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न हि सर्वविकाराणां नामतोऽस्ति ध्रुवा स्थितिः WSR To ANUKTA_VYADHI (The unsaid diseases)

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Abstract:

Anukta Vyadhi refers to disease conditions that are not explicitly described with a specific name, symptom, or treatment protocol in the classical Ayurvedic Samhitas. The term “Anukta” means unsaid, unuttered, or undocumented, while “Vyadhi” means disease. These conditions are encountered in clinical practice despite lacking direct textual references. Modern lifestyle disorders, environmental diseases, and conditions not prevalent during ancient times may be understood under the concept of Anukta Vyadhi. Examples include hypothyroidism, hypertension, cancers, and nutritional deficiencies. Ayurveda provides fundamental principles for understanding, diagnosing, and treating such diseases through the assessment of Dosha, Dushya, Agni, Srotas, Adhishthana, and Samprapti. Thus, knowledge of Anukta Vyadhi is essential for the application of Ayurvedic principles in contemporary clinical practice.

Introduction:

The term Anukta Vyadhi refers to disease conditions not explicitly described with a specific name, symptom, or treatment protocol in classical Ayurvedic Samhitas. In Sanskrit, “Anukta” literally means not uttered, unsaid, or undocumented, and “Vyadhi” means disease. Thus, Anukta Vyadhi involves illnesses that lack direct textual mention but are encountered in clinical settings.

According to contemporary Ayurvedic literature, Anukta Vyadhi includes:

- Diseases emerging due to modern lifestyles.

- Diseases arising from environmental changes.
- Disorders not existing in ancient eras.

Examples include conditions like hypothyroidism, hypertension, cancers, and nutritional deficiencies. As exact disease entities described in classical texts are not always encountered in the present era, understanding the concept of Anukta Vyadhi becomes important.

Classical Reference:

“सामान्यपददेशेनोक्ता व्यपदेशा समुपदर्शिता।

विशेषस्तु यथायोग्यमुपपद्यते विपश्चिता॥” (Su. U. 65/41)

Acharya Atreya has stated that even if something is not directly stated in the text, guidance prescribed in other sciences as a virtuous act may be accepted.

Another classical reference emphasizes that although diseases may not be described by name, their understanding can be achieved through fundamental Ayurvedic principles.

Aim:

To understand the concept of Anukta Vyadhi and its interpretation, diagnosis, and management through the basic principles of Ayurveda.

Materials and Methods:

This study is a conceptual literary review based on classical Ayurvedic texts and contemporary Ayurvedic literature. The concepts of Vyadhi, Vyadhi Ghatakas, Dosha, Dushya, Srotas, Adhishthana, Nidana Panchaka, and Samprapti were reviewed and correlated with the concept of Anukta Vyadhi.

Conceptual Understanding of Anukta Vyadhi:

To understand the concept of Anukta Vyadhi, one should learn the concepts of Vyadhi and Vyadhi Ghatakas. Though Anukta Vyadhi is not mentioned in Samhitas by specific names, signs, or symptoms, its underlying pathology can be understood through the basic principles of Ayurveda. These principles provide direction for diagnosis and treatment.

● Rogi Pariksha and Roga Pariksha:

A detailed examination of the patient (Rogi) and disease (Roga) helps identify Dosha, Dushya, Agni, Ama, and Srotodushti even in unfamiliar disease presentations.

● Trividha Bodhya Sangraha:

Acharya Charaka mainly mentioned the following three factors for diagnosing Anukta Vyadhi:

- Vikara Prakriti – Nature of diseased condition
- Adhishthana – Affected location/site
- Samutthana – Causative factors

●Causation and Disease Logic:

Ayurveda recognizes that disease manifests when Doshas become vitiated due to Nidana (causative factors), leading to Dushya involvement and symptom expression. Understanding these principles allows interpretation and classification of unnamed diseases pathophysiologically.

●Interpretation of Anukta Vyadhi Through Dosha–Dhatu–Mala:**-Dosha:**

Anukta Vyadhi arises due to imbalance in fundamental Doshas—Vata, Pitta, and Kapha—based on presenting symptoms even if the disease itself lacks a classical name.

