

**Conceptual study**

**Conceptual study of Ashti dhatu pradoshaj vyadhi in relation to its effect on  
Asthi mala and upadhatu**

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**ABSTRACT:**

The Sharir is made up of *Dosha, Dhatu* and *Mala*. Among these, *Dhatu* has a function of *Dehadharana*. When these *dhatu*s gets vitiated by *doshas* it leads to a specific condition known as *Dhatu Pradoshaja Vyadhi*. *Asthi Pradoshaja Vyadhi* is one of them. *Dhatu Pradoshaja Vyadhi* is a condition in which the *Dhatu*s are in vitiated state. Among the *Dhatu Pradoshaja Vyadhi*, *Asthi Pradoshaja Vyadhi* include *Adhyasthi, Asthibheda, Asthishula* etc. *Acharya Charaka* explained the *Shodhan and Shaman* treatment modalities for *Asthi Pradoshaja Vyadhi*. When *asthi dhatu* kshaya occurs in the body, it also affects on function of their *mal* and *upa-dhatu*. Since the *Nakha, Kesha* and *Danta* were *mala* and *upadhatu* of *Asthi*, deformity also seen in *nakha, kesha* and *dant*.

**KEY WORDS:** *Dhatu Pradoshaja Vyadhi, Ashti Dhatu, Khalitya, Palitya, Premature Graying Of Hair*

**INTRODUCTION:**

*Ayurveda* is a 'science of human life', which deals with physical as well as psychological wellbeing of human being. According to *Ayurveda*, the *Sharir* is made up of three *dosha*, seven *dhatu* and three *mala* which are responsible to maintain structural and functional activity of the body.

Among these basic elements, *Dhatu*s are especially meant for *Dharana & Poshana* of *Sharir*. The equilibrium of *these entity* results in *Arogya*, where as any imbalance in it produces *Vikara*. *Dhatu Pradoshaja Vyadhi* is a condition in which the *Dhatu*s are vitiated by *Doshas*. Out of these seven *dhatu*s, *Asthi dhatu* has a function of *deh-dharan* and *majja pushti*. In our body *Asthi dhatu* supports and maintain position of body and also nourishes the *majja*. *Asthi dhatu* kshaya shows various *asthi pradoshaj vyadhi* such as *Khalitya, Palitya* etc.

When *asthi dhatu* kshaya occurs in the body, it also affects on function of their *mal* and *upa-dhatu*. Since the *Nakha, Kesha* and *Danta* were *mala* and *upadhatu* of *Asthi*, deformity also seen in *nakha, kesha* and *dant*.

In *Ayurveda*, *Khalitya* and *Palitya* generally happens in old age and in individuals with *pittapradhan*

*prakruti*, certain unavoidable diet condition, present behavioral life style, psychological but *unknown* causes influences baldness and premature graying of hair.

Premature hair greying is referred to as *akala palitya* in *Ayurveda*. It is counted as *kshudra roga*.

Graying of hair according to age is a common phenomenon but due to drastic changes in lifestyle and environmental pollution lead to ultimately premature graying of hair, now a days it has become a hot topic, particularly among the younger population.

The physical appearance of a person depends on hair colour and style. Hair plays a major role not only in upbringing of the personality of an individual but also in boosting up his/her confidence. Skin and hair contribute immense role in human communication. Millions of people are suffering from immature hair graying and Hair fall. The prevalence of hair fall found to be 27.3%. Hence there is genuine need to investigate the causes of hair loss and premature graying of hair (*Akal Palitya*) and to find out its relation with other *dhatu*.

**Methodology**

- For present study, literature from various Ayurvedic samhitas was taken in to consideration.
- Literature from modern texts was also taken in to consideration.
- Correlation between palitya and asthi dhatu kshay.
- Correlation between immature graying of hairs and calcium deficiency.

- Correlation between Modern and Ayurvediya concepts.

**RESULTS:****Asthi Pradoshaja Vyadhi:** <sup>1,2</sup>

The *Asthi Pradoshaja Vyadhi* which are mentioned in different classics are as below.

**Table No. 1: Asthi Pradoshaja Vyadhi mentioned in different classics**

<i>Asthi Pradoshaja Vyadhi</i>	CHARAK SAMHITA	SUSHRUT SAMHITA
<i>Adhyasthi</i>	+	+
<i>Adhidanta</i>	+	+
<i>Dantabheda</i>	+	-
<i>Dantashoola</i>	+	-
<i>Asthibheda</i>	+	-
<i>Asthishoola</i>	+	+
<i>Vivarnata</i>	+	-
<i>Kesa, Loma, Nakha, Smashru Dosha</i>	+	-
<i>Kunakha</i>	-	+
<i>Asthi Toda</i>	-	+

**Asthi kshay-lakshana:**

The Asthi kshay-Lakshana which are mentioned in different classics are as below.

