

Literary Research

Applied concise study of *Nānātmaja Vikāra* with special reference to *Tridoṣa*

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: 09/05/2022 Accepted on: 20/06/2022 Published on: 08/03/2023

ABSTRACT:

Every science contains distinct terminology with defined meanings, known as Sva-Śāstra Samjñā, just as its essential concepts. These terminologies have specific definitions that have been developed over many periods of research in the scientific community. Such terms are frequently regarded as shorthand, a means of conveying complex ideas clearly and concisely. Genuine scientific knowledge is obtained by a proper understanding of the terms used in science. Being a science, Āyurveda has its own set of scientific words, which must be correctly understood in order to understand science. The Āyurveda Samhitās and their commentaries defined these scientific terminologies. In this research work, author conducted concise study of Nānātmaja Vikāra from Mahārōga Adhyāya of Caraka Samhitā Sūtrasthāna as per the methodology mentioned. The attempt has been made to understand each term of Nānātmaja Vikāra in brief. This study will surely useful to each Āyurveda physician for Naidānika (Diagnostic) and Cikitsiya (Therapeutic) perspective.

KEY WORDS: Sva-Śāstra Samjñā, Āyurveda, Nānātmaja, Vikāra, Mahārōga, Adhyāya etc.**INTRODUCTION:**

The time period is witnessing enormous shifts in the way people think about health conditions. The entire scientific community was constantly active in the development of numerous beneficial health-care programs. 'Prevention is better than cure,' as the saying goes. The efforts made with this strategy can also help to attain the objective of "HEALTH FOR ALL." Here Āyurveda can play a crucial position.

Every science contains distinct terminology with defined meanings, known as Sva-Śāstra Samjñā, just as its essential concepts. These terminologies have specific definitions that have been developed over many periods of research in the scientific community. Genuine scientific knowledge is obtained by a proper understanding of the terms used in science. Being a science, Āyurveda has its own set of scientific words, which must be correctly understood in order to understand science. The Āyurveda Samhitās and their commentaries defined these scientific terminologies. Thus terms of Nānātmaja Vikāra need to be understood properly.

Aims:

Concise study of Nānātmaja Vikāra from Mahārōga Adhyāya of Caraka Samhitā Sūtrasthāna.

Objectives:

To perform concise study of Nānātmaja Vikāra from

Mahārōga Adhyāya of Caraka Samhitā Sūtrasthāna.

MATERIALS:

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

METHODOLOGY:

1. Each term of Nānātmaja Vikāra will be studied to get concise meaning with the help of
 - Tantrayuktī (means of interpreting science) &
 - Allopathic science texts.

2. Criteria for selection:**• 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:

Mahāroga Adhyāya from Caraka Saṁhitā Sūtrasthāna is one of the important chapters which enlighten the concept of Vāta, Pitta & Kapha Doṣa. Thus various Āyurvedika terms mentioned in this chapter need to be understood properly with the help of methodology mentioned. This chapter also has prime significance in diagnosis & management of various clinical entities or diseases as per Āyurvedika perspective. Considering all these facts, the present study is planned.

Ācārya Caraka mentioned 80, 40 and 20 numbers of Vātaja, Pittaja and Kaphaja Nānātmaja Vikāra in Mahāroga Adhyāya of Caraka Saṁhitā Sūtrasthāna respectively. Aṣṭāṅga Saṁgraha was written by Vṛddha Vāgbhaṭa. Nānātmaja Vikāras are also mentioned in Doṣabhediya Adhyāya of Aṣṭāṅga Saṁgraha Sūtrasthāna. Ācārya Arundutta and Ācārya Hemādri has written commentaries on Aṣṭāṅga Hṛdaya namely Sarvāṅg Sundarā and Āyurved Rasāyana. Both these commentators of Aṣṭāṅga Hṛdaya also mentioned Nānātmaja Vikāra in their commentaries. Here Nānātmaja Vikāra will be studied briefly for its better understanding.

