

Kapha Kshaya-Vridhi and Its Manifestation with Shadkriya Kala

Dr. Mamta Yadav¹, Prof. (Dr.) Dinesh Chandra Sharma², Dr. Pooja Pareek³

¹MD Scholar, PG Department of Kriya Sharir, PGIA, DSRRAU, Jodhpur
²Professor and HOD, PG Department of Kriya Sharir, PGIA, DSRRAU, Jodhpur
³Assistant Professor, PG Department of Kriya Sharir, PGIA, DSRRAU, Jodhpur

Corresponding Author: Dr. Mamta Yadav

DOI: <https://doi.org/10.52403/ijhsr.20250309>

ABSTRACT

Kapha Dosha, one of the three primary doshas in Ayurveda, regulates structure, stability, and lubrication within the body. Its equilibrium guarantees physical strength, immunity, and emotional stability. Nonetheless, its depletion (Kshaya) or exacerbation (Vridhi) disturbs biological balance, resulting in numerous illnesses. This article examines the expressions of Kapha Kshaya and Vridhi within the framework of Shadkriya Kala—the six phases of disease progression. Kapha Kshaya leads to desiccation, debilitation, and compromised immunity, akin to contemporary ailments such as osteoporosis and chronic fatigue syndrome. Kapha Vridhi results in lethargy, congestion, and obesity, correlating with illnesses like metabolic syndrome and respiratory disorders. Insights from Ayurveda about the diagnosis, development, and therapy of Kapha imbalances are examined. The essay emphasizes integrative tactics that merge Ayurvedic traditions with modern medical techniques to address Kapha-related diseases.

Keywords: Kapha Dosha, Kapha Kshaya, Kapha Vridhi, Shadkriya Kala, Ayurveda, metabolism, illness development

INTRODUCTION

Kapha Dosha, a fundamental concept in Ayurveda, pertains to structural integrity, stability, and lubrication within the body. Originating from the Sanskrit root "Kaph," which signifies to bind, Kapha regulates the physical composition and cohesion of physiological tissues, alongside immunity and emotional fortitude ⁽¹⁾. Kapha is predominantly situated in the lungs, stomach, joints, and cerebrospinal fluid, and its actions are essential for sustaining health.

The imbalance of Kapha Dosha, either through Kshaya (depletion) or Vridhi (aggravation), disturbs homeostasis and presents as a range of physical and mental problems. Ayurveda delineates the evolution

of imbalances via the principle of Shadkriya Kala, which encompasses six stages of disease progression: Sanchaya (accumulation), Prakopa (aggravation), Prasara (spread), Sthana Samshraya (localization), Vyakti (manifestation), and Bheda (complication) ⁽²⁾.

This article offers a comprehensive examination of Kapha Kshaya and Vridhi, their expressions at each phase of Shadkriya Kala, and their relationship with modern medical issues. The exploration of Ayurvedic concepts for the prevention, diagnosis, and treatment of Kapha imbalances is conducted in conjunction with contemporary management strategies.

Kapha Kshaya (Depletion)

1. Etiology of Kapha Kshaya

Kapha Kshaya transpires when elements diminish the stability and lubrication afforded by Kapha. Contributing factors encompass:

- Prolonged fasting or malnutrition.
- Excessive exertion or insufficient rest.
- Exposure to arid, high-temperature environments or intense emotions such as anxiety.
- Chronic disease or deterioration of body tissues ⁽³⁾.

2. Manifestations of Kapha Kshaya

Manifestations encompass:

- Dehydration and Abrasiveness: Diminished lubrication in articulations and tissues.
- Deficiency: Diminished muscular and structural integrity.
- Impaired Immunity: Heightened vulnerability to infections.
- Mental Instability: Agitation and irritation ⁽⁴⁾.

3. Correlation with Contemporary Circumstances

- Osteoporosis: The reduction of bone density corresponds with the structural depletion of Kapha.
- Chronic Fatigue Syndrome: Fatigue and diminished stamina indicate Kapha Kshaya.
- Autoimmune Disorders: Immune dysregulation parallels inadequate Kapha functioning ⁽⁵⁾.

