

SAMANYA VISHESHA PRINCIPLE: KEY COMPONENT IN AYURVEDIC TREATMENT

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ABSTRACT

Among the various principles *Samanya-Vishesha* Principle is one of the unique concepts mentioned in Ayurveda. The term *Samanya* implies similarity or uniformity or the one which causes increase in substance. While the term *Vishesha* says about dissimilarity or non-uniformity or the one which causes decrease in substance. According to Ayurveda, the disease occurs in body either due to increase or decrease of *dosha* and *dhatu*s which disturbs the equilibrium state of body. When these *dosha* and *dhatu*s are brought to their equilibrium healthy status is attained. The healthy status is attained through the application of *Samanya-Vishesha* principle. The *Samanya-Vishesha* Principle strengthens the *doshas* and *dhatu*s that have become weak (by its similarities) and reduces *doshas* and *dhatu*s which are increased (by its dissimilarities) causing imbalances. So the wise application of *Samanya-Vishesha* Principle helps in the treatment of various diseases in Ayurveda.

Keywords: *Samanya, Vishesha, Disease, Doshas, Dhatus* etc.

INTRODUCTION

The fundamental principles of Ayurveda are *Triguna, Panchamahabhuta, Tridosha, Sapta Dhatu, Oja, Shad (six) padartha, Atma- parmatma, Punarjanma, Moksha, Lok- Purusha Samya, Samanya-Vishesha* etc¹. Among these, *Samanya-Vishesha* principle is one of those which plays a key component in Ayurvedic treatment². By increasing the decreased substance or decreasing the increased substance in order to bring the substance in balance state in the body is the basic aim of Ayurvedic treatment³. *Samanya* is one which says about similarity/ uniformity or increase in substance or one which is having similar characteristics of a particular group⁴. *Samanya* is classified differently by different

Acharyas. Acharya Charaka classified it into three types namely *Dravya Samanya* (consuming flesh increases *Mamsa dhatu* in body, consuming fatty substances increases *Meda dhatu* in body etc.), *Guna Samanya* (consuming milk and ghee corrects depleted *Shukra dhatu* as both milk and ghee as well as *Shukra* resembles in their *guna* like *madhura* (sweet), *snighdha* (oily) and *sheet* (cool) property, similarly food articles like curd, ghee, jaggery increases *Kapha* as these contains *madhura, snighdha* and *sheet* property), *Karma Samanya* (resting for long hours, sleeping or relaxation causes increased *Kapha* in body due to stable nature of *Kapha*, while excessive exercise increases *Vata* due to unstable

nature of *Vata*).⁵ *Acharya Bhattar Harish Chandra* talks about *Atyanta Samanya* (*Dravya, Guna* and *Karma Samanya*), *Madhaya Samanya* (any two out of *Dravya, Guna* and *Karma Samanya*), *Ekdesha Samanya* (any one out of *Dravya, Guna* and *Karma Samanya*)⁶. *Kaarikavali* talks about *Para Samanya* and *Apara Samanya*⁷. While some *Acharyas* talks about *Ubhaya vritti Samanya* (consuming flesh increases *Mamsa dhatu* in body) and *Eka vritti Samanya* (Ghee enhances *Agni*, exercising conditions increases *Vata*, resting for long hours, sleeping or relaxation causes increased *Kapha* in body)⁸. *Vishesha* is one which says about dissimilarity/non-uniformity or decrease in substance or one which is having opposite characteristics of a particular group⁹. *Acharya Charaka* classified *Vishesha* into three types namely *Dravya Vishesha* (*Asthi* and *Mamsa* are opposite in nature so when *Mamsa dhatu* vitiates in body *Asthi* is used to decrease the former hence by consuming pulses like *Kulattha, Yavaka, Mudaga*, etc obesity is treated by decreasing *Mamsa dhatu*), *Guna Vishesha* (by using oils possessing *Ushna* (hot), *Snighdha*, and *Guru* (heaviness) property; vitiating *Vata* is treated as *Vata* contains opposite *guna* than oils like *ruksha* (dry), *laghu* and *sheet*), *Karma Vishesha* (heavy exercise like running, swimming decreases *Kapha* in body due to stable nature of *Kapha* etc.)¹⁰. In Ayurveda Health is defined as equilibrium between *Dosha, Dhatu, Mala, Agni* along with cheerful state of body, mind and spirit organization¹¹. Any entity or factor which disturbs the equilibrium state of above that results into pathological state. Through the application of *Samanya- Vishesha* Principle *doshas dhatu*s and *mala* are strengthened that have become weak (by its similarities) and reduces these entities which are increased (by its dissimilarities) causing imbalances¹². So the correct application of *Samanya- Vishesha* Principle helps in the treatment of various diseases in Ayurveda. But there are some exceptions to the above rule. Eg, *Amalaki* (Indian goose berry/*Phyllanthus emblica*) is sour in taste so it should increase *Pitta* by *Guna Samanya* (similarity in quality

of sourness (*amla*) between *Pitta* and *amalaki*) but it does not because of its coolness (*shaitya*) which is opposite quality to hotness (*ushna*) of *Pitta*. Also Ghee is cool (*shaitya*) and oily (*snighdha*) so it should hamper *Agni* (heat) but it increases digestive fire and heat element by its *prabhav* (intrinsic power)¹³. Even so as a common rule, it is true that same or similar things (with non opposing characteristics) enhances same or similar body constituents by quantity, quality and action and contradictory or non similar things reduce them by quantity, quality and action. It is necessary to understand the concept of increase or decrease due to activities. Any activity does not directly increase or decrease any constituent but an activity produces changes in the body constituents which then increase or decrease the body constituent. For eg, excess exercise vitiates *Vata*, it means due to more body movements and activities *Vata* gets aggravated.

MATERIAL AND METHODS

Various *Samhitas* and their respective commentaries, various articles, and on line data base have been referred for the specific materials and the topics are discussed on the basis of its conceptual part to draw out ultimate conclusion.

DISCUSSION

The concept of *Samanya- Vishesha* Principle is very unique and aims at physical, mental, social and spiritual well being. By increasing the decreased entity and decreasing the increased entity thus attaining equilibrium is the basic aim of Ayurvedic treatment. *Samanya* principle causes increased entity in the body due to its similar or uniform features. *Vishesha* principle causes decreased entity in the body due to its dissimilar or non-uniform features.

RESULT

The application of *Samanya- Vishesha* Principle strengthens the *doshas* and *dhatu*s that have become weak (by its similarities) and reduces *doshas* and *dhatu*s which are increased (by its dissimilarities)

causing imbalances. So the correct application of *Samanya- Vishesha* Principle helps in the treatment of various diseases in Ayurveda.

CONCLUSION

In Ayurveda it seems impossible to treat various diseases without the application of *Samanya- Vishesha* Principle. The aims and objectives of Ayurveda is to maintain the health of healthy individual and to treat various disease in diseased condition. By the rule of *Samanya- Vishesha* a medicine used properly should strengthen *dosha* and *dhatu*s that have become weak (by its similarities) and at the same time it should reduce the *dosha* and *dhatu*s that are increased out of proportion to cause the imbalance (by its opposite nature). Hence the *Samanya- Vishesha* Principle is a key component in choosing the most effective plan of treatment that involves food activities, medicines and other modes¹⁴.

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