

# Concept of Dosha Dhatu Sammurchhana and Pathogenesis of Disease-A Review

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## ABSTRACT

The ancient Indian system of medicine *Ayurveda*, revolves around the fundamental concepts of *Dosha*, *Dhatu*, and *Mala* to explain the physiology and pathology of the human body. A key idea in *Ayurvedic* pathology is *Dosha-Dushya Sammurchhana*, which describes how vitiated *Doshas* interact with susceptible *Dushyas* (body tissues) to cause illness initiation and progression. This idea is essential to comprehending the pathophysiology of disease and developing a logical framework for diagnosis and treatment. In addition to highlighting *Dosha-Dushya Sammurchhana* clinical significance in the appearance and classification of disorders, this review aims to clarify the traditional interpretations of the concept. We examine how this idea supports the *Ayurvedic* understanding of etiopathogenesis, prognosis, and treatment planning using both contemporary interpretations and allusions to classical sources.

**Keywords:** *Dosha, Dushya, Sammurchhana, Pathogenesis, Ayurveda, Vyadhi, Samprapti*

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## INTRODUCTION

The ancient science of life, *Ayurveda*, is based on a solid set of principles that direct the treatment of illness and promote health. Of these, the *Dosha-Dushya Sammurchhana* is vital in understanding illness genesis. To put it simply, when vitiated *Doshas* interact and affect the *Dushyas*, a pathological state is created.<sup>1</sup> Disease (*Vyadhi*), according to *Charaka*, is a condition of the *Doshas* and *Dushyas* that manifests as symptoms. Diseases are not caused by *Doshas* and *Dushyas* alone, but rather by their pathological interaction, which is the foundation of *Samprapti* (pathogenesis), which causes disease.<sup>2</sup>

### *Dosha:*

The three physiological *doshas*—*Pitta*, *Kapha*, and *Vata*—control how the body functions. They promote health when they are in balance and cause disease when they are vitiated.

- *Vata*: Controls speech, movement, and motor-sensory coordination.
- *Pitta*: Controls body temperature, metabolism, and digestion.
- *Kapha*: Preserves immunity, lubrication, and structural integrity.

### *Dushya:*<sup>3</sup>

The body components known as *Dushyas* are affected by sickness; they include *Srotas* (channels), *Malas* (waste products), and *Dhatus* (tissues).

*Dhatu*: *Rasa, Rakta, Mamsa, Meda, Asthi, Majja*, and *Shukra* are the seven *dhatu*s.

*Malas*: *Sveda, Purisha*, and *Mutra*

*Srotas*: Transformational and transport channels

### *Sammurchhana:*<sup>4</sup>

At the level of *Sthanasamshraya*, the morbid *dosha* finds a suitable site in the body—where the *dhatu* is either weak, depleted, or predisposed—and lodges itself there. This interaction is not a mere physical accumulation but a functional disturbance caused by:

- Qualitative and quantitative derangement of the *dosha*
- Weakness or susceptibility of the *dhatu*
- Favourable environment for disease progression

This union, known as *Samurchchhana*, becomes the starting point of visible disease symptoms (*Vyakti*). The process can be likened to a seed (*dosha*) finding fertile ground (*dhatu*) to germinate into a plant (disease). *Sammurchhana* is the

term used to describe the abnormal combination of *Dushya* and *Dosha*. The onset of disease depends on this connection. Even if *Doshas* are vitiated, sickness cannot arise without *Sammurchhana*.  
"Na Dosha Na Dushyashcha Prithak Vyadhikaro Bhavet /  
*Tayor Hi Sammurchhanaat Vyadhiraarambha Ityuchyate* ||" (Ch. Vi. 6/12)<sup>5</sup>

### Types of *Dosha-Dushya Sammurchhana*

#### *Sthanik* (Localized)

Occurs at a specific organ or *Dhatu* level, e.g., *Vata* affecting *Asthi Dhatu* leading to *Sandhivata*.

#### *Sarvadaihika* (Systemic)

In autoimmune disorders like *Amavata*, *Prameha* affects multiple *Doshas*, *Dhatu*, *Malas* and *Srotasa*.

