iJRASET
International Journal For Research in Applied Science and Engineering Technology

INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Volume: 14 **Issue:** IV **Month of publication:** April 2026

DOI: https://doi.org/10.22214/ijraset.2026.80830

www.ijraset.com

Call: 08813907089 | E-mail ID: ijraset@gmail.com

International Journal for Research in Applied Science & Engineering Technology (IJRASET)
ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538
Volume 14 Issue IV Apr 2026- Available at www.ijraset.com

Applied Aspects of *Kriyakala* and Its Clinical Utility in Diagnosis and Therapeutics: Bridging Classical *Ayurvedic* Principles with Contemporary Medicine

Dr. Ashwini Ramrao Bele[1], Dr. Jaikrishna R.Chhangani[2], Dr. Pramod F.Garje[3]
[1]*PG Scholar, Dept. of Rognidan Evum Vikriti Vigyan.*
[2]*Guide and Associate Professor, Dept. of Rognidan Evum Vikriti Vigyan.*
[3]*HOD and Professor, Dept. of Rognidan Evum Vikriti Vigyan*

Shri Ayurved Mahavidyalaya, Nagpur, Maharashtra

Abstract: ***Kriyakala, a fundamental doctrine in Ayurveda, delineates the temporal evolution of disease through six sequential stages—Sanchaya, Prakopa, Prasara, Sthanasamshraya, Vyakti, and Bheda. This concept offers a dynamic framework for understanding pathogenesis, facilitating early diagnosis and stage-specific therapeutic interventions. In contrast to conventional biomedical models that largely focus on manifest disease, Kriyakala emphasizes preclinical detection and prevention.[1,2] The present study critically analyzes the applied aspects of Kriyakala in clinical practice, highlighting its diagnostic and therapeutic relevance. A comprehensive review of classical Ayurvedic texts and contemporary scientific literature was undertaken to establish correlations with modern disease progression models. The findings suggest that Kriyakala provides a predictive and preventive approach, aligning closely with concepts such as subclinical pathology, systemic dissemination, and complication development.[5,6] Integration of Kriyakala into modern healthcare paradigms may enhance early diagnosis, improve treatment outcomes, and support personalized medicine.***

Keywords: Kriyakala, Ayurveda, Disease progression, Early diagnosis, Preventive medicine, Dosha

I. INTRODUCTION

Ayurveda emphasizes preservation of health and prevention of disease through early recognition of pathological changes. Among its foundational principles, *Kriyakala* plays a pivotal role in understanding disease progression[1]. The term denotes the appropriate timing for therapeutic intervention, derived from '*Kriya*'(action) and '*Kala*'(time). Unlike modern biomedical approaches that identify disease predominantly at advanced stages, Kriyakala provides a continuum-based model of pathogenesis, enabling detection at subclinical levels [6]. This is particularly relevant in the context of rising non-communicable diseases (NCDs), where early intervention is crucial [11,12]. In *Rognidan*, *Kriyakala* integrates *Nidana* (etiology), *Dosha* dynamics, and *Vyadhi* manifestation, making it a comprehensive diagnostic tool[2,3].

A. Aim

To critically evaluate the applied aspects of *Kriyakala* and its clinical utility in diagnosis and treatment.

B. Objectives

1) To analyze the stages of *Kriyakala* in disease progression
2) To explore its role in early diagnosis
3) To assess its importance in treatment planning
4) To correlate *Kriyakala* with modern biomedical concepts

II. MATERIALS AND METHODS

A. Study Design

Narrative review and analytical study.

©IJRASET: All Rights are Reserved

B. Data Sources

Classical *Ayurvedic* texts and indexed research articles.[1-10]

III. METHODOLOGY

- Review of textual references related to *Kriyakala*
- Thematic categorization of stages
- Comparative analysis with modern disease models
- Synthesis for clinical applicability **Results**

Stages of *Kriyakala* and Clinical Significance

1. *Sanchaya* (Accumulation Phase)

Doshas accumulate in their natural sites.[1]

- Clinical relevance: Early reversible stage; lifestyle correction is effective.

2. *Prakopa* (Aggravation Phase)

Accumulated *Doshas* become aggravated.[2]

- Clinical relevance: Functional disturbances; managed with *Shamana* therapy.

3. *Prasara* (Dissemination Phase)

Doshas spread through *srotas*.[3]

- Clinical relevance: Systemic involvement; *Shodhana* therapy indicated.

