

MULTIFACTORIAL DETERMINANTS
OF THERAPEUTIC EFFICACY
IN AYURVEDA:
INSIGHTS FROM THE SAṂHITĀS



AYURVEDA TODAY: BEYOND PRODUCTS, BACK TO PURPOSE

PRESENT-DAY AYURVEDA IS INCREASINGLY FOCUSED ON:



HERBAL PRODUCTS

Emphasis on herbs
and ready-made products



PHARMACEUTICAL COMMERCIALIZATION

Ayurveda driven as
a business and industry



MARKET-DRIVEN FORMULATIONS

Demand-driven products,
not need-driven care



MODERN DIAGNOSIS / SYMPTOM-BASED PRESCRIPTIONS

Focus on symptoms,
not on root cause

MODERN PRACTICE FREQUENTLY EQUATES AYURVEDA WITH:



“NATURAL MEDICINE”

Seen merely as a
natural alternative



“HERBAL SUPPLEMENTS”

Considered only as
herbal supplements



WELLNESS PRODUCTS

Limited to wellness,
beauty and lifestyle products



rather than a complete
**DIAGNOSTIC AND
THERAPEUTIC SCIENCE.**



Why This Topic is IMPORTANT TODAY

1. RE-ESTABLISHES THE IMPORTANCE OF AUTHENTIC AYURVEDIC DIAGNOSIS

True diagnosis (*Yathārtha Nidāna*) is the foundation of effective and safe treatment.



2. EMPHASIZES RATIONAL AND INDIVIDUALIZED TREATMENT PLANNING

Every patient is unique. Treatment should be based on *Prakṛti, Doṣa, Agni, Avasthā, Bala* and many more factors.



3. HIGHLIGHTS THAT THERAPEUTIC SUCCESS DEPENDS ON MULTIPLE INTERCONNECTED FACTORS

Physician, Patient, Disease, Drug, Diet, Lifestyle, Environment, Mindset and more—together determine the outcome.



4. PREVENTS REDUCTION OF AYURVEDA INTO MERE PHARMACOGNOSY OR PRODUCT MARKETING

Ayurveda is not just about herbs or products; it is a complete system of health and healing.



AYURVEDA
A SCIENCE OF LIFE,
NOT JUST OF DRUGS

5. REINFORCES AYURVEDA AS A HOLISTIC CLINICAL SCIENCE RATHER THAN ONLY A DRUG-BASED SYSTEM

It addresses the root cause, balances the individual as a whole and promotes lasting wellness.



6. ENCOURAGES EVIDENCE- BASED YET CLASSICAL PRACTICE

Bridging timeless wisdom of the *Saṃhitās* with modern research for credible and impactful Ayurveda.

