

Department :- Ayurved Samhita & Siddhant

Basic Concept of Siddhant

शरीरेन्द्रियसत्त्वात्मसंयोगो धारि जीवितम् ।

नित्यगश्चानुबन्धश्च पर्यायैरायुरुच्यते ॥ Ch.Su.1/42

- Ayu represents a union of *Sharira*, *Indriya*, *Sattva*, *Atma*.

Synonyms: *Dhari*, *Jivit*, *Nityaga*, *Anubandha*, *Chetananuvrutti*

Dhari: it means one which prevents the body from decay. The 4 components of *Ayu* ultimately responsible for maintain the body by preventing it from putrefaction. Whenever this conjugation destroys body starts to putrefy.

Jivita: Due to this combination our body becomes able to carried out variants vital activities like anabolic & catabolic digestion etc and keeps alive.

Nityaga: right from conception our body continuously goes on and on up to death. This indicates the unstable state of the body.

Anubandha: it is the contact between *Sharira*, *Indriya*, *Sattva* and *Atma* through it connects the two stages of body.

Chetananuvrutti: this combination i.e. *Sharira*, *Indriya*, *Sattva* & *Atma* Sanyoga is responsible of consciousness in our body.

Composition of Ayu

Ayu is composed of 4 constituents:

1. *Sharira*
2. *Indriya*
3. *Sattva*
4. *Atma*



Ayurved Lakshana

1. हिताहितं सुखं दुःखमायुस्तस्य हिताहितम् ।
मानं च तच्च यत्रोक्तमायुर्वेदः स उच्यते ॥ Ch.Su.1/41
2. स्वलक्षणतः सुखासुखतो हिताहिततः प्रमाणाप्रमाणतश्च;
यतश्चायुष्याण्यनायुष्याणि च द्रव्यगुणकर्माणि
वेदयत्यतोऽप्यायुर्वेदः । तत्रायुष्याण्यनायुष्याणि च द्रव्यगुणकर्माणि
केवलेनोपदेक्ष्यन्ते तन्त्रेण ॥ Ch.Su.30/23
3. आयुरस्मिन् विद्यते, अनेन वाऽऽयुर्विन्दन्ति' इत्यायुर्वेदः ॥
Su.Su.1/15
4. आयुर्वेदयतीत्यायुर्वेदः Ch.Su.30/23
5. आयुषो वेद आयुर्वेदः - Arunadatta
6. आयुर्हिताहितं व्याधेर्निदानं शमनं तथा ।
विद्यते यत्र विद्वद्भिः स आयुर्वेद उच्यते ॥ Bha.Pra.Pu.1

Lakshana of Ayurved

- Ayurveda word is made by combination of two words.
1. *Ayu* 2. *Veda*
- *Ayu* means Life
- *Veda* means knowledge
- Hence complete meaning of the word Ayurveda is science of life.
- Acc. to *Sushruta*, Ayurveda is a mean through which the healthy & elongated life can be achieved.
- Acc. To *Dalhan*, *Ayu* is combination of *Sharira*, *Indriya*, *Sattva* and *Atma*, that is to say through which *Ayu* is attained, elongated or known is Ayurveda.

- **Acharya Charak:** Science is designated as Ayurevd, where *Hitayu* (useful or advantageous life), *Ahitayu* (harmful or disadvantageous life), *Sukhayu* (life full of happiness & pleasure) and *Dukhayu* (life full of sorrow and miseries), along with what is wholesome and unwholesome to life, *Pramana* of Ayu and description of Ayu are described.
- The science which imparts knowledge about life, with special reference to its definition, and the description of happy and unhappy life, useful and harmful life, long and short spans of life and such other material along with their properties and actions as promote and demote longevity will be described in the entire treatise.

- ***Sushruta***: The etymological meaning of the term "Ayurveda" may be interpreted to denote either a science in the knowledge of which life exists, or which helps a man to enjoy a longer duration of life.

Siddhanta

- A demonstrated truth which is established after several repeated observation & examinations by experts in their fields along with certain reason & logic is termed as *Siddhanta*.

- **Types:** 4

- अथ सिद्धान्तः- सिद्धान्तो नाम स यः
परीक्षकैर्बहुविधं परीक्ष्य हेतुभिश्च साधयित्वा
स्थाप्यते निर्णयः । स चतुर्विधः-
सर्वतन्त्रसिद्धान्तः, प्रतितन्त्रसिद्धान्तः,
अधिकरणसिद्धान्तः, अभ्युपगमसिद्धान्तश्चेति ।

Ch.Vi.8

Sarvatantra Siddhant

- The truth which is universally accepted by all the experts of that particular field is known as *Sarvatantra Siddhant*.
- Truth common to all scriptures
- Exa.
 1. The entity which always become a cause for the augmentation of another is the *Samanya* for that particular one.
 2. Existence of causative factors of diseases & existence of curatives fro curable diseases.

