

## TO STUDY PANCHBHOUTIC SIDHANT ON BASIS OF MODERN ASPECTS

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### ABSTRACT

*Ayurveda* is ancient science, which is based on various principles. One of the principles is *Lok-purushsamyasiddhant*. This clarifies that the universe & the body having various similarities in qualities, functions and structure. Various procedures occur in the universe same happens in the body of human mankind. *Ayurveda* says that universe is formed by basic things like *Pruthvi (Earth)*, *Aap (Water)*, *Tej (Fire)*, *Vayu (Air)* & *Aakash (space)*. All these *Pruthvi (Earth)*, *Aap (Water)*, *Tej (Fire)*, *Vayu (Air)* & *Aakash (space)* are available in the body. Universe is grease full due to special energy. This energy is called as *chaitnya*. As *chaitnya* present in the universe such type of energy present in the body also. After collecting all information regarding these *mahabhootas* structure and functions of the body and considering existing views and observation we conclude that facts in the universe & body having same property. Body is made up of hard material is in form of *Pruthvi (Earth)*, *agni* made is in form of various functions ours one *Tej (Fire)* *mahabhot* & moment is done by *Vayu (Air)* *mahabhoot*. But all above weather or functions requires space & this space is given by *Aakash (space)* *amahabhoota*.

**Key words-** *Lok*, *Purush*, Universe, *Mahabhoot*, *Pruthvi (Earth)*, *Aap (Water)*, human body, *siddhant*.

### INTRODUCTION

That means basic elements that are present in the universe represents themselves in a miniature form in the human body. Those things which are found in the universe we will see in the human body. These may be visible or not. Thus the human body is microcosm of the universe<sup>1</sup> This five states are *Pruthvi (Earth)*, *Aap (Water)*, *Tej (Fire)*, *Vayu (Air)* and *Aakash (space)* *amahabhootas*. Out of these five two are visible by our naked eyes that is *Pruthvi (Earth)* and *Aap (Water)*. We

can see various mountains, soil, solid materials around us. The solid is termed as '*Pruthvi (Earth)*' in *Ayurveda*. Also liquid matter is seen in river, sea, and it is termed as '*Aap (Water)*'. Thus *Pruthvi (Earth)* and *Aap (Water)* are visible materials around us. Remaining three are *Tej (Fire)*, *Vayu (Air)*, and *Aakash (space)*. From these three *Vayu (Air)* and *Tej (Fire)* *mahabhootas* are felt by sensation and they give their existence by their work. Last *mahabhoot* which is available for proper function-

ing of all above materials & matters It is called as space *mahabhoot*, this provide space for various functions.<sup>2</sup> *Sarvemoortaswaroop* means special shape & size it also gives weight to material Grossly body has definite shape & size body cell has also definite shape & size Gandhaindriya or nose is formed by *Pruthvi (Earth) mahabhoot*.<sup>3</sup>

*Dravyasamuha* means liquid present in the body or universe it is inform of single solution or mixture. Molecules of this *Mahabhoot* come together due to Bandhan or force of attraction.<sup>4</sup> This force is less than *Pruthvi (Earth)* & more than. *Vayu (Air)*. From cellular level to gross systemic level Aap (Water) plays major role in the body. *Tej (Fire)* seems inform of Pakti. Pakti means to digest or liberate & burns energy. All these functions done by *Tej (Fire) Mahabhoot*.<sup>5</sup> Eye is formed by major part of this *Mahabhoot*. *Vagatigandhan* is main function of *Vayu (Air)*, it means motion in the body in specific direction. Also sparsh & all movements i.e. *Cheshta, Samvegadanspandan* done by *Vayu (Air)*.<sup>6</sup> All voluntary and involuntary movements sparash like pain, touch, cold, hot etc. are performed by this *mahabhoot* sensory and motor movements are carried by this *mahabhoot*. Sprashanedriya or skin is special organ formed by *Vayu*

