

Ayurvedic Disease Database

1. Amavata (■■■■■)

Source: Madhava Nidanam, Chapter 25

Dosha Imbalance: Vata, Kapha

Pathogenesis: Improper digestion leads to toxin accumulation in joints.

Modern Equivalent: Rheumatoid Arthritis (ICD-10: M06.9)

Symptoms:

- Joint pain
- Stiffness
- Swelling
- Fever
- Loss of appetite

Treatments:

- Guggulu Tikta Ghrita (Herbal)
- Ingredients: Guggulu, Giloy, Neem
Source: Classical

Precautions:

- Avoid cold/damp environments
- No day sleep after meals

Diet:

- Warm foods
- Ginger
- Turmeric
- Barley
- Green gram

Lifestyle:

- Gentle exercise
- Warm oil massage
- Stress management
- Adequate rest

2. Madhumeha (■■■■■■■■)

Source: Charaka Samhita, Chikitsa Sthana

Dosha Imbalance: Kapha, Vata

Pathogenesis: Kapha and Vata imbalance affecting metabolism.

Modern Equivalent: Type 2 Diabetes (ICD-10: E11)

Symptoms:

- Excessive urination
- Sweet urine
- Fatigue
- Weight loss

Treatments:

- Gudmar, Shilajit, Bitter gourd (Herbal)
- Ingredients: Gudmar, Shilajit, Bitter gourd
Source: Classical

Precautions:

- Avoid sweets
- Regular exercise

Diet:

- Bitter foods
- Barley
- Millets

Lifestyle:

- Daily walking
- Yoga

3. Kushtha (■■■■■)

Source: Charaka Samhita, Chikitsa Sthana

Dosha Imbalance: Tridosha

Pathogenesis: Tridosha imbalance affecting skin.

Modern Equivalent: Psoriasis (ICD-10: L40)

Symptoms:

- Skin lesions
- Discoloration
- Itching
- Scaling

Treatments:

- Triphala, Neem, Khadirarishta (Herbal)

Ingredients: Triphala, Neem, Khadirarishta

Source: Classical

Precautions:

- Avoid spicy foods
- Maintain hygiene

Diet:

- Bitter vegetables
- Green leafy vegetables

Lifestyle:

- Sun exposure
- Regular bathing

4. Jwara (■■■■■)

Source: Charaka Samhita, Nidana Sthana

Dosha Imbalance: Tridosha

Pathogenesis: Imbalance of all three doshas causing fever.

Modern Equivalent: Fever/Malaria (ICD-10: R50, B50-B54)

Symptoms:

- Fever
- Chills
- Body ache
- Loss of appetite

Treatments:

- Sudarshana Churna, Guduchi (Herbal)
- Ingredients: Sudarshana Churna, Guduchi
Source: Classical

Precautions:

- Avoid cold foods
- Rest

Diet:

- Light soups
- Rice gruel

Lifestyle:

- Rest
- Hydration

5. Gridhrasi (■ ■ ■ ■ ■ ■ ■ ■)

Source: Madhava Nidanam, Chapter 22

Dosha Imbalance: Vata, Kapha

Pathogenesis: Vata and Kapha affecting sciatic nerve.

Modern Equivalent: Sciatica (ICD-10: M54.3)

Symptoms:

- Radiating leg pain
- Stiffness
- Difficulty walking

Treatments:

- Kati Basti, Nirgundi oil massage (Therapy)

Ingredients: Nirgundi oil

Source: Classical

Precautions:

- Avoid cold exposure
- No heavy lifting

Diet:

- Warm foods
- Barley

Lifestyle:

- Gentle yoga
- Physiotherapy

6. Shotha (■ ■ ■ ■)

Source: Charaka Samhita, Chikitsa Sthana

Dosha Imbalance: Kapha, Pitta

Pathogenesis: Kapha and Pitta causing fluid retention.

Modern Equivalent: Edema (ICD-10: R60)

Symptoms:

- Swelling
- Redness
- Pain

Treatments:

- Punarnava, Gokshura (Herbal)

Ingredients: Punarnava, Gokshura

Source: Classical

Precautions:

- Avoid salty foods
- Elevate legs

Diet:

- Low salt diet
- Barley water

Lifestyle:

- Leg elevation
- Gentle walking

7. Arsha (■■■■)

Source: Sushruta Samhita, Chikitsa Sthana

Dosha Imbalance: Vata, Pitta

Pathogenesis: Vata and Pitta causing hemorrhoids.

Modern Equivalent: Hemorrhoids (ICD-10: K64)

Symptoms:

- Rectal pain
- Bleeding
- Constipation

Treatments:

- Triphala, Kankayana Vati (Herbal)

Ingredients: Triphala, Kankayana Vati

Source: Classical

Precautions:

- Avoid straining
- High fiber diet

Diet:

- High fiber foods
- Prunes

Lifestyle:

- Regular bowel habits
- Sitz baths

8. Kamala (■■■■■)

Source: Charaka Samhita, Chikitsa Sthana

Dosha Imbalance: Pitta

Pathogenesis: Pitta dosha affecting liver.

