

Department :- Ayurved Samhita &
Siddhant

Topic :- Concept of Guna

NIRUKTI

- THE WORD GUNA IS DERIVED FROM THE DHATU GUNAM. IT IS EXPLAINED AS गुण्यते आमन्त्रयते लोक अनेन इति गुणाः ।
- THIS MEANS *GUNA* IS THE MAIN FACTOR OR PROPERTY OF A DRAVYA BY WHICH IT ATTRACTS EVERY THING IN IT.
- IF THERE IS NO GUNA THEN THE DRAVYA BECOMES INACTIVE AND DULL AND IT IS UNKNOWN.

EX- IF WE TAKE AN IRON ROD IT IS DARK BLACK IN COLOUR AND HEAVY AND METALLIC IN NATURE. THIS MEANS THE IRON ROD HAS GOT DARK BLACK COLOUR AND HEAVY BY ITS PROPERTIES.

- AND WE ARE IDENTIFYING THE DRAVYA BY ITS PHYSICAL PROPERTIES.

LAKSHANAS

समवायी तु निश्चेष्टः कारणं गुणः । (CH SU 1/15)

- GUNA IS THE ONE WHICH IS LOCATED IN DRAVYA INHERENTLY IS THE CAUSATIVE AGENT AND IS DEVOID OF PROPERTY AND ACTION.
- IT MEANS THAT GUNA ITSELF HAS NO ACTION BUT IT ONLY QUALIFIES THE DRAVYA FOR SUCH ACTION.

विश्व लक्षणा गुणाः । (R V SU 1/168)

- GUNA IS A COMBINATION OF VIBHINNA LAKSHANAS AND HENCE IT CANNOT BE EXPLAINED AS A SINGLE FORM OR LAKSHANA.
- THE WORD VISWA VIKINNA, BHINNA AND VIBHINNA ARE THE SYNONYMS OF GUNAS.

GUNA SAMKHYA

सार्था गुर्वादयो बुद्धि प्रयत्नान्ताः परादयः गुणाः प्रोक्तो CH SU.1/49

ACHARYA CHARAKA CLASSIFIED GUNA UNDER HEADINGS

(TOTAL-41)

- SAARTHA GUNA
- GURVADI GUNA
- PARADI GUNA
- BUDDHI PRAYATNADI GUNA

- CHAKRAPANI INCLUDED THESE 4 GROUPS IN 3 HEADINGS
 - VAISESHIKA GUNA
 - SAMANYA GUNA
 - AATMA GUNA
- THERE ARE TOTALLY 41 GUNAS ARE ACCEPTED BY ACHARYAS AND YOGENDRA NATH SEN ADDED MANAS TO THE ABOVE GUNAS.
- VAISESHIKAS MENTIONED 17 GUNAS.
- PRASASTA PADA MENTIONED 24 GUNAS
17+(SABDA,SAMSKARA,GURUTVA,DRAVATVA ,SNEHA,
DARMA,ADHARMA)

SAARTHA GUNA

SYNONYMS: -- VAISESHIKA GUNA,
-- BHAUTIKA GUNA,
-- INDRIARTHA GUNA

सार्थाः शब्दादयो ज्ञेयागोचरा विषया गुणाः । CH.VI 1ST CHAPTER

5 IN NUMBER

- SHABDA, SPARSHA, RUPA, RASA, GANDHA.

VAISESHIKA DARSHAN EXCLUDED SHABDA, BUT PRASHASTA PADA ACCEPTED.

- NYAYAYIKA DARSHAN ACCEPTED ALL THE FIVE SARTHAKA GUNA.

SHABDA

आकाशस्य तु विज्ञेय शब्द वैशेषिको गुण । KARIKAVALI

- ❖ It is the quality through shrotrendriya.
- ❖ It is the tanmatra of akasha.

UTILITY IN MEDICAL SCIENCE

- PRASNA PAREEKSHA.
- NUMBER OF RESPIRATION , HEART BEATS.
- FETAL SOUNDS CONFIRMS THE PREGNANCY.
- FRACTURES ARE DIAGNOSED BY PECULIAR SOUNDS.
- IN CHARAK INDRIYAM ARISTA LAKSHANAS RELATED TO SABDA ARE MENTIONED.
- IT IS ONE AMONG THE PANCHENDRIYA PAREEKSHA.

SPARSA

स्पर्शवान वायुः |VAI SU 2/1/4

- ALL THESE ATTRIBUTES ARE PERCEPTIBLE BY THE TACTILE SENSE ORGAN.

