

APPLIED ASPECT OF *GURVADI GUNAS*; AN AYURVEDA REVIEWDr. Pradeep Atmaram Ingle*¹ and Dr. Ajayraj Bal²¹Associate Professor, Samhita, MES Ayurveda Mahavidyalaya, Ghanekhunt Lote, Tal. Khed, Dist. Ratnagiri, Maharashtra, India.²Associate Professor, Striroga & Prasutitantra, MES Ayurveda Mahavidyalaya, Ghanekhunt Lote, Tal. Khed, Dist. Ratnagiri, Maharashtra, India.***Corresponding Author: Dr. Pradeep Atmaram Ingle**

Associate Professor, Samhita, MES Ayurveda Mahavidyalaya, Ghanekhunt Lote, Tal. Khed, Dist. Ratnagiri, Maharashtra, India.

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ABSTRACT

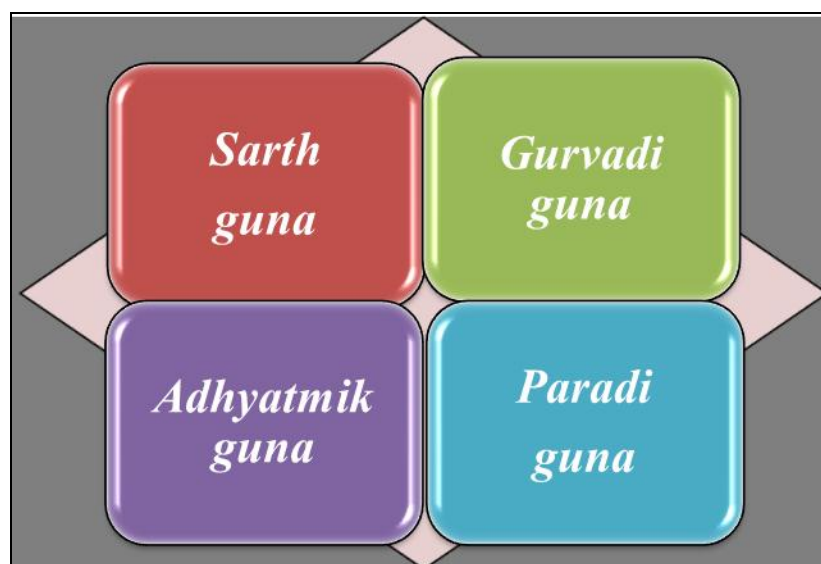
Ayurveda described several *Siddhantas* (principles) for healthy and long life; the concept of *Guna* is one such principle of Ayurveda that helps to understand properties of various *Dravyas* and their biological effects. *Karma* of *Dravya* mainly depends upon their *Guna* and consideration of *Guna* provides ways of *Guna Pradhan Chikitsa* in various health ailments. *Gurvadi gunas* are considered important amongst many types since these *Gunas* utilizes in various *Chikitsa*. *Gurvadi gunas* play vital role in treating diseases. The biological role of *Panchamahabhutas*, *Tridoshas*, *Ahara* and drugs, etc. can be described with the help of *Gurvadi gunas*. The specific *Guna* of *Ahara* is responsible for particular biological effects while some *Guna* of *Ahara* is responsible for pathological manifestations. Similarly *Guna* of *Dravyas*, herbs and herbal medicines offers health benefits in diseases pathogenesis. Present article described applied aspect of *Gurvadi Gunas*.

KEYWORDS: *Gurvadi guna*, *Ayurveda*, *Siddhantas*, *Dravya*, *Karma*.

INTRODUCTION

The property of *Dravya* play important role towards their action and therapeutic values. The properties of *Dravya* can be best explained through concept of *Guna*. Specific *Gunas* are responsible for particular actions. *Gunas* are

related with *Kshay*, *Vridhhi* and *Samya avastha* of *Doshas* therefore responsible for normal and pathological state of body.^[1-4] The Ayurveda texts categorize *Guna* into four major categories as depicted in **Figure 1**.