There are two types of Vikāra namely Sāmānyaja Vikāras and Nānātmaja Vikāra. Sāmānyaja Vikāras are the diseases caused by the vitiation of Vāta Doṣa, Pitta Doṣa, and Kapha Doṣa; when two or all three Doṣas are involved. Any vitiated Doṣa can lead the pathogenesis of Sāmānyaja Vikāra. 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). Nānātmaja Vikāra is a form of Nija Vikāra, which means it is caused by a certain Doṣa. Without the participation of a certain Doṣa, a Nānātmaja Vikāra cannot be expected. Vitiation of certain Doṣa is required for the manifestation of the Nānātmaja Vikāra.

Vātaja Nānātmaja Vikāras:

The Vātaja Nānātmaja Vikāras mentioned in several Āyurvedika Saṁhitās [Refer Table No. 1]:

“Vātaja Nānātmaja Vikāras are Nakhabheda, Vipādikā, Pādaśūla, Pādabhramśa, Pādasuptatā, Vātakuḥḍḍtā, Gulphagraha, Piṇḍikodveṣṭana, Gṛdhrasī, Jānubheda, Jānuviśleṣa, Urustambha, Urusāda, Pāṅgulya, Gudabhramśa, Gudārti, Vṛṣaṇākṣepa, Śephastambha, Vamkṣaṇānāha, Śroṇibheda, Viḍbheda, Udāvarta,

Khṁñjatva, Kubjatva, Vāmanatva, Trikagraha, Pṛṣṭhagraha, Pārśvāvamarda, Udarāveṣṭa, Hṛnmoha, Hṛddrava, Vakṣaudgharṣa, Vakṣauparodha, Vakṣatoda, Bāhuśoṣa, Grīvāstambha, Manyāstambha, Kaṅṭhodhvamsa, Hanubheda, Oṣṭhabheda, Akṣibheda, Dantabheda, Dantaśaithilya, Mūkatva, Vākṣaṅga, Kaṣyāśyatā, Mukha-Śoṣa, Arasajñatā, Ghrāṇanāśa, Karṇaśūla, Aśabdaśravaṇa, Uccaiśruti, Bādhirya, Vartma-stambha, Vartma-Saṁkoca, Timira, Akṣiśūla, Akṣi-Vyudāsa, Bhrū-Vyudāsa, Śaṁkhabheda, Lalāṭabheda, Śiroruka, Keśabhūmisphuṭana, Ardita, Ekāṅgaroga, Sarvāṅga roga, Pakṣavadha, Akṣepaka, Daṇḍaka, Tama, Bhrama, Vepathu, Jṛmbhā, Hikkā, Viśada, Atipralāpa, Raukṣya, Pāruṣya, Śyāvāruṇāvabhāsatā, Asvapna, Anavasthitacittatva etc.”

Pittaja Nānātmaja Vikāras:

The Pittaja Nānātmaja Vikāras mentioned in several Āyurvedika Saṁhitās [Refer Table No. 2]:

“Pittaja Nānātmaja Vikāras are Oṣa, Ploṣa, Dāha, Davathu, Dhūmaka, Amlaka, Vidāha, Antardāha, Aṁsadāha, Uṣmādhikya, Atisveda, Anga-gandha, Aṅgagāvadaraṇa, Śoṇitakleda, Māmsakleda, Tvagdāha, Tvagavadaraṇa, Carmadalana, Raktakoṭha, Raktavisphoṭa, Raktapitta, Raktamaṇḍalāni, Haritatva, Haridratva, Nīlikā, Kakṣā, Kāmalā, Tiktāśyatā, Lohitagandhāśyatā, Pūtimukhatā, Tṛṣṇādhikya, Aṭṛpti, Āsyavipāka, Galapāka, Akṣipāka, Gudapāka, Meḍhrapāka, Jīvādāna, Tamapraveśa, Harit-Haridra Netra Mūtra Varca etc.”

Kaphaja Nānātmaja Vikāras:

The Kaphaja Nānātmaja Vikāras mentioned in several Āyurvedika Saṁhitās [Refer Table No. 3]:

“Kaphaja Nānātmaja Vikāras are Tṛpti, Tandṛā, Nidrādhikya, Staimitya, Gurūgātratā, Ālasya, Mukhamādhurya, Mukhasrāva, Śleṣmodgiraṇa, Malasyādhikya, Balāsaka, Apakti, Hṛdayaopalepa, Kaṅṭhopalepa, Dhamaṇipraticaya, Galagaṇḍa, Atisthaulya, Śīta-agnita, Udarda, Śvetavabhasata, Śveta Mūtra Netra Varca etc.”

