

Kriyakala and Its Importance in Prevention of Disease

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Abstract

Shat Kriya Kala, an ancient Ayurvedic concept, describes the six stages of disease progression, from accumulation to manifestation and complication. This review aims to explore the significance of Shat Kriya Kala in preventive medicine, highlighting its correlation with modern medicine's primary, secondary, and tertiary levels of prevention. By understanding these stages, healthcare practitioners can diagnose and treat diseases early, preventing progression to chronic stages and reducing the risk of complications. This ancient wisdom offers valuable insights into disease prevention and management, emphasizing the importance of early intervention and tailored treatment approaches.

Keywords

Shat Kriya Kala, ayurveda, primary prevention, secondary prevention

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1. Introduction

As we all know that “prevention is better than cure” this has always been the golden standard and underlined principle of health. Proper quality, quantity and timely balanced diet, good sleep, exercise, freedom from stress, freedom from excess of emotions, attending the natural urges like urine, vomiting, hunger, sleep etc., making a protocol and adapting to activities of daily regimens, activities of seasonal regimens help in preventing a wide array of diseases and at the same time keeps us healthy and happy. This is one dimension of health prevention.

Other dimension of health prevention from diseases is an early diagnosis of the illness in its progressive or budding stage.

The art of understanding disease in its progressive stage is probably explained first time in Ayurveda in a very comprehensive manner in the form of Shat Kriya Kala.

Not only understanding a disease but also making correct diagnosis by knowing each pathogenesis stage of disease is must for any medical science. Shat Kriya Kala aims at both preventive and curative aspect of disease management. By preventive aspect, it means diagnosis of a disease in its progressive stage or its earliest level.

1.1. Aim

To understand the concept of kriyakala in disease prevention.

1.2. Objective

Understand kriyakala and modes of prevention of disease.

2. Materials and Methods

2.1. Materials

Ayurvedic classic texts, journal, internet.

2.2. Methods

Literary review.

2.3. Introduction to Shat Kriyakala

What is Shat Kriyakala- Shat means six, Kriya means actions, and Kala means time or period, so, Shat Kriyakala means appropriate time period to take actions or plan a treatment [1].

The disease process begins and progresses in a way which is exposure to Nidana (cause) and vitiation of one or more Dosha, spread of Dosha to other body parts, vitiated Dosha gets accumulated in a specific body part or tissue (Dhatu) which causes damage to that particular Dhatu after that it causes disease and complications further [2].

Doshas do not go from 1st stage to last stage in a day. It takes time to go from 1st stage to last stage and it goes through various stages in between which causes gradual progression of disease [3].

2.4. Stages of Kriyakala

“Sanchayam cha prakopam cha prasaram sthansamsharaya, vyakti bheda cha yo vekti doshanama”, this means there are 6 stages of Kriyakala namely-Sanchaya Avastha (stage of accumulation), Prakopa Avastha (stage of provocation), Prasara Avastha (stage of propagation or migration), Sthaana Samshraya Avastha (stage of localization), Vyakta Avastha (stage of manifestation of disease) and Bheda Avastha (stage of complication) [4].

2.4.1. First Stage- Sanchaya Avastha

Dosha Sanchaya (accumulation) occurs in this stage therefore it is called Sanchaya Avastha [5].

2.4.1.1. Symptoms of Sanchaya Avastha

Vata accumulation leads to symptoms like Stabdha Purna Koshtha (constipation), hyperperistalsis, intestine filled with faeces [6].

Pitta Sanchaya leads to symptoms like yellowness of nails, eyes and urine, slight increase in body temperature [7].

Kapha Sanchaya leads to symptoms like laziness, heaviness in body [8].

“Chaye aave jayeda dosham”, this means doshas can be vanquished by effective treatment in the stage of Chaya [9].

2.4.2. Second Stage - Prakopa Avastha

Symptoms are mentioned in Samhita are as follows: Vata Prakopa leads to symptoms like pricking pain in abdomen, belching [10].

Pitta Prakopa leads to symptoms like Pipasa (thirst), burning sensation in abdomen [11].

Kapha Prakopa leads to nausea, appetite loss [12].

2.4.3. Third Stage- Prakopa Avastha

Vata Prakopa causes symptoms like- Vayu Vimarga Gamana (gaseous abdomen), Aatopa [13].

Pitta Prakopa causes symptoms like-Daha (burning sensation all over body), Dhoomayan (hot flushes and fumes like air from nostrils) [14].

Kapha Prakopa causes symptoms like-Aruchi (loss of taste), indigestion, Chardi (nausea with or without vomiting), body pain [15].

These above mentioned 3 stages are very important from preventive aspect of health; they can be correlated in modern medicine with primary level of prevention.

2.4.3.1. Primary Level of Prevention

In this level, measures should be taken in the period of pre pathogenesis stage of disease [16].

Primary prevention includes- health promotion, health education, prophylaxis programs by government, immunization [17].

2.4.4. Fourth Stage- Sthana Samshraya Avastha

This is Poorva Roopa Avastha of disease, in this stage prodromal symptoms of disease comes out [18].

2.4.5. Fifth Stage- Vyakta Avastha

In this stage, where disease reaches its clear manifestation by showing proper signs and symptoms as per where the Dosha is present [19].

2.4.5.1. Secondary Level of Prevention

These above 2 stages namely Sthana Samshraya and Vyakta Avastha can be correlated with secondary level of prevention.

Secondary prevention includes- early diagnosis and screening and treatment as per symptoms [20].

2.4.6. Sixth Stage- Bheda Avastha

In this stage, disease reaches its chronic stage, this is also stage of complications, disease completely progressed to its chronic stage, disease is diagnosed correctly and its Doshaja type can be predicted, and complications begin to appear [21].

This stage can be correlated in modern medicine with tertiary level of prevention.

2.4.6.1. Tertiary Level of Prevention

In this level of prevention, intensive and aggressive treatment therapies are given [22].

3. Results and Discussion

To cure the disease completely knowledge of Shat Kriya Kala or Samprapti is essential. To understand the stages in a defined sequence before the disease is diagnosed, we can prevent the formation of disease if the initial stages are diagnosed correctly. Different types of treatment can be given at different stages. If the sign and symptoms are ignored and left undiagnosed in their initial stages, they can become chronic and produces several complications including permanent disability or even death. The physician can carefully cure the patient and prevent the progress of disease to its chronic stage.

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