



Ayurveda

EXPLORING THE CONCEPT OF LEENA(CONCEALED) DOSHA AND APPLICATION OF SHODHANA(BIO-PURIFICATION THERAPY) IN AMAVATA WITH SPECIAL REFERENCE TO RHEUMATOID ARTHRITIS**Dr. Sachin. Deva**

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ABSTRACT

Roga(Disease) are Aparisankheyaya(Innumerable) with multiple cause and symptoms. History taking, physical examination and also laboratory investigations plays a key role in diagnosis of disease. Life encompasses the states of health and disease. Ayurveda, the spearhead science deals with these states of life. Various fervent concepts with sturdy bedrocks are laid down for understanding the body. Diagnosis and understanding of diseases is of prime relevance in the field of medicine. Different principles and methods in unveiling the mechanism of disease have been mentioned in classical texts. One of the most alluring concepts is Leenadosha(Concealed) in the modulation of a disease.

Technically Leena term suggests to Conceal/Attach or even Merge. Here the Doshas will be attached or concealed to the Dhatus. So we can frame the quality of Leena dosha as Ekadeshasthita/Anutva and also Dhatvantaragata(Concealed to dhatus).

Ama(Toxins from undigested food) is considered as the basic cause for all the disease. The person who is liable to Mandagni(Decreased digestive fire) undergoes Viruddhahara then Amotpatti is certain. Sanchara(Movement) of Ama due to multiple etiology causes Sthanasamshraya(Confinement) especially in Asti(Bones) and Sandhis(Joints) causes Shoola(Pain) in same areas. Usually this diseases is compared to Rheumatoid group of disorders especially Rheumatoid arthritis were remission and exacerbation of symptoms especially pain is most common associated with swelling, redness etc symptoms. Leena dosha plays a pivotal role in this pattern of symptoms in RA.

Shodhana(Bio-Purification) procedure helps in expelling out the excessively vitiated Doshas. Classises clearly mentioned that Leena dosha cant be eliminated through Shodhana without prior Deepana & Pachana(Stomacic & digestive),Snehana(Oleation) and Swedana(Sudation) i.e bringing back the vitiated Doshas from Shaka(Extremities) to Kosta(Abdomen). So Saama Dosha adhered or concealed in diseases are understood as in Leena state and it can be removed from the body only by proper purificatory therapies.

KEYWORDS : Leenadosha, Amavata, Rheumatoid arthritis, Shodhana.**For Full Article Click here**