4. *Sthanasamshraya* (Localization Phase)

Doshas localize in vulnerable tissues (*Khavaigunya*).[1,3]

- Clinical relevance: *Purvarupa* (prodromal symptoms) appear.

5. *Vyakti* (Manifestation Phase)

Clear clinical features develop.[2]

- Clinical relevance: Disease diagnosis becomes evident.

6. *Bheda* (Complication Phase)

Disease complications and differentiation occur.[1]

- Clinical relevance: Chronicity and prognosis assessment.

IV. DISCUSSION

A. Diagnostic Utility

Kriyakala provides a **predictive diagnostic model**:

- Identification of subclinical stages [6]
- Early detection via *Purvarupa*
- *Dosha*-specific diagnosis [1,2]
- Prognostic assessment

Therapeutic Utility

- Stage-wise intervention enhances treatment outcomes
- Early stages allow preventive therapy
- Reduces disease burden and complications
- Supports personalized medicine [5,6]

B. Correlation with Modern Concepts

***Kriyakala* Stage**	**Modern Correlation**
Sanchaya	Risk accumulation
Prakopa	Functional imbalance
Prasara	Systemic spread

***Kriyakala* Stage**	**Modern Correlation**
Sthanasamshraya	Organ susceptibility
Vyakti	Clinical disease
Bheda	Complications

C. Applied Clinical Insight

In Type 2 Diabetes Mellitus:

- Early stages correspond to metabolic imbalance
- Timely intervention prevents progression
- Late stages lead to complications [12]
- Preventive and Personalized Medicine

Kriyakala supports:

- Primary prevention (early stages)
- Secondary prevention (early diagnosis)
- Personalized therapy based on *Dosha* [5]

D. Flowchart 1: Showing Stages of Kriyakala in Disease Progression

Schematic representation of *Kriyakala* illustrating the sequential stages of disease progression and their clinical significance.

Nidana Sevana (Etiological Factors)
↓
Sanchaya (Accumulation)
- Mild *Dosha* increase
- No clear symptoms
↓
Prakopa (Aggravation)
- *Dosha* excitation
- *prarambhik lakshan* (early signs)
↓
Prasara (Dissemination)
- Spread via Srotas
- Systemic involvement
↓
Sthanasamshraya (Localization)
- Khavaigunya involvement
- Purvarupa (prodromal symptoms)
↓
Vyakti (Manifestation)
- *spashta rog lakshan*
- Disease diagnosis possible
↓
Bheda (Complication)
- Chronicity
- Disease differentiation

