

# Leena Dosha in Ayurveda: A Clinical and Theoretical Perspective on Subtle Doshic Imbalances

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## ABSTRACT

The distinct postulates and structured approaches are crucial for understanding the underlying mechanisms of disease as described in Ayurvedic literature. Among these, the concept of Leena Dosha offers a profound and compelling illustration, closely aligned with the subtle dynamics of disease progression. During the disease pathogenesis, the Doshas undergo multiple stages (Avasthas), among which Leena Dosha Avastha holds critical clinical significance. This stage, often referred to as the latent or subtle phase of disease manifestation, is characterized by the concealment of Doshas within Dhatus, making clinical detection challenging. The latent period of disease is a critical window where subtle pathophysiological changes occur without overt clinical symptoms. Ayurveda explains this phase through the concept of Leena Dosha, where vitiated Doshas remain absorbed within the system, disrupting homeostasis quietly. A thorough understanding of Leena Dosha Avastha enables the formulation of a precise and timely therapeutic strategy, thereby arresting disease progression at an early stage. The presence of Leena Dosha complicates both diagnosis and treatment due to its subtle manifestation. This article explores the theoretical foundations of Leena Dosha as found in classical Ayurvedic texts, its clinical implications, and diagnostic indicators. It further investigates how Leena Dosha may contribute to chronic and degenerative conditions, and discusses contemporary interpretative frameworks. Integrating classical knowledge with modern clinical observations, the article aims to enrich understanding and therapeutic approaches for subtle Doshic disorders in Ayurvedic practice.

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**KEYWORDS:** Ayurveda, Leena Dosha, Subtle Imbalances, Early Pathogenesis, Preventive Medicine, Subtle Diagnostics

## 1. INTRODUCTION

The concept of Leena Dosha—the subtle or hidden imbalance of Doshas—represents an intricate and often overlooked dimension of Ayurvedic pathology. Leena Dosha pertains to those imbalances that remain dormant or subtly embedded within tissues (Dhatus), manifesting only under specific conditions. Ayurveda, the ancient Indian system of medicine, is rooted in the principle of maintaining balance among the three Doshas: Vata, Pitta, and Kapha. Imbalances among these energies are traditionally linked to disease manifestation. Acharya Sushrut, in reference to Vishamjwara, stated that a small quantity of Dosha remains concealed within the Dhatus, similar to a spark of fire with little fuel<sup>1</sup>. During Leena Dosha conditions, the Doshas remain localized in one place and do not exhibit prominent features. Understanding this latent stage of Doshic disturbance is crucial for

preventive medicine and offers an expanded framework for early intervention. This paper investigates the theoretical foundation, clinical features, diagnostic strategies, and therapeutic approaches pertinent to Leena Dosha & highlighting its relevance in modern clinical contexts, where symptoms are nonspecific, latent, or resistant to conventional Ayurvedic treatment. Recognizing these hidden imbalances is central to the Ayurvedic model of early diagnosis and preventive care.

## 2. CONCEPTUAL CONCEPT OF LEENA DOSHA

The Sanskrit term “Leena” means hidden, absorbed, or latent. Leena Dosha thus refers to Doshic vitiations that are not yet manifest at the symptomatic level but are actively influencing the physiological or

psychological state of an individual. Leena Doshas are disseminated throughout the body, concealed within the Dhatus, and do not exhibit any apparent symptoms. Without the proper identification of the Leena Dosha, Shodhana Chikitsa should not be undertaken<sup>2</sup>. Leena Dosha is also referenced indirectly in subtle diagnostic frameworks such as Nadi Pariksha and Shatkriyakala, where practitioners are trained to detect energetic and vibrational signs before anatomical changes occur.

### Characteristics of Leena Dosha

1. Absence of gross symptoms.
2. Subtle changes in energy, mood, digestion, or immunity
3. Predisposition to specific diseases based on underlying Doshic tendencies
4. Increased vulnerability to environmental and lifestyle stressors.

### 3. CLINICAL RELEVANCE

From a diagnostic perspective, the identification of Leena Dosha demands heightened clinical acumen. Subtle signs such as mild digestive irregularities, transient mood disturbances, unexplained fatigue, or minor skin changes may serve as early indicators.

