukhamādhurya):

A] Āyurvedika Aspect of term Mukhamādhurya:

1) मधुरास्यता-मधुरवक्रत्वं च, कुर्यात् |

अ. ह. उ. 21/55 (सर्वाङ्गसुन्दरी व्याख्या) ²⁰

In Mukharogavijnyaniya Adhyāya of Aṣṭāṅga Hṛdaya Uttarasthāna, Ācārya Vāgbhaṭa mentioned Madhurāsyatā is one of the symptoms of Kaphaja Galagaṇḍa roga (Goiter). In Sarvāṅga Sundarā commentary, Madhurāsyatā is explained as Madhura Vakratvam i.e. sweet taste in the mouth.

2) Madhurāsyatā (sweet taste in the mouth) is also one of the symptoms of Kaphaja Pāṇḍuroga (anaemia). (Cha. Chi. 16/25)

Here cause of Mukhamādhurya is attributed to the vitiation of Kapha Doṣa with its properties like Gurū (heavyness), Sthira (firm), Manda (slow), snigdha (unctuousness), Ślakṣṇa (smooth) etc.

B] Modern medical science aspect:

Sweet taste in mouth: ²¹

The causes of sweet taste in mouth are as mentioned below,

- Metabolic disorders: like Diabetes mellitus, Thyroid disorders.
- Neurological problems like stroke, epilepsy.
- Certain bacterial (pseudomonas) infections in the sinuses, nose and throat.
- Certain viruses affect the body's ability to smell.
- Small cell carcinoma in the lung.
- Pregnancy.

8) मुखस्राव (Mukhasrāva):

A] Āyurvedika Aspect of term Mukhasrāva:

1) प्रसेकः आस्यस्रावः | अ. सं. सू. 3/15 (शशिलेखा व्याख्या) ²²

In Dinacaryā Adhyāya of Aṣṭāṅga Saṅgraha Sūtrasthāna, Ācārya Vāgbhaṭa mentioned benefits of gargaling; cure of excessive salivation is one of them. In Śāśilekhā commentary the word "Praseka" is explained as "Āsyasrāva" i.e. excessive salivation.

Here cause of Mukhasrāva is attributed to the vitiation of Kapha Doṣa with its properties like Gurū (heavyness), Sthira (firm), Manda (slow), Snigdha (unctuousness), Ślakṣṇa (smooth) etc

B] Modern medical science aspect:

Excess Salivation: ²³

The causes of temporary hypersalivation are as mentioned below,

- Infections.
- Pregnancy.
- Gastroesophageal reflux.
- Certain tranquilizers and anticonvulsant drugs.
- Exposure to toxins like mercury.

The causes of Constant hypersalivation are as mentioned below,

- Malocclusion of teeth.
- Cerebral palsy.
- Intellectual disability.
- Facial nerve palsy.
- Parkinson's disease.
- Stroke etc.

9) श्लेष्मोद्विरण (Śleṣmodgiraṇa):

A] Āyurvedika Aspect of term Śleṣmodgiraṇa:

1) In Kāsachikitsitam Adhyāya of Aṣṭāṅga Saṅgraha, Ācārya Vāgbhaṭa mentioned various formulations for cure of Kāsa i.e. coughing as well as associated symptoms. In Śāśilekhā Vyākhyā, one of the symptom i.e. Kaphaṣṭhivana is explained as below,

कफघ्नीवः श्लेष्मोद्विरणम्। अ.सं.चि. 4/43 (शशिलेखा व्याख्या).²⁴

Here, Expectoration of sputum means Śleṣmodgiraṇa. When Kapha Doṣa get vitiated there is increase in its properties like Gurū (heavyness), Sthira (firm), Manda (slow), Snigdha (unctuousness), Ślakṣṇa (smooth) etc. in the body. Increased Kapha Doṣa expelled outside through its expectoration.

B] Modern medical science aspect:

Expectoration of mucus:²⁵

The causes of are as mentioned below,

- Respiratory tract infections.
- Asthma.
- Smoking.
- Cystic fibrosis etc.

10) मलस्याधिक्य (Malasyādhikya):

A] Āyurvedika Aspect of term Malasyādhikya:

The word “Mala” means excreta and “Ādhikya” means excess. Hence Malasyādhikya means excessive excretion of excreta.

As Kapha Doṣa have properties like Gurū (heavyness), Śīta (coldness), Sthira (firm), Manda (slow), Snigdha (unctuousness), Ślakṣṇa (smooth) etc. These properties lead to improper digestion and excessive production and accumulation of excreta in various organs of body like ear, nose, and eyes. As well as, there is increase in amount of stool and urine excreted.

B] Modern medical science aspect:

Excessive excretion of excreta:

Stool, urine and sweating are the three important excretory products.

The causes of excessive bowel movements are as mentioned below,²⁶

- Bacterial infection of gastrointestinal tract.
- Inflammatory bowel disease like ulcerative colitis, Crohn’s disease.
- Irritable bowel syndrome.
- Food poisoning.
- Parasitic infection, such as from worms or protozoa.
- Complication of intestinal or abdominal surgery etc.