-Dhatu:

Disease involvement at specific tissue levels (Rasa, Rakta, Mamsa, etc.) can be mapped according to lesion extent and symptomatology based on Lakshanas mentioned in Samhitas.

-Mala:

Mala is equally important as Dosha and Dhatu. Vruddhi and Kshaya Lakshanas of Mala described in classical texts should be considered.

Thus, Anukta Vyadhi is interpreted in terms of Dosha imbalance, Dhatu involvement, and Mala perturbations even without a classical nomenclature.

●Role of Srotas and Adhishthana:**-Srotas:**

Srotas are channels of circulation and transportation through which Dhatu, Mala, and other substances flow. In Anukta Vyadhi, the physician identifies affected Srotas by observing obstruction, excessive flow, or abnormal movement of bodily substances (Srotodushti).

-Adhishthana:

Adhishthana refers to the site where the disease manifests. Identifying Adhishthana helps determine the location of Dosha–Dushya interaction.

Linking Srotas and Adhishthana:**●When a disease is not mentioned in classical texts:**

1. Observe Lakshana.
2. Identify affected Srotas.
3. Determine Adhishthana.
4. Understand Dosha involvement.
5. Plan Chikitsa based on Dosha and Srotodushti.

●Example: Hypothyroidism:

Ayurvedic Analysis:

- Dosha: Kapha + Vata.
- Srotas: Rasavaha, Medovaha.
- Adhishthana: Rasadhatu, Meda.
- Agni: Dhatvagni Mandya.

This approach allows diagnosis even if the disease name is absent in classical texts.

●Nidana Panchaka in Relation to Anukta Vyadhi:

Hetu (Nidana):

Identifying causative factors helps determine Dosha vitiation responsible for disease manifestation.

Lakshana (Rupa and Purvarupa):

Studying symptoms allows recognition of affected Srotas and Adhishthana.

Upashaya–Anupashaya:

Observing factors that relieve or aggravate symptoms helps confirm the dominant Dosha.

Samprapti:

Understanding the pathological process clarifies interactions among Dosha, Dushya, Srotas, and site of manifestation even when the disease name is unknown.

●Important Factors for Understanding Anukta Vyadhi:

1. Dosha.	8. Vaya.
2. Dushya.	9. Satva.
3. Desha.	10. Satmya.
4. Bala.	11. Ahara.
5. Kala.	12. Avastha.
6. Agni.	13. Sara.
7. Prakriti.	14. Samhanana.

These factors help diagnose and understand disease conditions even when they are not mentioned in classical texts.

●Dosha–Dushya Sammurchana:

By identifying dominant Doshas and affected Dhatus, disease progression and manifestations can be understood.

●Rogotpatti Stages (Shatkriyakala):

By correlating stages of Dosha aggravation, movement, Dushya involvement, and manifestation, an unnamed disease can be understood through classical Ayurvedic frameworks.

Treatment Planning:

-Nidana Parivarjana.

-Avoidance of causative factors is the first step in treatment.

-Shodhana and Shamana.

-Appropriate Panchakarma procedures such as Vamana, Virechana, and Basti are selected according to Dosha predominance and severity. Aushadhas are chosen to pacify Dosha imbalance.

-Pathya and Apathya Regulation.

-Proper dietary and lifestyle regulations are implemented according to the disease condition.

-Rasayana.

-Rejuvenative therapies support restoration of Dhatu balance and systemic strength. They also help prevent recurrence of disease.

By applying the same fundamental treatment logic used for classical diseases, Anukta Vyadhi can be effectively managed despite the absence of textual nomenclature.

Conclusion:

Anukta Vyadhi represents diseases that are not directly mentioned in classical Ayurvedic texts but can be understood and managed through the application of fundamental Ayurvedic principles. Assessment of Dosha, Dushya, Srotas, Adhishthana, Nidana Panchaka, and Samprapti enables accurate diagnosis and treatment planning. Therefore, the concept of Anukta Vyadhi demonstrates the adaptability and clinical relevance of Ayurveda in understanding contemporary diseases.

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