Modern Equivalent: Jaundice (ICD-10: K71)

Symptoms:

- Jaundice
- Yellow eyes
- Fatigue

Treatments:

- Bhumyamalaki, Kutki (Herbal)

Ingredients: Bhumyamalaki, Kutki

Source: Classical

Precautions:

- Avoid alcohol
- Low fat diet

Diet:

- Bitter vegetables
- Green leafy vegetables

Lifestyle:

- Rest
- Hydration

9. Hridroga (■■■■■■■■■■)

Source: Charaka Samhita, Chikitsa Sthana

Dosha Imbalance: Vata, Pitta

Pathogenesis: Vata and Pitta affecting heart function.

Modern Equivalent: Heart Disease (ICD-10: I20-I25)

Symptoms:

- Chest pain
- Palpitations
- Shortness of breath

Treatments:

- Arjuna, Pushkarmool (Herbal)
Ingredients: Arjuna, Pushkarmool
Source: Classical

Precautions:

- Avoid stress
- Regular checkups

Diet:

- Low salt diet
- Fruits

Lifestyle:

- Stress management
- Regular exercise

10. Panduroga (■■■■■■■■■■)

Source: Charaka Samhita, Chikitsa Sthana

Dosha Imbalance: Pitta, Kapha

Pathogenesis: Pitta and Kapha causing anemia.

Modern Equivalent: Anemia (ICD-10: D50-D64)

Symptoms:

- Paleness
- Fatigue
- Weakness

Treatments:

- Punarnava, Mandur Bhasma (Herbal)

Ingredients: Punarnava, Mandur Bhasma

Source: Classical

Precautions:

- Avoid heavy foods
- Iron-rich diet

Diet:

- Iron-rich foods
- Leafy greens

Lifestyle:

- Regular meals
- Adequate sleep

11. Unmada (■■■■■■■■)

Source: Charaka Samhita, Chikitsa Sthana

Dosha Imbalance: Pitta, Vata

Pathogenesis: Pitta and Vata affecting mind.

Modern Equivalent: Psychosis (ICD-10: F20-F29)

Symptoms:

- Delirium
- Hallucinations
- Agitation

Treatments:

- Brahmi, Shankhpushpi (Herbal)

Ingredients: Brahmi, Shankhpushpi

Source: Classical

Precautions:

- Avoid stress
- Regular sleep

Diet:

- Sattvic foods
- Milk

Lifestyle:

- Meditation
- Yoga

12. Apasmara (■■■■■■■■■)

Source: Charaka Samhita, Chikitsa Sthana

Dosha Imbalance: Vata, Pitta

Pathogenesis: Vata and Pitta affecting brain function.

Modern Equivalent: Epilepsy (ICD-10: G40)

Symptoms:

- Seizures
- Loss of consciousness
- Convulsions

Treatments:

- Vacha, Brahmi (Herbal)

Ingredients: Vacha, Brahmi

Source: Classical

Precautions:

- Avoid triggers
- Regular medication

Diet:

- Light diet
- Fruits

Lifestyle:

- Regular sleep
- Stress management

13. Amlapitta (■■■■■■■■■■)

Source: Charaka Samhita, Chikitsa Sthana

Dosha Imbalance: Pitta, Vata

Pathogenesis: Pitta and Vata causing hyperacidity.

Modern Equivalent: Hyperacidity (ICD-10: K21.9)

Symptoms:

- Acidity
- Heartburn
- Nausea

Treatments:

- Shatavari, Yashtimadhu (Herbal)

Ingredients: Shatavari, Yashtimadhu

Source: Classical

Precautions:

- Avoid spicy foods
- Eat on time

Diet:

- Cooling foods
- Milk

Lifestyle:

- Regular meals
- Stress management

14. Vatarakta (■■■■■■■■■)

Source: Charaka Samhita, Chikitsa Sthana

Dosha Imbalance: Vata, Pitta

Pathogenesis: Vata and Pitta affecting joints.

Modern Equivalent: Gout (ICD-10: M10)

Symptoms:

- Joint pain
- Redness
- Swelling

Treatments:

- Manjistha, Guduchi (Herbal)

Ingredients: Manjistha, Guduchi

Source: Classical

Precautions:

- Avoid cold
- Regular exercise

Diet:

- Anti-inflammatory foods
- Barley

Lifestyle:

- Gentle yoga
- Warm baths

15. Shwasa (■■■■■)

Source: Charaka Samhita, Chikitsa Sthana

Dosha Imbalance: Vata, Kapha

Pathogenesis: Vata and Kapha affecting respiratory system.

Modern Equivalent: Asthma (ICD-10: J45)

Symptoms:

- Breathlessness
- Cough
- Wheezing

Treatments:

- Vasa, Pushkarmool (Herbal)

Ingredients: Vasa, Pushkarmool

Source: Classical

Precautions:

- Avoid cold air
- No smoking

Diet:

- Warm soups
- Herbal teas

Lifestyle:

- Breathing exercises
- Avoid allergens