The causes of excessive urination are as mentioned below,²⁷

- Diabetes mellitus.
- Pregnancy.
- Prostate problems.

- Stroke or other neurological disease.
- Diabetes insipidus.
- Hypercalcemia etc.

The causes of excessive sweating are as mentioned below,²⁸

- Hyperthyroidism.
- Anxiety.
- Obesity.
- Diabetes mellitus.
- Infection.
- Heart attack or heart failure.
- Medications: like Alzheimer’s drugs, Antidepressants, Diabetes drugs.

11) बलासक (Balāsaka):

A] Āyurvedika Aspect of term Balāsaka:

In Mahārōga Adhyāya of Caraka Saṁhitā Sūtrasthāna, Ācārya Caraka mentioned “Balāsaka” as Kaphaja Nānātmaja Vikāra. Commentator Ācārya Cakrapāṇidatta explained the symptom “Balāsaka” as,

बलासकः बलक्षयः; किंवा श्लेष्मोद्रेकान्मन्दज्वरित्वं, स्थूलाङ्गता वा बलासकः।

....च. सू. 20/17 (आयुर्वेददीपिका व्याख्या-चक्रपाणिदत्त कृत).²⁹

Here, word Balāsaka is defined as,

- Balāsaka means Balakshyaya i.e. loss of strength of the body.
- Balāsaka means there is mild fever in the body due to the excessiveness of Kapha Doṣa in the body.
- Balāsaka means obesity.

The Symptom Balāsaka is attributed to the qualities of vitiated Kapha Doṣa.

B] Modern medical science aspect:

Loss of strength:³⁰

Strength is mainly linked with muscles. The causes of muscle weakness are as mentioned below,

- Neuromuscular disorders.
- Chronic diseases like Diabetes mellitus, anemia, chronic lung diseases, chronic kidney diseases etc.
- Aging.
- Muscle damage through injury etc.

12) अपक्ति (Apakti):

A] Āyurvedika Aspect of term Apakti:

1) श्लेष्माऽग्निदहनप्रसेकालस्यगौरवम्।।

श्वेत्यश्वेत्यश्वथाङ्गत्वं श्वासकासातिनिद्रताः। अ.ह.सू. 11/7-8³¹

(अग्निसदनं-अग्निमान्द्यम् | - आयुर्वेदरसायनम् व्याख्या)

While explaining the effects of augmented Kapha Doṣa, Ācārya Vāgbhaṭa mentioned the symptom “Agnisadana”. In Āyurved-Rasāyana commentary, Agnisadana is defined as Agnimāndya i.e. decreased digestive power.

2) अपक्तिः-अपाकः | अ.ह. सू. 12/53(आयुर्वेदरसायनम् व्याख्या)³²

While explaining the effects or actions of increased Kapha Doṣa, Ācārya Vāgbhaṭa mentioned the symptom “Apakti”. In Āyurved-Rasāyana commentary, Apakti is defined as Apāka i.e. indigestion.

Kapha Doṣa have properties like Gurū (heavyness), Śīta (coldness), Sthira (firm), Manda (slow), Snigdha (unctuousness), Ślakṣṇa (smooth) etc. when Kapha Doṣa get aggravated or vitiated, these properties also get increased in the body leading to decreased digestive capability and thereby indigestion.

B] Modern medical science aspect:

Indigestion:³³

The causes of indigestion are as mentioned below,

- Diseases like irritable bowel syndrome, ulcers, pancreatitis, thyroid diseases etc.
- Eating too much, too fast, eating high fat food.
- Stress and fatigue.
- Drinking too much alcohol, smoking etc.
- Medications like aspirin, ibuprofen, steroid etc.

13) हृदयोपलेप (Hṛdayaopalepa):

A] Āyurvedika Aspect of term Hṛdayaopalepa:

1) उपलेपो मलवृद्धिः |

सु. सू. 42/9 (निबन्धसङ्ग्रह व्याख्या-डल्हन कृत)³⁴

In Rasaviśeṣavijñāniya Adhyāya of Suśruta Saṁhitā Sūtrasthāna, Mukha-upalepa is mentioned as properties of Madhura rasa (sweet taste). Madhura rasa causes Mukha-upalepa i.e. coating in the mouth.

2) उपलेपिभिः पिच्छिलादिभिः |

सु. नि. 7/17 (निबन्धसङ्ग्रह व्याख्या-डल्हन कृत)³⁵

In Suśruta Saṁhitā, in the context of Baddhagudodara it is mentioned that, the intestine become coated inside either with food or other sticky materials leading to the pathogenesis of Baddhagudodara. Here it is mentioned that Picchila (slimy or sticky) property is responsible for upalepa.

3) उपलेपः स्रोतःसु मलवृद्धिः |

सु. चि. 33/12 (निबन्धसङ्ग्रह व्याख्या-डल्हन कृत)³⁶

In Suśruta Saṁhitā, in the context of Vamana karma (emesis) it is explained that person treated with emesis at the regular interval does not causes Upalepa i.e. accumulation of Kapha in the throat.

4) उपलेप इवोपलेपः | अ. सं. सू. 20/18³⁷

In Aṣṭāṅga Saṁgraha, term Upalepa is explained as feeling of being covered with a paste or smeared with greasy material.

