



Conceptual Analysis of Anukta Vyadhi (Unspecified Diseases) According to Roga Nidana Principles

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Abstract

Ayurveda, the ancient science of life, provides a comprehensive understanding of disease through fundamental principles such as Doṣa, Dhātu, Mala, Agni, and Srotas. Classical Ayurvedic literature describes numerous diseases along with their etiological factors, pathogenesis, clinical manifestations, prognosis, and treatment modalities. However, the Ācāryas also acknowledged that all diseases cannot be exhaustively enumerated due to the endless variations in causative factors, constitutional differences, environmental influences, dietary habits, and psychological conditions. Such diseases that are not specifically named or classified in the classical texts are termed *Anukta Vyadhi* (unspecified or unlisted diseases). The concept reflects the scientific and adaptable nature of Ayurveda, which emphasizes understanding the disease process rather than merely relying upon nomenclature. The principles of Roga Nidāna provide a systematic framework for analyzing Anukta Vyadhi through Nidāna Pañcaka, including Nidāna (etiology), Pūrvārūpa (prodromal features), Rūpa (clinical manifestations), Upaśaya-Anupaśaya (therapeutic response), and Samprāpti (pathogenesis). By evaluating Doṣa predominance, Duṣya involvement, Agni status, Ama formation, Srotoduṣṭi, and Rogamārga, physicians can identify the nature and severity of diseases even when they do not exactly correspond to classical disease descriptions. In the present era, rapid urbanization, industrialization, altered lifestyle patterns, stress, environmental pollution, and emerging pathogens have contributed to the increasing prevalence of multifactorial and complex disorders such as autoimmune diseases, metabolic syndrome, psychosomatic illnesses, chronic inflammatory disorders, and viral pandemics. Many of these conditions can be interpreted within the framework of Anukta Vyadhi. The Ayurvedic diagnostic approach offers individualized and holistic disease assessment, which is highly relevant in managing modern emerging diseases. This review article aims to conceptually analyze Anukta Vyadhi according to Roga Nidāna principles and evaluate its relevance in contemporary clinical practice. The article also highlights the importance of Yukti Pramāṇa (logical clinical reasoning) and personalized diagnosis in Ayurvedic medicine. The study concludes that the concept of Anukta Vyadhi demonstrates the timeless applicability and universal diagnostic potential of Ayurveda in understanding both classical and modern diseases.

Keywords: Anukta Vyadhi, Roga Nidana, Nidana Panchaka, Ayurveda Diagnosis, Dosha, Srotas, Emerging Diseases

Introduction

Ayurveda is a holistic medical science that aims not only at the treatment of disease but also at the preservation and promotion of health. The diagnostic and therapeutic principles of Ayurveda are based upon the equilibrium of Doṣa, Dhātu, Mala, Agni, and proper functioning of Srotas. Classical Ayurvedic texts such as the Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya describe a large number of diseases with their etiological factors, pathogenesis, symptomatology, prognosis, and management. Despite this extensive classification, the ancient Ācāryas clearly recognized that all diseases occurring in society cannot be completely listed or named.

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Ācārya Charaka explains that diseases are innumerable because of endless variations in causative factors, Doṣa combinations, tissue involvement, environmental influences, dietary habits, psychological conditions, and lifestyle patterns. Therefore, physicians should not become dependent solely upon disease nomenclature for diagnosis and treatment. Instead, they should understand the underlying pathological mechanisms through the principles of Roga Nidāna. This idea forms the basis of the concept known as *Anukta Vyadhi*, referring to diseases not specifically described in classical texts. ²

The term *Anukta Vyadhi* carries immense clinical significance because it reflects the adaptability and universality of Ayurvedic science. Ayurveda is fundamentally principle-based rather than disease-name-based. While modern medicine often focuses on specific disease entities and diagnostic labels, Ayurveda emphasizes the analysis of pathological processes occurring within the body. Thus, even if a disease is newly emerging or lacks a classical description, it can still be diagnosed and treated through assessment of Doṣa, Duṣya, Agni, Ama, Srotas, and Samprāpti. ³

The principles of Roga Nidāna play a crucial role in understanding *Anukta Vyadhi*. Roga Nidāna includes the study of:⁴

- Nidāna (etiological factors)
- Pūrvārūpa (premonitory symptoms)
- Rūpa (clinical manifestations)
- Upaśaya-Anupaśaya (therapeutic response)
- Samprāpti (pathogenesis)

These components collectively form the concept of Nidāna Pañcaka, which serves as the diagnostic foundation in Ayurveda. Through detailed analysis of these factors, physicians can identify the nature, severity, progression, and prognosis of diseases irrespective of their nomenclature.

