

Atreya, the illustrious sage, the Brahman and the knower of ultimate truth, expounded therapeutics for the treatment of Kshata Kshina, as given below. [3]

Commentary-

ब्रह्मर्षिरित्यनेन देवर्षित्वराजर्षित्वे आत्रेयस्य निषेधति – The word Brahmashri is used in Shloka for Atreya Punarvasu that excluded Devarshi and Rajashri.

चिकित्सार्थमिति प्रतिक्रियार्थम्- In regard for the treatment of Kshata Kshina.

चिकित्सितं चिकित्साभिधायकग्रन्थम्- This text is more focused and related on Chikitsa Shastra.

Nidana of Kshata Kshina [4-8]

धनुषाऽऽयस्यतोऽत्यर्थं भारमुद्ध्रहतो गुरुम् ।
पततो विषमोच्चेभ्यो बलिभिः सह युध्यतः ॥4॥
वृषं हयं वा धावन्तं दम्यं वाऽन्यं निगृह्णतः ।
शिलाकाष्ठाशमनिर्धार्तान् क्षिपतो निघ्नतः परान् ॥5॥
अधीयानस्य वाऽत्युच्चैर्दूरं वा ब्रजतो द्रुतम् ।
महानदीं वा तरतो हयैर्वा सह धावतः ॥6॥
सहसोत्पततो दूरं तूर्णं चातिप्रनृत्यतः ।
तथाऽन्यैः कर्मभिः क्रूरैर्भृशमभ्याहतस्य च ॥7॥
विक्षते वक्षसि व्याधिर्बलवान् समुदीर्यते ।
स्त्रीषु चातिप्रसक्तस्य रुक्षाल्पप्रमिताशिनः ॥8॥

Kshata Kshina is caused because of the following activities.

1. धनुषाऽऽयस्यतोऽत्यर्थं - Straining in excess with a hard bow.
2. भारमुद्ध्रहतो गुरुम् - Carrying heavy weight
3. पततो विषमोच्चेभ्यो - Falling or jumping over uneven place or from high altitude.
4. बलिभिः सह युध्यतः - Wrestling or fighting along with stronger persons.
5. वृषं हयं वा धावन्तं दम्यं वाऽन्यं निगृह्णतः - Restraining a running bull, stallion or any other strong animal requiring control.
6. शिलाकाष्ठाशमनिर्धार्तान् क्षिपतो निघ्नतः परान् - Throwing heavy stones, wooden blocks, or equipment made of stone or beating others with these.
7. अधीयानस्य वाऽत्युच्चैर् - Reciting scriptures loudly.
8. दूरं वा ब्रजतो द्रुतम् - Running a long distance or walking too fast.
9. महानदीं वा तरतो हयैर्वा - Crossing a big river by swimming

10. सह धावतः - Running along with horse.
11. सहसोत्पत्तो दूरः - Sudden long and high jump.
12. तूर्ण - Running quickly
13. चातिप्रनृत्यत - Practicing violent dance for a long time.
14. कर्मभिः क्रूरैर्भृशमध्याहतस्य च - Being excessively injured by other violent and cruel acts.
15. स्त्रीषु चातिप्रसक्तस्य - One who indulges excessively in sexual intercourse.
16. रुक्षाल्पप्रमिताशिनः - Who indulges in excess Ruksha (dry), Pramitashana (less quantity food or limited food) Kshata kshina, the formidable disease, gets manifested, as a result of the injury to the chest due to the above causative factors. [4-8]

Commentary-

आयस्यत इति शरीरमायास्यतः - Getting more physical fatigue.

बलिभिरिति स्वापेक्षया बलाधिकैः - Comparatively more stronger

निगृह्णत इति वारयतः - Holding.

निर्धातः अस्त्रविशेषः - Placement of stone or heavy material with the support of instant.

अध्याहतस्य परैरभिहतस्य - Injured by some one else.

व्याधिरिति वक्ष्यमाणलक्षणः क्षतक्षयाख्यो व्याधिः - One more terms for Kshata Kshina the word Vyadhi is mentioned.

दोषादिष्वपि व्याधिशब्दो वर्तते - Doshadi vitiation also named as Vyadhi.

व्याधिशब्द- व्याधिशब्द refers to Ura Kshata itself.