(Air) *mahabhoot*. All *chidra* means holes or channels of the body & space between two parts or organs, vacuoles means empty space is due to *Akash (space) mahabhoot*.<sup>7</sup> It provides space for functions of all above *mahabhootas*. Ear is formed by mainly this *mahabhoota*. Space mean open area, or distance between two points or cells. i.e. intercellular space. In *panchmahabhoot sidhant*, the word *panchmahabhoot* means five basis elements or basic matter of universe.<sup>8</sup> *Panch* means five and *mahabhota* means basic elements which are present in body as well as universe. Charak in his text clearly mentioned thatkha etc. five *mahabhoot* & chetanadhatu forms *Purusha* or live body. When Atma became apart from the body then body became shunyagar or cold only *panchamahabhootas* remains. Hence it called as *panchatwagata*. In case of dead body only *panchamahaboot* remains<sup>9</sup>

### 5) Material & Methods:-

Human Body is one of magic thing formed by God, structural and functional smallest unit of body is cell. According to modern science cell is formed by Nucleus, cell body, cytoplasm. Nucleus contains nucleolus and gens etc. which carry various information from one generation to next generation. Cytoplasm contains ribosomes, mitochondria, myelin fi-

bers, Golgi apparatus, microtubules vacuoles etc. Ayurved also told components of body i.e. cell or peshi is formed by Panchamahabhoota. There is similarity between mater of *lok* and mater of cell or body. Similarity of panchamahabhoota in universe and body is called *lok-purush-samyasiddhant*. *Lok* mean universe. Universe is formed by panchmahabhoota. Prutivi (Water), *Tej* (Fire), *Vayu* (Air), and *Akash* (space) along with its panchatanmatra. These all factors we can easily access in our body. Prutivi mater is found in form of bones, hard material etc. Aap (Water) mater is found in form of water, urine etc. *Tej* (Fire) mater is found in form of various elements and their functions like body temperature, digestion etc. *Vayu* (Air) carries various functions of the body. The *Akash* (space) provides space for all above functions. Thus our body is made up of five elements. The body materials normally nourished by Gross food or gross out sided panchamahabhoota, that we consumed. These matters are in minute form in our body. We can see various basic elements in universe, such type of elements i.e. calcium, ferrous etc. are available in our body.

According to RachanaSharir our body is also similar to universe. Small Flows of the water come to-

gether to form river, rivers come together to form sea. Such type of arrangement is also seen in our body. Capillaries form venuoles or arterioles. These venuoles or arterioles forms veins or arteries. Thus veins or arteries come together to form vena cava or aorta. Cell or body contents atoms, protons, neutrons, molecules and compounds. These molecules liberate various chemicals which produce energy. This energy keeps body warm, carries functions of the body. Such packets of energy said to be *Agni* or *Tej* (Fire).

To carry all functions there should motions and these functions should be controlled by somebody. This motions which controls or accelerate this functions, one of most important matter is working this is called as *Vayu* (Air). These functions are some time in form of electric in nature or chemical in nature. The electric type of functions carried by nervous system while chemical type of functions carried by hormones. To carry all above functions there shouldn't be any obstacle. If there is no any obstacle then the functions will work smoothly. For this purpose space should be required. This space is provided by *Akash* (space) *amahabhoota*.

## 6) DISCUSSION:-

A. Panchabhootic similarities between universe and body. The place where we are living is amazing place. We can see so many factors are available around us. But according to *Ayurveda* these materials are only in 5 states. These five states are *Pruthvi* (Earth), *Aap* (Water), *Tej* (Fire), *Vayu*

(Air) and *AAkash* (space). The basis of sidhant is that five *mahabhootas* are present in the universe are *Pruthvi* (Earth), *Aap* (Water), *Tej* (Fire), *Vayu* (Air) and *AAkash* (space). These *mahabhootas* are present in body with their properties but in minute state.

