

**PRINCIPLES OF RASA, GUNA, VIRYA, VIPAKA SIDDHANT TOWARDS THE
CONCEPTUAL MANAGEMENT OF DISEASE**Dr. Jyotsna Nagnath Gangasagre^{1*} and Dr. Nagnath Subhanji Gangasagre²¹Associate Professor and H. O. D., Sanskrit Samhita Siddhant Dept. S.G.R. Ayurved College Solapur, Maharashtra, India.²Professor and H.O.D., Agad Tantra Dept. Govt. Ayurvedic College, Osmanabad, Maharashtra, India.***Corresponding Author: Dr. Jyotsna Nagnath Gangasagre**

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ABSTRACT

Ayurveda the science of healthy living not only believe to treat disease but also considered use of logical concept for maintenance of good health and wellbeing. Ayurveda propped various therapeutic approaches for the management of disease including uses of drugs. The therapeutic potential of drugs related to their properties such as; *Rasa*, *Guna*, *Virya*, *Vipaka* and *Prabhava*. These properties of drugs referred as *Panchapadarthas* or *Pachagunas*. The traditional text of Ayurveda *Charaka* also proposed the concept of *Kala*, *Upaya*, *Adhishtana* and *Phala* which play vital role towards the drug action. This article described basic concept of *samhita siddhant* related with logical approaches of disease management.

KEYWORDS: Ayurveda, Samhita Siddhant, Rasa, Guna, Vipaka.**INTRODUCTION**

The Ayurveda traditional system of Indian medical science comprises different branches and *samhita* is one of them which included basic principles and concept related to the disease pathogenesis, diagnosis and treatment. Ayurveda considered body component such as; *tridosha dhatu*, *mala*, *srotas* and *agni* as tool of healthy living since proper balancing of these component contributes towards the normal physiological functioning. The present paper describe conceptual role of *rasa*, *guna*, *virya*, *vipaka* and *prabhava* towards the action of drug. *Guna* means attribute or basic nature of drugs, *rasa* indicate taste and denote structural arrangement of drugs, *virya* related with drug action/potency, *vipaka* indicate biotransformation or metabolite of drug while *Prabhava* refers specific action or post digestion effect of the drug.

**Figure 1: Principle properties of drug (*dravya*) which affect its biological action.****AIMS AND OBJECTIVES**

The study is carried out with an aim to review the principles of *rasa*, *guna*, *virya*, *vipaka siddhant* towards the management of disease

MATERIALS AND METHODS

This study was carried out by literary reviews using modern medical databases such as; PubMed, Google scholar and *Dhara*, etc. Classical *Samhita*, textbook like *Dravyagun-vigyana* and material related to *Dravyagun-shastra* also used for study.

Concept of Guna

The *Guna* resembles basic properties of *Dravya*, majorly 41 *gunas* are described by ayurveda literature including; *Indriyarth guna*, *Gurvadi guna*, *Paradi guna* and *Atmaguna*. These *guna* contributes significantly towards the action of drug (*dravya*), the *Gunas* of any drugs (*dravya*) can be using different *samskaras* as per desired potential. The same *dravya* may possess different action due to its diversified *guna* and predominance of *guna* depends upon process of formulation (*samskaras*). *Gunas* associated with physicochemical qualities of *dravya*. The ayurveda classic described various types of *guna*. Among them *Gurvadi guna* are 20 such as; *Shita* (cold), *Ushana* (hot), *Guru* (heavy), *Laghu* (light), *Snigdha* (moist, unctuous), *Ruksha* (dry), *Mrudu* (soft), *kathin* (hard), *mand* (slow), *Tikshna* (quick), *sthir* (firm), *sara* (moving), *pichhil* (slimy), *vishad* (non slimy),

shalkshana (smooth), *khar* (rough), *sthul* (large), *sukshama* (minute), *Sandra* (solid) and *drava* (liquid).

Doshas Guna

- **Vata dosha:** *Ruksha*, *laghu*, *sheeta*, *sukshma*, *khara* and *chala* guna.
- **Pitta dosha:** *Sasneha*, *ushna*, *tikshna*, *laghu*, *sara* and *visra* (bad smell) guna.
- **Kapha dosha:** *Snigdha*, *sheeta*, *guru*, *slakshana*, *manda* and *sandra* guna.

Table 1: Dravya Guna and their action.

S. No.	Guna	Karma
01	Guru	Bruhana (improve stoutness).
02	Laghu	Langhana (lightness in body).
03	Shita	Sthambhana (obstruct).
04	Ushana	Swedana (fomentation).
05	Snigdha	Snehana (unctuousness).
06	Ruksha	Rukshana (dryness)
07	Manda	Shaman
08	Tikshna	Shodhana (cleanses the body)
09	Sthir	Dharan
10	Sara	Prerana
11	Mrudu	Shlathana (looseness in body)
12	Kathin	Dradhikarna
13	Picchil	Lepan
14	Vishada	Kshalan
15	Shlakshna	Ropan
16	Khara	Lekhan
17	Sthula	Sanvaran
18	Sukshma	Vivaran
19	Sandra	Prasadan
20	Drava	Vilodan

Table 4: Biological action of Rasa dravya.

