

Ayurvedic Insights into *Yakrit Vikara*: A Comprehensive Study on Differential Diagnosis

Mohale Narendra G¹, Kulkarni Archana A², Pathak Apurva A³, Kossambe Shivani B⁴

¹PG Scholar, ²Guide, Professor and HOD, ³Assistant Professor, ⁴Assistant Professor

Department of Rognidan Evam Vikriti Vigyan

BSDTs Ayurved Mahavidyalaya, Wagholi, Pune, Maharashtra, India

Abstract: *In Ayurveda, the concept of Koshtanga highlights the intricate interconnectedness of various body parts, with the Yakrit(liver) identified as a vital organ that plays a crucial role in the functioning of the raktavahsrotas (blood channels). The relationship between Rakta (blood) and Yakritis essential for sustaining overall health and well-being. A definitive diagnosis is paramount for providing appropriate treatment for any disease. By examining the different stages of illness and the consequential changes that occur, practitioners can achieve a more accurate diagnosis. Ayurvedic texts typically do not classify liver disorders (Yakrita Vikara) as independent entities, largely because the system's classification of diseases is predominantly based on symptoms. This paper delves into various liver-related disorders, such as Pandu, both types of Kamala, Shakhashrita, and Kosthashrita. It also discusses the different stages of Kamala and Madya Janya Yakrita Vikara, highlighting the importance of understanding the symptoms that overlap across these conditions to aid in differential diagnosis. Furthermore, there is a pressing need for a more thorough examination of liver disorders within the framework of this ancient traditional system. By exploring the unique concepts presented in ancient Ayurvedic literature, we can enhance our understanding of liver health and broaden the scope of research into the multidimensional aspects of Yakritvikara, along with its differential diagnosis. This exploration can lead to improved diagnostic accuracy and more effective treatment strategies rooted in traditional wisdom*

Keywords: Kamla, Liver disorder, Pandu, Yakrita Vikara