Thus Hṛdayaopalepa means feeling of coating or being covered with greasy material or accumulation of Kapha Doṣa in chest region. Hṛdayaopalepa is the symptom produced due to aggravated Kapha Doṣa with its properties like Gurū (heavyness), Śīta (coldness), Picchila (sticky), Manda (slow), Snigdha (unctuousness), Ślakṣṇa (smooth) etc.

B] Modern medical science aspect:

Phlegm adhered in vicinity of heart or Chest region:³⁸

The causes of phlegm (mucus) adhered in vicinity of heart or chest are as mentioned below,

- Chronic obstructive pulmonary disease.
- Bacterial and viral infections of respiratory system.
- Acid reflux.
- Allergies: pollen, dust etc.

14) कण्ठोपलेप (Kaṇṭhopaleopa):

A] Āyurvedika Aspect of term Kaṇṭhopaleopa:

1) उपलेपः स्रोतःसु मलवृद्धिः |

सु. चि. 33/12 (निबन्धसङ्ग्रह व्याख्या-डल्हन कृत)³⁹

In Suśruta Saṁhitā, in the context of Vamana karma (emesis) it is explained that person treated with emesis at the regular interval does not causes Upalepa i.e. accumulation of Kapha in the throat.

2) उपलेप इवोपलेपः | अ. सं. सू. 20/18⁴⁰

In Aṣṭāṅga Saṁgraha, term Upalepa is explained as feeling of being covered with a paste or smeared with greasy material.

Thus Kaṇṭhopaleopa means feeling of coating or being covered with greasy material or accumulation of Kapha Doṣa in throat region. Kaṇṭhopaleopa is the symptom produced due to aggravated Kapha Doṣa with its properties like Gurū (heavyness), Śīta (coldness), Picchila (sticky), Manda (slow), Snigdha (unctuousness), Ślakṣṇa (smooth) etc.

B] Modern medical science aspect:

Phlegm adhered to throat:⁴¹

The causes of phlegm (mucus) adhered to throat are as mentioned below,

- Acid reflux.
- Bacterial and viral infections of respiratory system.
- Chronic obstructive pulmonary disease.
- Allergies: pollen, dust etc.

15) धमनीप्रतिचय (Dhamanīpraticaya):

A] Āyurvedika Aspect of term Dhamanīpraticaya:

1) In Mahāroga Adhyāya of Caraka Saṁhitā Sūtrasthāna, Ācārya Caraka mentioned “Dhamanīpraticaya” as Kaphaja Nānātmaja Vikāra. Commentator Ācārya Cakrapāṇidatta explained the symptom “Dhamanīpraticaya” as,

धमनीप्रतिचयो धमन्युपलेपः |

च. सू. 20/17 (आयुर्वेददीपिका व्याख्या-चक्रपाणिदत्त कृत) 42

When Dhamani (blood vessels) are coated from inside with sticky material it is called as Dhamanīpraticaya (Deposition of cholesterol in the artery).

2) तदतिशयः प्रतिचयोऽतिपूरणम् | अ. सं. सू. 20/18 43

As per Aṣṭāṅga Saṁgraha, accumulation of greasy material forming coating inside the channels is called as Dhamanīpraticaya.

Thus Dhamanīpraticaya is the symptom produced due to aggravated Kapha Doṣa with its properties like Gurū (heavyness), Śīta (coldness), Picchila (sticky), Manda (slow), Snigdha (unctuousness), Ślakṣṇa (smooth) etc.

B] Modern medical science aspect:

Hardening of vessals: 44

The causes of hardening of vessels (atherosclerosis) are as mentioned below,

- High blood cholesterol.
- Family history of hardening of vessel
- Obesity.
- Diabetes mellitus.
- Lack of exercise
- Smoking etc.

16) गलगण्ड (Galagaṇḍa):

A] Āyurvedika Aspect of term Galagaṇḍa:

1) निबद्धः श्वयथुर्यस्य मुष्कवल्लम्बते गले |

महान् वा यदि वा ह्रस्वो गलगण्डं तमादिशेत् ||

सु. नि. 11/29 45

The swelling adhering firmly in the throat (neck) and hanging loose like the scrotum, whether big or small in size, is to be called a Galagaṇḍa.

In Mahāroga Adhyāya of Caraka Saṁhitā Sūtrasthāna, Ācārya Caraka mentioned “Galagaṇḍa” as Kaphaja Nānātmaja Vikāra. Hence vitiated Kapha Doṣa with its properties is fundamental cause of Galagaṇḍa.

B] Modern medical science aspect:

Goiter: 46

A state that increases the dimension of thyroid gland is called as a goiter. The causes of goiter are as mentioned below,

- Iodine deficiency.
- Graves disease.
- Hashimoto thyroiditis.
- Thyroid cancer.
- Pregnancy etc.

