



# International Journal of Indian Medicine

[www.ijim.co.in](http://www.ijim.co.in)

**ISSN: 2582-7634**

**Volume - 6, Issue - 09**

**September 2025**



# IJIM

INDEXED



# International Journal of Indian Medicine



International Category Code (ICC): ICC-1702

International Journal Address (IJA): IJA.ZONE/258276217634

## The Significance of Shadkriyakal in prevention of diseases

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### ABSTRACT:

Ayurveda, an eternal system of medicine, is known for its multidimensional approach towards mankind. The three supports of life are intake of food, sleep and observance of *brahmacharya*. Sleep at the night time makes for the balance of the body constituents (*dhatu-samya*), attentiveness, good vision, good complexion and good digestive power. In this age of globalization, daily life style of common man Burdened with junk food, inadequate sleep, over exertion, lack of Exercise, has an unavoidable impact on physical and mental health And body strength. Peoples who works in shift duty do not get regular sleep. thus their sleep gets disturbed. This people are at higher risk of the disease arising due to improper sleep. Ayurvedic literature states that *bala* depends upon *Nidra* and improper *nidra* causes *abala*. *Bala* is important to protect ourselves from adverse conditions. Assessment of *Bala* has great importance in pathological condition also because the type and dose of the therapeutic measures has to be essentially determined accordingly. So, This study is an attempt to observe the effect of deprivation of *Nidra* on *Bala*.

### KEYWORDS:

Ayurveda, Nidra, Bala, Abala, Sleep deprivation, Shift work, Dhatusamya, Physical health, Mental health, Lifestyle disorders, Therapeutic assessment, Body strength.

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**How to cite this article:** Kukudkar S., Milmile S. The Significance of Shadkriyakal in prevention of diseases. Int J Ind Med 2025;6(09):95 -98 DOI: <http://doi.org/10.55552/IJIM.2025.60917>

**INTRODUCTION:**

The prime factors in the pathogenesis of diseases are dosha and dushya. We know that physiology is the study of normal functioning of the body, it is study of dosha, dhatu and mala. The term Kriyakal made up of two words kriya and kal, where kriya means the choice of treatment used to correct disturbance of doshas and kala means stages of disease progression. The concept of kriyakal recognize recognized various stages of disease progression Sushruta mentioned concept of kriyakal in Varnaprashnadhyaya. The word shatkriyakal where shat means six. Shatkriyakal helps to understand the stages in definite sequence before the disease is diagnosed. It helps to prevent the formation of disease if the initial stages are diagnosed correctly. Different types of treatment can be given for different stages. The imbalance of doshas can be corrected as per the kala or severity of disease, thus patient get early relief, disease cured completely. Acharya Sushrut's shat kriyakala approach not only makes it possible to track the development of any illness overtime, but it also provides guidance on how to prevent it before it manifests as a clearly identifiable illness. Shat means six there are six stages of kriyakal explained by Acharya Sushruta.

**Aims & Objective :-**

- To understand the concept of Shatkriyakal
- To understand the importance of Shatkriyakal
- To describe the shatkriyakal in preventive aspects.

**DISCUSSION:**

**Material and Methods:-** Review of Literature regarding Shatkriyakal is collected from Sushrut Smhita & Ashtang hruday. All the compiled matter is recognised and analyzed.

**Shatkriyakal :-** To cure the diseases completely knowledge of Shatkriyakal is essential. Shat means six and kriyakal means

stages of disease. Samprapti has six stages from the accumulation doshas till the disease is completely manifested. Sushrut has described these stages in Sushrut Samhita Sutrasthana that are sanchay prakop, prasar, sthansanshray, vyakti and bheda.

**1) Sanchay (Stage of Accumulation)**

In this stage the disturbed doshas start accumulating in their own sites.

a) In vata chaya the person senses abdominal bulging due to Vata accumulation and then becomes lethargic.

b) In Pitta chaya yellowness of nails, eyes and urine is observed.

c) In Kapha chaya body temperature is lowered. The person starts developing nausea. Chaya is increased in its own sites and produces dislike for things which are the causes of increase and liking for things of opposite qualities. In this stage mild symptoms are seen. Thus it is very beneficial to cure the person in this first stage itself. If we treat the disease at the stage of sanchaya, the disease does not spread further. This is the reason why it is said that if we treat this stage correctly we can win over the disease. The doshas should be conquered by effective treatment in the stage of chaya.

\*Table showing the symptoms of Chaya Avastha

Sr.n o.	Chaya	Site	Symptom
1.	Vata	Pakvashaya	Stabhapurna Koshtha
2.	Pitta	Grahani	Pitavabhasata
3.	Kapha	Amashaya	Madoshmata, Ga urav

**2) Prakop ( Stage of Aggravation )**

a) In Vata prakopa, hyper peristalsis is observed i.e food passes very rapidly through the stomach and intestine.



b) In Pitta prakop, water brash, polydipsia and burning sensation is observed .

c) In Kapha prakopa the person feels nauseated about food and heaviness in chest is observed .

Vagbhat has said that in this stage dosha spread through out the body how this is quite correct .

### **3) Prasar (Stage of spread )**

In this stage the doshas are hyper activated and they leave their site and start spreading . In this stage the doshas go on accumulating further in their own sites. throughout the body.

a) In Vata prasar doshas change their place and move in any part of the body .A person experiences tympanitis.

b) In Pitta prasara body temperature is raised and burning sensation is sensed.

c) In Kapha prasara the person experiences fatigue indigestion and tastelessness. Also a feeling for nausea is developed .

\*How prasara stage is formed ?

If milk is kept for in vessel after some time it comes up to the brim and then if not removed spills out .Similarly doshas leave their place and spread through out the body .

### **4) Sthansamshraya (Stage of Localization)**

In this stage the aggravated doshas attack the dushya and disease is manifested .In this stage the prodromal symptoms i.e Purvarupa starts appearing. In this stage the disease starts progressing. The type of disease depends on where the doshas have accumulated. Depending on the type of channel these doshas attack, various diseases like diarrhea, kidney stone, fever etc. occurs.

### **5) Vyakti (Stage of Manifestation )**

In this stage the disease expresses itself .Here the disease can be diagnosed easily e.g pyrexia, colitis. Sushruta has described this stage as occurrence of disease. In this stage proper symptoms or Rupa appears, therefore

particular disease expresses particular symptoms .

### **6) Bheda ( Stage of Differentiation)**

This is the last stage of shatkriyakala. In this stage the disease can be diagnosed correctly and it's doshaja type can be decided e.g Pittaja diarrhea.

### **Significance of Shatkriyakala :-**

- 1) Understand the stages in definite sequence before the disease is diagnosed .
- 2) We can prevent the formation of disease if the initial stages are diagnosed correctly .
- 3) Different type of treatment can be given for different stages .
- 4) The physician can successfully cure the patient and prevent the recurrence of the disease

### **CONCLUSION:**

Shatkriyakal is one of the most important topic of Ayurveda .The six stages of disease progression described as Shatkriyakal in Ayurveda and this concept helps greatly towards the prevention and management of diseases.The illness process can be stopped at an early stage and the chances of complications by understanding the shatkriyakal. The physician can choose course of treatment by understanding and recognising the vitiated dosha situation. Acharya Sushrut mentioned Shatkriyakal in sutrashtan which helps in early stage prevention and further progression of the disease .

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**Source of Support: None declared**

**Conflict of interest: Nil**

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