OBSERVATION & RESULTS:

- Few Nānātmaja Vikāra has dissimilar terms in different Saṁhitā, even though the denotation and interpretation of it are the similar.
- Nānātmaja Vikāras due to vitiated Vāta, Pitta and Kapha Doṣa are innumerable. Here Ācārya Caraka mentioned only those Nānātmaja Vikāras which are the most exhibited diseases by vitiated Vāta, Pitta and Kapha Doṣa respectively.
- All the terms of Nānātmaja Vikāra are studied concisely for its brief interpretation as per methodology mentioned.

Table No. 1: Vātaja Nānātmaja Vikāras

Sr. No.	Vātaja Nānātmaja Vikāra	Caraka Samhitā ¹	Aṣṭāṅga Saṁgraha ²	Sarvāṅga Sundarā commentary on Aṣṭāṅga Hr̥daya ³	Āyurved Rasāyana commentary on Aṣṭāṅga Hr̥daya ⁴
1	नखभेद	Y	Y	Y	Y
2	विपादिका	Y	Y	Y	Y
3	पादशूल	Y	Y	Y	Y
4	पादभ्रंश	Y	Y	Y	Y
5	पादसुप्तता	Y	Y	Y	Y
6	वातखुडुता	Y	Y	Y	Y
7	गुल्फग्रह	Y	Y	Y	Y
8	पिण्डकोद्वेष्टन	Y	Y	Y	Y
9	गृध्रसी	Y	Y	Y	Y
10	जानुभेद	Y	Y	Y	Y
11	जानुविक्षेप	Y	Y	Y	Y
12	ऊरुस्तम्भ	Y	Y	Y	N
13	ऊरुसाद	Y	Y	Y	Y
14	पाङ्गुल्य	Y	Y	Y	Y
15	गुदभ्रंश	Y	Y	Y	Y
16	गुदार्ति	Y	Y	Y	Y
17	वृषणाक्षेप	Y	Y	Y	Y
18	शेफ्रस्तम्भ	Y	Y	Y	Y
19	वंक्षणानाह	Y	Y	Y	Y
20	श्रोणिभेद	Y	Y	Y	Y
21	विड्भेद	Y	Y	Y	Y
22	उदावर्त	Y	Y	Y	Y
23	खञ्जत्व	Y	Y	Y	Y
24	कुब्जत्व	Y	Y	Y	Y
25	वामनत्व	Y	Y	Y	Y
26	त्रिकग्रह	Y	Y	Y	Y
27	पृष्ठग्रह	Y	Y	Y	Y
28	पार्श्वविमर्द	Y	Y	Y	Y
29	उदरावेष्ट	Y	Y	Y	Y
30	हन्मोह	Y	Y	Y	Y
31	हृद्रव	Y	Y	Y	Y
32	वक्षीद्वर्ष	Y	Y	Y	Y
33	वक्षीपरोध	Y	Y	Y	Y
34	वक्षस्तोद	Y	Y	Y	Y
35	बाहुशोष	Y	Y	Y	Y
36	ग्रीवास्तम्भ	Y	Y	Y	Y
37	मन्यास्तम्भ	Y	Y	Y	Y
38	कण्ठोद्ध्वंस	Y	Y	Y	Y
39	हनुभेद	Y	हनुस्तंभ	हनुस्तंभ	हनुस्तंभ
40	ओष्ठभेद	Y	Y	Y	Y