Rasa	Biological action
Madhura Rasa	Promotes strength, complexion, keenness of sense organ, excretions. provides contentment, prolongs the life span and prevent aggravation of <i>vata</i> and <i>pitta</i>
Amla Rasa	Possess carminative, appetizer and digestive properties. Improves taste, good for heart, spreads quickly in body.
Lavana Rasa	Possess carminative, appetizer digestive and moistening properties. Clear the system/channels, spreads quickly all over the body.
Katu Rasa	Control movement of <i>vata</i> , stool, urine and stimulates digestive fire, improves taste perception, scratches sticky material, clear channels in the body
Tikta Rasa	It act as absorbent, cleans channels, improve taste. It reduces anorexia, poison, thirst, worms, fainting, nausea, fever, burning sensation, skin diseases. Used in <i>kaphaja</i> , <i>pittaja</i> and <i>raktaja</i> disorders.
Kashaya Rasa	Use in <i>kaphaja</i> and <i>pittaja</i> disorders, help to restore <i>dhatu</i> s and also used in diarrhea. Dries up the body moisture, heals wound, promotes normal skin colour. In excess use obstruct semen, flatulence, stiffness in body.

Rasa also related with dosha as follows

- **Madhura Rasa:** Pacifies *vata* and *pitta*.
- **Amla Rasa:** Increases *kapha* and *pitta* and pacifies *vata*.
- **Lavana Rasa:** Pacifies *vata*, increases *kapha* and *pitta*.
- **Katu Rasa:** Increases *vata* and decreases *kapha*.

Table 2: Biological action of Guna.

S. No.	Guna	Biological action
01	Guru	Tonic
02	Laghu	Digestive
03	Shita	Cooling
04	Ushana	Appetizer
05	Snigdha	Tonic
06	Manda	Laxative
07	Sthira	Constipation
08	Picchil	Bone mineralization
09	Vishada	Wound healing
10	Shlakshna	Wound healing
11	Sthula	Nutritive
12	Sandra	Tonic

Table 3: Common role (biological) of drug (Dravya) Guna.

S. No.	Guna action	Role in biological system
1	Rasabibhavata	Dravya rasa super seated by Guna
2	Vipakakarantvata	Vipaka transformed due to the Gunas
3	Karmabahulyata	Guna offer cumulative or synergistic effect with different mode of action

Concept of Rasa

Rasa resembles properties of *dravya* related to sense organ, the majorly described *Rasas* are; sweet (*madhura*), sour (*amla*), salt (*lavana*), pungent (*katu*), bitter (*tikta*) and astringent (*kashya*). The *Rasa* of *dravya* offer various physicochemical properties and contributes significantly towards the specific action of *dravya*.

- **Tikta Rasa:** Pacifies *kapha* and *pitta*.
- **Kashaya Rasa:** Pacifies *kapha* and *pitta*.

Concept of Vipaka

Vipaka means change in taste of substance at the end of digestion. *Vipaka* means biotransformation of *dravya* (drugs) inside body. *Vipaka* involve uses of *dhatu*/

tissues along with biochemical process such as; oxidation and reduction. *Vipaka* involve transformation of *dravya guna* while restoring *rasa*. The *sushruta* commonly described two types of *vipaka* depending upon involvement of *guna* such as; *guru* and *laghu vipakas*. However the major classification described three types of *vipaka* such as; *Madhur vipaka*, *Amla vipaka* and *Katu vipaka*. *Charaka* mentioned activity of *madhura vipaka*, *amla vipaka* and *katu vipaka* by *snigdha* and *ruksha*

gunas. *Vipaka* also associated with potency of drug (*virya*); *madhura vipaka* relates with cold potency (*shita virya*) while *katu vipakas* associated with hot potency (*ushna virya*) *Madhur vipaka* increases *kapha dosha* and pacify *vata*, *katu vipaka* increases *vata-pitta* while *amla vipaka* increases *pitta* (*Madhur vipaka* act as *kaphavardhak* and *vatapittahara* while *katu vipaka* act as *vata-pittavardhak* & *kaphahara*).

Table 5: Biological action of Vipaka.

