



A Scientific Study of *Doshpaka Siddhanta* with Special Reference to Pathological Investigations in *Bahupittakamla Vyadhi*

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Abstract

Ayurveda has successful existence since time immemorial itself proves its scientific approach attributed to its unique Basic principle that remains unchanged till date. One of Such principle is 'Doshpaka'. Acharya Madhava has elaborated concept as *Doshpaka*. *Doshpaka* has been given in relation to the *Jwara Vyadhi* where the Symptoms of vitiated *Dosha* decreases i.e. *Dosha Prakruti Vaikrutyam*, *Laghvata* in *Jwara Lakshanas* and *Deha* occurs, refreshing the *Indriyas*. *Doshpaka* had been given in context of *Jwara Vyadhi* but it is applied in other *Vyadhis* too. In this study, this basic principle in *Bahupittakamla Vyadhi* in 30 patients, considering Symptoms of the disease, Symptoms of the *Doshpaka*, along with pathological investigations in divided follow up from 0, 7, 14, 21, 28 day. As the disease runs in the body the symptoms of the disease regresses, returning of the *Dosha* to their *Samyavastha*, suggestive of *Doshpaka* the same changes were observed in the pathological values reduction of the values and Normalizing, or in some cases the *Vyadhi* may involve *Dushayas* to the deeper extent, symptoms becoming severe indicating *Dhatupaka*. *Doshaprakruti Vaikrutyam* was assessed in the patients by evaluating the *Pitta Prakrit karma*.

Keywords: *Doshpaka*, *Bahupittakamla*

Introduction

Ayurveda has successful existence since time immemorial itself proves its scientific approach attributed to its unique Basic principle that remains unchanged till date. One of Such principle is 'Doshpaka.'

The imbalance among Doshas produces illness whereas their Samyavastha means absence of disease (As.H.Su.1/19-20)¹. The journey of the *Doshas* towards *Samyavastha*, indicates *Doshpaka*. Since development of the disease upto the escape of the disease from the body many changes occurs among *Doshas* either symptoms increases or immunity and appropriate medications bring the symptoms back to normal, This return to normalcy from diseased is known as *Doshpaka*.

Madhava has elaborated concept as *Doshpaka*. *Doshpaka* has been given in relation to the *Jwara Vyadhi* where the Symptoms of vitiated *Dosha* decreases i.e. *Dosha Prakruti Vaikrutyam*, *Laghvata* in *Jwara Lakshanas* and *Deha* occurs, refreshing the *Indriyas*

Doshpaka is the *Vyadhi Avastha* about which every *Vaidya* must have knowledge. Very often this occurs that the symptom of any disease decreases but as soon as it is empowered again with the *Hetu* such as *Pradnyparadhjanya Ahitacharana*, the *Vyadhi* comes back, misleading the *Vaidya*, so it becomes compulsory that along with disappearance of the *Vyadhi Lakshanas* some prompt symptoms must be there indicating the *Samyavastha* of the *Doshas*, these *Lakshanas* are *Doshpaka Lakshansa* here the word *Paka* represents, *Pachana*, *Pakwata*. By acquiring the knowledge of *Doshpaka*. *Vaidya* can bring forth changes in his strategy against the disease.

Doshpaka had been given in context of *Jwara Vyadhi* but it is applied in other *Vyadhis* too. In this study, this basic principle in *Bahupittakamla Vyadhi* in 30 patients, considering Symptoms of the disease, Symptoms of the *Doshpaka*, along with pathological investigations in divided follow up from 0, 7, 14, 21, 28 day. As the disease runs in the body the symptoms of the disease regresses, returning of the *Dosha* to their *Samyavastha*, suggestive of *Doshpaka* the same changes were observed in the pathological values reduction of the values and Normalizing, or in some cases the *Vyadhi* may involve *Dushyas* to the deeper extent, symptoms becoming severe indicating *Dhatupaka*. *Doshaprakruti Vaikrutyam* was assessed in the patients by evaluating the *Pitta Prakrit karma*

AIMS AND OBJECTIVES

1. Studying 'Doshpaka Siddhanta'
2. To study *Lakshanas* during *Doshpaka Avastha* in *kamla Vyadhi*.
3. The main aim of my study is to analyse pathological investigation in relation to *Doshpaka Avastha* in *kamla Vyadhi* and reestablish the *Doshpaka Siddhanta* in a new light.
4. In Ayurvedic text *Vyadhimukti Lakshana* has been given in *jwara, Atisara Vyadhi*, with the help of 'Doshpaka Siddhanta', I will try to determine *Vyadhimukti Lakshanas of Kamla Vyadhi*.