Sr. No.	Vātajā Vikāra	Nānātājā	Carakā Samhitā ¹	Aṣṭāṅga Samgraha ²	Sarvāṅga Sundarā commentary on Aṣṭāṅga Hrdaya ³	Āyurved Rasāyana commentary on Aṣṭāṅga Hrdaya ⁴
41	अक्षिभेद		Y	N	N	N
42	दन्तभेद		Y	Y	Y	Y
43	दन्तशैथिल्य		Y	Y	Y	Y
44	मूकत्व		Y	Y	Y	Y
45	वाक्सङ्ग		Y	Y	Y	Y
46	कषायास्यता		Y	Y	Y	Y
47	मुखशोष		Y	Y	Y	Y
48	अरसज्ञता		Y	रसाज्ञत्व	रसाज्ञत्व	रसाज्ञत्व
49	प्राणनाश		Y	Y	Y	Y
50	कर्णशूल		Y	Y	Y	Y
51	अशब्दश्रवण		Y	Y	Y	Y
52	उच्चैःश्रुति		Y	Y	Y	Y
53	बाधिर्य		Y	Y	Y	Y
54	वर्त्मस्तम्भ		Y	Y	Y	Y
55	वर्त्मसङ्कोच		Y	Y	Y	Y
56	तिमिर		Y	Y	Y	Y
57	अक्षिशूल		Y	Y	Y	Y
58	अक्षिव्युदास		Y	Y	Y	Y
59	भ्रूव्युदास		Y	Y	Y	Y
60	शङ्खभेद		Y	Y	Y	Y
61	ललाटभेद		Y	Y	Y	Y
62	शिरोरुक्		Y	Y	Y	Y
63	केशभूमिस्फुटन		Y	Y	Y	Y
64	अदित		Y	Y	Y	Y
65	एकाङ्गरोग		Y	Y	Y	Y
66	सर्वाङ्गरोग		Y	Y	N	Y
67	पक्षवध		Y	N	Y	N
68	आक्षेपक		Y	Y	अपतन्त्रक	Y
69	दण्डक		Y	Y	Y	Y
70	तम		Y	N	N	N
71	भ्रम		Y	Y	Y	Y
72	वेपथु		Y	Y	Y	Y
73	जृम्भा		Y	Y	Y	Y
74	हिक्का		Y	N	N	N
75	विषाद		Y	Y	Y	Y
76	अतिप्रलाप		Y	Y	Y	Y
77	रौक्ष्य		Y	Y	Y	Y
78	पारुष्य		Y	Y	Y	Y
79	श्यावारुणावभासता		Y	Y	Y	Y
80	अस्वप्न		Y	Y	Y	Y
81	अनवस्थितचित्तत्व		Y	Y	Y	Y

Note: Y = Stated by particular Classical textbook (Samhitā), and
N = Not stated by particular Classical textbook (Samhitā).

Table No. 2: Pittaja Nānātmaja Vikāras

Sr. No.	Pittaja Vikāra	Nānātmaja	Caraka Saṁhitā ⁵	Aṣṭāṅga Saṁgraha ⁶	Sarvāṅga Sundarā commentary on Aṣṭāṅga Hr̥daya ⁷	Āyurved Rasāyana commentary on Aṣṭāṅga Hr̥daya ⁸
1	ओष		Y	Y	Y	Y
2	प्लोष		Y	Y	Y	Y
3	दाह		Y	दवो	दव	दवो
4	दवथु		Y	Y	Y	Y
5	धूमक		Y	Y	Y	Y
6	अम्लक		Y	Y	Y	Y
7	विदाह		Y	Y	Y	Y
8	अन्तर्दाह		Y	Y	Y	Y
9	अंसदाह		Y	Y	Y	Y
10	ऋष्माधिक्य		Y	Y	Y	Y
11	अतिस्वेद		Y	Y	Y	Y
12	अङ्गगन्ध		Y	Y	Y	Y
13	अङ्गावदरण		Y	Y	Y	Y
14	शोणितक्लेद		Y	Y	Y	Y
15	मांसक्लेद		Y	Y	Y	Y
16	त्वग्दाह(मांसदाह)		Y	Y	Y	Y
17	त्वगवदरण		Y	Y	Y	Y
18	चर्मदलन		Y	Y	Y	Y
19	रक्तकोठ		Y	Y	Y	Y
20	रक्तविस्फोट		Y	Y	Y	Y
21	रक्तपित्त		Y	Y	Y	Y
22	रक्तमण्डलानि		Y	Y	Y	Y
23	हरितत्व		Y	Y	Y	Y
24	हारिद्रत्व		Y	Y	Y	Y
25	नीलिका		Y	Y	Y	Y
26	कक्षा		Y	Y	Y	Y
27	कामला		Y	Y	Y	Y
28	तिक्तास्यता		Y	Y	Y	Y
29	लोहितगन्धास्यता		Y	Y	Y	Y
30	पूतिमुखता		Y	Y	Y	Y
31	तृष्णाधिक्य		Y	Y	Y	Y
32	अतृप्ति		Y	Y	Y	Y
33	आस्यविपाक		Y	Y	Y	Y
34	गलपाक		Y	Y	Y	Y
35	अक्षिपाक		Y	Y	Y	Y
36	गुदपाक		Y	पायुपाक	Y	पायुपाक
37	मेढ्रपाक		Y	Y	Y	Y
38	जीवादान		Y	Y	Y	Y
39	तमःप्रवेश		Y	Y	Y	Y
40	हरितहारिद्रनेत्रमूत्रवर्च		Y	Y	Y	Y