17) अतिस्थौल्य (Atisthauilya):

A] Āyurvedika Aspect of term Atisthauilya:

अतिस्थूलस्य तावदायुषो हासो जवोपरोधः कृच्छ्रव्यवायता दौर्बल्यं दौर्गन्ध्यं स्वेदाबाधः क्षुदतिमात्रं पिपासातियोगश्चेति भवन्त्यष्टौ दोषाः |

तदतिस्थौल्यमतिस्मूर्णनाद्गुरुमधुरशीतस्निग्धोपयोगादव्यायामाद व्यवाया द्विवास्वप्राद्धर्षनित्यत्वादचिन्तनाद्वीजस्वभावाच्चोपजायते |

च. सू. 21/4 47

Those of the too corpulent category are deficient in longevity, slow in movement; they find it difficult to indulge in sexual intercourse; they are weak; they emit bad smell; they have much of sweating, hunger and thirst. These are the eight defects inherent in them.

Excessive corpulence is caused by over intake; intake of heavy, sweet, cooling and unctuous food, want of physical exercise, abstinence from sexual intercourse, days-leep, uninterrupted cheerfulness, lack of mental exercise and heredity.

Thus Atisthauilya is the symptom produced due to aggravated Kapha Doṣa with its properties like Gurū (heavyness), Śīta (coldness), Picchila (sticky), Manda (slow), Snigdha (unctuousness), Ślakṣṇa (smooth) etc.

B] Modern medical science aspect:

Obesity: 48

“Body mass index (BMI) is a calculation that takes a person’s weight and height into account to measure body size. Obesity is defined as a BMI of 30 or above in adults.” The causes of obesity are as mentioned below,

- Genetics.
- Cushing syndrome.
- Polycystic ovarian syndrome.
- Hypothyroidism
- High calorie diet with less exercise
- Sedentary lifestyle etc.

18) शीतान्निता (Śīta-agnita):

A] Āyurvedika Aspect of term Śīta-agnita:

1) Agni means digestive power of an individual. The process of digestion begins from mouth where saliva gets mixed with food. If Agni is normal then there is normal digestion of food, which gives healthy and disease-free life.

2) In Mahārōga Adhyāya of Caraka Saṁhitā Sūtrasthāna, Ācārya Caraka mentioned “Śīta-agnita” as Kaphaja Nānātmaja Vikāra. Commentator Ācārya Cakrapāṇidatta explained the symptom “Śīta-agnita” as,

शीतान्निता मन्दाग्निता।

च. सू. 20/17 (आयुर्वेददीपिका व्याख्या-चक्रपाणिदत्त कृत) 49

Here, Śīta-agnita means decreased digestive power.

3) अग्नेरति मन्दता शैत्यम्। अ. सं. सू. 20/18 50

As per Aṣṭāṅga Saṁgraha, Śaitya is profound decrease of digestive power or body temperature.

Thus Śīta-agnita is the symptom produced due to aggravated Kapha Doṣa with its properties like Gurū (heavyness), Śīta (coldness), Picchila (sticky), Manda (slow), Snigdha (unctuousness), Ślakṣṇa (smooth) etc.

B] Modern medical science aspect:

Mildness in digestive power: Digestive power of an individual gets decreased in almost each and every disease, whether it is somatic or psychic.

19) उदरद (Udarda):

A] Āyurvedika Aspect of term Udarda:

2) In Aṣṭāṅga Saṁgraha, concepts of “Udarda” is mentioned in details as follows,

उरसोऽभिष्यन्द उदरदः।

केषाञ्चिच्छीतवेपथुरुदरदः।

अन्ये पुनराहुः शीतपानीयसंस्पर्शाच्छीतकाले विशेषतः।

सरागकण्डूः शोफ स्यादुदरदः स कफोद्भवः॥

अ. सं. सू. 20/18 51

Here, Udarda is defined as,

- Udarda is accumulation of fluid in the chest.
- Udarda is shivering associated with cold (rigors).
- Udarda is swelling, red in colour with itching seen especially in cold season, from contact with cold water and produced by vitiated kapha Doṣa.

In Mahārōga Adhyāya of Caraka Saṁhitā Sūtrasthāna, Ācārya Caraka mentioned “Udarda” as Kaphaja Nānātmaja Vikāra. Hence one thing is clear that there is prime vitiation of Kapha Doṣa in the etiopathogenesis of Udarda disease.

B] Modern medical science aspect:

Urticarial rashes:⁵²

The types and causes of urticaria are as mentioned below,

- Acute urticaria: It last for less than 6 weeks. The general causes are foods (nuts, chocolates, fish, eggs, milk, tomatoes, food preservatives and additives etc.), medication (aspirin, ibuprofen etc.) and infections. Insect bite may also responsible.
- Chronic urticaria: It last for more than 6 weeks. The some causes are thyroid disease, hepatitis, cancer etc.
- Physical urticaria: It is commonly caused by something that stimulates the skin like cold, heat, sun exposure, vibration, pressure, sweating etc.
- Dermatographism: It is common form of physical urticaria, in which hives form after firmly stroking or scratching the skin.

20) श्वेतावभासता (Śvetavabhasata):

A] Āyurvedika Aspect of term Śvetavabhasata:

1) In Mahārōga Adhyāya of Caraka Saṁhitā Sūtrasthāna, Ācārya Caraka mentioned “Śvetavabhasata” as Kaphaja Nānātmaja Vikāra.

