

LOK PURUSH SAMYA – A REVIEW ARTICLE

Dr. Nidhi Chandrakar*¹, Dr. Rupendra Chandrakar² and Dr. Prema Bhagat³¹MD Scholar, Samhita Siddhant Department, Govt. Ayurveda College Raipur C.G. India.^{3,3}Reader, Samhita Siddhant Department, Govt. Ayurveda College Raipur C.G. India.

*Corresponding Author: Dr. Nidhi Chandrakar

MD Scholar, Samhita Siddhant Department, Govt. Ayurveda College Raipur C.G. India.

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ABSTRACT

Lok and *Purush Samaya* is one of the fundamental principles of Ayurveda which states that *Lok* (Universe) and *Purush* (Man) are similar to each other based on their Functioning, Anatomical, and Structural similarity. Hence there is interdependency as the Universe directly affects the human body and therefore changes in the universe alter the health of the human body which is helpful in the management of disease. The Universe and the individual shares similarity only they differ according to their composition. The theory of *Lok* and *Purush* is well explained by यत् पिण्डे तत् ब्रह्माण्डे Nyaya. According to this, *Purush* is representative of *Lok*. Due to the resemblance between *Lok* and *Purush*, the individual is well understood based on their Anatomical, Structural, Physiological, and Pathological similarities. Hence it helps in understanding the constitutions of the human body. Thus whatever more or less occurs in the Universe occurs in humans also. Therefore *Lok-Purush Samya Siddhant* explains the *Samanya Vishesh Siddhant* well through “The Doctrine of Signature”.

KEYWORDS: Lok, Purush, Lok Purush Samya Siddhant, Structural and Pathological Similarity.

INTRODUCTION

Ayurveda, a natural system of medicine, originated in India from Dwitiya Yuga i.e. Tretayuga. The term Ayurveda is derived from the Sanskrit words Ayu and Veda.

Ayu = Life

Veda = Science or knowledge that means knowledge of life.

The main objective of Ayurveda is

1. To maintain the health of a healthy person.
2. To cure the Disease.

In Ayurveda many principles are present. Which Lok Purush Samya Siddhant is one of them.

The theory of *Lok Purush Samya* states that *Lok* and *Purush* replicate each other. Both of them have Anatomical, Structural, and Physiological similarities with each other and are composed of *Panchamahabhuta*.

सर्वं द्रव्यं पंचभौतिकम् अस्मिन् अर्थे ।

Ayurveda states that every element on this Earth is formed from *Panchamahabhuta* i.e. *Akash*, *Vayu*, *Teja*, *Ap*, *Prithvi*.

According to यत् पिण्डे तत् ब्रह्माण्डे Nyaya Each and everything that exists in *Pinda* (*Purush*) exists in *Bramhanda* (Universe) and vice versa. Every element

present in *Pinda* in less composition (सूक्ष्म रूप) is present in *Bramhanda* in large composition (महत् रूप). Anything absent in the Universe cannot exist in man or humans. The birth and death of human beings depend on the Universe. The knowledge of an individual cannot be obtained without knowledge of the Universe.

The similarity of *Lok* and *Purush* according to their Structure and function is useful in getting knowledge of *Shareera Rachana* (Anatomy) and Physiology (*Kriya Sharir*). It is also useful in determining *Hetu*(cause), *Nidan* (Diagnosis), and *Chikitsa* (Management) of disease.

LITERATURE REVIEW

According to Ayurveda, there is interdependency between Human (*Purush*) and *Lok* (Universe). This interdependency theory was well explained by Lok Purush Samya Siddhant mentioned in *Charak Shareera Sthana*. *Lok* and *Purush* are important for survival. All the existence was possible only if *Lok* and *Purush* existed.

PURUSH

अस्मिन् शास्त्रे पंचमहाभूतशरीरिसमवायः पुरुष इत्युच्यते ।

In Ayurveda, the combination of *Panchamahabhuta* and *Sharir* (*Aatma*) together form *Purush*. The *Purush* is also

known as *Karma Purush* or *Chikitsya Purush* as the treatment is done on the *Purush* and the work deed, destiny and place of health and disease were present in *Purush* itself.