Note: Y = Stated by particular Classical textbook (Saṁhitā), and
N = Not stated by particular Classical textbook (Saṁhitā).

Table No. 3: Kaphaja Nānātmaja Vikāras

Sr. No.	Kaphaja Nānātmaja Vikāra	Caraka Samhitā ⁹	Aṣṭāṅga Saṁgraha ¹⁰	Sarvāṅga Sundarā commentary on Aṣṭāṅga Hṛdaya ¹¹	Āyurved Rasāyana commentary on Aṣṭāṅga Hṛdaya ¹²
1	तृप्ति	Y	Y	Y	Y
2	तन्द्रा	Y	Y	Y	Y
3	निद्राधिक्य	Y	Y	Y	Y
4	स्तैमित्य	Y	Y	Y	Y
5	गुरुगात्रता	Y	Y	Y	Y
6	आलस्य	Y	Y	Y	Y
7	मुखमाधुर्य	Y	Y	Y	Y
8	मुखस्नाव	Y	प्रसेक	Y	प्रसेक
9	श्लेष्मोद्विरण	Y	Y	Y	Y
10	मलस्याधिक्य	Y	Y	Y	Y
11	बलासक	Y	Y	साद	Y
12	अपक्ति	Y	N	N	N
13	हृदयोपलेप	Y	Y	Y	Y
14	कण्ठोपलेप	Y	Y	Y	Y
15	धमनीप्रति(वि)चय	Y	Y	Y	Y
16	गलगण्ड	Y	Y	Y	Y
17	अतिस्थौल्य	Y	Y	Y	Y
18	शीताग्निता	Y	Y	Y	Y
19	उदरद	Y	Y	Y	Y
20	श्वेतावभासता	Y	Y	Y	Y
21	श्वेतमूत्रनेत्रवर्च	Y	Y	Y	Y

Note: Y = Stated by particular Classical textbook (Samhitā), and
N = Not stated by particular Classical textbook (Samhitā).

DISCUSSION:

- Without the participation of a certain Doṣa, a Nānātmaja Vikāra cannot be expected. Vitiating of certain Doṣa is required for the manifestation of the Nānātmaja Vikāra.”
- Vātajā Nānātmaja Vikāra, their concise meaning and their classification as per the manifestations is as mentioned below:¹³

A] Higher Functions:

- Viśada (asthenia or melancholic depression),
- Anavasthitacittatva (unstable mentality)
- Atipralāpa (delirium),
- Tama (fainting),

B] Motor Functions:

- Vepathu (tremor),
- Daṇḍaka (tonic convulsion),
- Khṛṇṇjatva (lameness),
- Pāṅgulya (paraplegia),
- Ekāṅgaroga (monoplegia),

- Sarvāṅga roga (polyplegia),
- Paṅśavadha (hemiplegia),
- Ardita (facial paralysis),
- Pādabhraṁśa (foot drop),
- Akshepāka (clonic convulsion),
- Urusāda (pain in the thigh),

C] Speech:

- Mūkatva (aphasia),
- Vāksaṅga (lalling speech),

D] Sensory functions:

- Pādaśūla (pain in foot),
- Pādasuptatā (numbness of foot),
- Gṛdhrasī (sciatica),
- Śīroruka (headache),
- Vakṣaudgharṣa (rubbing pain in the chest),
- Vakṣauparodha (impairment of thoracic movement),
- Vakṣatoda (stabbing or pricking pain in chest),
- Bhrama (giddiness),

8. Śamkhabheda (pain in temporal region),
9. Śroṇibheda (pain around the pelvic girdle),
10. Lalāṭabheda (pain in frontal region),
11. Piṇḍikodveṣṭana (cramps in the calf),
12. Udarāveṣṭa (gripping pain in abdomen),
13. Jānubheda (genu varum),

E] Sense Organs:

1. Akṣisūla (pinching pain in eye),
2. Akṣi-Vyudāsa (ptosis of eye ball),
3. Timira (amaurosis),
4. Bādhirya (deafness),
5. Uccaiśruti (hard of hearing),
6. Aśabdaśravaṇa (tinitus),
7. Akṣibheda (pain in eye),
8. Kaṣāyāsyatā (astringent taste in mouth),
9. Arasajñatā (ageusia),
10. Ghrāṇanāśa (anosmia),
11. Karṇasūla (earache),

F] Sleep:

1. Asvapna (sleeplessness),

G] Autonomic Nervous System:

1. Udāvarta (Misperistalsis or movement of Vāta Doṣa in upward / backward / reverse direction),
2. Hṛnmoha (bradycardia),
3. Hṛddrava (tachycardia),

H] Bones, Joints and Muscles:

1. Gulphagraha (ankle stiffness),
2. Jānuviśleṣa (genu valgum),
3. Kubjatva (kyphosis),
4. Vāmanatva (dwarfism),
5. Trikagraha (stiffness of sacroiliac joint),
6. Pṛṣṭhagraha (stiffness of the back),
7. Pārśvāvamarda (pain in the chest),
8. Bhrū-Vyudāsa (ptosis of eye brow),
9. Bāhuśoṣa (atrophy of arm),
10. Manyāstambha (torticollis),
11. Grīvāstambha (stiffness of the neck),
12. Hanubheda (pain in jaw),
13. Vātakhuḍḍtā (pain in the ankle region or club foot),
14. Vartma-stambha (ptosis of eye lid),
15. Vartma-Samkoca (entropion),

I] Teeth and Nail:

1. Nakhabheda (cracking of nails),
2. Dantabheda (toothache),
3. Dantaśaithilya (looseness of tooth),

J] Skin and Hair:

1. Vipādikā (cracking of feet),
2. Oṣṭhabheda (pain in lip),

3. Keśabhūmisphuṭana (dandruff),
4. Śyāvāruṇāvabhāsātā (dusky red appearance),

K] General:

1. Urustambha (stiffness of thigh),
2. Gudabhramśa (prolapsed rectum),
3. Gudārti (tenesmus or pain at anus),
4. Vṛṣaṇākṣepa (pain in scrotum),
5. Śephastambha (stiffness of penis),
6. Vamkṣaṇānāha (tension of groin),
7. Viḍbheda (diarrhea),
8. Raukṣya (dryness),
9. Pāruṣya (hardness),
10. Jṛmbhā (yawning),
11. Mukha-Śoṣa (dryness of the mouth),
12. Kaṇṭhodhvaṃsa (hoarseness of voice),
13. Hikkā (hiccup),

- 3] Pittaja Nānātmaja Vikāra, their concise meaning and their classification as per the manifestations is as mentioned below:¹⁴

A] Sensory:

1. Oṣa (heating or burning sensation accompanied with sweating and restlessness),
2. Ploṣa (scorching or localized burning sensation as though touched by the flame and it is without sweating),
3. Dāha (burning sensation),
4. Davathu (intense heat or burning sensation in the eyes and other sensory organs),
5. Dhūmaka (fuming or feeling of movement of hot fumes inside the head, neck, throat and palate),
6. Tamapraveśa (fainting),
7. Aṅgagāvarāṇa (tearing or cracking pain in the body),
8. Tvagavadarāṇa (Cracking of the upper layer of the skin),
9. Tvagdāha (burning sensation in the skin),
10. Antardāha (burning sensation inside the alimentary tract or burning sensation inside the body),
11. Aṃsadāha (burning sensation at the shoulder region),