2) श्लेष्मा त्वचि स्थितः कुर्यात्स्तम्भं श्वेतावभासताम्।

अ. सं. सू. 19/21⁵³

(श्वेतावभासता श्वेतवर्ण दर्शित्वम्- शशिलेखा व्याख्या)

As per Aṣṭāṅga Saṁgraha, Śvetavabhasata means whitish discolouration. As per Śaśilekhā Vyākhyā, Śvetavabhasata means whitish appearance of skin of a person. This symptom is attributed to the vitiated Kapha Doṣa.

B] Modern medical science aspect:

Pallor:⁵⁴

The causes of pallor are as mentioned below,

- Anemia (blood loss, poor nutrition)
- Frostbite.
- Shock.
- Certain vitamin deficiency: folic acid, vitamin B12.
- Problem with blood circulation.
- Chronic diseases like tuberculosis, cancer etc.

21) श्वेतमूत्रनेत्रवर्च (Śveta Mūtra-Netra-Varca):**A] Āyurvedika Aspect of term Śveta Mūtra-Netra-Varca:**

In Mahāroga Adhyāya of Caraka Samhitā Sūtrasthāna, Ācārya Caraka mentioned “Śveta Mūtra-Netra-Varca” as Kaphaja Nānātmaja Vikāra.

Vitiation of Kapha Doṣa with its properties like Gurū (heavyness), Śīta (coldness), Picchila (sticky), Manda (slow), Snigdha (unctuousness), Ślakṣṇa (smooth) etc. leads to the appearance of whitish discolouration to stool, eyes and urine etc.

B] Modern medical science aspect:**White discoloration of urine, eye and faeces:**

A decrease or absence of bile salts can cause the stool to become pale clay like color.⁵⁵ The causes of whiteness of stool are as mentioned below,

- Food: especially fatty food or food containing coloring.
- Giardiasis may turn stool light.
- Medications: ibuprofen, acetaminophen can harm liver.
- Gall bladder diseases: gall stone, Cholestais.
- Liver problems: Hepatitis, liver cancer etc.
- Pancreas problems: Pancreatitis etc.

The causes of whiteness of urine are as mentioned below,⁵⁶

- Urinary tract infection.
- Pregnancy.
- Sexually transmitted infections: Gonorrhea, Chlamydia may cause cloudy urine.
- Vulvovaginitis.
- Prostatitis.
- Diabetes or kidney damage from diabetes can cause cloudy urine etc.

The causes of whiteness of eye are as mentioned below,⁵⁷

- Corneal ulcer.
- Cataracts.
- Pingueculas and pterygium.
- Retinoblastoma
- Anemia etc.

OBSERVATION & RESULTS:

The ailments known as Nānātmaja Vikāra are those that are conclusively caused by the vitiation of just one Doṣa (either Vāta Doṣa or Pitta Doṣa or Kapha Doṣa). Vitiation of certain Doṣa is required for the manifestation of the Nānātmaja Vikāra. The understanding of Nānātmaja Vikāra helps to recognize the Doṣa involved and to plan proper Doṣa specific management with precision. It is observed that while

describing the names of Nānātmaja Vikāras of Tridoṣa (i.e Vāta, Pitta and Kapha Doṣa) in Mahāroga Adhyāya, Ācārya Caraka mentioned the word “च (Ca)” after the name of each Nānātmaja Vikāra.

DISCUSSION:

Sva-Śāstra Samjñā refers to a set of words in each science that have a distinct meaning. These medical terms express condensed meanings that have developed through long years of research in a particular subject. Genuine scientific knowledge is based on a thorough comprehension of scientific terminology.

There are numerous Nānātmaja Vikāras caused by vitiated Kapha Doṣa. Ācārya Caraka described the only those Nānātmaja Vikāras that are the most common ailments caused by vitiated Kapha Doṣa.

Aṣṭāṅga Saṁgraha and Āyurved Rasāyana commentary on Aṣṭāṅga Hṛdaya used term “praseka” for the term Mukhasrāva among the Kaphaja Nānātmaja Vikāra, even though the interpretation of it is the similar.

While explaining the names of the Nānātmaja Vikāras of the Tridoṣa (i.e. Vāta, Pitta, and Kapha Doṣa), Ācārya Caraka added the term “च (Ca)” after each Nānātmaja Vikāra's name. Here the word “च (Ca)” after the name of each Nānātmaja Vikāra may stands for,

- Consideration of that Nānātmaja Vikāra caused by other reasons. For example: Pṛṣṭhagraha can be caused by various reasons like Poor Sleeping position, Pregnancy, intervertebral disc degeneration, trauma etc. All these should be considered.
- Consideration of that Nānātmaja Vikāra manifested by the various Guṇas (qualities) of specific Doṣa. As same Nānātmaja Vikāra can be appear due to different properties of that Doṣa. For example: Pṛṣṭhagraha can be caused by vitiated Vāta Doṣa with properties like Śīta (coldness) or Cala (mobile) etc. And accordingly management protocol will also need to change.
- Consideration of that Nānātmaja Vikāra manifested by Svatantra pathogenesis (by own causative factors) and Paratantra pathogenesis (by causative factors of other Doṣa).
- Consideration of that Nānātmaja Vikāra manifested by quantitative and qualitative difference in the properties of that Doṣa.(Amśāṁśa Kalpanā of Guṇas involved)