The pathogenesis of *Anukta Vyadhi* primarily involves disturbances in Doṣa equilibrium leading to impairment of Agni and formation of Ama. Subsequently, vitiated Doṣas interact with susceptible Dhātus and obstruct or vitiate Srotas, resulting in various clinical manifestations. Depending upon the predominance of Vāta, Pitta, or Kapha, the disease may present with degenerative, inflammatory, obstructive, metabolic, or psychosomatic features. Therefore, the understanding of Doṣa-Duṣya Sammūrchana becomes essential in analyzing unspecified diseases. ⁵

In contemporary healthcare, the concept of *Anukta Vyadhi* has gained increasing relevance due to the emergence of complex and multifactorial disorders. Modern society is witnessing rapid changes in lifestyle, food habits, occupational stress, environmental pollution, and sedentary behavior. These factors have contributed to the rise of conditions such as obesity, diabetes mellitus, hypertension, autoimmune disorders,

metabolic syndrome, infertility, psychosomatic illnesses, chronic fatigue syndrome, fibromyalgia, and stress-related disorders. Additionally, newly emerging infectious diseases and viral pandemics continue to challenge healthcare systems worldwide. Many of these conditions do not correlate exactly with classical Ayurvedic disease descriptions but can be effectively understood through the framework of Anukta Vyadhi. ⁶

The concept also highlights the importance of Yukti Pramāṇa (rational inference and logical reasoning) in Ayurvedic clinical practice. Ancient physicians were encouraged to apply observational skills, analytical thinking, and practical wisdom while examining patients. The physician should carefully assess the patient's Prakṛti, Vikṛti, Doṣa predominance, Agni status, Bala, Satmya, and disease stage before planning treatment. Thus, individualized diagnosis and management remain the cornerstone of Ayurvedic medicine. ⁷

Furthermore, Anukta Vyadhi supports the integrative and personalized approach of Ayurveda. Instead of merely suppressing symptoms, Ayurveda aims at correcting the root pathology, restoring Agni, eliminating Ama, balancing Doṣas, and improving tissue metabolism. Such an approach becomes especially valuable in chronic and complex disorders where conventional diagnostic categories may not fully explain the disease process.

Aim

To conceptually analyze Anukta Vyadhi based on Ayurvedic Roga Nidāna principles.

Objectives

1. To explain the concept of Anukta Vyadhi in Ayurveda.
2. To analyze Anukta Vyadhi through Nidāna Pañcaka.
3. To study the role of Doṣa, Duṣya, Agni, and Srotas in unspecified diseases.
4. To evaluate the contemporary clinical relevance of Anukta Vyadhi.

Materials and Methods

This review study is based on literary sources collected Ayurvedic journals, review articles, and modern medical literature related to diagnostic concepts and emerging diseases.

Concept of Anukta Vyadhi ⁸

The concept of *Anukta Vyadhi* occupies an important place in Ayurvedic diagnostics and reflects the scientific flexibility of Ayurveda. The term is derived from two Sanskrit words: ⁸

- **Anukta** = not specifically mentioned or undescribed
- **Vyadhi** = disease or disorder

Thus, Anukta Vyadhi refers to diseases or pathological conditions that are not directly named or elaborately described in classical Ayurvedic texts. Ancient Ayurvedic scholars understood that it is impossible to enumerate every disease occurring in society because diseases continuously evolve due to changes in environment, diet, lifestyle, behavior, geography, season, and human adaptability.