UTILITY OF SPARSA ATTRIBUTE

- WHILE EXAMINING THE PATIENT HOT OR COLD TOUCH GIVES THE IDEA ABOUT THE TEMPERATURE OF THE BODY.
- DISLOCATION OF THE JOINTS.

RUPA

तत्र रूपं चक्षुः ग्राह्यम्। P.PADA

- **UTILITY OF RUPA :**
- IT GIVES THE KNOWLEDGE ABOUT THE SHAPE, COLOR , SIZE

दर्शनं स्पर्शनं प्रश्नैः परीक्षेत च रोगीणां |AS S 1/44

- DISCOLORATION IN KAMALA AND PANDU.
- SHOPHA, VRIDDHI, ABHIGHATA ETC..

RASA

रस्यते आस्वाद्यते इति रसः। **CHAKRA PANI**

- IT IS THE QUALITY THROUGH RASANENDRIYA.
- IT IS THE TANMATRA OF JALA.

जीवन पुष्टि बलमारोग्य निमित्तं । **PRA . PADA**

- CAUSE OF LIFE ,NUTRITION, STRENGTH AND HEALTH.

IMPORTANCE

- IN DIAGNOSIS,
- LIKE IN JVARA, TIKTA ASYATA IS PRESENT.
- TO ACCESS THE RASAS OF DRAVYAS.

GANDHA

घ्राण ग्राह्यो गुणो गन्धः।

- ACHARYA SUSRUTA HAS DESCRIBED THIS PAIR SEPARATELY IN VIMSATI GUNA.

IMPORTANCE:

- SOME OF THE DRUGS ARE IDENTIFIED BY THEIR SPECIAL SMELL
EG: ASHWAGANDA.
- OJAS IS CONSIDERED AS LAJA GANDI.
- THE GANGRENOUS CONDITION IS DIAGNOSED BY PECULIAR FOUL SMELL.
- IN CHARKA SAMHITA CHAPTER NAMED PUSHPEETAKA INDRIYAM IS SPECIALLY MEANT FOR EXHALATION OF ODOUR INDICATIVE OF IMMINENT DEATH.
- IN DIABETIC KETOACIDOSIS= BREATHING SMELL WILL BE LIKE ACETONE.

PARAADI GUNA

परापरत्वे युक्तिश्च संख्या संयोग एव च विभागश्च प्रिथकत्वं च
परिमाणमथापि च संसकारोऽभ्यास इत्येते गुणाः प्रोक्ताः परादयः ।

- SYNONYMS - SAMANYA GUNA,
- CHIKITSOPAYOGI GUNA
- VAISESHIKA- GUNA INCLUDED 7 AMONG THESE {EXCEPT
YUKTI, SAMSKARA AND ABHYASA}
- NYAYAYIKA INCLUDED 8 AMONG THESE {YUKTI AND ABHYASA}

PARATWA - APARATVA

देशकालवयोमा वीर्य रसादिषु, परापरत्वे।CH.SU.26/31

	PARA	APARA
DESHA	JANGALA	ANOOPA
VAYAS	TARUNA	VRUDDHA
MANA	MAGADHA	KALINGA

IMPORTANCE

❑ FOR TREATING

❑ VATA DOSHA -- VASTI & TAILA PARA

❑ PITTA -- VIRECHANA & GRITHA

❑ KAPHA -- VAMANA & MADHU

❑ ANTAREEKSHA JALA IS PARA AND VARSHA NADEYA
JALA IS APARA

❑ SAINDHAVA LAVANA IS PARA AND ROMAKA/USHARA
LAVANA IS APARA.

YUKTI

युक्तिश्च योजना या तु युज्यते । CH.SU.26/39

- REASONING/ PROPER PLANNING
- ACHARYA CHARAKA MENTIONED YUKTI UNDER 3 HEADINGS
- 1) PARADI GUNA
- 2) SVATANTRA PRAMANA
- 3) TANTRA YUKTI

SANKHYA

संख्या स्यादगणितं, योगः स संयोग उच्यते । CH SU 26/31

- THE NUMBER LIKE 1,2,3 IS KNOWN AS SANKHYA.
- IT IS HAVING GREAT IMPORTANCE FOR PRESENTING THE KNOWLEDGE ACCURATELY.

IMPORTANCE

- Days ,months, years are specified by different numbers.
- Measurement of body parts.
- Counting of dosha , dhathu, diseases.
- Panchakarma having important different 5 procedures.
- Dose and potency of medicine are measured in number.