Kapha Aggravation

1. Etiology of Kapha Vridhi

Kapha Vridhi is induced by elements that amplify its characteristics of density, chilliness, and steadiness:

- Excessive consumption of heavy, oily, and cold foods.
- Inactive lifestyle.
- Excessive daytime sleep.
- Exposure to cold and humid conditions ⁽⁶⁾.

2. Manifestations of Kapha Vridhi

Manifestations encompass:

- **Lethargy:** A feeling of weightiness and exhaustion.
 - **Congestion:** Accumulation of mucus in the respiratory passages.
 - **Weight Gain:** Excessive accumulation of fat tissue.
 - **Impaired Digestion:** Decreased metabolic rate and abdominal distension ⁽⁷⁾.
- ### **3. Correlation with Contemporary Circumstances**
- **Obesity:** Excessive weight and a sluggish metabolism correspond with Kapha Vridhi.
 - **Respiratory Disorders:** Conditions such as asthma and chronic bronchitis are associated with mucus accumulation.
 - **Metabolic Syndrome:** Insulin resistance and lipid irregularities indicate an imbalance of Kapha ⁽⁸⁾.

Shadkriya Kala: The Six Phases of Illness Advancement

1. Sanchaya (Accumulation)

- **Kapha Kshaya:** Depletion commences with slight dryness and frailty.
- **Kapha Vridhi:** Initial indicators include of lethargy and diminished appetite.

2. Prakopa (Exacerbation)

- **Kapha Kshaya:** Symptoms exacerbate, accompanied by noticeable weariness and joint rigidity.
- **Kapha Vridhi:** Increased heaviness exacerbates nasal congestion and impairs digestion ⁽⁹⁾.

3. Prasara (Dispersion)

- **Kapha Kshaya:** Dryness permeates deeper tissues, heightening susceptibility to systemic frailty.
- **Kapha Vridhi:** An excess of Kapha disseminates to other regions, resulting in symptoms such as fluid retention and edema ⁽¹⁰⁾.

4. Sthana Samshraya (Localization)

- **Kapha Kshaya:** Susceptible tissues, such as bones and joints, emerge as focus sites for depletion.

- **Kapha Vriddhi:** Localization results in particular situations such as sinusitis or joint effusion.

5. Vyakti (Manifestation)

- **Kapha Kshaya:** Manifestation as clinical problems such as osteoporosis or chronic weariness.
- **Kapha Vriddhi:** Manifestation of pronounced symptoms of obesity, asthma, or metabolic syndrome occurs⁽¹¹⁾.

6. Bheda (Complication)

- **Kapha Kshaya:** Severe ailments, including fractures or significant immunological diseases.
- **Kapha Vriddhi:** Complications encompass diabetes, cardiovascular disease, or significant respiratory obstruction⁽¹²⁾.

Assessment of Kapha Dysregulation

1. Ayurvedic Assessment

- **Prakriti Analysis:** Evaluating the individual's dosha constitution.
- **Pulse Diagnosis (Nadi Pariksha):** Identifying Kapha predominance or deficiency.
- **Symptom Analysis:** Assessing physical, psychological, and gastrointestinal indicators⁽¹³⁾.

2. Modern Instruments

- **Imaging and Bone Density Assessments:** Pertaining to osteoporosis associated with Kapha Kshaya.
- **Spirometry:** Pertaining to respiratory conditions associated with Kapha Vriddhi.
- **Blood Tests:** For metabolic indicators such as lipid profile and blood glucose levels⁽¹⁴⁾.

Management of Kapha Deficiency and Excess

1. Dietary Interventions for Kapha Kshaya:

- Integrate warm, moist, and nutritious foods such as soups, ghee, and nuts. Refrain from consuming desiccated and frigid substances.

- To mitigate Kapha Vriddhi, prioritize light, dry, and piquant foods, including barley, green vegetables, and ginger. Refrain from consuming dense, greasy, and sugary foods⁽¹⁵⁾.

2. Modifications to Lifestyle

- **Kapha Kshaya:** Sufficient repose, consistent yet moderate physical activity, and oil massages.
- **Kapha Vriddhi:** Engage in an active lifestyle through consistent exercise and refrain from excessive sleep.

