

REVIEW ARTICLE ON GURVADI GUNA AND ITS ROLE IN CHIKITSA

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ABSTRACT

Ayurveda described several Siddhantas (principles) for healthy and long life; the concept of Guna is also a principle of Ayurveda that helps to understand properties of various Dravyas and their effects on body. Gurvadigunas are considered important amongst many types since these Gunas utilizes in various Chikitsa. Gurvadigunas play vital role in treating diseases as they are found in dravyas as well as in sharira, So they are also known as "sharirikaguna". 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..

Keywords: Gurvadiguna, Ayurveda, Siddhantas, Dravya, Karma.

INTRODUCTION

The property of guna of Dravyas play important role towards their action and medicinal 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, Vriddhi and Samyaavastha of Doshas therefore responsible for normal state of body.¹⁻⁴ The Ayurveda texts categorize Guna into four major categories - the major categories of Guna are Sarthguna,

Gurvadiguna, paradiguna & Adhyatmikguna amongst them Gurvadiguna is important one since these Guna affects action of Dravyas.³⁻⁶

VARIATIONS FROM DIFFERENT AUTHORS

Acharya Charaka and Sushruta described Gurvadi Guna while discussing about Ahara and its Sevana.

There is a slight variation in enumeration of Gunas from different authors. Usually two Gunas which are antagonists to each other are grouped together. The following table shows variation in these combinations as per different authors.

| Vagbhata | Charaka | Sushruta | Nagarjuna | Bhavamishra |
|---------------------|------------------|-------------------------------|------------------|------------------|
| Ref. A.Hr., Su 1/18 | Ca. Su 25/36 | Su.Su.46/518 Su.111 Su.111 | Ra. Vai.A.& | B.Pr. |
| Guru *Laghu | Guru *Laghu | Guru *Laghu | Guru *Laghu | Guru *Laghu |
| Manda *Tikshna | Manda *Tikshna | Mradu *Tikshna | Mradu *Tikshna | Manda *Tikshna |
| Hima *Ushna | Shita *Ushna | Shita *Ushna | Shita *Ushna | Shita *Ushna |
| Snigdha * ruksha | Snigdha * ruksha | Snigdha * ruksha | Snigdha * ruksha | Snigdha * ruksha |
| Slakshna* Khara | Slakshna* Khara | Slakshna* | | Slakshna* |
| | Khara | Karkasha | | Karkasha |
| Sandra *Drava | Sandra *Drava | Sandra *Drava | | Sushaka*Drava |
| Mridu * Kathina | Mridu * Kathina | | | |
| Shita& Sara | Shita& Sara | Manda& Sara | | Shita& Sara |
| Sukshma *Sthula | Sukshma *Sthula | Sukshma * | | Sukshma *Sthula |
| | | Sthula | | |
| Vishada *Picchila | Vishada * | Vishada * | Vishada * | Vishada * |
| | Picchila | Picchila | Picchila | Picchila |
| | | Sugandha *Durgandha | | |

Role in treatment and planning

Gurvadiguna are present in Prithviadidravayas therefore considered as Sadharangunas. They are large in number (Sankhyapradhanya) These Gunas are widely used in therapeutic and diagnostic practice. The pathogenesis of disease due to some causative factors depends upon GurvadiGuna of causative Dravyas. Similarly therapeutic action of many drugs depends upon their GurvadiGuna. Role in treatment planning As mentioned above the Samprapti of disease mainly depends upon Guna of causative elements. The Gunapradhanya of Hetu 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. Using drugs with properties opposite to the cause of the disease provides effective relief. 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 Gurvadiguna

Guna acts as Karana in Avasthantar of Dravya. Acts as Karana in Avasthantar of Shariravastha. Imparts specific action to the Dhatu thus responsible for particular Dhatuguna. Express Karma of Dravya. Clinically substances can be identified on the basis of character of Dravya. Clinically Guna utilizes in predicting Sadhyaasadyata of disease. Association of Guna Dravyas are related with Guna for example VayviyadravyapossesLaghu, Sheet, Ruksha and

KharGuna. Doshas associated with Guna and different Dosha are predominant to specific Guna i.e.; Pitta Dosha possesses Snigdha, Ushna, Laghu and TeekshnaGuna. AharaDravya exhibited biological action by virtue of their Guna, i.e.; MudgaAhara possesses Ruksha, Sheet and LaghuGuna. 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 Madhurvipaka exhibited some action due to their Snigdha and Guru Guna. Rutu (season) is also related with some particular types of Guna, i.e.; GreeshmaRutu offers RukshaGuna. Avastha (age) of person is related with some Guna, the degenerative effect of VayaAvastha can be attributed to the RukshaGuna of Vriddhaavastha. The inherent constitution means Prakruti of person is also predominant to some Guna; Kaphaprakruti person possess Snigdhangha by virtue of Snigdhanguna of Kaphaprakruti. 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 Ushnaguna. Gurvadiguna and their role Gurvadiguna are considered SharirGunas 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 vitiates 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 KharGuna, Pitta Dosha is related with Sneha, Tikshna, Amla, Sara and KatuGuna while KaphaGuna associated with Seeta, Mridu, Guru, Picchila and SnigdhaGuna. The Vriddhi

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 KaphajaVikara due to the Guru and SheetaGuna of MadhuradiDravyas. The treatment of such condition requires utilization of drugs having Laghu and UshnaGuna. NidanaParivarjanaChikitsa involves avoidance of causative factors so Dravyas possessing harmful Guna should not be consumed 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 ChalaGuna of Vata get increase then symptom of AlpaChesta occurs. Guna of Aushada possesses specific property thus offers desired therapeutic responses, for example PippaliRasayana offers TikshanaGuna, MadhuraVipaka 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 Siddhanta 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 GurvadiGuna^{14,15} LaghuGuna produces lightness in body. TikshnaGuna is responsible for Sodhana and metabolic fire. UsnaGuna produces sweat and regulates digestive activities. SnigdhaGuna is responsible for the formation of Kledana. RukshaGuna is responsible for process of absorption. KharaGuna initiates process of scraping.

Power of generation of Prasadana is Sandra. KathinaGuna is associated with stiffness in body. SthiraGuna imparts power of Dharana thus helps to hold organs and materials inside the body. Sara Guna offers Prerana Shakti. SukshmaGuna produces Vivarana. SthulaGuna is responsible for Sanvarana. VishadaGuna is responsible for Chalana effect. PicchilaGuna is responsible for Lepana Karma.

Gurvadiguna and their role in Chikitsa

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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 Nidanaparivarjana 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 Pathyaapathya can be advises by considering Guna predominance of substances. The physiological and pathological conditions of body can be demarcated by the Gurvadigunas. Vriddhi and Kshaya of Doshagunas lead diseases, the Aushadhidravayas having some Gunas and these Gunas used by the physician to restore Doshas into their Samaavastha. 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 Gurvadigunas of medicines and aggravated Gunas of disease causative factors

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