Materials and Methods

While conducting research, 30 patients suffering from Bahupittakamla were selected according to "criteria for selection"

1. Aarogyavardhini Vati -250 mg tab, 2 TDS (1.5gm/day) for 21 days.
2. Kumariaasava no 1-20ml BD for 21 days.
3. Erandapatra Swaras -20ml OD Morning for 14days.

This t/t is given to the patient as protocol under the inclusion criteria. Follow up was taken every 7 days later, upto 28th days.

| | |
|---------|----------|
| 0th day | 21st day |
| 7th day | 28th day |

Criteria for Diagnosis:

Diagnosis of Bahupittakamala was done on the basis of classical signs and symptoms described in Ayurvedic texts.

- | | |
|------------------|-----------------------------|
| 1. Twakharidra | 9. Aruchi |
| 2. Netraharidra | 10. Daurbalya(Balkshay) |
| 3. Nakhharidra | 11. Sadan |
| 4. Bhekvarnatwak | 12. Karshit |
| 5. HaridraAanan | 13. Trishna(Va.) |
| 6. Hatendriya | 14. Tandra(Su.) |
| 7. Daha | 15. Raktapit Mala (Shakrut) |
| 8. Avipaka | 16. RaktapitMutra |

Pathological Investigation done included following:

- a) Sr. Bilirubin- (Total, Direct, Indirect) b) SGOT c) SGPT
- d) CBC- (The routine blood examinations such as Haemoglobin percentage in grams, total leucocytes count, differential leucocytes count were done to rule out other infection or pathological changes)
- e) Urine 1) Physical (colour, specific gravity)
2) Chemical: a. Bile salt
b. Bile pigment
- f) Other investigations: a) HbsAg test
- b) USG Abdomen
- c) Sr. Alkaline phosphatase

The symptoms of Doshpaka which were studied in the patients were as,

- | | |
|---------------------------|--------------------|
| 1. Doshprakrutivaikrutyam | Dehlaghav |
| 2. Jvarlaghav | Indriyanamvaimalya |

Inclusion Criteria:

1. Bahupittakamla vyadhi patient as described in Bruhtrayi (Charaka, Sushruta, Vagbhata)
2. Hepatitis A positive patient
3. Patient with bilirubin 2-10 mg/dl.
4. Patient with fatty liver.

5. Patient with alcoholic hepatitis.
6. Patient in the age group of 18 yrs to 40 yrs.

Exclusion Criteria:

1. Patient with HIV positive.
2. Hbs Ag positive
3. Patient with hematemesis.
4. Patient with hepatic coma.
5. Patient with Hb<6gm%
6. Patient with hepatocellular Carcinoma
7. Patient with pancreatitis
8. Pregnant women
9. Autosomal disorders -1. Gilbert's syndrome
2. Crigler-najjar syndrome.
3. Dubin-johnson's syndrome

OBSERVATIONS AND RESULTS

In this study, 30 patients were taken, so the observation and result as follows:

Table-1

Table Showing Dominant Rasa wise Distribution 30 Patients of Bahupittakamla

| Sr. No. | Rasa | Total No. Of Pts. | Percentage |
|---------|----------------|-------------------|------------|
| 1 | <i>Madhura</i> | 16 | 53.33% |
| 2 | <i>Amla</i> | 26 | 86.88% |
| 3 | <i>Lavana</i> | 24 | 80.00% |
| 4 | <i>Katu</i> | 30 | 100.00% |
| 5 | <i>Tikta</i> | 02 | 06.66% |
| 6 | <i>Kashaya</i> | 00 | 00.00% |