Pratitantra Siddhant

- The truth which is accepted by a single treatise is known as *Pratitantra Siddhant*.
- Truth specifies to a given scripture.
- Also called '*Ekiya mata*'
- Example.
 1. Ch.Sa. – 360 bones, Su.Sa.- 300 bones
 2. Other scripture- 8 *Rasa* (taste), C.S.- 6 *Rasa*.
 3. *Veerya*: 2 and 8

Adhikarana Siddhanta

- The truth implied automatically or unintentionally which is related to the main topic described by the author is known as *Adhikarana Siddhanta*.
- Example: 'The patient who was affected by *Kushtha* 2 years back is not curable now'. By this statement we can know that Kala is important to confirm any disorder as curable or incurable. In each & every disease one should not neglect time to take the treatment and avoid faulty dietary habits. Because they convert the curable disease into incurable state of disease.
- Liberated soul indulges in action leading to bondage for he is free from all desires, this statement implies truths like fruit of action, liberation of soul & existence of life after death.

Abhyupagama Siddhanta

- Truth taken for granted.
- The concept or theory which is not proved previously, not examined, not taught by any one, without any logical reasoning or argument proved during the discussion of the experts of that field is termed as *Abhyupagama Siddhanta*.
- In the discussion or debate all the persons are trying to present the importance of each & every view with their logical reasoning.
- Example: some says Dravya is predominant, some says Guna is predominant & other says *Veerya* is predominant.

Basic principles of Ayurved

- Basic principles of Ayurveda are established by self experience. They are made by several observation and study of nature.

Some important principles are

- **Triguna:** Prakruti consists three Guna- Sattva, Raja and Tama. Balance of three guna is Prakruti. Imbalance of Triguna causes creation of Universe. These are the basic cause of Srushti utpatti. Vagbhata named Triguna as Mahaguna.
- **Health:** is essential for the achievement of 4 Purushartha. And disease is the obstacle in obtaining Chaturvidh Purushartha. For getting long & healthy life, knowledge of Ayurved is helpful.
- **Samanya –Vishesha:** imbalance (*Vruddhi* or *Kshaya*) of Doshadi is responsible of manifestation of disease. To regain the healthy status, Samanya (*Dravya, Guna, Karma*) is applied for *Kshaya* of *Doshadi*. While *Vishesha* (*Dravya, Guna, Karma*) is applied for *Vruddha Doshadi*.
- **Loka – Purusha Samya Siddhanta:** Whatever produced entities are in the universe, the same are in the person and vice versa.

- **Rasa and Tridosha:** There are 6 Rasa (*Madhura, Amla, Lavana, Tikta, Katu, Kashaya*) and three Dosha (*Sharira*). Group of three Rasa are responsible for decrement and increment of each Dosha.
- **Dosha-Dhatu-Mala:** Body is nothing but the composed of *Dosha-Dhatu-Mala*. Dhatu and Mala are also termed as *Dushya*. *Dushya* are vitiated by Dosha and cause diseases.

Dosha: Vata, Pitta, Kapha

Dhatu: Rasa, Rakta, Mamsa, Meda, Asthi, Majja, Shukra.

Mala: Purisha, Mutra, Sweda.

- **Panchamahabhuta:** Everything in this universe is made up of five basic elements which are: *Akash, Vayu, Agni, Teja, Jala, Pruthvi*. Body, Drug & Diet are also made up of *Panchamahabhuta*. Dosha, Dhatu & Mala eventually are made up of *Panchamahabhuta*.
- **Ojas:** it is considered as essence part of the body. It is also considered as *Bala* or *Vyadhipratikaraka Shakti*. It is the first to be formed in *Garbha*. Body is destroyed is *Ojas* is destroyed.

- Agni: There are 13 kinds of Agni are present in the body for the digestion food and drug we take.

Jatharagni:1

Bhutagni:5

Dhatvagni: 7

- Some believes that there are *Doshagni*, *Dhatavagni* and *Malagni* for the metabolism in the body.

- **7 Triads:**

1. **Traya Upastambha:** Ahara, Nidra & Brahmacharya.
2. **Trividha Bala:** Sahaja, Kalaja, Yuktikrit
3. **Trividha Ayatana:** 3 causes of diseases- Atiyoga, Hinayoga, Mithyayoga of Kala, Artha & Karma.
4. **Roga Traya:** 3 kinds of diseases- Nija, Agantuja & Manasa
5. **Trividha Rogamarga:** 3 courses of disease- Shakha, Marmasthi sandhi & Koshtha
6. **Trividha Aushadha:** Daivavyapashraya, Yuktivyapashraya, Sattvaavajaya.
7. **Trividha Bhishak:** Chhadmachara, Siddhasadhita, Jivitabhisara.

- *Atma & Mana*: Ayurved is also *Astika Darshana*. It also believes in *Karma, Karmaphala, Atma, Mana, Punarjanma, Moksha* theories. *Atma* is tied with his deeds of past birth and takes rebirth till the enjoyment of deeds are not over. *Atma* is free from diseases. *Mana* is also considered as abode of disease with the Body. *Raja* and *Tama* are considered as *Manas Dosha*. Disease of mind and body affects each other vice versa.
- *6 Padartha*: Ayurveda has mentioned 6 *Padartha-Samanya, Vishesha, Guna, Dravya, Karma, Samavaya*. They are considered as *Karana* of *Chikitsa*.
- *Dravya gata Padartha*: *Dravya* is one of six *Padartha*. *Rasa, Guna, Karma, Veerya, Vipaka* and *Prabhava* are present in *Dravya*. Treatment is depended upon these *Rasadi*.