SAMYOGA

संयुक्त व्यवहार हेतुः गुणाः संयोग । CH.SU.26/32

- COMBINATION OF 2 OR MORE ITEMS IS KNOWN AS SAMYOGA.
- EG. HARITAKI GIVEN WITH GHRITA – PACIFIES VATA.
- RITU HARITAKI- RASAYANA EFFECT
- MADHU GIVEN WITH WARM WATER- LEKHANA AND MEDOHARA
- MADHU WITH MILK - BRIMHANA

- CAUSATIVE FACTOR FOR ROGOTPATTI-

“ASATMENDRIYARTHA SAMYOGA”

- BALANCED UTILIZATION OF SAMYOGA IS THE CAUSE FOR HEALTH.
- HERE EXISTENCE OF LIFE IS POSSIBLE ONLY BY THE SAMYOGA OF SUKRA AND ARTAVA.

VIBHAGA

विभागस्तु विभक्तिः स्याद् वियोगो भागशो ग्रहः ।CH SU

26/33

- SEPARATION OF THE COMPONENTS OF A MIXTURE IS KNOWN AS VIBHAGA

IMPORTANCE:

- Using medicines in divided doses.
- Trivida kuksheeyam vibhagam.

PRUTAKTWA

प्रुथकत्वं स्यादसंयोगो वैलक्ष्यण्यमनेकता ।CH SU 26

- IDENTIFYING AN OBJECT FROM A GROUP BY A PECULIAR QUALITY IS KNOWN AS PRUTHAKATWA.
- **IMPORTANCE:**
- DIFFERENTIAL DIAGNOSIS.
- WHILE COLLECTING RAW MATERIALS, SEPERATION OF UNWANTED PLANTS AND PARTS,

PARIMANA

परिमाणं पुनर्मानं | CH SU 26/34

- PARIMANA IS THE QUALITY BY WHICH DRAVYAS ARE MEASURED.

IMPORTANCE

- THE QUANTITATIVE MEASUREMENTS OF DRUG DOSES.
- POUTAVA MANA FOR WEIGHT
- PAYA MANA FOR LENGTH,
- DRVAYA MANA FOR LIQUID
- ATI DEERGHYA AND ATI HRASVA ARE CONSIDERED AS NINDHYA
- ANUTVA IS THE PARIMANA OF MANAS
- ANGULI PRAMANA , ANJALI PRAMANA.

SAMSKARA

संस्कारः करणं मतम् । CH SU 26

- SAMSKARA IS THE TRANSFORMATION OF THE NATURAL ATTRIBUTES OF DRAVYA BY VARIOUS PROCESSINGS OR METHODS.
- PARADA SAMSKARAS
- BHAVANA, SHODHANA ETC

IMPORTANCE:

- HELPS IN ADDING THE NEEDED REQUISITES TO THE MEDICINE
- BY PROPER PROCESSING'S AND ALSO HELPFUL TO REMOVE THE UNWANTED PRINCIPLES.

ABHYASA

भावाभ्यासनमभ्यासः शीलनं सतत् क्रिया । CH SU 26/34

- Regular practice is known as abhyasa.
- It also known as sheelana and satata kriya.

IMPORTANCE

- It is having great importance in treatment for practicing the health principles.
- Sadvritta palana

- E: ACTUALLY

GURVADI GUNA

गुरु मन्द हिम स्निग्धश्लक्ष्ण सान्द्र मृदुः स्थिराः गुणाः स
सूक्ष्मा विशदा विंशति स विपर्यय ।A.H.SU.

- GURVADI GUNA ARE 20 IN NUMBER.
- THIS ALSO KNOWN AS KARMANYA GUNA OR SHARIRAKA GUNA.

GUNAS ACCORDING TO DIFFERENT TEXTS

CHARAK & VAGBHAT	SUSRUT	RASA VAISESIK	BHAVMISRA
GURU	GURU	GURU	GURU
LAGHU	LAGHU	LAGHU	LAGHU
SHEETA /HIMA	SHEETA	SHEETA	SHEETA
USHNA	USHNA	USHNA	USHNA
SNIGDHA	SNIGDHA	SNIGDHA	SNIGDHA
RUKSHA	RUKSHA	RUKSHA	RUKSHA
MANDA	MANDA	---	MANDA
TEEKSHNA	TEEKSHNA	TEEKSHNA	TEEKSHNA
PISCHILA	PISCHILA	PISCHILA	PISCHILA
VISHADA	VISHADA	VISHADA	VISHADA

