Pathology and the disease process
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Disease occurs in the body when factors or forces interfere with the body's ability to allow the alleviation from occurring. There are a total of six stages of disease in Ayurveda.

- Accumulation (Sanchaya)
- Aggravation (Praropa)
- Overflow (Prasara)
- Relocation (Sthana Samshraya)
- Manifestation (Vyaki)
- Diversification (Bhedha)
Phase 1: Accumulation

Although subtle actions occur in this phase, a person who is in touch with their connection to nature and their constitution will be able to prevent disease.

However, most people ignore the symptoms ad go about their daily routines and activities, leaving it to chance to not become ill (Prajinaparadha).

• This phase is commonly described as the natural rise and fall of the doshic tide
• Only mild disturbances occur in this phase, and generally go unnoticed
• This stage is contained in the digestive system
• Depending on the dosha that is accumulating, a person will have a mild symptom or imbalance of the digestive system
Phase 2: Aggravation

The second phase is likened to the peak of “high tide”. Symptoms may worsen a but in this phase, and a person may be more likely to become aware of the symptoms, but for a person not in tune with their own nature, symptoms will again go untreated.

• This phase is commonly described as the peak of “high tide”
• Symptoms my worsen a bit, but they are still at the site of the aggravated dosha
• A persons awareness may be piqued at this phase, but if symptoms are unaddressed, it will cause overflow into the Rasa and Rakta dhtaus
Phase 3: Overflow

Overflow (Prasara)

The third phase of disease occurs when the accumulation and aggravation phases have not been managed properly, and the doshic tide leaves it home in the digestive system. Symptoms in the phase tend to be mild and transient.

• The doshic tide will overflow if the symptoms of phase 1 and phase 2 go unnoticed and unmanaged
• Once overflow occurs, the aggravatated dosha enters the circulatory system infiltrating the Rasa and Rakta dhatus

<table>
<thead>
<tr>
<th>Vata Overflow</th>
<th>Pitta Overflow</th>
<th>Kapha Overflow</th>
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</thead>
<tbody>
<tr>
<td>• Overflow into the Rasa dhatu cause the dhatu to become diminished and the tissues to become dry</td>
<td>• Overflow into the Rasa dhatu cause the dhatu to become overheated and mildly infected and causing mucous to have a yellow tint</td>
<td>• Overflow into the Rasa dhatu causes the body water to increase resulting in possible swelling of the tissues, skin becomes clammy and mucous production in increased</td>
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<tr>
<td>• Volume of urine and sweat are diminished</td>
<td>• Mild and transient symptoms of burning may occur through the membranes of the body</td>
<td>• Sweat and urine production increases</td>
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<tr>
<td>• As Vata enters the Rakta dhatu, the body becomes cold</td>
<td>• Overflow into the Rakta dhatu energized and warms the body. Complexion becomes flushed or ruddy – symptoms of increased Rasa and Rakta dhatu occur</td>
<td>• All symptoms are mild and transient</td>
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<tr>
<td>• All symptoms are mild and tend to be transient</td>
<td>• All symptoms are mild and transient</td>
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The fourth phase of disease is when the dosha that overflowed from the digestive system settle into another area of the body. As mentioned before, the dosha will pick a tissue or organ that is weak. This may be an area that is constitutionally prone to weakness by the qualities inherent within the overflowing dosha, or areas that have been injured previously.

If Vata overflows from the digestive system, it is more likely to vitiate an organ or tissue with more air and is thus more cold, dry and mobile. Organs that contain warmth or have fire qualities are more prone to Pitta vitiation. Kapha prefers tissues and organs that contain more water, and thus is moist and heavy.

Although tissues and organs that have similar qualities to the dosha are the most prone to disturbance, any dosha can infiltrate any tissue or organ of the body.

<table>
<thead>
<tr>
<th>Key Dhatu</th>
<th>Vata</th>
<th>Pitta</th>
<th>Kapha</th>
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<tbody>
<tr>
<td>Majja, Asthi</td>
<td>Rakta</td>
<td>Rasa, Medas, Mamsa, Shukra</td>
<td></td>
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<tr>
<td>Key Organs and Systems</td>
<td>Nervous System, Kidneys, Skeleton</td>
<td>Liver, Spleen, Eyes, Blood</td>
<td>Respiratory system</td>
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</tbody>
</table>
Phase 5: Manifestation

The fifth phase of disease if manifestation.

In this phase, the dosha becomes more comfortable in their new home. The symptoms are associated with the energetic disturbance of the tissue or organ will deepen.

It is in this phase that the characteristics of the disease are codified, and allopathic medicine gives the disease its name.
Phase 6: Diversification

The sixth and final stage of disease is diversification.

During this final stage, symptoms become quite specific to the affected site and are quite severe.

Tissues and organs that have been infiltrated may become irreparably damaged. If the organ of infection is vital, death may result.