B] Pāka Suppuration:

1. Āsyavipāka (stomatitis),
2. Galapāka (pharyngitis),
3. Akṣipāka (conjunctivitis),
4. Gudapāka (proctitis),
5. Medhrapāka (inflammation of the penis),

C] Gastrointestinal tract:

1. Amlaka (acid eructation or hyperacidity),
2. Vidāha (pyrosis or different kinds of burning sensation in the palms, soles and shoulder),

D] General:

1. Harita-Haridra Netra Mūtra Varca (Greenish and yellowish coloration of eye, urine and faeces) etc.
2. Haritatva (Greenish discoloration),
3. Haridratva (yellowish discoloration),
4. Uṣmādhikya (excessive temperature of the body),
5. Atisveda (excessive sweating),
6. Anga-gandha (fetid odor of the body),
7. Jivādāna (haemorrhage),
8. Tṛṣṇādhikya (excessive thirst),
9. Pūtimukhatā (foetid smell from oral cavity),
10. Lohitagandhāsyatā (blood smell from oral cavity),
11. Kāmalā (jaundice),
12. Nilikā (blue moles),
13. Tiktāsyatā (bitter taste in mouth),
14. Atṛpti (non satisfaction or loss of contentment),
15. Śoṇitakleda (increased moisture in the blood),
16. Māmsakleda (increased moisture in the muscles),

E] Skin eruptions:

1. Kakṣā (herpes),
2. Raktakoṭha (urticaria),
3. Raktavisphoṭa (red vesicle),
4. Raktapitta (bleeding disorders),
5. Raktamaṇḍalāni (haemorrhagic rounded patches),
6. Carmadalana (Cracking of the all the layers of the skin or itching of the skin),

4] Kaphaja Nānātmaja Vikāra, their concise meaning and their classification as per the manifestations is as mentioned below:¹⁵

1. Tṛpti (anorexia nervosa or Satiety),
2. Tandrā (drowsiness),
3. Nidrādhikya (excessive sleep),
4. Staimitya (excessive cold sensation or timidness),
5. Gurūgātrātā (heaviness in the body),
6. Ālasya (Laziness),
7. Mukhamādhurya (sweet taste in mouth),
8. Mukhasrāva (Excess salivation),
9. Śleṣmodgiraṇa (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. Kanṭhopalepa (phlegm adhered to throat),
15. Dhamaṇīpraticaya (hardening of vessels or atherosclerosis),
16. Galagaṇḍa (goiter),
17. Atisthulya (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.

- 5] The understanding of Nānātmaja Vikāra mentioned in Mahāroga Adhyāya of Caraka Saṁhitā Sūtrasthāna helps to recognize the Doṣa involved and to plan proper Doṣa specific management with precision.

CONCLUSION:

In this research work, author conducted concise study of Nānātmaja Vikāra from Mahāroga Adhyāya of Caraka Saṁhitā Sūtrasthāna as per the methodology mentioned. The attempt has been made to understand each term of Nānātmaja Vikāra in brief. This study will surely be useful to each Āyurveda physician for Naidānika (Diagnostic) and Cikitsiya (Therapeutic) perspective.

REFERENCES:

- [1] Cakrapāṇidatta Commentator, Agnivesha, Caraka and Dridhabala, Caraka Saṁhitā, Sūtrasthāna , Mahāroga Adhyāya , 20/11, edited by Vaidya Jadavaji Trikamaji Acharya, reprint edition, Chaukhamba Prakashan, Varanasi 2009; 113-114.
- [2] Indu commentator, Vriddha Vāgbhaṭa, Aṣṭāṅga Saṁgraha, Sūtrasthāna , Doṣabhedhiya Adhyāya , 20/15, edited by Dr. Shivprasad Sharma, Second edition, Chaukhamba Sanskrit Series Office, Varanasi 2008,158.
- [3] Aruṇadatta commentator, Vāgbhaṭa, Aṣṭāṅga Hṛdaya, Sūtrasthāna , Doṣabhedhiya Adhyāya , 12/53-54, edited by Pt. Hari Sadashiva Shastri Paradakara, reprint edition, Chaukhamba Publication, Varanasi 2010, 201-203.
- [4] Hemādri commentator, Vāgbhaṭa, Aṣṭāṅga Hṛdaya, Sūtrasthāna , Doṣabhedhiya Adhyāya , 12/53-54, edited by Pt. Hari Sadashiva Shastri Paradakara, reprint edition, Chaukhamba Publication, Varanasi 2010, 201-203.
- [5] Cakrapāṇidatta Commentator, Agnivesha, Caraka and Dridhabala, Caraka Saṁhitā, Sūtrasthāna , Mahāroga Adhyāya , 20/14, edited by Vaidya Jadavaji Trikamaji Acharya, reprint edition, Chaukhamba Prakashan, Varanasi 2009; 114-115.
- [6] Indu commentator, Vriddha Vāgbhaṭa, Aṣṭāṅga Saṁgraha, Sūtrasthāna , Doṣabhedhiya Adhyāya , 20/16, edited by Dr. Shivprasad Sharma, Second edition, Chaukhamba Sanskrit Series Office, Varanasi 2008,159.
- [7] Aruṇadatta commentator, Vāgbhaṭa, Aṣṭāṅga Hṛdaya, Sūtrasthāna , Doṣabhedhiya Adhyāya , 12/53-54, edited by Pt. Hari Sadashiva Shastri Paradakara, reprint edition, Chaukhamba Publication, Varanasi 2010, 201-203.
- [8] Hemādri commentator, Vāgbhaṭa, Aṣṭāṅga Hṛdaya, Sūtrasthāna , Doṣabhedhiya Adhyāya , 12/53-54, edited by Pt. Hari Sadashiva Shastri

- Paradakara, reprint edition, Chaukhambha Publication, Varanasi 2010, 201-203.
- [9] Cakrapānidatta Commentator, Agnivesha, Caraka and Dridhabala, Caraka Saṁhitā, Sūtrasthāna , Mahāroga Adhyāya , 20/17, edited by Vaidya Jadavaji Trikamaji Acharya, reprint edition, Chaukhambha Prakashan, Varanasi 2009; 115.
- [10]Indu commentator, Vrুদ্ধha Vāgbhaṭa, Aṣṭāṅga Saṁgraha, Sūtrasthāna , Doṣabhediya Adhyāya , 20/17, edited by Dr. Shivprasad Sharma, Second edition, Chaukhambha Sanskrit Series Office, Varanasi 2008,159.
- [11]Aruṇadatta commentator, Vāgbhaṭa, Aṣṭāṅga Hṛdaya, Sūtrasthāna , Doṣabhediya Adhyāya , 12/53-54, edited by Pt. Hari Sadashiva Shastri Paradakara, reprint edition, Chaukhambha Publication, Varanasi 2010, 201-203.
- [12]Hemādri commentator, Vāgbhaṭa, Aṣṭāṅga Hṛdaya, Sūtrasthāna , Doṣabhediya Adhyāya , 12/53-54, edited by Pt. Hari Sadashiva Shastri Paradakara, reprint edition, Chaukhambha Publication, Varanasi 2010, 201-203.
- [13]Dr. V. B. Athavale, Basic principles of Āyurveda, Manifestations of diseases caused by the three Doṣas, thirteenth chapter, first revised edition, Chaukhamba Sanskrit Pratishthan publication, Delhi 2004, 188-194.
- [14]Dr. V. B. Athavale, Basic principles of Āyurveda, Manifestations of diseases caused by the three Doṣas, thirteenth chapter, first revised edition, Chaukhamba Sanskrit Pratishthan publication, Delhi 2004, 194-196.
- [15]Dr. V. B. Athavale, Basic principles of Āyurveda, Manifestations of diseases caused by the three Doṣas, thirteenth chapter, first revised edition, Chaukhamba Sanskrit Pratishthan publication, Delhi 2004, 196-197.

Harshal S. Sabale, Abhijit H. Joshi, Applied concise study of Nānātmaja Vikāra with special reference to Tridoṣa, ADJIM 2022: 7(2), p. 15-23.