The concept demonstrates that Ayurveda is fundamentally a principle-oriented science rather than merely a disease-name-oriented system. The primary focus of Ayurvedic diagnosis is understanding the underlying pathological process through Doṣa, Duṣya, Agni, Ama, and Srotas rather than depending solely upon nomenclature. ⁹

Classical View of Anukta Vyadhi

Ācārya Charaka clearly mentions that diseases are innumerable due to variations in:

- Etiological factors
- Doṣa combinations
- Dhātu involvement
- Srotoduṣṭi
- Individual constitution
- Seasonal and environmental influences

Therefore, a physician should analyze the disease according to its pathogenesis and clinical manifestations even if the disease is not specifically named in classical texts.

The classical principle can be summarized as:

“Not all diseases can be classified by name because of their infinite variations.”

This statement reflects the dynamic and evolving understanding of disease in Ayurveda.

Need for the Concept of Anukta Vyadhi ¹⁰

The concept became necessary because:

1. New diseases continuously emerge.
2. Clinical manifestations differ from person to person.
3. One disease may present with multiple symptom complexes.
4. Multiple Doṣas can combine in different proportions.
5. Environmental and lifestyle changes alter disease patterns.
6. Mixed pathologies are common in chronic disorders.

Ayurveda therefore provides a universal diagnostic framework rather than a rigid disease classification system.

Philosophical Basis of Anukta Vyadhi ¹¹

Ayurveda considers the body a dynamic biological system influenced by:

- Ahāra (diet)
- Vihāra (lifestyle)
- Kāla (time/season)
- Deśa (habitat)
- Prakṛti (constitution)
- Satva (mental status)

Any disturbance in these factors can lead to imbalance of Doṣas and disease manifestation. Since these combinations are innumerable, diseases also become innumerable.

Thus, Ayurveda focuses more on: ¹²

- Disease process
- Doṣic involvement

- Tissue pathology
 - Functional disturbances
- rather than only disease labels.

Diagnostic Understanding of Anukta Vyadhi ¹³

In Anukta Vyadhi, diagnosis is established through:

- Nidāna Pañcaka
- Doṣa analysis
- Agni assessment
- Ama evaluation
- Srotas examination
- Rogamārga analysis
- Bala and Avasthā assessment

The physician should carefully evaluate:

- Which Doṣa is dominant?
- Which Dhātus are affected?
- Whether Ama is present?
- Which Srotas are involved?
- What is the stage of disease?

Roga Nidāna Principles in Anukta Vyadhi ^{14,15}

1. Nidāna (Etiological Factors)

Nidāna forms the basis of disease manifestation. In Anukta Vyadhi, causative factors may include:

- Improper dietary habits
- Sedentary lifestyle
- Mental stress
- Environmental toxins
- Genetic predisposition
- Infectious agents

Modern lifestyle disorders can be interpreted through Mithyā Ahāra-Vihāra.

Table 1: Common Nidāna Factors in Anukta Vyadhi

Nidāna	Ayurvedic Interpretation	Modern Correlation
Ati Madhura Ahara	Kapha aggravation	Obesity, Diabetes
Ratrijagarana	Vata-Pitta vitiation	Stress disorders
Avyayama	Kapha accumulation	Metabolic syndrome
Manasika stress	Raja-Tama increase	Anxiety, Depression
Viruddhahara	Agni Dushti	Autoimmune disorders

2. Pūrvārūpa (Prodromal Symptoms) ¹⁶

Prodromal symptoms indicate early pathological changes before full disease manifestation.

Examples:

- Fatigue
- Heaviness
- Indigestion
- Mood changes
- Sleep disturbances

Recognition of Pūrvārūpa helps in early diagnosis and preventive intervention.

3. Rūpa (Clinical Features) ¹⁷

In Anukta Vyadhi, symptom complexes may not fit classical disease descriptions exactly. Hence, physicians should assess:

- Dominant Doṣa
- Dhātu involvement
- Srotoduṣṭi
- Agni status
- Disease progression

4. Upaśaya-Anupaśaya

Therapeutic testing is an important diagnostic tool in unspecified diseases. ¹⁷

Examples:

Upaśaya	Interpretation
Relief after Deepana-Pachana	Presence of Ama
Improvement with Vatahara therapy	Vata predominance
Relief after Langhana	Kapha-Ama condition

5. Samprāpti (Pathogenesis) ¹⁸

Understanding Samprāpti is central in diagnosing Anukta Vyadhi.