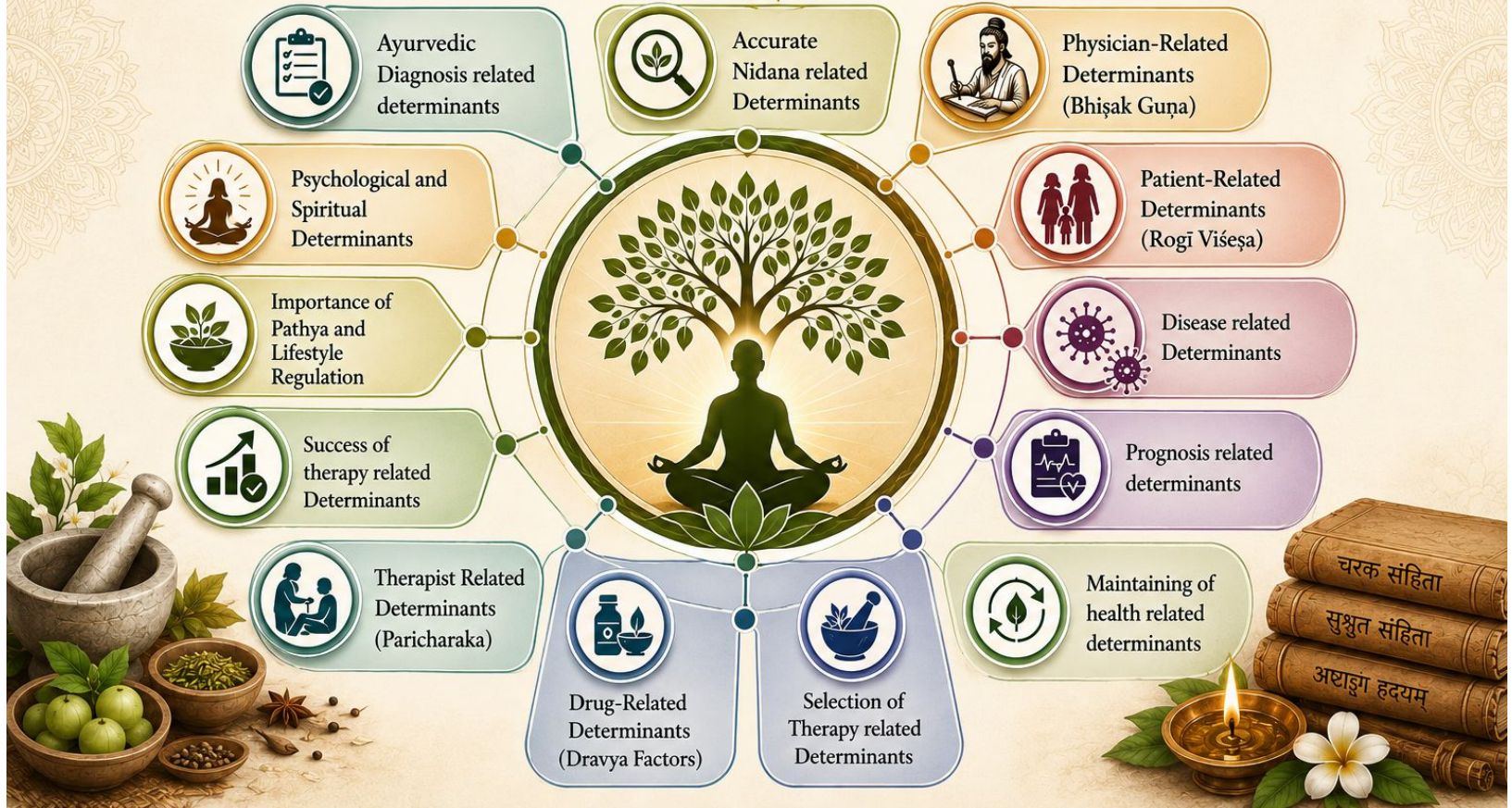


Ayurveda is a holistic science.

Its true strength lies in right understanding, right diagnosis and right treatment.



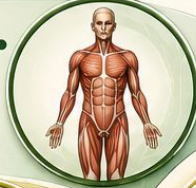
CLASSICAL FOUNDATIONS OF THERAPEUTIC SUCCESS



Ayurveda is **HOLISTIC** because it integrates:

BODY

Nurtures the physical structure and function for optimal health



MIND

Calms the mind, balances emotions and enhances clarity



LIFESTYLE

Guides daily and seasonal routines for harmony and longevity



ENVIRONMENT

Promotes harmony with nature and the surrounding ecosystem



DIET

Emphasizes wholesome, sattvic and individualized nutrition



SPIRITUAL HEALTH

Nourishes the soul, cultivates inner peace and higher purpose



PREVENTION

Focuses on maintaining health and preventing disease naturally



PATIENT INDIVIDUALITY

Respects each individual's unique constitution, needs and life journey



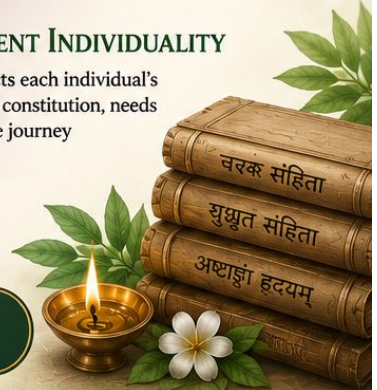
A COMPLETE APPROACH TO HEALTH, HEALING AND WELL-BEING

PERSONALIZED THERAPEUTICS

Provides individualized treatment based on *Prakṛti*, condition and disease dynamics



*Ayurveda looks at the whole person in harmony with nature, not just the disease – for true, lasting wellness.