Table-2

Table Showing Aahara Guna Wise Distribution of 30 Patients of Bahupittakamla

| Sr. No. | Guna | Total No. Of Pts. | Percentage |
|---------|----------------|-------------------|------------|
| 1 | <i>Ruksha</i> | 19 | 63.33% |
| 2 | <i>Snigdha</i> | 11 | 36.66% |
| 3 | <i>Ushna</i> | 29 | 96.34% |
| 4 | <i>Shita</i> | 01 | 03.33% |
| 5 | <i>Guru</i> | 12 | 40.00% |
| 6 | <i>Laghu</i> | 18 | 60.00% |
| 7 | <i>Tikshna</i> | 30 | 100.00% |

Table-3

Table Showing Vyasana Wise Distribution of 30 Patients of Bahupittakamla

| Sr. No. | Vyasana | Total No. Of Patients | Percentage |
|---------|-------------------|-----------------------|------------|
| 1 | <i>Madyapana</i> | 13 | 43.33% |
| 2 | <i>Dhumrapana</i> | 7 | 23.33% |
| 3 | <i>Tambakhu</i> | 12 | 40.00% |

Table-4

Table Showing Mutra Parikshana in 30 Patients of Bahupittakamla

| Sr.No | Mutra Varna | No of patients | Percentage |
|-------|------------------|----------------|------------|
| 1 | Rakta Pita Varna | 11 | 36.66% |
| 2 | Pita Varna | 19 | 63.33% |
| 3 | PrakritVarna | 00 | 00% |

Table-5

Table Showing Mala (Shakrut) Parikshana in 30 Patients of Bahupittakamla

| Sr. No | Mala | No of patients | Percentage |
|--------|------------------|----------------|------------|
| 1 | Rakta Pita Varna | 09 | 30.00% |
| 2 | Pita Varna | 21 | 70.00% |

Table-6

Table Showing Jivha Parikshana in 30 Patients of Bahupittakamla

| Sr.No | Jivha Parikshana | No of patients | Percentage |
|-------|------------------|----------------|------------|
| 1 | Sama | 26 | 86.66% |
| 2 | Nirama | 04 | 13.34% |

Table-7

Table Showing Yakritvrudhi (P/NP) in 30 Patients of Bahupittakamla

| Sr.no | Yakritvrudhi | BO* | | EO** | |
|-------|--------------|----------------|--------|----------------|--------|
| | | No of patients | % | No of patients | % |
| 1 | Palpable | 28 | 93.33% | 1 | 3.33% |
| 2 | Not palpable | 2 | 6.67% | 29 | 96.66% |

* -Base line Observation

** - End line Observation

Table-8

Table Showing Effect on Lakshna Score of 30 Patients of Bahupittakamla

| Sr.no | Lakshna | Comparisons of observation | Mean | SD | Z value | P value |
|-------|------------------------|----------------------------|------|------|---------|-----------------------------------|
| 1 | Twakharidra | BO | 2.56 | 0.50 | 4.902 | <0.0001 |
| | | EO | 0.30 | 0.46 | | |
| 2 | Netraharidra | BO | 2.60 | 0.49 | 4.893 | <0.0001 |
| | | EO | 0.30 | 0.46 | | |
| 3 | Nakharidra | BO | 2.40 | 0.49 | 4.945 | <0.0001 |
| | | EO | 0.23 | 0.43 | | |
| 4 | Bhekvarnatw ak | BO | 0.46 | 0.89 | 4.885 | <0.0001 |
| | | EO | 0.06 | 0.25 | | |
| 5 | Haridra Aanana | BO | 2.33 | 0.66 | 4.845 | <0.0001 |
| | | EO | 0.53 | 0.50 | | |
| 6 | Raktapitmala (Shakrut) | BO | 0.30 | 0.46 | 4.321 | <0.0156 Considered P<0.05 S |
| | | EO | 0.06 | 0.25 | | |
| 7 | Raktapittamu tra | BO | 0.36 | 0.49 | 4.385 | <0.0001 HS |
| | | EO | 0.03 | 0.18 | | |