**Figure 1:** Major categories of *Guna* as per Ayurveda.

As depicted in Figure 1 the major categories of *Guna* are *Sarth guna*, *Gurvadi guna*, *Adhyatmik guna* and *Paradi guna*, amongst them *Gurvadi guna* is important one since these *Guna* affects action of *Dravyas* (*Ahara* and drugs) significantly.^[3-6] The biological and physiological aspects related to the *Gurvadi guna* are as follows:

- ✓ *Gurvadi guna* are present in *Prithvi adi dravyas* therefore considered as *Sadharan gunas*.
- ✓ They are large in number (*Sankhya pradhanya*)
- ✓ These *Gunas* are widely used in therapeutic and diagnostic practice.
- ✓ The pathogenesis of disease due to some causative factors depends upon *Gurvadi Guna* of causative *Dravyas*.
- ✓ Similarly therapeutic action of many drugs depends upon their *Gurvadi Guna*.

Role in treatment planning

As mentioned above the *Samprapti* of disease mainly depends upon *Guna* of causative elements. The *Guna pradhanya* or predominance of *Hetu* (causative elements) leads vitiation of *Dosha* which further results pathogenesis of diseases. The knowledge about predominance of *Guna* in the *Hetu* helps to plan treatment of opposite *Guna*. The drugs possessing *Guna* opposite to that of *Guna* of causative elements provides relief in diseased condition. The contribution of predominate *Guna* in disease first need to be understand that after therapy can be planned which can nullify effect of predominant *Guna* of *Hetu*. Therefore it is prerequisite that drugs should possess opposite properties to that of properties of causative elements.

Guna remains in *Samavayi* with *Dravya*; it is *Nischesta* and *Akarana*, represents particular action or many actions. The major *Guna* described in Ayurveda texts are; *Guru*, *Laghu*, *Seeta*, *Usna*, *Snigdha*, *Ruksha*, *Manda*, *Tikshna*, *Sthira*, *Sara*, *Mridu*, *Kathina*, *Vishada*, *Picchila*, *Slakshna*, *Khara*, *Sukshma*, *Sthula*, *Sandra* and *Drava*.^[5-8]

Applied Aspects of *Gurvadi guna*

- ✚ *Guna* acts as *Karana* in *Avasthantar* of *Dravya*.
- ✚ Acts as *Karana* in *Avasthantar* of *Sharir avastha*.
- ✚ Imparts specific action to the *Dhatu* thus responsible for particular *Dhatu guna*.
- ✚ Express *Karma* of *Dravya*.
- ✚ Clinically substances can be identified on the basis of character of *Dravya*.
- ✚ Clinically *Guna* utilizes in predicting *Sadhya asadhyata* of disease.

Association of *Guna*

- *Dravyas* are related with *Guna* for example *Vayviya dravya* posses *Laghu*, *Sheet*, *Ruksha* and *Khar Guna*.
- *Doshas* associated with *Guna* and different *Dosha* are predominant to specific *Guna* i.e.; *Pitta Dosha* possesses *Snigdha*, *Ushna*, *Laghu* and *Teekshna Guna*.

- *Ahara Dravya* exhibited biological action by virtue of their *Guna*, i.e.; *Mudga Ahara* possesses *Ruksha*, *Sheet* and *Laghu Guna*.
- There are six major *Rasa* of *Dravya* and each *Rasa* exhibited some combination of *Guna*, for example *Madhur Rasa* is responsible for *Snigdha*, *Sheeta* and *Guru Guna*.
- *Veerya* of *dravya* offers some biological action; *Ushna*, *Sheeta* and *Ruksha* effects due to their *Guna*.
- The action of *Vipaka* can also be best explained by virtue of their *Guna* for example compound possessing *Madhur vipaka* exhibited some action due to their *Snigdha* and *Guru Guna*.
- *Rutu* (season) is also related with some particular types of *Guna*, i.e.; *Greeshma Rutu* offers *Ruksha Guna*.
- *Avastha* (age) of person is related with some *Guna*, the degenerative effect of *Vaya Avastha* can be attributed to the *Ruksha Guna* of *Vridhdha avastha*.
- The inherent constitution means *Prakruti* of person is also predominant to some *Guna*; *Kapha prakruti* person possess *Snigdha* by virtue of *Snigdha guna* of *Kapha prakruti*.
- The pathogenesis of diseases related with predominant action of some *Guna* of *Hetu*; *Samprapti* of *Raktapitta* arises due to the vitiation of *Pitta* caused by *Ushna guna*.

Gurvadi guna and their role

Gurvadi guna are considered *Sharir Gunas* found in body tissues and affects physiology of body, causes *Vikrita* and imparts therapeutic actions. *Gunas* are related with *Tridoshas* therefore balancing state of *Dosha* driven by some *Gunas* of *Ahara* and drugs, contrary to that sometimes *Guna* of *Hetu* vitiate *Dosha* leading to the pathological condition therefore *Guna* play vital role towards the physical and mental health status of person.