NIDĀNA (CAUSATIVE FACTOR) RELATED DETERMINANTS

1

PROPER IDENTIFICATION OF NIDĀNA (HETU NIRṆAYA)



- Accurate identification of causative factors
- Understanding primary and secondary etiological factors

2

ĀHĀRAJA NIDĀNA



- Improper diet
- Viruddhāhāra
- Adhyāśana
- Excessive or deficient food intake
- Incompatible food habits

3

VIHĀRAJA NIDĀNA



- Improper lifestyle practices
- Sleep disturbances
- Sedentary habits
- Excessive exertion
- Suppression of natural urges (Vegadhāraṇa)

4

MĀNASIKA NIDĀNA



- Psychological factors:
- Krodha (anger)
 - Śoka (grief)
 - Bhaya (fear)
 - Cintā (stress/anxiety)

Understanding Nidāna
is the first step towards
prevention and cure.

5

KĀLA RELATED DETERMINANTS



- Seasonal variations
- Improper adaptation to R̥tu
- Untimely exposure to environmental changes

6

DEŚĀ RELATED DETERMINANTS



- Geographical and climatic influences
- Habitat-specific disease predisposition

7

SAHAJA AND ĀGANTUKA FACTORS



Sahaja (Congenital)

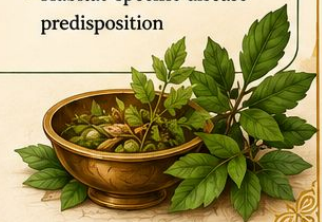
- Congenital predispositions (inborn factors)



Āgantuka (Acquired/External)

- External causes (injury, infections, toxins, etc.)

Remove the cause (Nidāna Parivarjana), restore balance and promote health – this is the core of Ayurvedic healing.



1

PROPER UNDERSTANDING OF NIDĀNA PAŅČAKA



- Nidāna (causative factors)
- Pūrvārūpa (prodromal symptoms)
- Rūpa (clinical manifestations)
- Upaśaya–Anupaśaya (relieving/aggravating factors)
- Samprāpti (pathogenesis)

This forms the foundation of Ayurvedic diagnosis

2

ASSESSMENT OF DOṢA



VĀTA



PITTA



KAPHA

3

ASSESSMENT OF DŪṢYA



DHĀTU



MALA



UPADHĀTU



DEGREE OF INVOLVEMENT

5

IDENTIFICATION OF ĀMA AND NIRĀMA AVASTHĀ



ĀMA (PRESENCE)



NIRĀMA (ABSENCE)

7

KRIYĀKĀLA ASSESSMENT



CAYA



PRAKOPA



PRASARA



STHĀNA SAMŚRAYA



VYAKTI



BHEDA

8

DIFFERENTIATION BETWEEN SIMILAR DISEASES



6

ASSESSMENT OF SROTAS INVOLVEMENT



Identification of affected Srotas

Nature of Srotoduṣṭi:

- Saṅga
- Atipravṛtti
- Sirāgranthi
- Vimārḡa gamana

9

ASSESSMENT OF ROGA MARGA



BAHYA MARGA



ABHYANTARA MARGA



UBHAYA MARGA

ACCURATE CLASSICAL AYURVEDIC DIAGNOSIS

RELATED DETERMINANTS

PHYSICIAN-RELATED DETERMINANTS (BHIṢAK GUṆA)

01



ŚĀSTRA JÑĀNA
(Classical Knowledge)

07



PATIENT GUIDANCE
AND COMMUNICATION

02



DRṢṬĀKARMA
(Clinical Experience)

06



ETHICAL
CONDUCT

03



YUKTIJÑĀNA
(Clinical Reasoning)

05



INDIVIDUALIZED
TREATMENT
PLANNING

04



DAKṢATĀ
(Professional Skill)



PATIENT-RELATED DETERMINANTS

(ROGĪ VIŚEṢA)

01

ĀḌHYA (आढ्य) – ECONOMIC CAPABILITY



- Ability to procure medicines
- Capacity to undergo prolonged treatment
- Affordability of diet, procedures & follow-up care

RELEVANCE

Ensures uninterrupted and complete treatment.