In the context of Vishamjwara, Leena Dosha refers to the pathological state where the vitiated Doshas are concealed within the Dhatus, dispersed throughout the body, and remain asymptomatic for a time<sup>3</sup>. Due to their hidden state, the symptoms of Jwara do not present clearly or consistently, leading to the irregular and unpredictable nature of Vishamjwara. Such a condition is challenging because diagnosis becomes difficult, and if Shodhana Chikitsa is performed without recognizing the hidden Dosha, it may aggravate the disease rather than relieve it.

In context to Grahani dosha Chikitsa, it is stated that when Leena Doshas are localized in the Pakvashaya, Virechana therapy should be administered, preceded by Deepana Chikitsa<sup>4</sup>. When the Doshas are hidden and situated predominantly in the Pakvashaya, they do not manifest with clear symptoms but continue to disturb the digestive system subtly.

In the treatment of Swasara, Sodhan therapies such as Vamana are employed to expel vitiated Doshas. As a part of the Pascat Karma, Dhoomapana is advocated to eliminate any remaining Leena Dosha concealed within the channels. If Dhoomapana is neglected, these residual Doshas may persist within the body, leading to further accumulation and exacerbation of the disease<sup>5</sup>.

Clinically, failure to recognize these dormant imbalances can result in disease manifestation at later stages, making treatment more complex and

prolonged. Therefore, early therapeutic interventions based on the identification of Leena Dosha can greatly enhance patient outcomes.

### 4. LATENT PERIOD IN MODERN MEDICINE

In contemporary biomedicine, the latent period refers to the phase between the initial exposure to a disease-causing agent and the appearance of clinical symptoms<sup>6</sup>. During this time, molecular and cellular disruptions occur without overt signs.

Examples include:

- Infections: Tuberculosis bacteria may remain dormant in the lungs for years without symptoms (latent TB).
- Cancer: Genetic mutations accumulate silently before clinical tumours manifest.
- Metabolic Disorders: Insulin resistance develops years before Type 2 diabetes diagnosis.
- Autoimmunity: Autoantibodies in conditions like rheumatoid arthritis appear years before joint symptoms.

Thus, both Ayurveda and modern science recognise that disease begins long before it becomes clinically visible.

### 5. DISCUSSION

The concept of Leena Dosha holds a distinct and significant place in Ayurvedic pathology. It describes a condition where the vitiated Doshas remain concealed within the Dhatus without producing marked clinical symptoms. This hidden state creates challenges in both diagnosis and management, requiring careful clinical judgment rather than reliance on overt signs.

In classical Ayurvedic literature, including the Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya, Leena Dosha is mentioned particularly in relation to disorders such as Vishamajwara, Grahani, and Shwasa. These texts emphasize that even a small quantity of Dosha, when lodged within tissues and not free in circulation, can cause persistent or irregular disease patterns. Such Doshas are not easily eliminated by standard treatments unless their concealed presence is recognized and specifically addressed.

Clinically, the presence of Leena Dosha necessitates a strategic approach to treatment. Strengthening of Agni through Deepana and Pachana therapies is often advised initially to mobilize the dormant Dosha. Only after proper preparation should Shodhana Karmas such as Vamana, Virechana, or Dhoomapana be administered depending on the Dosha and site involved. Classical texts warn that attempting

Shodhana without addressing Leena Dosha may lead to incomplete purification or even disease exacerbation.

The relevance of Leena Dosha extends beyond classical descriptions into contemporary clinical practice. Conditions such as latent infections, subclinical fevers, early-stage autoimmune diseases, and low-grade chronic inflammatory conditions could be interpreted as manifestations of Leena Dosha<sup>[7]</sup>. Recognizing this hidden pathology offers a valuable opportunity for early intervention, potentially preventing full-blown disease progression. This also reinforces why Shodhana Chikitsa should only be done after careful assessment, because if the Leena Dosha is forced out prematurely, it could disturb the Dhatus and worsen the condition.

## 6. CONCLUSION

Leena Dosha provides a profound understanding of disease progression at a subtle level, emphasizing the strength of Ayurveda as a preventive system of medicine. Clinical recognition and management of Leena Dosha can effectively halt the evolution of disease, enhancing patient well-being and reinforcing the Ayurvedic philosophy of Swasthasya Swasthya Rakshanam - the preservation of health.

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