Vata Dosha related with *Ruksha*, *Sheeta*, *Vishada*, *Laghua*, *Chala* and *Khar Guna*, *Pitta Dosha* is related with *Sneha*, *Tikshna*, *Amla*, *Sara* and *Katu Guna* while *Kapha Guna* associated with *Seeta*, *Mridu*, *Guru*, *Picchila* and *Snigdha Guna*. The *Vridhdhi* and *Kshaya* of *Doshas* causes diseases therefore appropriate combination of *Gunas* is required to keep *Doshas* in balancing state.

The successful treatment of disease depends on understanding of *Guna* of *Hetu*, for example consumption of *Madhuradi Dravyas* causes *Kaphaja Vikara* due to the *Guru* and *Sheeta Guna* of *Madhuradi Dravyas*. The treatment of such condition requires utilization of drugs having *Laghu* and *Ushna Guna*.

Nidana Parivarjana Chikitsa involves avoidance of causative factors so *Dravyas* possessing harmful *Guna* should not be consume and one should not indulge in *Nidana* responsible for diseases. The *Nidana* having disease causing *Guna* should be avoided to remain away from common diseases. The *Lakshana*, *Cinha* and *Rupa*

of diseases manifested when *Gunataha*, *Dravataha* and *Karmataha* of *Doshas* get increases or decreases, for example when *Chala Guna* of *Vata* get increase then symptom of *Alpa Chesta* occurs.

Guna of *Aushada* possesses specific property thus offers desired therapeutic responses, for example *Pippali Rasayana* offers *Tikshana Guna*, *Madhura Vipaka* and *Katu Rasa* thus imparts *Amapachana*, *Vatashamaka* and *Agnideepana* effect therefore relieves symptoms of constipation, indigestion and *Amavata*. The concept of *Gunas* is not only helpful in curative perspective but also play role in preventive approaches. *Guna* of *Aushada* offers benefits in therapeutic measure while *Guna* of *Ahara* gives benefits in disease preventive approaches. Ayurveda also described concept of “*Samanya Vishesh Siddhanta*” which helps to treat diseases, this *Siddhant* is based on the properties of substances which either increases or decrease quality of *Dravya* in terms of their *Guna* and *Karma*.^[7-13]

Karma of Gurvadi Guna^[14,15]

- *Laghu Guna* produces lightness in body.
- *Tikshna Guna* is responsible for *Sodhana* and metabolic fire.
- *Usna Guna* produces sweat and regulates digestive activities.
- *Snigdha Guna* is responsible for the formation of *Kledana*.
- *Ruksha Guna* is responsible for process of absorption.
- *Khara Guna* initiates process of scraping. Power of generation of *Prasadana* is *Sandra*.
- *Kathina Guna* is associated with stiffness in body.
- *Sthira Guna* imparts power of *Dharana* thus helps to holds organs and materials inside the body.
- *Sara Guna* offers *Prerana Shakti*.
- *Sukshma Guna* produces *Vivarana*.
- *Sthula Guna* is responsible for *Sanvarana*.
- *Vishada Guna* is responsible for *Chalana* effect.
- *Picchila Guna* is responsible for *Lepana Karma*.

CONCLUSION

The understanding of predominance of *Gunas* involves in *Doshas* vitiation help to understand pathogenesis of diseases and treatment can be planned accordingly to suppress disease causing *Guna*. The drugs possessing opposite *Gunas* to that of *Guna* of disease causing elements offers therapeutic benefits in pathological ailments. The concept of *Nidana parivarjana* also involves avoidance of particular *Guna* which may causes disease. The nourishment and disease resistant value of *Ahara* also depends upon their *Guna*. The concept of *Pathya apathya* can be advises by considering *Guna* predominance of substances. The physiological and pathological conditions of body can be demarcated by the *Gurvadi gunas*. *Vridhhi* and *Kshaya* of *Dosha gunas* lead diseases, the *Aushadhi dravyas* having some *Gunas* and these *Gunas* used by the physician to restore *Doshas* into their *Sama avastha*. The *Guna* of a *Dravya* confides

Rasa, *Virya* and *Vipak* which offers many biological responses inside the body. The *Bhesaja* of any disease can be selected on the basis of *Gurvadi gunas* of medicines and aggravated *Gunas* of disease causative factors.

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