**Table No. 1: Asthi kshay-Lakshana mentioned in different classics**

Symptoms	Charaka	Sushruta	Ashtang Sangraha	AshtangHrudaya	Bhavaprakash	Harita Samhita
Kesha vikara	+	-	+	+	-	-
Loma vikara	+	-	+	+	-	-
Nakhavikara	+	+	+	+	+	-
Smashruvikara	+	-	-	+	-	-
Dantavikara	+	+	+	+	+	-
Shrama	+	-	-	-	-	-
Asthi Toda	-	-	+	+	-	-
Ruja	-	-	-	-	-	+
Asthi Shula	-	+	-	-	+	-

Vyadhi	Asadhya	Yapya	Kashta
<i>Dhaalana</i>	+	-	-
<i>Bhanjanaka</i>	+	-	-
<i>Shyavadanta</i>	+	-	-
<i>Tridoshajakhalitya</i>	+	-	-
<i>Tridoshajapalilya</i>	+	-	-
<i>Dantashoola</i>	+	-	-
<i>Indralupta</i>	-	+	-
<i>Ekadoshajakhalitya</i>	-	+	-
<i>Ekadoshajapalilya</i>	-	+	-
<i>Adhyasthi</i>	-	-	+
<i>Adhidanta</i>	-	-	+
<i>Dantabheda</i>	-	-	+
<i>Asthishoola</i>	-	-	+
<i>Asthitoda</i>	-	-	+
<i>Kunakha</i>	-	-	+

**DISCUSSION:**

When *Vata Dosha* along with other *Doshas* vitiates the *Asthi dhatu*, changes were done in natural form and functions of *asthi dhatu* and leads to a specific condition which is known as *Asthi Pradoshaja Vyadhi*.

**Classification of Asthi Pradoshaja Vyadhi**

Depending upon involvement of different parts, the *Asthi Pradoshaja Vyadhi* can be classified into four types;

*Asthi Pradoshaja Vyadhi* due to involvement of *Asthi*. e.g.; *Adhyasthi, Asthishoola*.

*Asthi Pradoshaja Vyadhi* due to involvement of *Danta*. e.g.; *Dantashoola, Dantabheda*.

*Asthi Pradoshaja Vyadhi* due to involvement of *Kesha, Smashru* and *Loma*. e.g.; *Indralupta, Khalitya, Palitya*

*Asthi Pradoshaja Vyadhi* due to involvement of *Nakha*. e.g.; *Kunakha*

**Discussion on Hetu<sup>3</sup>**

*Aharaja Hetu: Vata prakopak Ahara*

*Viharaja Hetu: Ativyayama, Ativighattana*

*Manasika Hetu: Atisankshobha*

**Discussion on Lakshana**

*Adhyasthi* (Bone spur) <sup>4</sup>

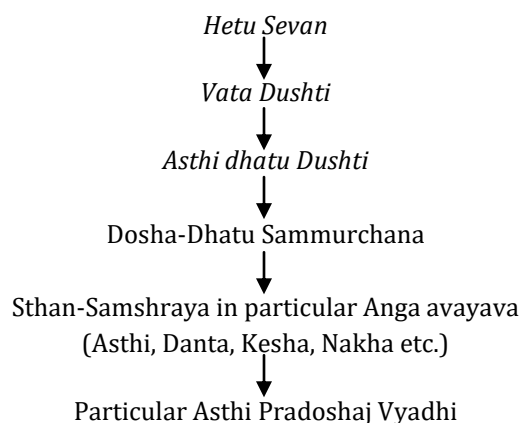
It generally forms due to pressure, rubbing, or stress that continues over a long period of time. Although it is typically smooth, if it rubs against other bones or soft tissues, it may cause damage or pain. e.g.; calcaneal spur.

*Adhidanta* (Hyperdontia) <sup>5</sup>

Additional or extra teeth which are malformed and occur in addition to the normal number of teeth

**Dantabheda and Dantashoola (Odontalgia) <sup>6,7</sup>**

According to Ayurveda, these are two different disorders. Individuals suffer from different form of pain like cutting; pricking etc. The pain can be aggravated somewhat by chewing or by hot or cold temperature.

**Discussion on Samprapti:<sup>12</sup>****Asthibheda, Asthishoola and Asthitoda (Bone Pain) <sup>8,9,10</sup>**

The individual feels various forms of bony pain in different disorders. Chronic pain will be present in conditions like Osteoarthritis; Paget's disease etc. Acute pain will be present in conditions like fractures.