02

BHIṢAG-VASYA (भिशगवश्य)



- Obedient & cooperative towards the physician
- Willingness to follow instructions
- Compliance with prescribed treatment

RELEVANCE

Improves adherence to medicines, Pathya & therapeutic procedures.

03

JÑĀPAKA (ज्ञापक)



- Ability to accurately describe symptoms
- Can communicate changes in disease condition
- Reports treatment responses effectively

RELEVANCE

Facilitates accurate diagnosis & timely modification of treatment.

05

SMṚTIMĀN (स्मृतिमान)



- Good memory
- Remembers physician's instructions
- Follows dietary & lifestyle advice accurately

RELEVANCE

Enhances treatment adherence.

04

SATTVAVĀN (सत्त्ववान)



- Good mental strength
- Emotional stability
- Positive outlook toward treatment

RELEVANCE

Improves coping ability, compliance & overall therapeutic outcomes.

THE IDEAL PATIENT
– A KEY TO
THERAPEUTIC SUCCESS



SELECTION OF THERAPY RELATED DETERMINANTS

1

SANTARPAṆA-APATARPAṆA NIRṆAYA

- Bṛmhama or Karṣana requirement
- Nutritional status of the patient
- Presence of Dhātū-kṣaya or Dhātū-vṛddhi
- Rogī Bala

• Example •

Dhātū-kṣaya → Santarpaṇa	Obesity/Sthaulya → Apatarpaṇa

2

LAṄGHANA-LAṄGHANA PĀCANA-DOṢĀVASECANA NIRṆAYA

- Presence of Āma
→ Example
 Mild Āma
→ Laṅghana
- Quantity of aggravated Doṣa
- Strength of disease
 Moderate Āma
→ Laṅghana-Pācana
- Strength of patient
 Excessive Doṣa
→ Doṣāvasecana

4

DAIVAVYAPAŚRAYA-YUKTIVYAPAŚRAYA-SATTVAJAYA NIRṆAYA

- Nature of disease
→ Example
 Mental disorders
→ Sattvavajaya
- Dominance of physical or psychological pathology
 Physical disorders
→ Yuktivyapaśraya
- Mental status (Satva)
 Conditions requiring spiritual measures
→ Daivavyapaśraya
- Need for spiritual, psychological, or rational interventions

3

ŚĀMANA-ŚODHANA NIRṆAYA

- Alpa, Madhyama or Bahu Doṣa
- Rogī Bala
- Roga Bala
- Disease chronicity
- Suitability for purification

• Example •

Alpa Doṣa → Śamana	Bahu Doṣa → Śodhana

5

ANTAḤPARIMARJANA-BAHIḤPARIMARJANA NIRṆAYA

• Example •

 Site of disease (Roga Adhiṣṭhāna)	 Internal or external pathology	 Depth of tissue involvement	 Roga Mārga	 Internal systemic disease → Antaḥparimarjana	 Localized external disease → Bahiḥparimarjana
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CLASSICAL DETERMINANTS RELATED WITH PROGNOSIS OF DISEASES