LOK

लोकस्य द्वैविध्यात् । लोको हि द्विविधः स्थावरो जांगमश्च ।

द्विविधात्मक एषाग्नेयः सौम्यश्च तद्भूयस्त्वात् ; पंचात्मको वा ।

तत्र चतुर्विधोभूतग्राम सस्वेदजजरायुजाण्डजोच्चिज्ज संज्ञा ।

तत्र पुरुषः प्रधानं तस्योपकरणमन्यत् ।

तस्मात् पुरुषोधिष्ठानम् ।

Lok is of two types i.e. *Sthavar* (Plant) and *Jangam* (Animal) Excess amount of *Agni* and *Som Tatva* present in *Lok* Hence known as *Agnisaumya*. In Ayurveda, there is *Chaturvidha Bhootgram* i.e. *Swedaja*, *Andaja*, *Jarayuja*, *Audbhida* present in *Lok*.

In Ayurveda *Lok* and *Purush Samya Siddhant* states that यावन्तो हि लोके मूर्तिमन्तो भावविशेषास्तावन्तः पुरुषे यावन्तः पुरुषे तावन्तो लोके ।

Every living body is a representation of the Universe. Everything present in *Purush* exists in *Lok* only the amount or constitution differ. As in *Lok* everything present in *Mahat Roop* is present in *Sukshma Roop* in *Purush*. *Acharya Sushrut* also mentions that the *Purush* is the most important creative factor of nature and another creation are made for *Purush*. Being the most important entity *Lok*, *Purush* is compared with it.

LOK AND PURUSH ARE SIMILAR IN MANY WAYS

AGNISOMYA – *Purush* is formed by *Shukra* and *Shonita*. *Shukra* is *Saumya* in nature and *Artava(Shonita)* is *Agniya*. Hence the *Purush* is *Agnisomiya* and *Lok* is also *Agnisomya*.

STRUCTURAL SIMILARITY

SADDHATVATAMAKA - *Acharya Charak* narrates that *Lok* is *Saddhatvatamaka* and is composed of *Panchmahabhut* and *Avyakta Bramha* and *Purush* is also *saddhatvatamak* i.e. *Panchmahabhut* and *Aatma*.

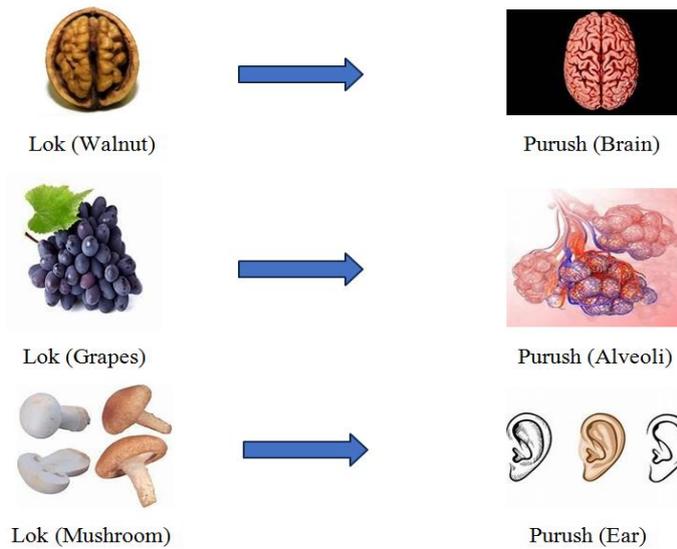
विसर्गादानं विक्रमैःसोमसूर्यानिलायथा । धारयन्ति जगद्देहं कफपित्तानिलास्तथा ।

Soma (Moon) is responsible for strength, *Surya* (Sun) is responsible for Energy, and *Anila* (vayu) is responsible for movement Similar to our body *Kapha*, *Pitta*, *Vata* does this function too.

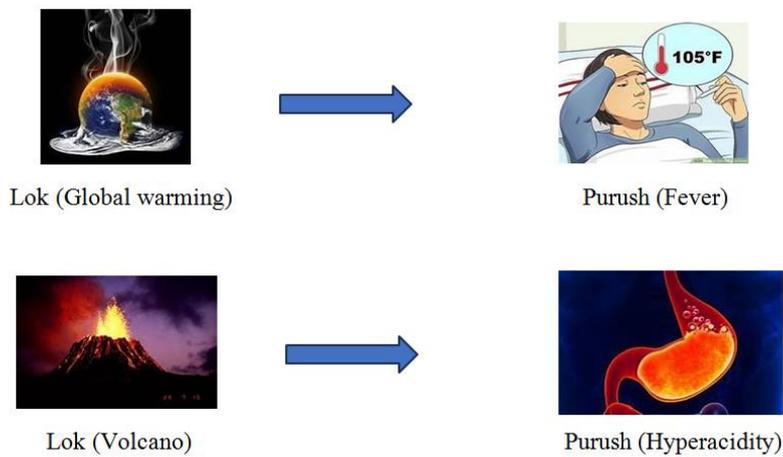
Acharya Sushrut mentioned 13 types of *Prakashman tatva* and also narrates the similarity between *Lok* and *Purush* as *Buddhi* is compared to *Bramha*, *Ahankar* is Compared with *Ishwar*, Man is Compared to *Chandrama*, *Srota* is Compared to *Disha*, *Charma* is Compared to *Vayu*, *Netra* is Compared to *Surya*, *Jivha* is Compared to *Jal and Nasika* is compared to *Prithvi*.