न चास्मिन् राजयक्षमरूपता शज्जीया, यत उरःक्षतखिदोषजन्य एव - Urakshata occurs because of involvement of Tridhosha, the Urakshata occurred in Rajayakshma pathogenesis different than Kshata Kshina. If Urakshata neglected from treatment further associated with Rajayakshma.

स्त्रीषु चातिप्रसक्तस्य रुक्षाल्पप्रमिताशिनः बलवान् व्याधिः समुदीर्यत इति सम्बन्धः प्रमिताशनम् एकरसाश्यासः, किंवाऽतीतकालभोजनम् - By the Stri Sambhoga in excess, Ruksha Ahara , Pramitashana and other such factors cause Balavan Vyadhi (Rajayakshma).

Kshata Kshina Samprapti [9-12]

उरो विरुज्यते तस्य भिद्यतेऽथ विभज्यते ।
प्रपीड्यते ततः पाश्वे शुष्यत्यङ्गं प्रवेपते ॥९॥

क्षयादीर्थं बलं घण्टे लघिरनिधृं शीघ्रते ।
 उत्तरो व्यथा पत्तोदैव्या विद्वभेदोऽग्निवधस्तथा ॥ ० ॥
 दुष्टः इथातः सुदुर्गंधा पीतो विग्रथितो लग्नः ।
 कासमानस्य च श्लोषा पात्तः सप्रवत्तते ॥ १ ॥
 स क्षतः शीघ्रतेऽत्यधी तथा शुक्रोजसोः ध्रयात् ।

Due to the above mentioned causative factors the chest gets broken, punctured and cracked; at sides of the chest get pressed and there is Pravepana (emaciation as well as tremor in the limbs). Gradually the reduction of Virya (potency), Bala (strength), Varna (complexion), Ruchi (appetite) and Agni (the power of digestion) of the patient.

The patient suffers from Jwara (fever), Vyatha (pain), Manodainyam (mental depression) and Vit Bheda (diarrhea) along with the diminution of Agni (decreased power of digestion). While Kasa (coughing), the patient spits out Sleshma (phlegm) which is Dushta (putrid), Shyava (grayish in colour), Sudurgandha (foul smelling) and Pita Vigrahita Bahu (yellow and knotty, in large quantities) along with blood. The person suffering from Kshata Kshina becomes excessively Kashaya (emaciated) due to further reduction of Shukra and Ojas. [9.12]

Commentary- विद्वभेदोऽग्निवधस्तथा - Both terms were mentioned in this context, that indicates Vibheda (diarrhea) occurs with or without the involvement of Agni.

दुष्टः व्यापत्तः - Disappeared

शीघ्रत इति धातुक्षयवान् भवति - Depletion of supportive elements.

न केवल क्षतादेव क्षीयते, किन्तु अतिस्वीसेवादिना कृताच्छुक्रौजः - क्षयादपि क्षीयते इतरधातुक्षयवान् भवति - Not only because of Kshata (injury) occurs even because of excess indulge in sex depletion of Dhatus.