-  **1** **ROGA BALA**
(Strength of Disease) | Strength and severity of the disease greatly influence its outcome.
-  **2** **ROGI BALA** | Strength of the patient (physical, mental and immune) determines the capacity to recover.
-  **3** **QUANTITATIVE DOṢA INVOLVEMENTS** | The number and intensity of doṣas involved affect the prognosis.
-  **4** **INVOLVEMENT OF ROGA MĀRGA** | The mārga (pathway) involved in the disease plays a vital role in prognosis.
-  **5** **NAVA – PURĀNA (CHRONICITY)** | Recent (nava) diseases are easier to treat than chronic (purāṇa) ones.
-  **6** **EXTENT OF DHĀTU INVOLVEMENTS** | Greater involvement and deeper vitiation of dhātus worsens prognosis.
-  **7** **SYNCHRONISATION OF DOṢA AND DHĀTU** | When doṣas and dhātus are deeply synchronized, disease becomes difficult to cure.
-  **8** **ENVIRONMENTAL FACTORS** | Favorable or unfavorable environmental conditions influence the disease outcome.

All the above factors together determine whether the disease is **SĀDHYA** (curable), **ASĀDHYA** (incurable), **KRCCHRA SĀDHYA** (difficult to cure), or **YĀPYA** (manageable).

CLASSICAL DRUG-RELATED DETERMINANTS

FACTORS GUIDING THE SELECTION AND USE OF AUSHADHA (MEDICINE) FOR OPTIMAL THERAPEUTIC EFFECT

01 SELECTION OF DRUG/ FORMULATION BASED ON CLASSICAL INDICATION



Drug or formulation should be selected as per indications described in classical texts for a particular disease/condition.

02 SELECTION BASED ON DOṢA STATE



Medicine should be chosen considering the predominant doṣa, its avasthā (state) and severity.

03 ACTION OVER DHĀTU



The drug should have specific action on the involved dhātu or help in restoring the balance and nourishment of dhātus.

04 SELECTION OF APPROPRIATE AUSHADHA KALPAṆĀ



Appropriate dosage form (kalpanā) should be selected considering the disease, doṣa, dhātu, agni, age, and patient's strength.

CLASSICAL DRUG-RELATED DETERMINANTS



05 SELECTION OF CORRECT DOSAGE



Dose should be decided based on the patient's bala (strength), age, disease severity, agni, and the potency of drug.

06 ANUPĀNA (ADJUVANT)



Suitable anupāna enhances the efficacy, absorption and therapeutic action of the medicine and reduces adverse effects.

07 AUSHADHA SEVANA KĀLA (TIME OF ADMINISTRATION)



Medicine should be taken at the appropriate time (in relation to meals, day time, night time, season, etc.) for maximum benefit.

08 BASED ON ĀMA-NIRĀMA AVASTHĀ



In āmāvasthā – choose āmāpācana, laṅghana, dipana drugs.
In nirāmāvasthā – choose specific therapeutic drugs.

09 AVAILABILITY OF GENUINE INGREDIENTS



Use of genuine, pure, and properly identified ingredients ensures safety, potency and desired therapeutic outcome.

10 DIET DURING MEDICINE INTAKE (PATHYA)



Following suitable diet (pathya) and avoiding incompatible food (apathya) during medicine intake supports the action of medicine and prevents reduction of its efficacy.

THERAPIST-RELATED DETERMINANTS (PARICĀRAKA GUṆA)

The Pillars of Successful Therapy

01

CLASSICAL KNOWLEDGE OF THERAPIES



Understanding the principles and objectives of various therapeutic procedures.

02

KNOWLEDGE OF INDICATIONS AND CONTRAINDICATIONS



Ability to identify when a therapy should or should not be administered.

03

TECHNICAL SKILL IN THERAPEUTIC PROCEDURES & PRACTICAL EXPERIENCE (DAKṢATĀ)



Competence in performing therapies correctly and safely.

04

CLEANLINESS AND HYGIENE (ŚAUCĀ)



Maintenance of personal, procedural, and environmental cleanliness.

05

ALERTNESS AND VIGILANCE (APRAMĀDA)



Continuous observation of the patient during and after procedures.



PROPER COMMUNICATION WITH THE PATIENT

Clear instructions, reassurance, and patient guidance before, during, and after therapy.



Dakṣa · Śuci · Anurakta · Buddhimān

The Classical Attributes of an Ideal Paricāraka



EMPATHY AND COMPASSION

Caring attitude that enhances patient comfort, trust, and cooperation.



