

**ISSN**INTERNATIONAL
STANDARD
SERIAL
NUMBER
INDIAISSN No. : 2584-2757
Volume : 03
Issue : 03

Publisher

**ROGANIDAN VIKRUTIVIGYAN PG ASSOCIATION
FOR PATHOLOGY AND RADIOGNOSIS**

Reg. No. : MAHA-703/16(NAG)

Year of Establishment – 2016

DOI : <https://doi.org/10.5281/zenodo.19597571>

Impact Factor : 1.013

INTERNATIONAL JOURNAL OF DIAGNOSTICS AND RESEARCH

Allergy Through An Ayurvedic Lens: Role Of Vyadhikshamatva With Leena Dosh And Khavaigunya

Dr. Namrata Chavan¹, Dr. Rajashri Ware²¹Third Year PG, Department of Rognidan Evum Vikruti Vidyan, D.Y.Patil School of Ayurveda Navi Mumbai.² HOD, Department of Rognidan Evum Vikruti Vidyan, D.Y.Patil School of Ayurveda Navi Mumbai.**Corresponding Author:** Dr. Namrata Chavan.**E-Mail :** -namu21chavan@gmail.com**Article Info:** Article Received on : 10/04/2026

Article Reviewed on: 11/04/2026

Article Published on : 15/04/2026

Cite this article as: - Chavan, N., & Ware, R. (2026). Allergy Through An Ayurvedic Lens: Role Of Vyadhikshamatva With Leena Dosh And Khavaigunya. International Journal of Diagnostics And Research, 3(3), 83–87. <https://doi.org/10.5281/zenodo.19597571>

Abstract

Allergic disorders are increasingly prevalent due to environmental and lifestyle changes and are characterized by hypersensitivity to otherwise harmless substances. Ayurveda explains such conditions through impaired *Vyadhikshamatva*, which denotes the body's resistance against disease and its ability to prevent recurrence. Additionally, the concepts of Leena Dosh (dormant Dosh) and *Khavaigunya* provide deeper insight into the recurrent and episodic nature of allergic disorders. This study aims to explore the role of *Vyadhikshamatva* along with Leena Dosh and *Khavaigunya* in understanding allergic conditions. A review of classical Ayurvedic texts reveals that Agnimandya, Ama formation, Ojas depletion, and *Srotovagunya* play a crucial role in hypersensitivity reactions. Therapeutic approaches such as *Nidana Parivarjana*, *Rasayana* therapy, *Panchakarma*, and lifestyle modifications help enhance *Vyadhikshamatva* and prevent reactivation of dormant Doshas. Thus, Ayurveda offers a comprehensive approach for the prevention and management of allergic disorders.

Keywords: *Vyadhikshamatva*, Allergy, *Leena Dosh*, *Khavaigunya*, *Ojas*, *Ama*

Introduction :

Allergic disorders are characterized by exaggerated immune responses to normally harmless environmental substances. These include conditions like allergic rhinitis, bronchial asthma, and skin allergies. Modern medicine attributes these conditions to immune hypersensitivity, particularly IgE-mediated reactions.

In Ayurveda, the concept of *Vyadhikshamatva* provides a broader understanding of disease resistance and susceptibility. Acharya Charaka defines *Vyadhikshamatva* as:

Vyadhi – disease

Kshamatva – resistance or capacity

It includes two aspects:

- *Vyadhi Bala Virodhitva* – resistance against disease strength
- *Vyadhi Utpada Pratibandhakatva* – prevention of disease occurrence.^[1]

This indicates that *Vyadhikshamatva* comprises both resistance against disease strength and the ability to prevent disease occurrence. In addition to impaired immunity, Ayurveda explains the recurrent and latent nature of diseases through the concepts of *Leena Dosha* (dormant Doshas) and *Khavaigunya*. These concepts help explain why allergic disorders tend to relapse even after symptomatic relief. Therefore, integrating these principles provides a comprehensive understanding of allergic conditions.