The concise meaning of Kaphaja Nānātmaja Vikāra is as mentioned below,

- Trṛpti (anorexia nervosa or Satiety),
- Tandrā (drowsiness),
- Nidrādhikya (excessive sleep),

4. Staimitya (excessive cold sensation or timidity),
5. Gurūgātrātā (heaviness in the body),
6. Ālasya (Laziness),
7. Mukhamādhurya (sweet taste in mouth),
8. Mukhasrāva (Excess salivation),
9. Śleṣmodgirāṇa (expectoration of mucus),
10. Malasyādhikya (excessive excretion of excreta),
11. Balāsaka (loss of strength),
12. Apakti (indigestion),
13. Hṛdayaopalepa (phlegm adhered in vicinity of heart or chest region),
14. Kanṭhopaleopa (phlegm adhered to throat),
15. Dhamaṇīpraticaya (hardening of vessels or atherosclerosis),
16. Galagaṇḍa (goiter),
17. Atisthaulya (obesity),
18. Śīta-agnita (mildness in digestive power),
19. Udarda (urticarial rashes),
20. Śvetavabhasata (pallor),
21. Śveta Mūtra Netra Varca (white discoloration of urine, eye and faeces) etc.

According to Āyurveda science, a proper understanding of Nānātmaja Vikāra aids in recognizing the Doṣa involved and planning precise Doṣa-specific management.

CONCLUSION:

Āyurveda Saṁhitā (Bṛhatrayī with their respective commentaries) and modern science has been studied critically to understand the condensed meaning of Kaphaja Nānātmaja Vikāra (Sva Śāstra Saṁjñā). Ample study of all these scientific terms carried out in this research work is certainly beneficial to each Āyurveda clinician for Naidānika (Diagnostic) and Cikitsiya (Therapeutic) perspective.

REFERENCES:

- [1] Agnivesha, Caraka and Dridhabala, Caraka Saṁhitā, Sūtrasthāna , Yajñapuruṣīyam Adhyāya , 25/40, edited by Vaidya Jadavaji Trikamaji Acharya, reprint edition, Chaukhambha Prakashan, Varanasi 2009; 132.
- [2] Cakrapānidatta commentator, Agnivesha, Caraka and Dridhabala, Caraka Saṁhitā, Sūtrasthāna , Anapanavidhi Adhyāya , 27/325, edited by Vaidya Jadavaji Trikamaji Acharya, reprint edition, Chaukhambha Prakashan, Varanasi 2009; 172.
- [3] Vruddha Vāgbhaṭa, Aṣṭāṅga Saṁgraha, Sūtrasthāna , Doṣabhedīya Adhyāya , 20/18, edited by Dr. Shivprasad Sharma, Second edition, Chaukhamba Sanskrit Series Office, Varanasi 2008,159.
- [4] <https://www.healthline.com/health/anorexia-nervosa#causes>
- [5] Maharshi Suśruta , Suśruta Saṁhitā, Śārīrasthāna, Garbhavyākaraṇam śārīram Adhyāya , 4/49, edited by Vaidya Jadavaji Trikamaji Acharya, reprint edition, Chaukhambha Surbharati Publication, Varanasi 2010, 359.
- [6] Aruṇadatta, Vāgbhaṭa, Aṣṭāṅga Hṛdaya, Nidānasthāna, Jvaranidānam Adhyāya , 2/22, edited by Pt. Hari Sadashiva Shastri Paradakara, reprint edi-

