

# **INTERNATIONAL JOURNAL OF AYURVEDA360**



**AYURVEDA  
360**

**PEER-REVIEWED  
BIMONTHLY JOURNAL**

**| [www.ayurveda360.in/journal](http://www.ayurveda360.in/journal)**

**ISSN**

**PRINT:**

**3048-7382**

**ONLINE:**

**3048-7390**

**2025**

**VOLUME 1**

**ISSUE 4**

**JANUARY-**

**FEBRUARY**

REVIEW ARTICLE

Access this article online

Scan Here



Website:

[www.ayurveda360.in/journal](http://www.ayurveda360.in/journal)

ISSN

PRINT: 3048-7382

ONLINE: 3048-7390

Bimonthly Journal

Publication History:

Submitted: 04-December-2024

Revised: 02-January-2025

Accepted: 14-February -2025

Published: 15-February-2025



How to cite this article:

Gupta, M. K., Kumbhar, A., & Soni, R. (2025). Principles of Upadrava Siddhānta: Understanding and Managing Complications in Ayurveda. *International Journal of Ayurveda360*. 2025; 1(4): 218-229.

<https://doi.org/10.5281/zenodo.14880941>

Principles of *Upadrava Siddhānta*: Understanding and Managing Complications in Ayurveda

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Abstract

Introduction:

Ayurveda, a holistic system of medicine, emphasizes the importance of maintaining health and addressing diseases through a balanced approach. *Upadrava Siddhānta*, which refers to complications arising during the progression of a primary disease, is a key concept in Ayurvedic pathology. Understanding *Upadrava* is crucial for accurate diagnosis, prognosis, and treatment in Ayurveda. This study aims to analyze the principles of *Upadrava Siddhānta* and its clinical relevance in managing complications.

Methods:

This conceptual review analyzes Ayurvedic classical texts, such as *Caraka Samhitā*, *Sushruta Samhitā*, and *Aṣṭāṅga Hṛdaya*, alongside modern literature. The review focuses on the classification of *Upadrava*, its connection to primary diseases (*Vyadhi*), and the Ayurvedic treatment methods for managing

complications.

**Results:**

*Upadrava* is classified into *Sthula* (major complications) and *Anu* (minor complications). Both share the same dosha imbalance as the primary disease. Treatment should either target the *Upadrava* first if severe, or complement the primary disease treatment if the *Upadrava* is weak. Clinical examples from *Madhavanidana* illustrate complications in diseases like *Ajeerna*, *Raktapitta*, and *Prameha*.

**Discussion:**

Timely identification and management of *Upadrava* are essential for preventing further complications. By addressing both the primary disease and its complications, Ayurvedic principles offer a holistic framework for treatment. Integrating Ayurvedic and modern practices could enhance the management of complications, and future clinical studies could validate these approaches in contemporary settings.

**Keywords:** *Siddhānta, Ayurveda, Complications, Primary Disease, Nidanarthakararog, Upadrava*

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