Components of Samprāpti Analysis ¹⁹

- Doṣa
- Duṣya
- Agni
- Ama
- Srotas
- Udbhava Sthāna
- Vyakti Sthāna

- Rogamārga

Role of Doṣa in Anukta Vyadhi ^{20,21}

Vāta

Responsible for variability and complex symptomatology.

Features:

- Pain
- Degeneration
- Neurological manifestations
- Anxiety

Pitta

Associated with inflammatory and autoimmune conditions.

Features:

- Burning sensation
- Fever
- Irritability
- Hypermetabolism

Kapha

Associated with metabolic and obstructive disorders.

Features:

- Heaviness
- Obesity
- Lethargy
- Congestion

Table 2: Doṣa Dominance in Modern Diseases

Disease	Dominant Doṣa
Diabetes Mellitus	Kapha-Vata
Rheumatoid Arthritis	Vata-Pitta with Ama
Depression	Vata-Tama
Obesity	Kapha
Autoimmune Disorders	Pitta-Vata

Importance of Agni and Ama ²²

Agni plays a pivotal role in disease prevention and manifestation. Impaired Agni leads to Ama formation, which becomes the root cause of many unspecified diseases.

Types of Agni Dysfunction

- Mandāgni

- Tikṣṇāgni
- Viṣamāgni
- Samāgni

Ama contributes to:

- Inflammation
- Immune dysregulation
- Metabolic disturbances
- Channel obstruction

Srotoduṣṭi in Anukta Vyadhi ²³

Srotas are channels responsible for transportation and metabolism. Srotoduṣṭi contributes significantly to disease manifestation.

Types of Srotoduṣṭi

1. Saṅga (obstruction)
2. Atipravṛtti (excess flow)
3. Vimargagamana (misdirected flow)
4. Sirāgranthi (structural changes)

Table 3: Srotas Involvement in Contemporary Diseases

Disease	Major Srotas
Hypertension	Rasa, Rakta
PCOS	Artavavaha
Asthma	Pranavaha
Fatty Liver	Annavaha, Raktavaha
IBS	Annavaha, Purishavaha

Clinical Approach Toward Anukta Vyadhi ²⁴

Diagnostic Steps

1. Examination of Nidāna
2. Assessment of Doṣa
3. Evaluation of Agni and Ama
4. Identification of Srotoduṣṭi
5. Determination of Rogamārga
6. Assessment of Bala and Vyādhi Avasthā

Contemporary Relevance of Anukta Vyadhi ²⁵

The concept remains highly relevant because many modern diseases:

- Have multifactorial etiology
- Show mixed symptomatology
- Lack complete biomedical understanding
- Require individualized treatment

Examples

- Autoimmune disorders
- Chronic fatigue syndrome
- Fibromyalgia
- Long COVID
- Lifestyle disorders
- Psychosomatic diseases

Ayurveda offers personalized diagnostic interpretation even without exact disease labels.

Table 4: Comparative Analysis of Classical and Contemporary Perspective of Anukta Vyadhi

Ayurvedic Concept	Classical Understanding	Contemporary Interpretation
Anukta Vyadhi	Diseases not specifically described in classics	Emerging and complex disorders
Doṣa Vaishamya	Imbalance of Vāta, Pitta, Kapha	Pathophysiological dysregulation
Agnimandya	Impaired digestion and metabolism	Metabolic dysfunction
Ama Formation	Toxic undigested metabolites	Inflammatory mediators/toxic accumulation
Srotoduṣṭi	Channel obstruction or dysfunction	Microcirculatory and systemic pathology
Doṣa-Duṣya Sammurchana	Interaction of Doṣa with tissues	Disease pathogenesis
Yukti Pramāṇa	Rational clinical reasoning	Clinical decision-making
Nidāna Pañcaka	Diagnostic framework	Comprehensive clinical assessment