Table-9

Table Showing Effect on Lakshana Score of 30 Patients of Bahupittakamla

| Sr.no | Symptom | Comparison of treatment | Mean | SD | Z value | P value |
|-------|----------------------|-------------------------|------|------|---------|---------|
| 1 | Hatendriya | BO | 2.03 | 0.71 | 4.806 | <0.0001 |
| | | EO | 0.30 | 0.46 | | |
| 2 | Daha | BO | 1.73 | 0.98 | 4.450 | <0.0001 |
| | | EO | 0.23 | 0.43 | | |
| 3 | Avipaka | BO | 2.3 | 0.70 | 4.820 | <0.0001 |
| | | EO | 0.3 | 0.46 | | |
| 4 | Aruchi | BO | 2.46 | 0.50 | 4.904 | <0.0001 |
| | | EO | 0.10 | 0.30 | | |
| 5 | Daurbalya(Balkshaya) | BO | 2.53 | 0.68 | 4.901 | <0.0001 |
| | | EO | 0.33 | 0.47 | | |
| 6 | Sadan | BO | 1.93 | 0.44 | 4.919 | <0.0001 |
| | | EO | 0.43 | 0.50 | | |
| 7 | Karshit | BO | 0 | 0 | - | - |
| | | EO | 0 | 0 | | |
| 8 | Trishna(Va.) | BO | 1.23 | 1.13 | 3.631 | <0.0003 |
| | | EO | 0.23 | 0.43 | | |
| 9 | Tandra | BO | 1.13 | 0.81 | 4.441 | <0.0001 |
| | | EO | 0.16 | 0.37 | | |

Table-10

Table Showing effect on Doshpaka Lakshana Score of 30 Patients of Bahupittakamla

| Sr.no | Lakshana | Comparison of treatment | Mean | SD | Z value | P value |
|-------|-------------------------|-------------------------|------|------|---------|---------|
| 1 | Doshprakruti Vaikrutyam | BO | 11.3 | 1.17 | 4.805 | <0.0001 |
| | | EO | 21.6 | 1.63 | | |
| 2 | JwarLaghava | BO | 3.56 | 0.50 | 3.606 | <0.0003 |
| | | EO | 4 | 0 | | |
| 3 | DehaLaghava | BO | 0 | 0 | 4.841 | <0.0001 |
| | | EO | 3.23 | 1.19 | | |
| 4 | IndriyanamVaimalyam | BO | 2.6 | 0.67 | 4.878 | <0.0001 |
| | | EO | 4.3 | 0.53 | | |

Table-11

Table Showing changes in Pathological Investigations of 30 Patients of Bahupittakamla

| Sr.No | Name of Investigation | Comparison | Mean | SD | T value | P value |
|-------|-----------------------|------------|-------|-------|---------|---------|
| 1 | Total Bilirubin | BO | 4.23 | 1.62 | 9.8471 | <0.0001 |
| | | EO | 1.36 | 0.19 | | |
| 2 | Direct Bilirubin | BO | 2.66 | 1.22 | 8.6843 | <0.0001 |
| | | EO | 0.72 | 0.15 | | |
| 3 | Indirect Bilirubin | BO | 1.57 | 0.86 | 5.7275 | <0.0001 |
| | | EO | 0.64 | 0.21 | | |
| 4 | SGOT | BO | 164.3 | 46.06 | 10.866 | <0.0001 |
| | | EO | 60.68 | 14.36 | | |

| | | | | | | |
|---|------|----|-------|-------|-------|---------|
| 5 | SGPT | BO | 105.8 | 61.87 | 4.454 | <0.0001 |
| | | EO | 43.83 | 05.96 | | |

Table-12

Table Showing changes in Pathological Investigations of 30 Patients of Bahupittakamla

| SN. | Name of Investigation | Baseline observation % | Endline observation % |
|-----|-----------------------|------------------------|-----------------------|
| 1 | Bile Pigment in Urine | 53.33% | 00.00% |

DISCUSSION and CONCLUSION

Total 30 patients were taken in study to evaluate the Doshapaka in Bahupittakamala.