CHARAK & VAGBHAT	SUSRUTA	RASA VAISESIK	BHAVMISRA
STHULA	----		STHULA
SUKSHMA	SUKSHMA		SUKSHMA
MRUDU	MRUDU	MRUDU	MRUDU
KATHINA	---		
SLAKSHNA	SLAKSHNA		SLAKSHNA
KHARA	KARKASA		KARKASA
STHIRA	---		STHIRA
SARA/CHALA	SARA		SARA
SANDRA	SANDRA		SUSHKA
DRAVA	DRAVA		DRAVA
	SUGANDHA		
	DURGANDHA		
	VYAVAYI		32
	VIKASI		
	AASHLIKARI		AASHLIKARI

PECULIARITIES OF CHARAKA, SUSRUTA AND BHAVA MISHRA

CHARAKA & VAGBHAT	SUSRUT	BHAVMISRA
MANDA-TEEKSHNA	MRIDU- TEEKSHNA	MANDA- ASU
STHIRA- SARA	MANDA- SARA	-----
MRUDU- KATHINA	-----	MRUDU- KARKASA
SLAKSHNA- KHARA	SLAKSHNA- KARKASA	SLAKSHNA- TEEKSHNA
SANDRA- DRAVA	-----	SUSHKA-DRAVA

GURU - LAGHU

GURU : यस्य द्रव्यस्य बृहमणे कर्मणे शक्तिः स गुरु । Hemadri

LAGHU : लङ्घने लघुः । Hemadri

Guna	Lakshan by Hemadri	Bhoota	Dosaghnata	Anya karma	Eg:
Guru	Brumhana	P + J	K vruddhi V kshaya	Sthaulya karam mala vruddhi kara santarpana, Aalasya kara	Masha
Laghu	Langhana	A+V+T	V vruddhi K kshaya	Karshya karam, mala kshaya Apatarpan varna Ropak	Laja

UTILITY

- AMONG SHADUPAKRAMA BRIMHANA ACTS WITH THE HELP OF GURU GUNA.
- AND LANGHANA ACTS BY LAGHU GUNA.

SEETA- USHNA

SEETA: स्तंभने हिमः । Hemadri

USHNA: स्वेदने उष्ण । Hemadri

Seeta/ Hima	Stambane	J + V	VK vruddhi P kshaya	Datu vruddhikara, murcha trushna, daha, sveda hara	chanda n
Ushna	Svedane	A + V	P vruddhi V K- kshaya	Dhatu shiithilyakara, Sveda, murcha daha ,trushna kara,	chitraka

UTILITY

- SHEETA GUNA DRUGS MURCHA TRUSHNA HARA (JALA BHOOTA) CURE ATISARA , RAKTAPITTA.
- ALL DEEPANA PACHANA DRUGS ACT BY USHNA GUNA.
- AGNIMANDYA, PRATISYAYA CAN BE CURED BY USHNA PROPERTY.

SNIGDHA- ROOKSHA:

SNIGDHA : यस्य क्लेदने शक्ति : स स्निग्धः । Hemadri

ROOKSHA: यस्य शोषणे शक्तिः स रूक्षः । Hemadri

Snigdha	Kledana	J	K kara V hara	Balyakara, vrushya, mridutva	chatusneha
Ruksha	Soshan	P+A+V	V kara K hara	Balya Varna hara, rukshana, kathinata	Gomutra, yava

- Action of abhyanga is based on snigdha guna (mardava krut, pusti, varnakrut).
- Rukshana upakrama in Amavata.

MANDA - TEEKSHNA

MANDA: यस्य शमने शक्तिः स मन्दः । Hemadri

CH- Manda - Teekshna

SU- Mridu - Teekshna

BP- Manda - Aashukari

TEEKSHNA: यस्य शोधने शक्तिः स तीक्ष्णः । Hemadri

Manda	Shamana	P+J	K vardak P shamak	Gati avarodha, chirakari, alpakriyata	Guduchi
Teekshna	Shodhana	T	P V K vardak hara	Srotogami, Daha paka kara, lekhanakari	Pippali

SLAKSHNA - KHARA

SLAKSHNA: यस्य रोपणे शक्तिः स शलक्षण । Hemadri

Ch - slakshna - Khara

Su - Slakshna - Karkasa

BP - Slakshna - Teekshna

KHARA: यस्य लेखने शक्तिः स खरः । Hemadri

Slakshna	Ropane	Ch- A	K vardak	jeevaneeya balya bruhmana	Mukta
Ch, Vag- Khara Su- Karkasa	Lekhane	Ch- VP Su- VT	V vardak	lekhana Datu kshya , mala soshaka	Kamala nala

