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Concept Of *Anukta Vyadhies In Ayurveda*- A Review

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ABSTRACT-

Ayurveda is science of life and always deals with wellbeing of humanbeings.

स्वस्थ्यस्य स्वास्थ्यरक्षणं अतुरस्य विकार प्राशमणम् is basic concept of ayurveda.¹Diseases occurred due to extremely changed lifestyles and faulty dieting habits not found in exact form in *Ayurveda*. *Anukta vyadhi* means the diseases which are not directly or specifically explained in *Ayurvedic samhitas*. In *sutrasthana Acharya charaka* have stated that each and every *vyadhi* can not be labeled or explained,² but *vadiya* have to understand according to symptoms of *vyadhi*, and thus concept of *anukta vyadhies* is developed. To understand *anukta sankalpana Tantrayukties, Vedanga, kalpana, tacchaliya* are given in *Ayurveda* and with help of that *anukta vyadhies* can be diagnosed and can be treated easily. *Atidesh tantrayukti* is useful to understand the concept of *Anukta*.³ this article is a attempt to understand concept of *anukta in ayurveda*.

Key words- *Ayurveda, Anukta, Atidesh tantrayukti*.

INTRODUCTION-

Ayurveda is dealing with maintenance of health and natural treatment of diseases if any.

Here *Anukta* means any Disease or Drug which is unsaid or unexplained or not mentioned clearly in *Ayurvedic Samhitas*. *Anukta* is separate and slandered parameter. *Anukta* helps us to understand classical concepts as well as new diseases. In *Sutrasthna Acharya Charka* have stated that is and every disease can not or need not to be labeled separately but, unsaid *vyadhies* can be taken in consideration according to *hetu*, involved *doshas* and *sthana sanshrya*. Concept of *Anukta* helps us to understand *Samprapti* of new or unsaid diseases as well as its treatment. In his comment *Acharya Chakrapani* have stated that *Atidesh Tantraukti* is helpful in understanding

hidden things and concepts. This paper is a small attempt to understand the concept of *Anukta vyadhies* in *Samhitas*.

LITERATURE REVIEW-

Concept of *Anukta*-

Dictionary meaning of *Anukta* is unsaid or unexplained. *Anukta vyadhi* means the diseases which are not directly or specifically explained in *ayurvedic samhitas*.

Hetu for *Anukta vyadhes* are regularly changing diet, fast food, irregular and faulty dieting habits, environmental changes, faulty life style and any activity against rules of nature including *pradnyaparadh*. *Parinam* i.e. *kala* is also an important factor as *ahetu* of *Anukta vyadhies*. *Kala* is most responsible factor for newly formed diseases like chikun guniya or corona. *Tantrayukti* is a way to understand *Anukta vyadhies*. *Atidesh Tantrayukti* is specially given to understand *Anukta vyadhes* in *Ayurvedic Samhitas*. In *Charak samhita* Acharya says that, there are three ways to Diagnose *Anukta vyadhes*.⁵

These are 1) *Prakruti-vikruti*

2) *Adhishthana*

3) *Sammuthana*

During study of *Anukta vyadhies* we have to think finely about,

Hetu, Dosh, Dushya, Doshaprakop, Doshpradhanya, Sansarga, sannipat, Swatantra-Partantra doshprakopa, Anshansh Kalpana, Avastha etc. we have to find out particular *hetu* and particular *Dosha*, afterward we have to find out is there any similar *vyadhi* described in *samhita* and according to that disease we have to find out and treat the *Anukta vyadhi*.

Acharya Sharangdhara have also stated the concept of *Anukta* as

If *kala* is *Anukta* then *Pratha kala* (Morning) is to be considered.

If part of plant is *Anukta* Root is to be taken.

If metal or specificity of pot is *Anukta* Eathern Pot is to be taken.⁶

Samprapti of *Anukta vyadhi* is to be considered as

- 1, Find out the *Hetu* Causative (factors) of newly formed disease.
2. Find out the *Doshas* involved according to *Hetu* and *Lakshnas* (symptoms).
3. Find out *Tartamatva* (*Anshansha Kalpana*) i.e. increased or decreased symptoms of *Dosha*.
4. Prepare *Samprapti* of *Anukta vyadhi* and plan treatment according to *Hetu prakupita Dosha* and *Adhishthana*.

Recently India have undergone two pandemics and these were

1. Corona- Corona virus disease (Sars-cov-2)
2. Chikun guniya

Both of these were viral diseases according to modern medical science.

According to concept of *Anukta vyadhi* we can diagnose and Treat these diseases.

As a treatment of *Ukta* and *Anukta* diseases “prevention is better than cure” is best *therapy*. and it is based on *Sushrutacharyas* quotation

संक्षेपताः क्रियायोगो निदान परिवर्जनम् ।

सु. उ. १/२५

It means avoidance of causative factors is treatment of each and every disease.⁷

DIAGNOSTIC APPROACH OF ANUKTA VYADHIES-

ACORDING TO *Ayurveda* process of diagnosis is divided in to two parts-

1. *Rog Dnyanopaya*. (Examination of Disease)
2. *Rogi Dnyanopaya*. (Examination of Patient)

Acharya Vagbhata has stated that *Vaidya* have to Examine patients according to

Dusya, Desha, Bala, Kala, Prakruti, Anal (Diagestive Power), Vaya, Satva, Satmya and *Ahara* of the patient.⁸

Trividha, Chaturvidha, Ashtavidha as well as *Dashvidha parikshas* are in Diagnosis of *Anukta Vyadhies*.

CONCLUSION-

1. Now a days much more newer *vyadhies* are seen which does not match to any other diseases these are *Anukta Vyadhies*.
2. Concept of *Anukta vyadhies* is useful to understand to diagnose and understand new diseases.
3. Concept of *Anukta Vyadhies* is also useful in planning of treatment of new *vyadhies*.
4. *Tantrayukties* specially *Atidesh Tantrayukti* is useful to understand concept of *Anukta*.
5. *Anukta* is not mentioned but is one of most important and useful part of *Ayurvedic Samhitas*.
6. In changing world due to faulty lifestyle more and more newer *vyadhies* will occur where Concept of *Anukta* will have better scope for Diagnosis and Treatment.

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