- tion, Chaukhambha Publication, Varanasi 2010, 450.
- [7] <https://www.healthline.com/health/drowsiness#treatment>
- [8] Agnivesha, Caraka and Dridhabala, Caraka Saṁhitā, Sūtrasthāna , Athāto aṣṭaunimīdīyam Adhyāya , 21/35, edited by Vaidya Jadavaji Trikamaji Acharya, reprint edition, Chaukhambha Prakashan, Varanasi 2009; 118.
- [9] Hemādri, Vāgbhaṭa, Aṣṭāṅga Hṛdaya, Sūtrasthāna, Doṣādivijñānīyam Adhyāya , 11/8, edited by Pt. Hari Sadashiva Shastri Paradakara, reprint edition, Chaukhambha Publication, Varanasi 2010, 183.
- [10] <https://www.healthline.com/health/oversleeping#oversleeping-causes>
- [11] Cakrapānidatta commentator, Agnivesha, Caraka and Dridhabala, Caraka Saṁhitā, Sūtrasthāna , Snehādhyāya , 13/76, edited by Vaidya Jadavaji Trikamaji Acharya, reprint edition, Chaukhambha Prakashan, Varanasi 2009; 86.
- [12] Vruddha Vāgbhaṭa, Aṣṭāṅga Saṁgraha, Sūtrasthāna , Doṣabhedīya Adhyāya , 20/18, edited by Dr. Shivprasad Sharma, Second edition, Chaukhamba Sanskrit Series Office, Varanasi 2008,159.
- [13] Indu commentator, Vruddha Vāgbhaṭa, Aṣṭāṅga Saṁgraha, Sūtrasthāna , Viruddhānnavijñānīya Adhyāya , 9/39, edited by Dr. Shivprasad Sharma, Second edition, Chaukhamba Sanskrit Series Office, Varanasi 2008,93.
- [14] <https://www.healthline.com/health/shyness#causes>
- [15] <https://www.parsleyhealth.com/blog/what-i-do-when-im-feeling-heavy-tired-and-toxic/>
- [16] Hemādri, Vāgbhaṭa, Aṣṭāṅga Hṛdaya, Sūtrasthāna, Doṣādivijñānīyam Adhyāya , 11/8, edited by Pt. Hari Sadashiva Shastri Paradakara, reprint edition, Chaukhambha Publication, Varanasi 2010, 183.
- [17] ḍalhana, Maharshi Suśruta , Suśruta Saṁhitā, Sūtrasthāna, Śiṣyopanayanīya Adhyāya , 2/6, edited by Vaidya Jadavaji Trikamaji Acharya, reprint edition, Chaukhambha Surbharati Publication, Varanasi 2010, 11.
- [18] Maharshi Suśruta , Suśruta Saṁhitā, Śārīrasthāna, Garbhavyākaraṇam śārīram Adhyāya , 4/52, edited by Vaidya Jadavaji Trikamaji Acharya, reprint edition, Chaukhambha Surbharati Publication, Varanasi 2010, 360.
- [19] <https://www.healthline.com/health/how-to-stop-being-lazy#when-its-not-laziness>
- [20] Chandranandana, Vāgbhaṭa, Aṣṭāṅga Hṛdaya, Uttarasthāna, Mukharogavijñānīya Adhyāya , 21/55, edited by Pt. Hari Sadashiva Shastri Paradakara, reprint edition, Chaukhambha Publication, Varanasi 2010, 849.
- [21] <https://www.healthline.com/health/sweet-taste-in-mouth#causes>
- [22] Indu commentator, Vruddha Vāgbhaṭa, Aṣṭāṅga Saṁgraha, Sūtrasthāna , Dinacaryānām Adhyāya , 3/15, edited by Dr. Shivprasad Sharma, Second edition, Chaukhamba Sanskrit Series Office, Varanasi 2008,18.