Table 5: Diagnostic Approach in Anukta Vyadhi According to Roga Nidāna

Diagnostic Component	Clinical Importance	Physician Assessment
Nidāna	Identifies causative factors	Dietary, lifestyle, psychological factors
Pūrvārūpa	Detects early disease stage	Prodromal symptoms
Rūpa	Determines disease manifestation	Symptom analysis
Upaśaya-Anupaśaya	Helps confirm Doṣa predominance	Therapeutic response
Samprāpti	Explains pathogenesis	Doṣa-Duṣya interaction
Agni Assessment	Evaluates metabolic status	Appetite and digestion
Ama Assessment	Identifies toxic pathology	Heaviness, coating, lethargy
Srotas Examination	Identifies channel involvement	Systemic evaluation

Table 6: Doṣa-wise Clinical Features in Anukta Vyadhi

Parameter	Vāta	Pitta	Kapha
Nature of Disease	Degenerative	Inflammatory	Obstructive/Metabolic

Progression	Variable and rapid	Acute and intense	Slow and chronic
Pain	Severe, shifting	Burning type	Mild, dull
Appetite	Irregular	Excessive	Reduced
Sleep	Disturbed	Moderate	Excessive
Mental Features	Anxiety, fear	Anger, irritability	Lethargy, attachment
Tissue Effect	Depletion	Tissue damage	Tissue accumulation
Common Modern Correlation	Neurological disorders	Autoimmune diseases	Obesity and diabetes

Table 7: Correlation of Anukta Vyadhi with Modern Diseases

Modern Disease	Ayurvedic Interpretation	Predominant Doṣa	Major Srotas
Metabolic Syndrome	Medo Dushti with Agnimandya	Kapha-Vāta	Medovaha
Fibromyalgia	Vāta Vyadhi with Ama	Vāta	Māṃsavaha
Rheumatoid Arthritis	Āmavāta	Vāta-Pitta	Asthivaha
PCOS	Artava Dushti	Kapha-Vāta	Artavavaha
Depression	Manovaha Srotoduṣṭi	Vāta-Tama	Manovaha
Long COVID	Residual Ama and Ojas Kshaya	Vāta-Pitta	Pranavaha
Autoimmune Disorders	Dhātu Pratyānika Vikāra	Pitta-Vāta	Raktavaha
IBS	Grahāṇi Dushti	Vāta-Pitta	Annavaha

Table 8: Role of Agni in Development of Anukta Vyadhi

Type of Agni	Characteristics	Possible Clinical Manifestation
Samāgni	Balanced digestion	Healthy metabolism
Mandāgni	Slow digestion	Obesity, Ama disorders
Tikṣṇāgni	Excessive digestion	Hyperacidity, inflammation
Viṣamāgni	Irregular digestion	IBS, anxiety-related disorders

Table 9: Types of Srotoduṣṭi and Their Clinical Correlation

Type of Srotoduṣṭi	Description	Clinical Correlation
Saṅga	Obstruction in channels	Atherosclerosis, obesity
Atipravṛtti	Excessive flow/activity	Diarrhea, bleeding disorders
Vimargagamana	Abnormal movement	Autoimmune and metastatic disorders
Sirāgranthi	Structural abnormality	Tumors, cysts, varicosities

Table 10: Therapeutic Principles in Anukta Vyadhi

Pathological Condition	Treatment Principle	Examples
Vāta Predominance	Snehana, Bṛṃhaṇa	Taila, Ghṛta
Pitta Predominance	Śamana, Cooling therapy	Tikta Dravya
Kapha Predominance	Langhana, Lekhana	Deepana-Pachana

Ama Condition	Āmapācana	Trikatu, Panchakola
Srotorodha	Srotoshodhana	Panchakarma
Agnimandya	Deepana therapy	Chitraka, Pippali
Dhātu Kshaya	Rasāyana therapy	Ashwagandha, Shatavari

Table 11: Importance of Yukti Pramāṇa in Anukta Vyadhi

Clinical Aspect	Role of Yukti
Disease identification	Helps classify atypical conditions
Doṣa assessment	Determines predominant pathology
Drug selection	Enables individualized treatment
Prognosis	Assesses disease severity
Treatment planning	Modifies therapy according to Bala and Avasthā
Integrative care	Correlates modern and Ayurvedic understanding