Whatever the Acharyas had seen in the Universe, they explained it by establishing a connection with the human body through examples like the *Hridaya* is related to *Pundarik*, *Yoni* is related to the *Shankha nabhi akriti*, *Garbhashaya* is related to *Rohit Matsya akriti*, etc. Thus, the Acharyas explained the similarity between the *Lok* and *Purush* and both are *Panchabhautik* in nature.

As the structure of the Kidney is similar to Beans it heals and maintains kidney function; the Brain is similar to walnuts which help in maintaining the function of the brain and Lungs are similar to Grapes which help in reducing Lung cancer. Similarly, temperature increases in global warming as well as Fever; likewise any changes in air, water, noise, heat, soil, *Desha*, and *kala* lead to changes in human health. As air pollution, water pollution leads to Airborne, waterborne diseases. An increase in temperature in the environment leads to Heat stroke.



PATHOLOGICAL SIMILARITY



Lok-Purushgata Bhava

No.	Lok	Purush
1.	Akash	Chhidra samuha
2.	Vayu	Prana
3.	Agni	Santaap
4.	Jal	Kleda
5.	Bramha	Antaratma
6.	Rudra	Krodha
7.	Soma	Chandrama
8.	Aswani Kumar	Kanti
9.	Tam	Moha
10.	Jyoti	Gyana
11.	Shristi	Garbhadhan
12.	Krityug	Balawastha
13.	Tretayug	Yuvaawastha
14.	Dwaparyug	Vridhaawastha
15.	Kalyug	Aturaawastha
16.	Yuganta	Mrityu

DISCUSSION

According to the above-mentioned literature and facts explain that the Utpatti, Anatomy, Structure,

Functioning, and etiopathology of Purush resemble the Lok as both originated from *Shaddhatu* i.e. *Avyakta* and *Panchamahabhuta*. The formation and destruction of

both of them are similar as the constitution is similar in many ways. The *Panchamahabhuta* i.e. *Akash, Vayu, Tej, Ap, and Prithvi* that are present in the Universe in large amounts are present in small amounts in individuals hence the *Lokgata Bhava* increases when the *Purushgata Bhava* also increases. As it is well explained by चत् पिण्डे तत् ब्रह्माण्डे *Nyaya*.

The Lok and Purush Samya Siddhant fulfill the criteria of *Samanya Vishesh Siddhant* as

सर्वदा सर्वभावानां सामान्यं वृद्धिकारणम्। हसहेतुर्विशेषश्च प्रवृत्तिरुभयस्य तु॥

According to this similar elements or *Dravya* (Things) help in *Vridhhi* (Increase) and dissimilar elements or *Dravya* (Things) lead to *Hras* (Decrease) the same. Hence *Lok* and *Purush* play an important role in maintaining the health of humans and curating a disease. As the birth and death of humans depend on the universe. The complete knowledge of the universe and its constitution is important.

CONCLUSION

The Acharyas had compared all aspects of the Universe and Humans in the *Samhitas* through *Lok Purush Samya Siddhant* Like Anatomical, Functioning, Structural, Physiological, Pathological, etc. Acharyas related *Lok* (Universe) to *Purush* (Human) and linked all the events happening in the Universe to the Human body and Life. In older times, Humans used to live their lives without interfering with nature, due to which nature also did not have any bad effect on humans. In this way, Homeostasis was maintained through the principle of *Lok Purush Samya*, but today humans do not think even once before interfering with nature, as a result of which the side effects on nature also affect human life. Which comes in the form of various diseases. If human life has to be made better, then according to the principle of *Lok Purush Samya*, nature will also have to be made better by *Samanya-Vishesh Siddhant*.

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