**Kunakha (Onychogryphosis)<sup>11</sup>**

In *Kunakha, Daha, Paka, Vedana* and *Asita Varnata* will be present in the *Nakha*. This condition can be correlated with the onychogryphosis.

**Shyavadanta (Tooth Discoloration)**

The blackish discolouration of the tooth is known as *Shyava Danta*. Tooth discoloration is caused by multiple local and/or systemic conditions. Extrinsic dental stains are caused by poor oral hygiene etc. Intrinsic dental stains are due to dental materials (eg, tooth restorations) and caries, trauma, infections, medications, nutritional deficiencies and genetic defects (eg, those affecting enamel and dentin development or maturation).

**Krimidanta (Dental Caries)**

The condition in which *Danta* becomes *Krishna Varni, Chidrayukta* and sometimes accompanying with *Shoola*. Bacterial processes damage hard tooth structure in Dental caries.

**Indralupta (Alopecia Areata)**

The condition can be correlated to alopecia areata. It is also known as spot baldness, in which hair lost is observed from the localized area or from all over the body, usually from the scalp.

**Khalitya (Alopecia Areatauniversalis)**

*Khalitya* is the condition in which there is no chance for regrowth of hair over scalp.

**Palitya (Grey Hair)**

When the natural colour of hairs changes to *Kapila Varna* in the early age, then it is called as *Palitya*. This condition can be correlated with premature greying of hair. Early or premature greying of hair may be hereditary or by other causes like stress, anxiety and malnutrition.

**Discussion on Sadhyaasadyata**

Out of Asthi Pradoshaja Vyadhi Dhaalana, Bhanjanaka, Shyavadanta, Tridoshaja Khalitya, Tridoshaja Palitya and Dantashoola are considered to be Asadhya Vyadhi because these are Tridoshaja Vyadhis. Indralupta, Ekadoshaja Khalitya and Ekadoshaja Palitya are considered to be Yapyia Vyadhi as it requires long duration of treatment and sometimes gets cured but chances of reoccurrence are more. Remaining diseases like Adhyasthi, Adhidanta, Dantabheda, Asthishoola, Asthitoda and Kunaka are considered to be Kashtasadhya Vyadhi because it requires both shaman Aoushadhi and Shastra Karma.

**Discussion on Treatment**<sup>13</sup>

For Asthi Pradoshaja Vyadhi, the treatment Modules was explained in Charaka Samhita. But in other Samhitas like Sushruta Samhita, Ashtanga Hrudaya, Ashtanga Sangraha the direct reference for the treatment of Asthi Pradoshaja Vyadhi is not found, but treatment principles explained for Asthi Kshaya and Vruddi looks similar as in Charaka Samhita. The treatment modalities are Panchakarma (Tikta Ksheera Sarpi Basti) and Vatashamak Ahara-Vihara.

This is the major treatment modality, which is always used to eradicate the diseases which are located in Shakha, Marma, Asthi-sandhi. By using Panchakarma treatment one can control the Doshas which are located all over the body. Bones are the hardest structures in the body and present all over the body. Due to these reasons Panchakarma will be the major treatment for Asthi Pradoshaja Vyadhi.

Basti is the major treatment for Vata. Pakvashaya and Asthi dhatu are mentioned as the main sthana of Vata Dosha, therefore unbalanced Vata affects all the sites of Vata especially Asthi. So the Basti invariably nourishes the Asthi also.

Asthi Pradoshaja Vyadhi occurs as then Asthi gets vitiated by the Vata Dosha and changes its natural form and leads to many disorders.

Ativyayama, Atisankshobha, Ativighattana and Vatala Ahara-vihara are the hetus for Asthi Pradoshaja Vyadhi.

Avyakta or Alpavyakta Lakshanas of Asthi Pradoshaja Vyadhi are considered to be Poorvarupa.

Asthi Pradoshaja Vyadhi are classified into various types based on the involvement of Asthi, Danta, Kesha and Nakha.

As Asthi Pradoshaja Vyadhi are Marmasthigata Vyadhis, so Panchakarma is the best choice of treatment.

When asthi dhatu kshaya occurs in the body, it also affects on function of their mal and upa-dhatu. Since the Nakha, Kesha and Danta were mala and upadhatu of Asthi, deformity also seen in nakha, kesha and dant.

In Indian population low serum levels of calcium, and Vitamin D3 levels are prone to Premature Greying of Hairs.<sup>14</sup>

Researchers also found that Premature Greying of Hairs is associated with lower high-density lipoprotein cholesterol (HDL-C) levels, lower serum Vitamin B12 levels and Vitamin D levels in Indian patients aged below 25 years.<sup>15</sup>

Few researches shows that deficiency of ferritin, vitamin D, folate, vitamin B12, and selenium deficiencies causes loss of hair and premature graying of hair<sup>16</sup>

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