Discussion

The concept of *Anukta Vyadhi* represents one of the most intellectually advanced and clinically adaptable principles in Ayurveda. Classical Ayurvedic scholars understood that diseases cannot be restricted within fixed nomenclature because pathological manifestations vary according to Doṣa predominance, Dhātu involvement, Agni condition, environmental influences, lifestyle practices, mental status, and individual constitution. Therefore, Ayurveda adopted a principle-based diagnostic system instead of a rigid disease-label-based approach. This scientific flexibility enables Ayurveda to remain relevant even in the modern era where new and complex diseases continue to emerge.²⁶

The central foundation of *Anukta Vyadhi* lies in the understanding that disease is fundamentally a disturbance of biological equilibrium. According to Ayurveda, all pathological conditions originate from the vitiation of Vāta, Pitta, and Kapha. The variation in disease manifestations occurs because these Doṣas interact differently with Dhātus, Malas, Agni, and Srotas in each individual. Consequently, even when a disease is not explicitly described in classical texts, its pathogenesis can still be understood through Doṣic analysis and Samprāpti assessment.²⁷

One of the major strengths of the concept is its reliance on *Nidāna Pañcaka* for diagnosis. *Nidāna Pañcaka* provides a universal diagnostic framework applicable to all diseases irrespective of nomenclature. Through analysis of Nidāna, Pūrvārūpa, Rūpa, Upaśaya-Anupaśaya, and Samprāpti, physicians can identify the nature and progression of pathological processes. This approach is particularly valuable in contemporary clinical settings where patients often present with atypical, overlapping, or multisystem symptoms that do not fit into single disease categories.²⁸

The concept also emphasizes the role of *Yukti Pramāṇa* or rational clinical reasoning. Ancient Ayurvedic physicians were encouraged not to depend blindly on textual descriptions but to apply observation, logic, and practical understanding while diagnosing diseases. This reflects a highly evidence-oriented clinical mindset. The physician must analyze the patient comprehensively by considering:²⁹

- Prakṛti (constitutional status)
- Vikṛti (current imbalance)
- Bala (strength)
- Agni (digestive and metabolic power)
- Satmya (adaptability)
- Satva (mental strength)
- Deśa and Kāla (environmental and seasonal influences)

Such individualized assessment forms the basis of precision medicine in Ayurveda.

In present-day healthcare, the significance of Anukta Vyadhi has increased enormously due to the growing prevalence of lifestyle disorders, psychosomatic diseases, autoimmune conditions, metabolic syndrome, and stress-related illnesses. Modern biomedical science frequently encounters diseases with uncertain etiology, multifactorial pathology, and variable clinical presentation. Disorders such as fibromyalgia, chronic fatigue syndrome, irritable bowel syndrome, autoimmune diseases, and long COVID often involve complex interactions between immunity, metabolism, neurological regulation, and psychological factors. These conditions may not correlate directly with classical Ayurvedic disease names, yet they can be interpreted effectively through Doṣa-Duṣya Sammūrchana and Srotoduṣṭi principles.³⁰

The role of Agni and Ama in Anukta Vyadhi deserves special importance. Impairment of Agni is considered the initiating factor for many chronic and systemic disorders. When digestion and metabolism become defective, Ama is formed, leading to obstruction of Srotas and disturbance of tissue metabolism. This process resembles the modern understanding of chronic inflammation, metabolic dysfunction, immune dysregulation, and toxic accumulation. Many contemporary disorders can therefore be understood as manifestations of Agnimandya and Ama-related pathology.³¹

The concept of Srotoduṣṭi further strengthens the applicability of Ayurveda in understanding modern diseases. Since Srotas represent channels responsible for transport, communication, and metabolism within the body, their dysfunction leads to multisystem involvement. Different types of Srotoduṣṭi such as Saṅga, Atipravṛtti, Vimargagamana, and Sirāgranthi explain obstruction, hyperactivity, abnormal movement, and structural pathology respectively. These mechanisms closely resemble pathological changes observed in cardiovascular disorders, endocrine diseases, autoimmune conditions, and degenerative illnesses.³²