PROPER COMMUNICATION WITH THE PHYSICIAN

Accurate reporting of patient responses, complications, and progress.



TIMELY EXECUTION OF THERAPEUTIC INSTRUCTIONS

Carrying out prescribed procedures at the correct time and in the prescribed manner.



ABILITY TO RECOGNIZE ADVERSE REACTIONS

Early identification and reporting of complications or untoward effects.



OBEEDIENCE AND DISCIPLINE

Faithful adherence to the physician's instructions and treatment protocols.

A SKILLED, COMPASSIONATE AND DISCIPLINED THERAPIST IS THE STRENGTH BEHIND SUCCESSFUL THERAPY

01

DISEASE-SPECIFIC DIETARY REGULATIONS



Choose Pathya Āhāra as per disease and Doṣa involved.

02

CONDITION-SPECIFIC DIET PREPARATIONS



Diet based on Agni, Āma–Nirāma, disease stage and patient condition.

03

HABIT MODIFICATION (ĀCĀRA PARIŚODHANA)



Correct unhealthy diet, behavior and lifestyle habits.

04

REGULATION OF MEAL TIMING & INTERVALS



Maintain proper gaps between meals for better digestion.

05

USE OF SPECIFIC MEDICATED DRINKS



Use Peya, Yūṣa, Takra, Siddha Jala as per condition and Agni.

06

SLEEP PATTERN REGULATION



Regulate sleep duration and quality to balance body and mind.

07

REGULATED PHYSICAL ACTIVITIES



Do exercises suitable to Bala, age, season and disease.

08

HAIR OIL APPLICATION & EXTERNAL REGIMENS



Use suitable oils and external measures for neurological, sensory and overall health.

09

SEXUAL ACTIVITY REGULATION



Regulate sexual activity as per strength, age, season and condition.



AVOIDANCE OF APATHYA

Avoid diet and lifestyle factors that aggravate disease or hinder recovery.

11

SEASONAL AND ENVIRONMENTAL ADAPTATION (ṚTUCARYĀ & DEŚĀNUSĀRA ĀCĀRA)



Adapt diet and lifestyle to season and habitat for maintaining balance.

FOLLOW PATHYA, AVOID APATHYA, AND ADAPT LIFESTYLE FOR HEALTH AND HARMONY.

SUCCESS OF THERAPY

RELATED DETERMINANTS (KĀRYAPHALA LAKṢAṆAS)

Classical Indicators of Therapeutic Success as described by Caraka

01

RELIEF OF DISEASE SYMPTOMS (RUG-UPAŚAMANA)

Complete or significant reduction of disease manifestations.



07

PROPER DIGESTION OF FOOD (SAMyak JARAṆA)

Timely and efficient digestion of ingested food.



02

RESTORATION OF NORMAL VOICE AND COMPLEXION (SVARA-VARṆA YOGA)

Improvement in voice quality, complexion and overall appearance.



08

TIMELY AND RESTORATIVE SLEEP (NIDRĀ LĀBHA YATHĀKĀLAM)

Normal sleep pattern with adequate rest.



03

PROPER NOURISHMENT OF THE BODY (ŚARĪROPCAYA)

Healthy tissue nourishment and restoration of body mass.



09

ABSENCE OF DISTURBING DREAMS (VAIKĀRIKA SVAPNA ADARŚANA)

Freedom from abnormal or disease-related dreams.



04

INCREASE IN STRENGTH (BALAVṚDDHI)

Improvement in physical and functional strength.



10

PLEASANT AWAKENING (SUKHENA PRATIBODHANA)

Refreshing and comfortable awakening from sleep.



05

RETURN OF DESIRE FOR FOOD (ABHYAVAHĀRYĀBHILĀṢA)

Restoration of normal appetite.



11

NORMAL ELIMINATION OF NATURAL EXCRETIONS (VĀTA-MŪTRA-PURIṢA-RETAS MUKTI)

Proper evacuation of flatus, urine, feces and reproductive secretions.



