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## Importance of Shakhagati in pathogenesis of skin diseases

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### ABSTRACT

All the ayurvedic concepts have their unique importance. The fundamental elements of Ayurveda are tridoshas. They are responsible for health in balanced condition and in imbalanced condition for diseases formation. Gati means movement and the word Doshagati implies movement of Doshas. Doshagati is a condition characterized by variation in the sites of Doshas. Doshagati occurs in Roga-Marga (pathway of diseases) which includes Shakha (Shariradhatus or body tissues excluding the rasa dhatu or plasma and including the twak or skin), Koshta (hollow organs and cavernous spaces or cavities of body) and Marma (vital organs). The Gati of Dosha can only be accessed on the basis of signs and symptoms observed during Shatakriyakala (six stages of pathogenesis). This review of literature highlights the importance of shakhagati in pathogenesis of skin diseases which is helpful in clinical studies.

### KEYWORDS

*Skin diseases, Pathogenesis, Shakhagati, Kosthagati.*



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## INTRODUCTION

Now a days personality matters a lot. For that reason people try lots of cosmetics product and treatment on their skin. This is also a causative factor for many skin diseases but sometimes the causative factor is not just external. Many times internal health is also an important factor in many skin diseases.

According to Ayurveda, the health of skin is related with all seven dhatus, three doshas and three malas. Any kind of imbalance in these elements reflect on skin. But most of the time patients generally prefer external applications like creams or oils. Which are just symptomatic treatment. This results into temporary relief and the disease is not rooted out permanently. Ayurveda always tries to cure the disease by treating it specifically according to its pathogens is. As much number of the basic elements are involve in the disease pathogens is it becomes more difficult to fix the problem quickly. Ayurvedic skin treatments may take a few weeks to remove the symptoms but the diseases are treated permanently.

### What is Samprapti?

According to Ayurveda *samprapti* or pathogenesis of disease, It is the process of pathogenesis in which vitiated doshas brings abnormalities in weak dhatus,

malas, kalas etc and manifest disease, is called as samprapti<sup>1</sup>. So for treatment of any disease first we have to draw out its samprapti then decide the line of treatment. For this vaidya as have clear view about all the concept of Ayurveda.

### What are the samprapti Ghatak (elements of pathogenesis)-

#### 1. Nidana ( Causitive factors )

Ayurvedic system of medicine described a wide range of etiological factors for skin disorders. The etiological factors include physical, physiological, psychological, psychosocial, hereditary and Papakarma (sinful activities) aspect. While taking the history of Skin patients all the causative factor should be covered. These causative factors are divided into three parts, Dosha dushti kara (Dosha vitiating), *vyadhikar* (Diseases causing factors) and last but the least dosha gati.

All these points should be covered during the taking patient's history. So the first part of treatment that is Nidana parivarjana (avoid the causative factor) will start. This will help for better relief and fast result in treatment.

#### 2. Dosha and dushyas

The kapha and pitta dosha are prime doshas involved in skin diseases but vata dosha is also involved in skin disease as it responsible for shakha gati of vitiated kapha -pitta doshas. All the types of



Kushtha disease described by Acharya Charaka covers all kinds of skin disease. The seven Dravyasinvolved in the pathogenesis of Kushtha are Tridoshas, Tvaka, Rakta, Mansa and Lasika (Ambu)<sup>2</sup>. According to AcharyaCharaka, simultaneous vitiation of Tridosha and also Shaithilyata in the Dhatu (Rakta, Mansa and Lasika )play an important role in pathogenesis of skin diseases. Thus, the Dosha gati gives momentum to vitiated Tridoshas, which gives Shiathilya (lose of tone) to Dhatus and hence the disease of skin gets manifested <sup>3</sup>. When we are focusing on dosha treatment one should give importance to dhatu treatment also. Tvaka, Rakta, Mansa and Lasika (Ambu) are consider as viguna sthana means the weak points for vitiated doshas to cause the skin diseases. Thus here the first preference is to treat the doshas, If the Doshas are not treated properly at this stage, they spread to the deeper Dhatus and produce complications <sup>4</sup>. After the complete treatment of skin diseases vaidyas should give treatment to these dushtas to avoid the relapse.

### 3. Doshagati<sup>5</sup>

The concept of Dosha gati is the way of pathogenesis of diseases. There are two types of dosha gati Shakhagati and koshtagati. In the koshtagati doshas are collect at koshtagati from shakha and results in

koshtagati vyadhi. But this concept of koshtagati is also used in Shodhan treatment. In the shakhagati the doshas are spread from koshtagati to shakha; The shakhagati of doshas is responsible for shakhagati diseases and all kinds of skin diseases are included in shakhagati vyadhi<sup>6</sup>.

### Causative factors of shakhagati<sup>7</sup>

1. **Ahita Acharanat** – Different types of Hetus (etiological factors) leads to vitiation of Doshas which spread throughout the body and vitiate Dhatus and thus help in the manifestation of skin diseases. The whole process is responsible for collection of vitiated kapha and pitta doshas in koshtagati.

2. **Ushmana-tikshnat**- These are qualities of diet and lifestyle related which become as causative factor for liquification of koshtagati doshas.

3. **Vyayamaat**- The term ativyayam is denote to exertion or the wrong exercise. The vyayam is responsible for disturbance of vayu but if the vitiated kapha –pitta doshas are collected in koshtagati. These doshas then dislodge toward shakha by vitiated vayu.

4. **Drutatvat Marutasya** – This is the main factor responsible for Shakhagati of Doshas. The Kapha and pitta dosha can not move themselves without vata dosha. When the kapha –pitta are collected in koshtagati it can cause any kind of disease. The Chala



guna of vata dosha is responsible for movement. when chala guna of vata dosha get disturbed then this chala guna gives the movement to the vitiated kapha-pitta dosha. In the pathogenesis of skin diseases there is one condition also should be present that is tiryaka gati of doshas. When the vata vitiate with its chala guna the doshas can be move in three direction urdhva (upward), Adho (downward) or tiryak (lateral). In the pathogenesis of skin diseases the factors are present for urdhva and adho marga avarodha for example the most of the skin diseases are mention in chhardi vega vidharana or the factors for lateral movement is strongly present as the over exertion<sup>8</sup>.

### **Role of Shakhagati in treatment of skin diseases**

Ayurveda emphasizes on trisutra of treatment i.e. the therapeutic management of the diseases viz; Nidana Parivarjana (avoiding causative factors), Samshodhana (biopurification) and Samshamana (pacification) for almost all types of skin disorders<sup>9</sup>. When the skin diseases are caused due to pathogenesis of shakhagati then the first treatment is to void all causative factors responsible for diseases formation. The causative factors for vata vitiation is primarily avoided as it is responsible for shakhagati. Whereas koshta gati(give direction of doshas from

periphery to central system) used to collect peripheral vitiated kapha-pitta in koshta then Shodhan has to be given with the prime precaution to avoid vitiation of vata dosha. The type of Samshodhan used for kapha dosha is Vaman (therapeutic emesis), Virechan (therapeutic purgation) for pitta dosha & Raktamokshana (therapeutic blood-letting) in rakta predominant skin diseases<sup>10</sup>.

Most of the time the first preference is given to external treatment or symptom wise treatment. If the physicians gives raktamokshan before shodhan then it results into increase in signs and symptoms. This is happen just because of shakhagati in samprapti, this shakhagati gives movement to vitiated doshas from koshta to shakha.

The success of treatment is the result of efforts taken by both the patients and doctor. So let's move on with things and get on the right track.



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