Aim: To study Concept of *Vyadhikshamatva* in Allergic Disorders with Special Reference to *Leena Dosha* and *Khavaigunya*

Objectives:

- To understand the role of *Vyadhikshamatva* in susceptibility and recurrence of allergies.
- To explain the involvement of *Leena Dosha* and *Khavaigunya* in pathogenesis.
- To evaluate their importance in prevention and management of allergic disorders.

Conceptual Framework of *Vyadhikshamatva*

Vyadhikshamatva is closely associated with *Ojas*, which is considered the essence of all *Dhatus* and the substratum of immunity.

Ojas is responsible for vitality, strength, and resistance against diseases. Any depletion or vitiation of *Ojas* leads to increased susceptibility to disorders, including allergic conditions.^[2]

• Types of *Bala* (Immunity)

- I. *Sahaja Bala* – innate immunity present since birth
- II. *Kalaja Bala* – immunity influenced by seasonal and temporal factors
- III. *Yuktikrita Bala* – acquired immunity developed through proper diet, lifestyle, and therapeutic interventions.^[3]

Among these, *Yuktikrita Bala* plays a significant role in preventing allergic disorders.

Ayurvedic Understanding of Allergic Disorders

Although the term “allergy” is not explicitly mentioned in classical texts, several conditions resemble allergic manifestations:

- *Pratishyaya* (allergic rhinitis)
- *Tamaka Shwasa* (bronchial asthma)
- *Sheetapitta, Udarda, Kotha* (urticaria and skin allergies)

Nidana (Etiological Factors) :

- *Asatmya Ahara* (incompatible diet)
- *Viruddha Ahara* (contradictory food combinations)
- Dust, smoke, pollen exposure
- Seasonal variations
- *Asatmyendriyarthā Samyog-* improper interaction between senses and environment as a cause of disease.^[4]

Concept of Leena Doshā and Khavaigunya:

Leena Doshā refers to vitiated Doshas that remain in a dormant or concealed state without producing immediate symptoms. These Doshas become active upon exposure to suitable *Nidana* (triggers), leading to disease manifestation. This explains the latent and recurrent nature of disorders.^[5]

Khavaigunya denotes structural or functional weakness in *Dhatus* or *Srotas*, which acts as a site for Doshā localization and disease development.

Discussion:

Vyadhikshamatva is comparable to immunity in modern science but includes broader aspects such as *Ojas*, *Agni*, and *Satmya*. Allergic disorders can be interpreted as a failure of immune tolerance due to impaired *Vyadhikshamatva*.

The concept of *Leena Doshā* explains the latent *avastha* of vitiated Doshas, which remain dormant without producing symptoms.^[6] These Doshas get aggravated upon exposure to triggers such as allergens, seasonal changes, or incompatible diet, leading to sudden manifestation of symptoms. This supports the idea that Doshas can remain concealed and later become active. The concept of *Khavaigunya* further explains disease localization.

This indicates that Doshas localize in structurally or functionally weak tissues, leading to disease manifestation. In allergic disorders, *Khavaigunya* may exist in *Pranavaha Srotas* (respiratory tract) or *Twak* (skin), making these sites more prone to disease.

Samprapti (Pathogenesis) in Allergic Disorders:

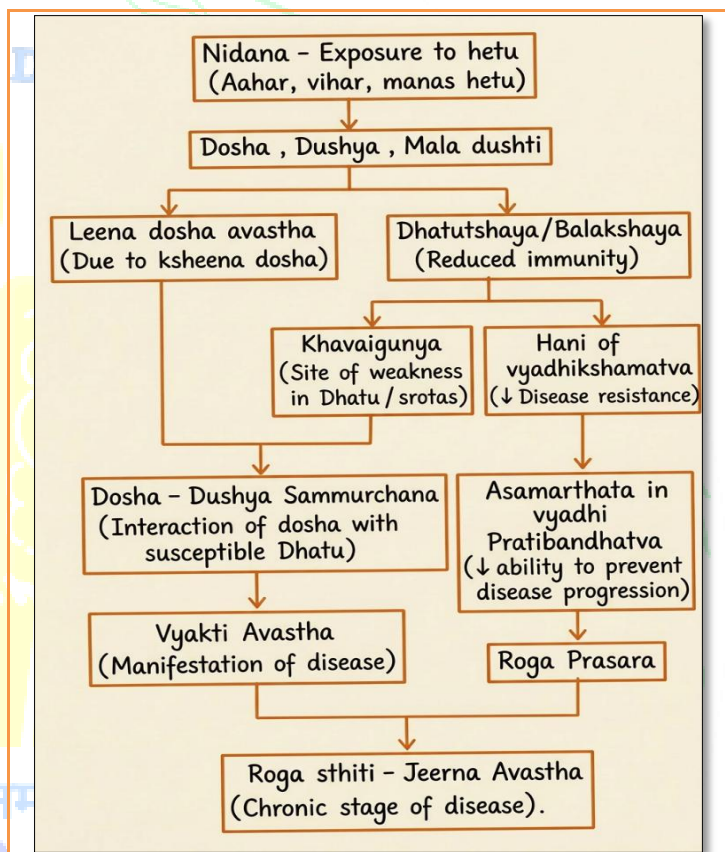


Image 1: Samprapti (Pathogenesis) in Allergic Disorders:

Table No.1: Role of Leena Doshā and Khavaigunya in Allergy Recurrence

The interaction of Leena Doshā and Khavaigunya explains:

- Recurrence of allergic conditions
- Chronicity
- Sudden exacerbation after exposure

Table No.2: Vyadhikshamatva in Allergy**Prevention :**

Vyadhikshamatva plays a crucial role in this context by:

- Preventing Dosha accumulation and dormancy
- Strengthening Dhatus and reducing Khavaigunya
- Enhancing tolerance (Satmya) toward allergens

Therapeutic interventions such as *Rasayana* improve Ojas and immunity, while Panchakarma helps eliminate Doshas, including those in latent form. Thus, Ayurveda addresses both the root cause and recurrence of allergic disorders.

Management Principles

Management of allergic disorders should focus on correcting impaired *Vyadhikshamatva*, eliminating Leena Dosha, and addressing *Khavaigunya*.

- **Enhancement of *Vyadhikshamatva*:** Use of *Rasayana* to improve *Ojas* and immunity, reducing susceptibility and recurrence.
- **Elimination of *Leena Dosha*:** *Shodhana* therapies (Panchakarma) help remove dormant Doshas and prevent relapse.
- **Correction of *Khavaigunya*:** Strengthening Dhatus and Srotas reduces tissue susceptibility and Dosha localization.
- ***Agni Deepana & Ama Pachana*:** Improves digestion and prevents formation of *Ama*, thereby controlling Dosha vitiation.

- ***Nidana Parivarjana*:** Avoidance of allergens and triggers prevents reactivation of Doshas.

Conclusion :

Vyadhikshamatva is a fundamental determinant of disease resistance and plays a vital role in allergic disorders. The concepts of Leena Dosha and *Khavaigunya* provide deeper insight into the recurrent and episodic nature of these conditions. Allergic disorders arise due to impaired immunity, Ama formation, and tissue susceptibility. By enhancing *Vyadhikshamatva* through *Rasayana*, Panchakarma, and lifestyle modifications, Ayurveda offers a comprehensive approach that not only manages symptoms but also prevents recurrence by eliminating dormant Doshas and strengthening tissue integrity.

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Declaration :

Conflict of Interest : None

ISSN: 2584-2757

DOI : <https://doi.org/10.5281/zenodo.19597571>

Dr. Namrata Chavan Inter. J.Digno. and Research

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