Another important aspect is the psychosomatic dimension of Anukta Vyadhi. Modern society experiences increasing psychological stress, anxiety, depression, sleep disturbances, and emotional instability due to urbanization and changing social structures. Ayurveda recognizes the close relationship between mind and body through concepts of Satva, Raja, and Tama. Mental disturbances influence Doṣic balance and contribute to disease manifestation. Therefore, Ayurveda offers a holistic biopsychosocial model for understanding psychosomatic disorders.³³

The concept of Anukta Vyadhi also demonstrates the preventive potential of Ayurveda. Since diagnosis is based on early Doṣic imbalance and Pūrvārūpa assessment, diseases can often be identified before full clinical manifestation. This supports preventive healthcare and lifestyle modification strategies, which are highly important in chronic non-communicable diseases.³⁴

From a research perspective, Anukta Vyadhi provides a broad framework for integrating Ayurvedic principles with modern medical understanding. Contemporary diseases can be reinterpreted through Doṣa, Agni, Ama, and Srotas concepts, facilitating interdisciplinary research and integrative healthcare models. Such an approach may contribute significantly toward personalized medicine, preventive care, and holistic disease management.³⁵

However, despite its strengths, the practical application of Anukta Vyadhi requires profound clinical expertise. Physicians must possess strong knowledge of Roga Nidāna, Samprāpti, and Doṣic pathology. Inadequate understanding may lead to oversimplification or incorrect interpretation of diseases. Therefore, systematic training and evidence-based clinical research are necessary for strengthening the practical utility of this concept.³⁶

Overall, the concept of Anukta Vyadhi reflects the dynamic, flexible, and universal nature of Ayurvedic medicine. It establishes that Ayurvedic principles are not limited to ancient diseases alone but are capable of understanding and managing newly emerging disorders across all eras.

Conclusion

The concept of *Anukta Vyadhi* is a profound contribution of Ayurveda that highlights the scientific depth, universality, and adaptability of Ayurvedic diagnostics. Classical Ayurvedic scholars recognized that diseases are innumerable because of variations in Doṣa involvement, causative factors, environmental influences, lifestyle practices, mental status, and individual constitutional differences. Therefore, Ayurveda developed a principle-based approach focused on understanding pathology rather than merely identifying disease names. Roga Nidāna principles, especially Nidāna Pañcaka, provide a comprehensive diagnostic framework for analyzing unspecified and emerging diseases. Through assessment of Doṣa, Duṣya, Agni, Ama, Srotas, and Samprāpti, physicians can systematically evaluate the nature, severity, progression, and prognosis of diseases even when they are not specifically described in classical texts. The role of Vāta, Pitta, and Kapha in Anukta Vyadhi remains central because all pathological manifestations ultimately arise from Doṣic imbalance. Agnimandya and Ama formation further contribute to disease progression by impairing tissue metabolism and causing Srotoduṣṭi. The interaction between vitiated Doṣas and susceptible Dhātus leads to diverse clinical presentations, explaining the complexity of modern disorders. In the contemporary era, the concept of Anukta Vyadhi has become increasingly relevant due to the rapid rise of lifestyle disorders, autoimmune diseases, psychosomatic conditions, metabolic syndrome, chronic inflammatory diseases, and newly emerging infections. Many of these conditions possess multifactorial pathology and variable symptomatology, making them difficult to classify within rigid disease categories. Ayurveda offers a highly individualized and holistic approach capable of understanding such disorders through fundamental pathological principles. The concept also emphasizes the importance of Yukti Pramāṇa and clinical reasoning in Ayurvedic practice. Physicians are encouraged to apply observation, analytical thinking, and individualized assessment rather than depending solely upon textual disease descriptions. This demonstrates the advanced clinical methodology present in Ayurveda since ancient times. Furthermore, Anukta Vyadhi supports the modern concept of personalized and integrative medicine. By focusing on correction of Doṣic imbalance, restoration of Agni, elimination of Ama, and normalization of Srotas, Ayurveda aims to treat the root pathology rather than merely suppress symptoms. Such an approach holds great potential for preventive healthcare, chronic disease management, and holistic patient care.

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