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Assessment of Various Stages of *Vatarakta* in the Purview of *Doshagati*

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Abstract

Introduction:

*Ayurveda* is a time tested system of medicine established on number of doctrines, called as *siddhanta*. It believes in the principle of trilogy like *hetu*, *linga* and *oushadha* which are in inseparable relation. The internal factors responsible for pathogenesis, dosha, traverse different paths in the body depending on the nature of etiology and extent of susceptibility. This movement or phase of *dosha* in the body is termed as *doshagati*. *Doshagati* is seen in both physiological and pathological state.

Materials and Methodology:

Information on *doshagati* is collected from classical *samhita* through various references. Physiological as well as pathological application of *doshagati* is discussed by taking *vatarakta* as an example.

**Result:**

Prospective and retrospective assessment of *doshagati* in various stages of *vatarakta* are analyzed.

**Discussion and Conclusion:**

In this work, *vikrita doshagati* is considered in *vatarakta*. *Vatarakta*, being a *raktapradoshajavyadhi*, has a wide clinical spectrum. It is a *vatapradhana tridoshaja vyadhi* with *rakta* being *pradhana dushya*. Altered food habits and lifestyle has increased the patients suffering from *vatarakta*. This work aims at application of basic *siddhanta* from the clinical angle by taking *vatarakta* as the reference.

Keywords: Doctrine, *Siddhanta*, *Doshagati*, *Vatarakta*, Pathogenesis, *Samprapti*

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