**Table No- 01 a) Comparatative Chart of mahabhoot in universe and body.**

Sr. No	Panchmahabhoot	Universe	Body	Special Parts
1	<i>Pruthvi</i> (Earth)	In form of soil, stone like solid material	In hard materials like bones.	Bone muscle liver spleen
2	<i>Aap</i> (water)	In form of water	In form of lymph urine	Blood, lymph CSF
3	<i>Tej</i> (Fire)	In form of sunlight and heat	<i>Tej</i> (Fire) form of agni and de-hosma	Body temperature and Agni
4	<i>Vayu</i> (Air)	Air, atmosphere in the universe and its functions	Air, similar structures O <sub>2</sub> and CO <sub>2</sub> etc and its functions.	O <sub>2</sub> , CO <sub>2</sub>
5	<i>AAkash</i> (space)	Space of universe	various vaculation or empty space or ashay in the body	Various cavities, vacuoles in cell or intercellular space in the body

**B) Concept of Panchmahabhoot with modern science:-**

Now a day's modern physics gives about matter. According to modern physics there a binding energy is less than solid. In case of gas their particles too far than liquid and the binding energy is much less than the liquid.<sup>10</sup>

Above three *mahabhootas* are clearly mentioned in *Ayurveda* in case of *Tej* (Fire) *mahabhoot* various types of energies are considered. Mainly heat and light energy are comes under the heading of *Tej* (Fire) *mahabhoot*. If there is no heat then no rain nor water neither various functions occurred

in universe not photosynthesis nor food. Then there will not be living things on the earth. Without this universe can't survive.

We already seen information about panchmahabhot. Not only this fivebhootas consist a body, when this *panchmahabhootas* properly unit with Atama or Shariri then and then only it is called as purusha or live human body Universe also alive with some power behind it like paramathma 6<sup>th</sup> is most important thing which binds all *mahabhootas* that is called aschetana. Hence chetanadhatu present in the body as well as in the universe is most important thing. Basic elements of life panchamahabhuta body is miniature image of universe. when life energy seperates from the body only non-active panchamahabhootsemains hence there is no energy body became cold called shunyagar or Achetan or Dead body.

**Table No- 02**

<i>Sr. No</i>	<i>Panchmahabhoot</i>	<i>Sense organ</i>	<i>Quality</i>
1	<i>Pruthvi (Earth)</i>	<i>Nose</i>	<i>Gandha</i>
2	<i>Aap(water)</i>	<i>Tongue</i>	<i>Rasa</i>
3	<i>Tej (Fire)</i>	<i>Eye</i>	<i>Rupa</i>
4	<i>Vayu (Air)</i>	<i>Skin</i>	<i>Sparsha</i>
5	<i>Aakash (space)</i>	<i>Ear</i>	<i>Shabda</i>

## 7) CONCLUSION:-

One more thing is that though all mater come together then also there is no life hence *Ayurveda* told

**C) Concept of Panchmahabhoot in formation of Embryo :-**When sperm & ovum unites together and forms fertilized ovum all five *mahabhootas* act on it *Pruthvi (Earth)* gives weight and fix it *Aap (Water)* gives moisture & nourish it *Tej (Fire)* gives energy for deployment *Vayu (Air)* helps for dividation of fertilized ovum & *AAkash (space)* gives space for development.<sup>11</sup>

## D) Concept of Panchmahabhoot in formation of Sense organ :-

There are *Pruthvi (Earth)**Aap (Water)**Tej (Fire)**Vayu (Air)**aAkash (space)* are *panchmahabhootas* and their qualities are serially *Gandharasrupsprasha* and *shabdaKha* etc. five *mahabhootas* and *chetanadhatu* unite to form *purusha* or live body.<sup>12</sup> Concept of *Panchmahabhoot* in formation of Special Sense organs has Priority of special *mahabhoota:-*

that “*panchamahaboot shareri samawaya purusha uchatya*”. Most important component of body is *pran* or *chaityanya*. There should be all above

components are in proper proportions mixed with each other then and then also sajiva, live sharir is formed. This valuable matter is called life energy or *pran* or *chetana*. In this way *Ayurveda* has told components of the body.

- According to universe structures of body resembles.
- Functions occurs in the universe same type of functions performed by body
- There are special sense organs which are formed by special *mahabhoota* according to modern science body is formed by various matter like solid liquid gases, same type bodies formed by *panchmahabhootas* according to *Ayurveda*. Thus basic principle of *Ayurveda* that is *lok-purush samya siddhant* is proved by *Rachana* (Anatomically) and *Kriya* (Physiologically) on modern basis.

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