



# INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY HEALTH SCIENCES

ISSN: 2394 9406

## “CONCEPT OF SADHYASADHYATVA AFTER SAWATSAR (1 YEAR): A LITERATURE REVIEW”

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### **ABSTRACT:**

In *Ayurveda*, The disease has been defined as the state in which both the body and mind are subjected to pain and misery. The classification of diseases is based on their origin, lesion sites, prognosis, factors involved in pathogenesis. Knowledge of duration of *Vyadhi* (*Chirkalin*) (duration 1 yr) is essential in healthcare management as well as for the targeted treatment of diseases. For *Sawatsar Vyadhi* medicine is required for as long as disease continues. There are number of *Vyadhis* mentioned in *Ayurveda*. So this article is focusing on concept of *Sadhyasadhyatva* after *Sawatsar* (1 year) of *Yapya Vyadhi*.

**Keywords:** *Sadhyasadhtwa, Sawatsar, Ayurveda.*

**INTRODUCTION<sup>1,2</sup>:**

The disease can be manageable and maintainable according to *Sadhyasadhtva*. It is the type of *Krucchra Sadhya* and *Asadhya Vyadhi*. Patient needs strong treatment. In day to day life it may seems like the complicated disease. Sometimes it may require the surgical treatment also. So in the present scenario like fast life and modern life style, it is necessary to study the Concept of *Sadhyasadhyatva* after *Sawatsar* (1 year). After 1 year the disease may be converted into *Krucchra Sadhya* and *Asadhya*.

**AIM AND OBJECTIVES:**

1. To understand the concept of *Sadhya-Asadhyata* after *Sawatsara*.

**MATERIAL AND METHODS<sup>3,4,5</sup>:**

Ayurvedic *Samhitas*, text books, published research articles, academic databases like PubMed, search Engines like Google etc.

**LITERATURE REVIEW:**

Following are the one year old *Vyadhi* mentioned in different classics of *Ayurveda*.

Sr. No.	VYADHI	YAPYA
1	1 year old <i>Arsha</i>	<i>Krucchra Sadhya Vyadhi</i>
2	1 year old <i>Sleepad</i>	<i>Asadhya Vyadhi</i>
3	1 year old <i>Galganda</i>	<i>Asadhyavyadhi</i>
4	1 year old <i>Vatrakta</i>	<i>Yapya Vyadhi</i>
5	3 year old <i>Ardit</i>	<i>Asadhya Vyadhi</i>
6	1 year old	<i>Yapya Vyadhi</i>

	<i>Kshatkshin</i>	
7	1 year old <i>Visha</i>	<i>Yapya Vyadhi</i>
8	1 year old <i>Awarana</i>	1 yr old <i>Kashtha Sadhya</i> or <i>Asadhya Vyadhi</i>

**Table no. 01**

**Features of one year old disease:**

1. *Pathya Sevan*:- The patient may need to follow *Pathya* strictly.
2. *Alpa Hetunam Ashu Pravatnam*: Disease will increased quickly by simple and mild causative factor.
3. *Gambheeram* : the disease affected at deeply seated places in the body.
4. *Bahu Dustham*: Disease involves major body tissue.
5. *Deergha Kalam*: Stands for 1 year or may be longer than that.
6. *Dosham*: Involves 2 to 3 *Doshas*.

**DISCUSSION:**

One year old *Vyadhi* has major role in the treatment view of disease. The treatment of disease depends on *Sadhyasadhyata*<sup>6, 7</sup> of that disease. So it is necessary to understand the concept of one year old *vyadhi* and it's *Sadhyata*.

In One year old *vyadhi* analysis the disease looks like the incurable but cure may possible through appropriate and strong *Ayurveda* treatment. In one year old *vyadhi* there is no presence of *Arishtha Lakshnas*. From this article information one can be able to diagnose the one year old *vyadhi*. So the success of

treatment depends on correct diagnosis and treatment.

**CONCLUSION:**

1. Knowledge of one year old vyadhi Vyadhi is essential for the success of treatment.
2. One year old vyadhi Vyadhi Collection is important to quick reminder of diseases.
3. This matter is important from the competitive exam point of view.

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