06

PLEASANT APPETITE AT PROPER MEAL TIME (RUCI ĀHĀRA KĀLE)

Natural inclination towards food at appropriate times.



12

NORMAL FUNCTIONING OF MIND, INTELLECT AND SENSE ORGANS (MANO-BUDDHI-INDRIYA AVVĀPATTI)

Optimal functioning of mental faculties, cognition, and sensory perception.



DHĀTU SĀMYA

(Restoration of Physiological Equilibrium)



The Ultimate Goal of Treatment

These 12 determinants indicate the attainment of

Dhātu Sāmya

and are the true marks of Therapeutic Success

When these signs are observed, the physician knows that the treatment has achieved

KĀRYAPHALA – THE FRUIT OF THERAPY

CONCLUSION

RECLAIMING THE CLASSICAL FOUNDATIONS OF THERAPEUTIC SUCCESS IN AYURVEDA -



AYURVEDA IS MULTIFACTORIAL

Therapeutic success depends on many interconnected determinants described in the Samhitās, not on medicine alone.



CURRENT GAP

Today's practice often focuses on disease labels, formulations and procedures, while ignoring many classical determinants.



ACCURATE AYURVEDIC DIAGNOSIS

Assessment of Doṣa, Dūṣya, Agni, Āma, Srotas, Roga Mārḡa, Avasthā and Bala is the cornerstone.



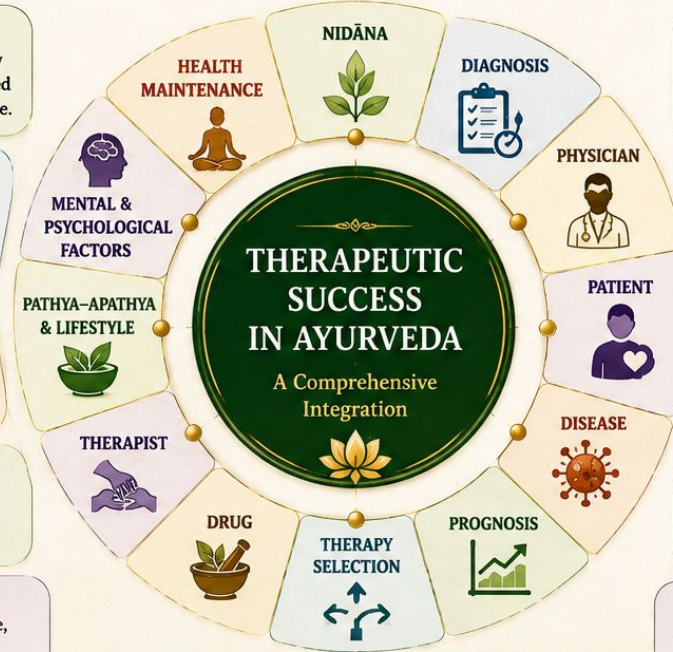
INDIVIDUALIZED APPROACH

Every patient is unique. One formulation for one disease cannot represent Ayurveda.



HOLISTIC CONTRIBUTION

Physician, therapist, patient, medicine, diet, lifestyle and mind together determine the outcome.



STUDENTS MUST LEARN THESE

These determinants should be taught, understood and applied in real clinical practice.



BEYOND FORMULATIONS

Do not limit Ayurveda to a list of preparatory medicines for modern diagnosed conditions.



ROOTED IN CLASSICS

These are core classical principles. Ignoring them weakens the identity of Ayurveda.



ENSURE AUTHENTIC PRACTICE

Use logic, discrimination (viveka) and clinical wisdom in every therapeutic decision.



REVIVE & PRESERVE

Revitalizing these determinants is essential for the future and global credibility of Ayurveda.

Remember:

Ayurveda is not a formulation-centered system;
it is a **determinant-centered** science of
individualized healing.



UNDERSTAND
DEEPER



THINK
HOLISTICALLY



APPLY
INDIVIDUALLY



HEAL
COMPREHENSIVELY

**THIS IS THE TRUE STRENGTH
OF AYURVEDA!**