Nidana Sevana

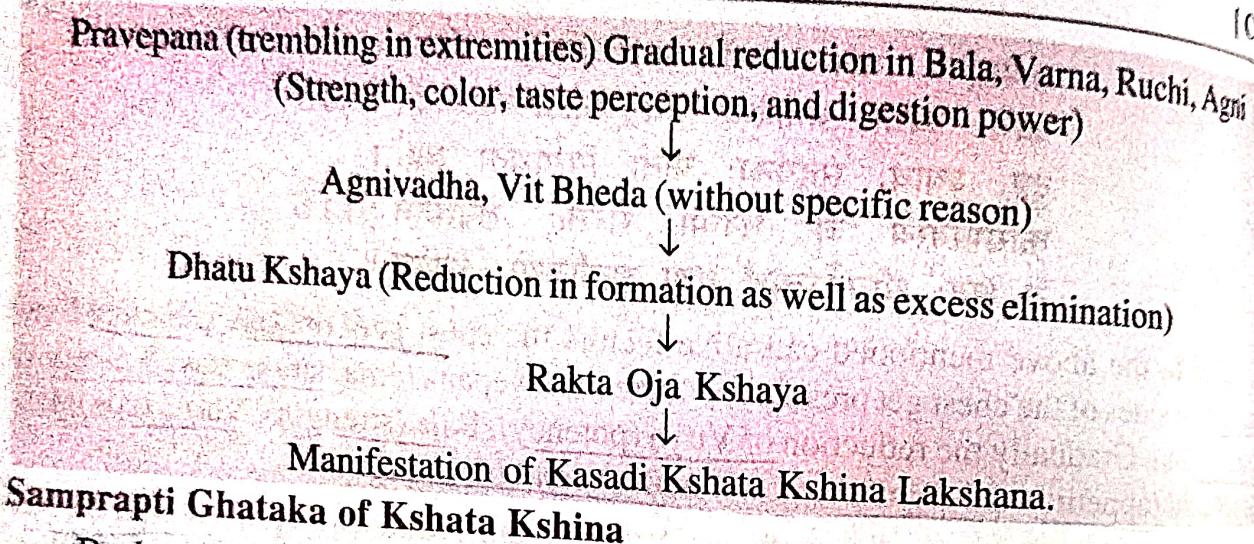
Abhighata- Urakshata

Vata Prakopa

The Vitiated Vata does the depletion of Rasadi Dhatus

Bidhyate, Vibhajayate, Parshwa Prapidana

(Manifest different types of pain like splitting, separating, pain and discomfort in the flanks)



Dosha	- Vata Pradhana Tridosha
Dushya	- All Dhatu and Mala
Agni	- Jatharagni, Dhatvagni
Agnidushti	- Mandagni
Srotas	- Rasavaha, Annavaha, Sukravaha, later all the Stotas
Strotodushti	- Sangha, Vimargagamana
Marga	- Madhyama Roga Marga
Udbhava Sthana	- Sarva Sharira
Sanchara Sthana	- Sarva Sharira
Vyakta Sthana	- Sarva Sharira
Swabhava	- Chirakari

Purvarupa of Kshata Kshina [12]

अव्यक्तं लक्षणं तस्य पूर्वरूपमिति स्मृतम् ॥12॥

The premonitory signs and symptoms of this disease are in Avyakta Lakshana (signs and symptoms in un-manifested form). [12]

Kshata Vishesha Lakshana [13]

उरोरुकं शोणितच्छुद्धिः कासो वैशेषिकः क्षते ।

In Kshata (injury) condition there is Uro Ruk (pain in the chest), Shonita Chandi (vomiting) and Kasa (cough) are specially manifested.

Kshaya Vishesha Lakshana [13]

क्षीणं मरुतमुत्रत्वं

पारश्चपुष्टकरित्प्राप्तिः ॥13॥

Kshaya (diminution of tissue elements) condition Sa Rakta Mutratva (hematuria) and Parsha Prushta Kati Graha (stiffness of the sides of the chest, back and lumbar region) are specially manifested [12]/[13].

Avastika Chikitsa for Arsha

Sr. No.	Avastha	Chikitsa	Shloka No.
1.	Shushka Arsha (Vata Kaphaja) Stambha, Shvayathu, Kandu Arti	Swedana	39
2.	Shushka Arsha (Vata Kaphaja) Stambha, Shvayathu, Kandu Arti	Sechana – Nimbadi Jala	44
3.	Shula in Shushka Arsha	Avagahana (sitz bath) Mulakadi Kwatha	45
4.	Shula in Shushka Arsha	Dhupana five Dhupana Yoga	48
5.	Shula in Shushka Arsha	Lepa and Pradeha- eight Lepa Yoga	52-57
6.	Rakta Dushti in Arsha	Rakta Mokshana- Jalauka, Suchi or Siravyadha	60-61
7.	Shvayathu and Mandagni in Arsha, Raktarsha	Trayushanadi Churna	64
8.	Shvayathu and Mandagni in Arsha, Rakta Arsha	Arshohara 12 Yoga	65-71
9.	Srava Arsha for Dipana Pachana	Takrarishta	72-75
10.	Atyarthta Mandagni	Kevala Takra	75
11.	Kapha Pradhana Arsha (Manda Tama Agni)	Ruksha Takra	83
12.	Pitta Pradhana Arsha	Ardha Dhruta Takra	84
13.	Vata Pradhana Arsha (Mandagni)	Anudhruta Sneha Takra	84
14.	Arsha in Binna Shakruta	Pippalyadi Yavagu, Peya, Khada, Ghrita	89
15.	Arsha in Binna Shakruta	Shushka Mulka Yusha, Kulaththa Yusha, Kapitthyadi Yusha	94
16.	Vibandha in Arsha	Matyandika Yoga, Guda Nagara Yoga, Yavanyadi Yoga	97-99