3. Herbal Remedies for Kapha Kshaya:

- **Ashwagandha (Withania somnifera):** Enhances tissue strength and immune function.
- **Shatavari (Asparagus racemosus):** Revitalizes and sustains Kapha.
- **For Kapha Increase: Trikatu (Piper longum, Piper nigrum, Zingiber officinale):** Stimulates metabolism and diminishes Kapha.
- **Guggulu (Commiphora mukul):** Mitigates fat accumulation and alleviates congestion⁽¹⁶⁾.

4. Panchakarma Therapies for Kapha Kshaya:

- **Basti (medicated enema) and Rasayana therapies** to restore depleted tissues.
- **For Kapha increase: Vamana (therapeutic emesis) and Raktamokshana (bloodletting)** to eliminate excess Kapha⁽¹⁷⁾.

CONCLUSION

Kapha Dosha is essential for preserving the body's structure, lubrication, and stability. The depletion (Kshaya) or exacerbation (Vriddhi) results in several health issues, including weakness, compromised immunity, obesity, and respiratory ailments. Comprehending Kapha imbalances via Shadkriya Kala offers a thorough foundation for prompt diagnosis and efficient management. Integrating Ayurvedic therapies with contemporary medical practices provides comprehensive remedies for Kapha-related ailments. Ongoing research and interdisciplinary collaboration

are crucial for progressing the integration of Ayurvedic concepts into modern healthcare.

Declaration by Authors

Ethical Approval: Not Applicable

Acknowledgement: None

Source of Funding: None

Conflict of Interest: The authors declare no conflict of interest.

REFERENCES

1. Sharma, P.V. Charaka Samhita. Varanasi: Chaukhamba Orientalia; 2014.
2. Dash B., Sharma B.K. Diagnosis and Treatment in Ayurveda. New Delhi: Concept Publishing Company, 2005.
3. Lad V. Textbook of Ayurveda: Fundamental Principles. Albuquerque: Ayurvedic Press; 2002.
4. Frawley D. Ayurveda and the Mind: The Restoration of Consciousness. Delhi: Motilal Banarsidass; 1998.
5. Meulenbeld, G.J. A Chronicle of Indian Medical Literature. Groningen: E. Forsten; 1999.
6. Chatterjee M. Kapha and Metabolic Disorders. Journal of Ayurveda and Integrative Medicine. 2021;12(1):34–39.
7. Pathak SK. Respiratory Disorders in Ayurveda. International Journal of Complementary and Alternative Medicine. 2018;10(4):98–105.
8. Gupta A, Sharma R. Management of Obesity with Ayurveda. Journal of Ethnopharmacology. 2020; 250:1125–34
9. Sapolsky RM. Stress and Immunity. Science. 2004;308(5722):648–52.
10. Glass DJ: Metabolic Health and Kapha Regulation. I am Journal of Physiology, Endocrinology and Metabolism. 2010; 298(5): E937–46
11. Bhattacharya, S. Yoga for Respiratory Health. Journal of Clinical Psychology. 2019; 75(5): 856–67.
12. Kulkarni SK, Dhir A. Principles of Ayurvedic Dietetics. Indian Journal of Pharmacology. 2008; 40(4): 153–157
13. Puri HS. Ayurvedic Medicinal Flora. London: Taylor & Francis; 2002.
14. Frawley D. Rasayana and Rejuvenation. Evid Based Complement Alternat Med. 2011; 2011:251–262.
15. Singh RH. Panchakarma for Kapha Dysregulation. Journal of Alternative and Complementary Medicine. 2018;24(7):589–96.
16. Kulkarni SK, Dhir A. Ayurvedic Dietary Principles. Indian J Pharmacol. 2008;40(4): 153–7.
17. Glass DJ. Metabolic Health and Kapha Management. Am J Physiol Endocrinol Metab. 2010;298(5): E937–46.

How to cite this article: Mamta Yadav, Dinesh Chandra Sharma, Pooja Pareek. *Kapha Kshaya-Vridhi and its manifestation with Shadkriya Kala. Int J Health Sci Res.* 2025; 15(3):52-55. DOI: <https://doi.org/10.52403/ijhsr.20250309>