SANDRA - DRAVA

SANDRA:

यस्य प्रसादने शक्तिः स सान्द्र । Hemadri

DRAVA:

यस्य विलोडने शक्तिः स द्रव । Hemadri

Sandra	Prasadane	P+J	K vrudhi	dathu vrudhi shareera prasadana, srotorodha	Navaneeta, mastu
Drava	Vilodane	J	K P vrudhi	Kledana , datu mala vrudhi	Ksheera, jala

MRUDU - KATHINA

MRUDU: यस्य श्लथने शक्तिः स मृदुः। Hemadri

Ch, Vag - Mrudu - Kathina

BP - Mrudu - Karkasa

Su - Mrudu - Teekshna

KATINA: यस्य द्रव्यस्य दृढीकरणे शक्तिः स कठिनः। Hemadri

Mrudu	Shiithilyata	A+ J	K vruddhi	Mrudutwa, Snehan Brumhana Mala vruddhi.	Vasa taila
Kathina	Drudeekaran	P	V vruddhi	Drudatwa Rukshana Stambana Mala kshaya	Mukta , pravala ⁴²

STHIRA -SARA

STHIRA: यस्य धारणे शक्तिः स स्थिरः। Hemadri

SARA: प्रेरणे चलः। Hemadri

Sthira	Dharana	P	K vruddhi	stambana brumhana,	aswaganda
Sara / Chala	Prerana	Su-J Ch- T Hemadri -V	V P vruddhi	anulomana, lekhana	Gorochan

STHULA - SUKSHMA

STHULA:

यस्य द्रव्यस्य संवरणे शक्तिः स स्थूलः। Hemadri

SUKSHMA:

यस्य विवरणे शक्तिः सूक्ष्म। Hemadri

Sthula	Samvarana	P+j	K vruddhi	Srotovarodha Staulyakari bulkness	Dadhi
Sukshma	Vivarana	V+ A +T	V vruddhi	Srotoshodak, laghu paki, minuteness	.Lavan

VISHADA - PISCHILA

VISHADA

यस्य क्षालने शक्तिः स विशदः । Hemadri

PISCHILA

यस्य लेपने शक्तिः स पिच्छिलः । Hemadri

Visada	Kshalana	P+V+A+A	V vruddhi K kshaya	vrana ropaka Langhana kara	Madya
Pichila	Lepana	J	K vruddhi V kshaya	balya Sandana kara Gurutwa kara	likshurasa

VYAVAYI

- The quality by which the dravya first spread in the body and then digest it is known as vyavayi.
- Vayu and aakash maha bhuta predominance.
- Ex. ahiphena

VIKASI

- The dravya spreads in the body and cause oja kshaya, dhatu kshaya, and sandhi shaithilya it is known as vikasi.
- Vayu maha bhuta predominance.
- Ex. pugi phala

AASUKARI

- THE QUALITY THAT SPREADS VERY QUICKLY IN THE BODY LIKE OIL IN WATER IS KNOWN AS AASHUKARI.
- VAYU MAHABHUTA PREDOMINANCE.

SUGANDHA

- IT GIVES COMFORT AND TASTE.
- VAYU MAHABHUTA PREDOMINANCE.

AADYAATMA GUNAS

- *SYNONYMS* - AATMAGUNA(CHAKRAPANI)

-BUDDI PRAYATNANTA GUNA

- THEY ARE 6 IN NUMBER

इच्छा द्वेष सुख दुःख प्रयत्न श्चेतनाधितिः ।

बुद्धिःस्मितिरअहंकारो लिंगानि परमात्मनः॥CH SA.1

- ICCHA, DWESHA, SUKHA, DUKHA,BUDDHI, PRAYATNA

CONCLUSION

- All the dravyas in the universe are identified by gunas
- Practical utility of gurvadi guna can be done by application of samanya visesha siddantha.
- Astavidha veerya vada, even veeryas have classified according to gunas only.
- In application of treatment principles.
- Understanding of samprapti ghatakas and samprapti vighatana.
- Understanding of drug action.
- In performing of dinacharya, rutu charya.
- Selection of drug, dosage form and dose.

CONCLUSION...contd

- Gunas always need dravya for existence.
- Basing on the attributes of the dosha dhatu and mala the healthy state of the person can be examined.
- To attain normalcy one should use the ahara and aushadha dravyas accordingly based on gunas only.
- The gunas of various dravyas are inferred through their actions after consuming dravyas only.

THANK YOU..