Out of 30 patients 100% were taking *Katu Rasa*, 86.88% *Amla Rasa*, 80% *Lavana Rasa*, 53.33 % were doing predominantly *Madhura Rasa Sevan* and 0% were taking *Kashaya Rasa* which is showing that diet of patients was predominant in *Pitta Prakopak and Rakta Pradushyak*. Out of 30 patients, 63.33% taking *Ruksha Aahara*, 36.66% were taking *Snigdha* dominantly. 96.34% *Ushna* in property, rest were taking *Shita Guna*, *Guru* was predominant in 40%, *Laghu* was predominant in 60%, 100% patients used to take *Tikshna Guna Aahara*. Out of 30 patients 13, 12 and 7 had addictin of Alcoholism, had Thambakhu and Smoking respectively. *Mutravarna* having *Rakta Pita Varna* in total 36.66 % patients on the first day, which came to *Prakrit Mutra Varna on follow up*. Mala and Mutra Are the Dushyas of Bahupittakamla, as provoked Mala Rupa Pitta finds its way out of body via these two Margas. As the Doshpaka occurs in the Vyadhi, these Dushyas come back to Prakritvarna. Mala (Shakrut) Varna was found to be Rakta Pita in 30 % on the first day, which was reduced to according to normal Mala (Shakrut) Varna on last day. *Yakrit* was palpable in 93.33% subjects on 1st day of assesement, which comes on to 3.33% on 28th day of assesement.

HATENDRIYA-Almost all patients included in this study shows the symptoms like-*Indriya* are unable to maintain the *Utsaha* for *Samyaka Arthagrahana*, no willing to do any karma by *Swayampravrutti* and about *Vagendriya* the patient were not willing to talk by self, all these were considered as *Hatendriya*. As one of the Symptom of *Doshpaka* is *Indriya Vaimalya*, the same happens in *kamla*, at the end of total 28 days.

DAHA-As *Pachana* of *Sama pitta* in *Bahupittakamla Vyadhi* occurs, *Nirama pitta* resulting into regression of the symptom of *Daha*. *AVIPAKA*- As *Doshpaka* occurs, vitiated *Pachak Pitta* along with *Saman Vayu* are restored to their *Prakrit karma*, *Pachkagni* regains *Bala*, *Agni Sandhukshana* resulted, patient had feeling of *Kshupravrutti*, desire for food intake, here it is suggestive of *Doshpaka*. Incidence for this symptom was in 96.67% patients. *AROCHAKA*-*Annavaha Srotodusti*, *Rasavaha Srotodusti* was observed in 100% patients. *Arochaka* symptom was present in 100% of samples. *Bodhko Rasanasthayi Ras Bodhnat i.e. Bodhakakapha* is responsible for *Ruchi pradan karma*, but here in *Bahupittakamla* it is not due to vitiation of *Bodhaka kapha* , its due to *Vikrit Pitta Dosh*. As *Doshpaka* occurs *Sama Pitta* converts to *Nirama Pitta*, *Nirama Pitta* provides *Ruchi*, thus the symptom regresses.

DAURBALYA (BALKSHAYA)-Incidence of this symptom was 96.67%. It was due to *Oja kshaya* mentioned in the *Samprapti* of *Pandu Roga*. As disturbed *Oja* requires time for its recovery in the *Sharira*, even after *Doshpaka* persist to grade 1 in 10 patients. Symptom regresses to zero grade in 20 patients. *Tandra*- It was present in 73.33% of patients, the symptom regressed suggesting *Doshpaka*. *Doshpaka* refreshes the *Indriya*, brings *Laghvata* in the *Shariraavyava*. *Trishna*-*Trishna eti Sarvada Aambukamitvam*, *Abdhatu Dusti* is one of the Cause. *Sadana*-This symptom was found in 70% of patients in the form of *Anganam Anutsaha* while *Doshpaka* brings *Utsahadi Lakshan*. *Rakta pit Shakrit*, *Rakta Pit Mutra-Raktapit Shakrit and Raktapit Mutra was present in 30% and 36.66% patients respectively* which may be due to the excretion of in Bile pigment, Urea, Uric acid, Ammonia, cholesterol, Lactic Acid.