- [23] <https://www.healthline.com/health/dental-and-oral-health/hypersalivation#causes>
- [24] Indu commentator, Vrুদ্ধha Vāgbhāṭa, Aṣṭāṅga Saṁgraha, Cikitsāsthāna, Kāsacikitsitānām Adhyāya , 4/43, edited by Dr. Shivprasad Sharma, Second edition, Chaukhamba Sanskrit Series Office, Varanasi 2008,452.
- [25] <https://www.medicalnewstoday.com/articles/318924#causes-and-colors-of-excess-sputum>
- [26] <https://my.clevelandclinic.org/health/diseases/17791-frequent-bowel-movements>
- [27] <https://www.webmd.com/urinary-incontinence-oab/frequent-urination-causes-and-treatments>
- [28] <https://www.webmd.com/skin-problems-and-treatments/hyperhidrosis-causes-11>
- [29] Cakrapāṇidatta commentator, Agnivesha, Caraka and Dridhabala, Caraka Saṁhitā, Sūtrasthāna , Mahāroga Adhyāya , 20/17, edited by Vaidya Jadavaji Trikamaji Acharya, reprint edition, Chaukhamba Prakashan, Varanasi 2009; 115.
- [30] <https://patient.info/signs-symptoms/tiredness-fatigue/muscle-weakness>
- [31] Hemādri, Vāgbhāṭa, Aṣṭāṅga Hṛdaya, Sutrasthāna, Doṣādivijñāniyam Adhyāya , 11/7-8, edited by Pt. Hari Sadashiva Shastri Paradakara, reprint edition, Chaukhamba Publication, Varanasi 2010, 183.
- [32] Hemādri, Vāgbhāṭa, Aṣṭāṅga Hṛdaya, Sutrasthāna, Doṣabhedīya Adhyāya , 12/53, edited by Pt. Hari Sadashiva Shastri Paradakara, reprint edition, Chaukhamba Publication, Varanasi 2010, 202.
- [33] <https://www.webmd.com/heartburn-gerd/indigestion-overview>
- [34] ḍalhana, Maharshi Suśruta , Suśruta Saṁhitā, Sutrasthāna, Rasaviśeṣavijñāniyam Adhyāya , 42/9, edited by Vaidya Jadavaji Trikamaji Acharya, reprint edition, Chaukhamba Surbharati Publication, Varanasi 2010, 185.
- [35] ḍalhana, Maharshi Suśruta , Suśruta Saṁhitā, Nidānasthāna, Udarānāmnidānam Adhyāya, 7/17, edited by Vaidya Jadavaji Trikamaji Acharya, reprint edition, Chaukhamba Surbharati Publication, Varanasi 2010, 297.
- [36] ḍalhana, Maharshi Suśruta , Suśruta Saṁhitā, cikitsāsthāna, Athāto-vamanavirecana sādhyopadravacikitsitam Adhyāya, 33/12, edited by Vaidya Jadavaji Trikamaji Acharya, reprint edition, Chaukhamba Surbharati Publication, Varanasi 2010, 517.
- [37] Vrুদ্ধha Vāgbhāṭa, Aṣṭāṅga Saṁgraha, Sūtrasthāna , Doṣabhedīya Adhyāya , 20/18, edited by Dr. Shivprasad Sharma, Second edition, Chaukhamba Sanskrit Series Office, Varanasi 2008,159.
- [38] <https://www.webmd.com/lung/mucus-in-chest-overview#1>
- [39] ḍalhana, Maharshi Suśruta , Suśruta Saṁhitā, cikitsāsthāna, Athāto-vamanavirecana sādhyopadravacikitsitam Adhyāya, 33/12, edited by Vaidya Jadavaji Trikamaji Acharya, reprint edition, Chaukhamba Surbharati Publication, Varanasi 2010, 517.
- [40] Vrুদ্ধha Vāgbhāṭa, Aṣṭāṅga Saṁgraha, Sūtrasthāna , Doṣabhedīya Adhyāya, 20/18, edited by Dr. Shivprasad Sharma, Second edition, Chaukhamba Sanskrit Series Office, Varanasi 2008,159.
- [41] <https://www.healthline.com/health/overproduction-of-mucus-in-throat#causes>
- [42] Cakrapāṇidatta commentator, Agnivesha, Caraka and Dridhabala, Caraka Saṁhitā, Sūtrasthāna , Mahāroga Adhyāya , 20/17, edited by Vaidya Jadavaji Trikamaji Acharya, reprint edition, Chaukhamba Prakashan, Varanasi 2009; 115.
- [43] Vrুদ্ধha Vāgbhāṭa, Aṣṭāṅga Saṁgraha, Sūtrasthāna , Doṣabhedīya Adhyāya , 20/18, edited by Dr. Shivprasad Sharma, Second edition, Chaukhamba Sanskrit Series Office, Varanasi 2008,159.
- [44] <https://medlineplus.gov/ency/article/000171.htm>
- [45] Maharshi Suśruta , Suśruta Saṁhitā, Nidānasthāna, Athāto-granthapacyarbudagalagṇḍānām nidānam Adhyāya, 11/29, edited by Vaidya Jadavaji Trikamaji Acharya, reprint edition, Chaukhamba Surbharati Publication, Varanasi 2010, 315.
- [46] <https://www.healthline.com/health/goiter-simple#causes>
- [47] Agnivesha, Caraka and Dridhabala, Caraka Saṁhitā, Sūtrasthāna , Athāto aṣṭaunimditīyam Adhyāya , 21/4, edited by Vaidya Jadavaji Trikamaji Acharya, reprint edition, Chaukhamba Prakashan, Varanasi 2009; 116.
- [48] <https://www.healthline.com/health/obesity#causes>
- [49] Cakrapāṇidatta commentator, Agnivesha, Caraka and Dridhabala, Caraka Saṁhitā, Sūtrasthāna , Mahāroga Adhyāya , 20/17, edited by Vaidya Jadavaji Trikamaji Acharya, reprint edition, Chaukhamba Prakashan, Varanasi 2009; 115.
- [50] Vrুদ্ধha Vāgbhāṭa, Aṣṭāṅga Saṁgraha, Sūtrasthāna , Doṣabhedīya Adhyāya , 20/18, edited by Dr. Shivprasad Sharma, Second edition, Chaukhamba Sanskrit Series Office, Varanasi 2008,159.
- [51] Vrুদ্ধha Vāgbhāṭa, Aṣṭāṅga Saṁgraha, Sūtrasthāna , Doṣabhedīya Adhyāya , 20/18, edited by Dr. Shivprasad Sharma, Second edition, Chaukhamba Sanskrit Series Office, Varanasi 2008,159.
- [52] <https://www.webmd.com/skin-problems-and-treatments/guide/hives-urticaria-angioedema>
- [53] Indu commentator, Vrুদ্ধha Vāgbhāṭa, Aṣṭāṅga Saṁgraha, Sūtrasthāna , Doṣādivijñāniyam Adhyāya , 19/21, edited by Dr. Shivprasad Sharma, Second edition, Chaukhamba Sanskrit Series Office, Varanasi 2008,153.
- [54] <https://www.webmd.com/skin-problems-and-treatments/what-to-know-about-pallor-and-your-health>
- [55] <https://www.medicalnewstoday.com/articles/324582#causes-of-pale-stool>
- [56] <https://www.medicalnewstoday.com/articles/324443#diagnosis>
- [57] <https://www.healthline.com/health/eye-health/white-spot-in-eye#symptoms>

Cite this article as:

Harshal S. Sabale, Abhijit H. Joshi, Critical study of Kaphaja Nānātmaja Vikāra with special reference to Bṛhatrayī and Modern science, ADJIM 2022: 7(2), p. 04-14.