

## THE ROLE OF DOSHA IN AYURVEDA

Nature and manner of vitiation of dosha

Doshas become vitiated in various manners. The nature of formation of a disease changes according to the nature and manner of vitiation.

\*. Etiological factors of vitiation of doshas

Mildness or severity of the vitiation of dosha mainly depends upon etiological factors. If the factors are strong and many the vitiation is also strong. The duration of contact is also important in this connection. Contact for a long period is more dangerous than an occasional contact. Regarding aganthu causes like krimi (pathogenic organisms) they cause vitiation of various kinds of according to this virulence or non-virulence.

\*. Types of vitiation of doshas

\* Prakrutha (normal) & Vikrutha (abnormal)

\* Dependant & Independent

\* Vitiation of dosha similar to the constitution and that of dosha dissimilar to the constitution.

\* Vitiation pertaining to a tract and that pertaining to gathi.

\* Different combinations of doshas dual and triple.

\*. Sama or Nirama type of dosha

A consideration of this also is essential.

\*. Vitiation & Etiological factors

Vitiation of dosha occurs due to aggravation of their various qualities according to the etiological factors concerned.

E.g.:- Over exertion will vitiate vata by increasing the ruksha quality, while coldness will increase the sitha quality. Sour diet will increase the quality of pitta while solar or any kinds of heat will increase the ushna or hot quality of pitha.

The formation of samprapthi differs according to the quality of vitiation.

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