Discussion on Doshpaka Lakshna

Dosha Prakruti Vikrutyam-The Symptom was assessed by grading each *Prakrit Pitta Karma* (*Pakti*, *Ushma*, *Darshanam*, *Kshut-Trut-Ruchi*, *Prabha*, *Medha Shaoryam*) By taking sum of the gradations of each *Karma Doshprakruti Vaikrutyam* was Passed. *Doshpaka* converts *Vikrit pitta karma* to *Prakrit karma*.

Jwar Laghava-As Doshpaka occurs Jwar Vega regresses, returning the Matravat Ushma in the Body. In study, Jwara vega always depicts the Pitta Vikruti, in the morning it appeared in most of the patients around 12 pm Madhyankala suggesting to the Pitta kala, in night also the timing was overlapping with pitta kala, Madhyaratri. *Deha Laghava –As Doshpaka* occurs in the body the *Laghvata* is felt by the patient. Here the *Laghvata* means Shigragati to perform any karma which is also indicative of *Jirna Aahar Lakshana*. *Indriyanam Vaimalyam- As Doshpaka* occurs *Mlana Indriya* regains their *Bala*, *Vaimalyam* occurs.

The symptoms of *Bahupitta kamla* regresses with reduction in the Bilirubin values along with similar changes in the symptoms of Doshpaka was observed. Hepatic bile is the *Mala of Rakta* by all the ancient authorities of *Ayurveda*, to the symptomatology of *Pitta Vriddhi* viz., *Pitavinmutra*, *Pita Netra*, *Pita Twak*, these are stated by modern pathology also to be due to circulation, in excess, of the pigment Bilirubin condition described as Bilirubinemia. It is of significance to note, in this connection, the reference made by *Chakrapani Datta* to '*Mala Ranjaka Pitta*', or the *Pitta* which imparts colour to the faeces, in his commentary on *Charaka's* description of *Chakrapani Shakhashrita kamla*. Opined the non-excretion of Pitta, the *Malaranjaka* into koshtha is responsible for Swetvarchas

SGOT, SGPT these are the cytosolic enzymes secreted by the liver cells on cell injury or cellular necrosis, SGPT is found to be more specific. As vitiated *Pitta Dosha* produces *Kleda*, *Struti*, *Kotha in the Yakrita* some of these enzymes are released in excess quantity to the natural. These enzymes are the result of increases metabolism specifically catabolism by means of *Ushna Tikshna Guna* of *Pitta (Ranjaka Pitta)*, these transformations are result of increased *Yakrutastha Dhatvagnipaka*. As *Doshpaka* occurs these enzymes oversecretion come back to within normal limit. Bile pigment was found to be positive in 53.33%. It is present in the initial stage of the disease and disappears in later stage.

Kamla Vyadhi Mukti Lakshana

Twak Prakrit Varna and *Netra Prakrit Varna* were comeback in 70% subjects, *Nakhaharidra Varna* retained to *Prakrit* in 76%, *Bhekvarnatwak* was regressed in 100%. *Haridra Aanana* was restored to *Prakrit Varna* in 44.82%, *Hatendriya* symptom reduced as *Indriya Vaimalyam* in 68.96%, *Daha* and *Raktapit mala (shakruta)* vanished in 100% subjects, *Avipaka* returned to normal *Pakti* in 68.96%, *Aruchi* brought back to *Ruchi* in 90% subjects, *Dourbalya* restored to *Prakrit bala* in 65.51%, *Sadana* lossed and *utsaha utpatti* in 56.67%, *Trishna* vanished in 58.82%, *Tandra* lossed in 77.27%, *Raktapit Matra* returns to *Prakrit Matra Varna* in 90.90% subjects. In short all *Bahupittakamla* lakshanas reduces in some or more extent which is suggestive of *Doshpaka*.

The Ayurvedic contention of *Doshpaka* in *Vyadhiavastha* may be establish a ray of new approach to the upcoming research scholar.

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