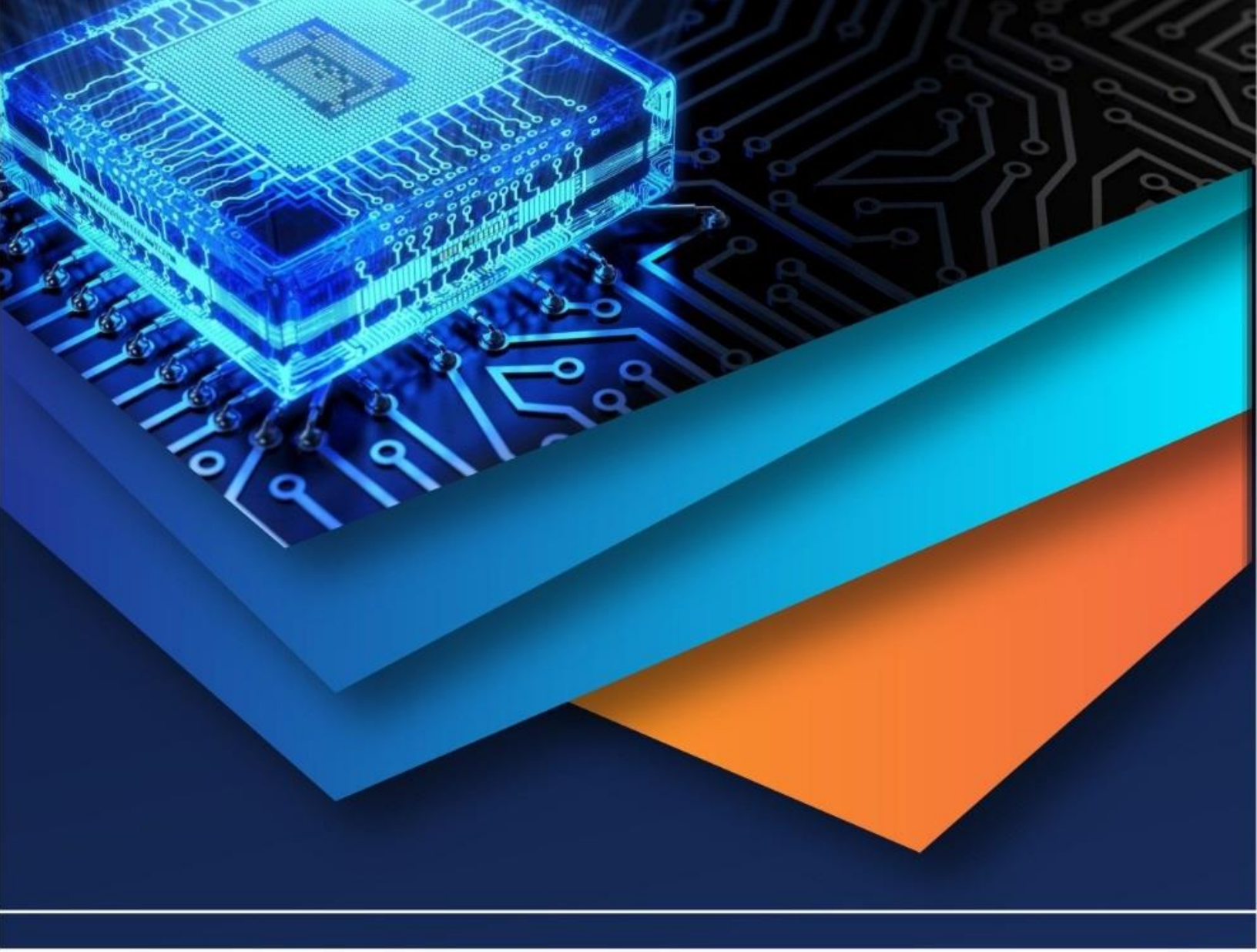
V. CONCLUSION

Kriyakala is a clinically significant concept that provides a comprehensive framework for understanding disease progression. Its emphasis on early diagnosis and stage-specific treatment aligns with modern preventive and personalized medicine. Integration with contemporary diagnostic systems can enhance healthcare outcomes. Further evidence-based research is essential to validate its clinical applications.

REFERENCES

[1] Agnivesha, Charaka, Dridhabala. *Charaka Samhita*. Sharma RK, Dash B, translators. Vol. 1–6. Varanasi: Chaukhamba Orientalia; 2017.
[2] Sushruta. *Sushruta Samhita*. Dalhana, commentator; Gayadasa, commentator. Acharya YT, editor. Varanasi: Chaukhamba Sanskrit Series Office; 2018.
[3] Vagbhata. *Ashtanga Hridaya*. Arunadatta, Hemadri, commentators. Paradkar HS, editor. Varanasi: Chaukhamba Surbharati Prakashan; 2016.
[4] Sharma RK, Dash B. *Charaka Samhita*. Vol. 1–6. Varanasi: Chowkhamba Sanskrit Series Office; 2014.
[5] Bhushan Patwardhan B, Warude D, Pushpangadan P, Bhatt N. Ayurveda and traditional Chinese medicine: a comparative overview. *Evid Based Complement Alternat Med*. 2005;2(4):465–73.
[6] Rameshwar Prasad Singh RH. Exploring issues in the development of Ayurvedic research methodology. *J Ayurveda Integr Med*. 2010;1(2):91–5.
[7] Vasant Lad V. *Textbook of Ayurveda: Fundamental Principles*. Albuquerque: Ayurvedic Press; 2002.
[8] Yashwant Govind Joshi YG. *Charaka Samhita Commentary*. Pune: Vaidyamitra Prakashan; 2015.
[9] Patil V, Patil S. Concept of Kriyakala and its clinical importance. *AYU*. 2012;33(1):7–10.
[10] S. R. Narahari SR, Aggithaya MG, Suraj KR. Ayurveda and integrative medicine: research trends and perspectives. *J Altern Complement Med*. 2011;17(5):391–7.
[11] World Health Organization. *Preventing chronic diseases: a vital investment*. Geneva: WHO Press; 2005.
[12] K. Srinath Reddy KS. Prevention and control of noncommunicable diseases: status and strategies. *Indian J Med Res*. 2013;137(5):893–6.

©IJRASET: All Rights are Reserved | SJ Impact Factor 7.538 | ISRA Journal Impact Factor 7.894 |



10.22214/IJRASET

45.98

IMPACT FACTOR: 7.129

IMPACT FACTOR: 7.429

INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Call : 08813907089 (24*7 Support on Whatsapp)