<i>Vipaka</i>	Biological action
<i>Madhur Vipaka</i>	Increases <i>Kapha</i> , semen (<i>Shukral</i>) and facilitates the excretion of urine & feces (<i>purish</i>).
<i>Amla Vipaka</i>	Increases <i>Pitta</i> , destroy semen (<i>Shukranashan</i>) and facilitates the excretion of urine & feces (<i>Srustavinmutra</i>).
<i>Katu Vipaka</i>	Increases <i>Vata</i> , destroy semen (<i>Shukranashan</i>) and sometimes obstruct the flow of urine & feces (<i>Mutra</i> and <i>Purisha</i>)

Concept of Virya

Virya describe potency of *dravya* or specific *guna* of *dravya*. *Virya* associated with *gunas* and considered complimentary to *rasas*. The *Virya* majorly categorized as two types (*Dwividha Virya*) and eight types (*Asthavidha Virya*) etc. cold (*Shita*) and hot (*Ushana*) *Virya* comes under *Dwividha Virya* while cold (*Shita*), hot (*Ushna*), unctuous (*Snigdha*), dry (*Ruksha*), heavy (*Guru*), light (*Laghu*), soft (*Mrudu*) and intense (*Tikshna*) *Virya* comes under *Asthavidha Virya* category. Pungent, sour and salt taste have hot potency with increasing order respectively; bitter, astringent and sweet taste are cold in potency in the same manner.

Virya also affect dosha as follows

- *Shita Virya*: pacify *Pitta* & increases *Kaphavata*
- *Ushna Virya*: pacify *Kaphavata* & increases *Pitta*
- *Snigdha Virya*: pacify *Vata*
- *Ruksha Virya*: Increases *Vata* & pacify *Kapha*
- *Guru Virya*: pacify *Vata* increases *kapha*
- *Laghu Virya*: pacify *Kapha* increases *vata*
- *Mrudu Virya*: pacify *Pitta*
- *Tikshna Virya*: pacify *Kapha*

<i>Virya</i>	Biological action
<i>Shita Virya</i>	Produces contentment, obstruction, virilification and maintain life.
<i>Ushna Virya</i>	Possess digestive, burning, perspiration, liquification, emetic and purgative properties.
<i>Snigdha Virya</i>	Promotes strength, pleasantness, oleating. Hold age and aphrodisiac (<i>Vaajikaran</i>)
<i>Ruksha Virya</i>	Used in dysentery (<i>Sangrahana</i>), heals wound and dry moistness (<i>Virukshan</i>).
<i>Guru Virya</i>	Improve stoutness, filling cavities (<i>pooran</i>), holds body constituents (<i>sanshleshana</i>) and aphrodisiac.
<i>Laghu Virya</i>	Absorbs moist, (<i>Kledaachushana</i>), scarifying (<i>Lekhana</i>), heals wound (<i>Uparopan</i>) and dry moistness.
<i>Mrudu Virya</i>	<i>Rakta-Mansa Prasadana</i> and pleasant to touch (<i>Susparshana</i>)
<i>Tikshna Virya</i>	Dries moist, <i>Avadaran</i> and <i>Stravan</i> ,

Concept of Prabhava

Prabhava determine action of drug other than *rasa* and *vipaka* in terms of *guna* as *rasaprabhava* and *vipakaprabhava*. It is a type of inexplicable energy therefore also termed as *Achintyashakti*. *Prabhavh* associated with specific action and is more potent than *rasa* & *virya*. *Prabhavh* is responsible for action like *Samshodhana* action of *Madan*. *Rechana* action of *Danti*, *Vishaghna* action of *Shirish* and extraction of foreign bodies like iron these all activities are also due to the *Prabhavh*.

Prabhava. These properties of drugs referred as *Panchapadarthas* or *Pachagunas*. These all inherent properties of *dravya* i.e; *Rasa*, *Guna*, *Virya*, *Vipaka* and *Prabhava* contributes greatly towards the biological effects of *dravya* and useful in disease management. The imbalances of these component leads pathological conditions, the management of such condition require use of drugs which possess inherent properties such as; *rasa*, *guna*, *virya*, *vipaka* and *prabhava*. These properties of drugs helps to pacify *tridosha*, *dhatu*, *mala*, *srotas* and *agni* thus relieve from pathological condition.

DISCUSSION

The therapeutic potential of drugs related to their properties such as; *Rasa*, *Guna*, *Virya*, *Vipaka* and

CONCLUSION

Rasa resembles specific structural function of the substances. The drugs act by their inherent *gunas* which

denotes *panchbhutic* mode of substances. *Vipaka* relates with pharmacokinetic principles of *dravyas* and helps in biotransformation of drugs to get potent *dravyansha*. *Virya* describe potency of *dravya* or specific *guna* of *dravya*. *Virya* associated with *gunas* and considered complimentary to *rasas*. *Prabhava* determine action of drug other than *rasa* and *vipaka* in terms of *guna* as *rasaprabhava* and *vipakaprabhava*.

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