



Exploration of the concept of *Vikara Vighata Bhava Abhava*

w. s. r. to *Prameha*.

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ABSTRACT-

The concept of *Vikaravighata bhava abhava* is related to the formation of the disease, *Prameha*. It has been explained in the *Charaka Nidanasthana* 4th chapter. The Aim of this study is to assess the role of *Vikaravighata bhava abhava* in the formation of the disease, *Prameha*. It gives knowledge to all the individuals about the causative factors of Diet and Lifestyle for the formation of the disease, *Prameha*. If the individuals avoid the causative factors of the disease, then there can be avoidance in the formation of the disease or delay in the occurrence of the disease. Even if there is *Beeja dosha* (Hereditary factor) of *Prameha* disease, there can be delay in the occurrence

of the disease, if a person follows proper dietary and lifestyle regime. Thus, the literary concept of *Vikaravighata bhava abhava* has a major impact on the formation and prevention of the disease, *Prameha*.

Key words:

Vikara, Vighata, Bhava, Abhava, Agnimandya, Prameha.

Introduction -

The literal meaning of *Vikar* is Disease and *Vighata* is to obstruct or to create an obstacle. *Bhava* are those causes that helps in preventing the disease & *Abhava* are the factors which leads to the formation of the disease. *Prameha* is a pathological condition of the body in which the vitiated *Kapha dosha* gets accumulated in the *Basti* (Urinary

bladder) & is eliminated in liquid form through Urine. It is described with major symptom as “*Prabhuta-Aavila-Mootrata*” or excessive urination and turbid urine. Thus, there is increased frequency/ large quantity of Urination in the disease. In *Prameha*, the *Vikara Vighata Abhava* leads to *Agnimandya*, which leads to the formation of the disease, whereas *Vikara Vighata Bhava* leads to the prevention of the Disease.

Materials and methods: •

- Classical Ayurvedic Texts (*Bruhatrayi & Laghutrayi*)
- Published Journals
- Published Papers & Articles

Concept of *vikaravighata bhava abhava* :

- **VIKARA** - Disease
- **VIGHATA** - To Obstruct
- **BHAVA** - Factors which prevents the Disease
- **ABHAVA** - Factors which causes the Disease

The literal meaning of *Vikara* is Disease & *Vighata* is to Obstruct or create an Obstacle.

- The meaning of *Bhava* are those causes that help in preventing the Disease & *Abhava* are the factors which leads to the formation of the disease.

- **Nidana – dosha – dushya :**

(*Cha. Ni. 4/3*)

The formation of the *Vikara Vighata Bhava Abhava*, is caused by the combination of 3 factors :

- **NIDANA** : *Kaarana* (Cause).
- **DOSHA** : *Vata, Pitta, Kapha*.
- **DUSHYA** : *Rasa, Rakta, Mamsa, Meda, Asthi, Majja, Shukra, Mala, Mutra, Sweda*, etc.

- **Nidana of prameha :**

आस्वासुखं स्वप्नसुखं दधीनि ग्राम्यौदकानूपरसाः पयांसि
नवान्नपानं गुडवैकृतं च प्रमेहहेतुः कफकृच्च सर्वम् ४

- (*Cha. Chi. 6/4*)

- **Asya sukham** – Sedentary lifestyle
- **Swapna sukham** – Excess sleeping
- **Dadhi** – Curd preparations
- **Mamsa aahar** – Meat preparations
- **Snigdha aahar** – Oily food
- **Nava anna** – Newly harvested grains
- **Guda vaikruta** – Jaggery preparations
- **Ikshu vaikruta** – Sugarcane preparations
- Lifestyle which vitiates the **Kapha Dosha**
- **DOSHA IN PRAMEHA :**

त्रिदोषकोपनिमित्ता विंशतिः प्रमेहा भवन्ति विकाराश्चापरेऽपरिसंख्येयाः

- (Cha. Ni. 4/3)

- The three *Doshas* – **Vata**, **Pitta**, **Kapha** are involved in the formation of *Prameha Vyadhi*.

बहुद्रवः श्लेष्मा दोषविशेषः

- (Cha. Ni. 4/6)

- The *Kapha dosha dushti* is mainly involved in *Prameha vyadhi* & is eliminated in the *drava* form through Urine.

• **Dushya in prameha :**

मेदश्च मांसं च शरीरजं च क्लेदं कफो बस्तिगतं प्रदूष्य करोति मेहान् समुदीर्णमुष्णैस्तानेव पित्तं परिदूष्य चापि

(Cha. Chi. 6/5)

- Due to the vitiation of *Kapha Dosha*, the *kleda* of *Meda*, *Mamsa* & *Basti* gets vitiated & it leads to the formation of *Prameha Vyadhi*.

क्षीणेषु दोषेष्ववकृष्य वस्तौ धातून् प्रमेहाननिलः करोति दोषो हि बस्तिं समुपेत्य मूत्रं संदूष्य मेहाज्जनयेद्यथास्वम्

- (Cha. Chi. 6/6)

- In *Vataj Prameha*, there is *dushti* of *Vasa*, *Majja*, *Oja* & *Lasika*.

Results :

- The **Vikaravighata Abhava** like *Asyasukha* (sedentary lifestyle), *Swapnasukha* (excess sleeping), *Kaphaj aahar* (diet vitiating *Kapha dosha*) leads to *Agnimandya* (decreased digestive power) which leads to the formation of the disease.
- Whereas, **Vikaravighata Bhava** like following proper dietary regime, regular exercise, can lead to the prevention of the disease, *Prameha*

Conclusion :

- Avoidance of the factors which causes *Prameha vyadhi* can lead to the reduction in Occurrence of the Disease.
- Even if there is *Beeja dushti* (genetic vitiation) in an individual, following proper dietary regime, regular exercise, can lead to a prolonged delay in the occurrence of the disease.
- Hence, by following the principles given in our *Ayurvedic Samhitas*, we can reduce the risk of occurrence of *Prameha Vyadhi* in the individuals, thereby leading to a healthier Lifestyle.

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