### Stages of Disease development (*Shatakriyakal*)<sup>6</sup>

Ayurveda elaborates six stages of disease development known as *Shat Kriyakala* (*Sushruta Samhita Sutrasthan* 21/36):

1. *Chaya* (Accumulation)
2. *Prakopa* (Aggravation)
3. *Prasara* (Spread)
4. *Sthana Samshraya* (Localization with *Dushya*)
5. *Vyakti* (Manifestation)
6. *Bheda* (Complication/Chronicity)

The fourth stage, *Sthana Samshraya*, is crucial where *Dosha* meets *Dushya*—*Sammurchhana* happens.

### *Sammurchhana Dosha-Dushya* in Particular Illnesses

#### *Amavata*:<sup>7</sup>

- *Dosha*: *Vata-Kapha*
- *Dushya*: *Rasa, Rakta, Asthi and Majja*
- *Sammurchhana* causes systemic symptoms and inflammation in the joints.

#### *Prameha*

- *Dosha*: *Kapha predominance*
- *Dushya*: *Rakta, Rasa, Mamsa and Meda*
- There are contemporary connections between insulin resistance and obesity.

#### *Tamaka Shwasa*

- *Dosha*: *Vata-Kapha predominance*
- *Dushya*: *Pranavaha Srotas, Rasa Dhatu*
- Comparable to chronic asthma or COPD.

#### *Raktapitta*

- *Dosha*: *Pitta*
- *Dushya*: *Rakta dhatu*
- Compare with Haemorrhagic condition

### Diagnostic Utility

Ayurvedic diagnosis is rooted in understanding which *Dosha* and *Dushya* are involved. This affects the prognosis, choice of therapy, and preventive approach.

- ***Roga Pariksha*** (Disease examination): Determine *Dosha-Dushya* involved in it.
- ***Rogi Pariksha*** (Patient examination): Determines *Prakriti*, *Bala*, and *Rugna Bala*.
- ***Samprapti Ghatakas***: *Dosha*, *Dushya*, *Adhishtana*, *Srotas*, *Bala*, *Kala*, etc.

### Clinical Implications

#### Treatment Planning (*Chikitsa Sutra*)

*Dosha*-specific treatment: *Vatahara*, *Pittahara* and *Kaphahara*

*Dushya*-based: *Medoghna*, *Raktashodhaka*

#### *Rasayana* and *Vyadhi Pratyanka Chikitsa*

Protect *Dushyas* and restore their integrity.

#### Preventive Aspect

By maintaining *Dosha* balance and strengthening *Dushyas* through *Ahar*, *Vihar*, and *Rasayana*.

### Contemporary Correlation

Modern medicine often looks at pathophysiology in terms of organ dysfunction and systemic disorders. *Dosha-Dushya Sammurchhana* can offer a broader understanding:

- **Autoimmune Disorders**: *Amavata* and Rheumatoid Arthritis
- **Metabolic Syndrome**: *Prameha* and Type 2 Diabetes

- **Degenerative Diseases:** *Vata-Dosha* and *Asthi-Majja Dushya* in Osteoporosis.

#### Challenges and Research Scope

- Lack of standard parameters to identify *Dushyas* clinically.
- Need for validation of *Samprapti Ghatakas* using biomarkers.
- Development of diagnostic tools based on *Dosha-Dushya* model.

#### CONCLUSION

*Dosha-Dushya Sammurchhana* is the foundation of the Ayurvedic understanding of disease pathophysiology. It describes how the disease process is started by the interplay of vitiated *doshas* (physiological regulating factors) and *dushyas* (body tissues, mainly *dhatu*s and *malas*). Disease initiation is caused by a dynamic, multifactorial interaction known as *Dosha-Dushya Sammurchhana*. The basis for an accurate diagnosis and successful *Ayurvedic* treatment is a thorough comprehension of this relationship. These ideas can be further investigated and validated by contemporary research in the fields of molecular biology, immunology, and pathology. Modern research integration and clinical validation will further enhance its utility.

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