



# EVA COLLEGE OF AYURVED

ATTACHED WITH DHRUV AYURVED HOSPITAL  
ZANZMER ROAD, SUPEDI.  
TA – DHORAJI, DIST – RAJKOT 360 440

## DEPARTMENT OF ROGANIDAN

In Ayurveda Vijnana is used as knowledge regarding a particular discipline of learning and in the sense of Lakshana i.e. Signs and Symptoms. In the context of RogaVijnana and VikritiVijnana, it refers to the means by which the physician cognise and acquires knowledge about various disease conditions.

Roga or illness is defined in idea thought processes in various ways. Ayurveda defines it as the derangement of Dhatus or bodily principles. The equipoise of Dhatu is positive health. Roga will cause obstruction to worldly pursuits by inflicting pain. For the practical reasons Roga is deemed to be nothing but a particular state of Dosha.

The status of Doshas should be inferred from the narration of Vyadhi. The two opinions are simply an extension of the Charaka's dictum about how to observe a disease and set up treatment protocols- 'a wise physician should clearly observe the subtleties of aggravated, normal and diminished states of diseases along with the status of Bala, Agni and satva. Only after a thorough understanding of these subtler states, a good physician should prescribe.

Vikriti is used in Sanskrit in the sense of change, alteration, modification a derivative, growth, development, illness, indisposition or the changed condition of mind and body, both are Vikriti is defined in the context of Ayurveda as a morbid state of Doshas.

## DOSHAS AND AROGYA

Arogya or normal health is construed as an ideal state where the individual is experiencing himself. This is viewed as the state when the individual's doshas, agni, dhatus and malas are functioning in their optimum and the indriyas/sense organs, manas/mind and atma/the soul are in prasannaavastha/a state of optimal clarity. Since this is an ideal state usually arogya/doshasatmya is considered as a technical term that is expressive of the state where the doshas are carrying out their normal functioning, i.e. normalcy or samata of doshas is when they possess their normal qualities and carry out their respective bodily and mental functions in optimum. Ayurvedacharyas had cautioned the physicians and students not to deem the state of health as an absence of illness.