



## A General Study About Tridosha Principle in Ayurveda Science

**Dr. KAMLESH KUMAR SHARMA**

**PROFESSOR, DEPTT. OF KRIYA SHARIR, GOVERNMENT AKHAN-DANAND AYURVED COLLEGE, AHMEDABAD**

### ABSTRACT

Ayurveda science is an ancient life science. Several important ideas are mentioned in this discipline for better living. Here Acharya's different types of tips are available that can help maintain the health of a healthy person, if applied properly. If we implement the life guards (mentioned in Ayurvedic Granthas) in our daily routine, since the day we are born then either there will be negligible chances of diseases occurring in our body or their intensity will be reduced. As a result man will be able to avail for long life without any hurdles and with such healthy mind and clean soul; he will be able to enhance his creativity and productivity. Ultimately this will make him an asset for the society as well as country. For the completion of above said targets we study Tridosha Principle of ayurveda science. We are trying to present the principle in its easy form for the better understanding of common people so that they can apply these life saving ideas in their life and can make out profits without any fee or charges.

### KEYWORDS

*Ayurveda Science, Mind, Principle, Treatment, Fee or Charges*

### Introduction:

Prayojanam chasy swasthysy swasthy rakshanam aaturassy vikar prasanam ch.

(Charak Samhita Sootra Sthan Chapter XXX Verse 24)

Maintain the health of a healthy person along with treatment of a patient; this is the main objective of Ayurveda Science.

Hitaahitam sukham dukhamaayustasya hitaahitam.

Maanam ch tachh yatroktaayurvedah sah uchyete.

(Charak Samhita Sootra Sthan Chapter I Verse 40)

In the scriptures Hitaayu, Ahitaayu, Sukhaayu and Dukhaya all these four types of age along with what is suitable (Pathye) and unsuitable (Apathye) are mentioned and life span also mentioned that text is called Ayurvedic Science.

Vaatpittshlesmaan ev dehsambhavhetavah. (Sushrut Samhita Sootra Sthan Chapter XX1 Verse 2)

Vaat, Pitt and Shleshmaa are the causes of origin of the body. In human body Vaat resides just lower to umbilicus, Pitt resides in the middle part of umbilicus and heart and Shleshma resides in the above section of the heart. All these three Doshas hold our body just like the pillars hold our house.

Visargaadaanvikhepaih somsooryanila yatha. Dharyanti jagddeham kaphpittanilaastatha. (Sushrut Samhita Sootra Sthan Chapter XX1 Verse 6)

Just like a moon from its creating power, sun from its assimilating power and air from its diffusing power holds the universe, similarly Vaat Dosha from its nervous and hormonal functions, Pitt from its metabolic functions and Kapha Dosha from its anabolic function holds our body.

### Locations of Vaat Dosha in our body:

Ureter, large intestine, pelvic region, foot, bones, thigh (femoral) region are the locations of Vaat Dosha but pakvashya (large intestine) is the prime location of Vaat Dosha.

### Locations of Pitt Dosha in our body:

Sweat, plasma, lymph, blood and stomach are the locations of Pitt Dosha but amashya (stomach, duodenum and small intestine)

are the prime locations of Pitt Dosha.

### Locations of Kapha Dosha in our body:

Thorax region, head, neck, joints, amashya and meda dhatu are the locations of Kapha Dosha but Thorax region is the prime location of Kapha Dosha.

### General function of Vaat Dosha:

Enthusiasm, expiration, inspiration, proper function of Dhatu, different types of physical, vocal and mental efforts, proper excretion of waste products from our body all these are the general function of Vaat Dosha.

### General function of Pitt Dosha:

To see, the digestion process, maintain natural metabolism (heat) of body, to produce the feeling of hunger and thirst, preserve the softness of our body, radiance (kanti), pleasure (mental happiness), intellect (dharatmak buddhi) etc. are the general functions of Pitt Dosha.

### General function of Kapha Dosha:

Presence of Sneh (Snigdhatva), proper functioning of different interrelated joints, stability (strength of organs), heaviness, to increase the fertility power (Vrushatva), immunity power, physical and mental power, forgiveness (Kshama), patience and nobility (Alobh) etc. all these are some general functions of Kapha Dosha.

### Symptoms of decreased Vaat Dosha:

Vaatkshaye mandcheshtta alpvaaktvam apraharsho moodhsangyetaa ch.

(Sushrut Samhita Sootra Sthan Chapter XV Verse 9)

There is a feeling of dreariness in movements, decreased mood of speaking, decreased enthusiasm, dullness of mind and due to this flatness of mind, the capacity of thinking and contemplation (Chintan) is affected

### Symptoms of decreased Pitt Dosha:

Pittkshaye mandoshmaagnitaa nishprabhatvam.

(Sushrut Samhita Sootra Sthan Chapter XV Verse 9)

Heat producing mechanism and metabolism of our body is affected, retardation of digestion (Jathragni), reduced glow of a man all these are the general symptoms of decreased Pitt

Dosha.

### Symptoms of decreased Kapha Dosha:

Shleshmkshye rookshantardaah aamaashyetaarshleshmaash-ayeshoonya sandhishaihillyem trashnaa daurbalyem prajaa-garanam ch.

(Sushrut Samhita Sootra Sthan Chapter XV Verse 9)

Feeling of dryness, burning sensation, emptiness in organs except stomach, sluggishness in joints, thirst, weakness, insomnia etc. all these are the symptoms of decreased Kapha Dosha.

### Symptoms of increased Vaat Dosha:

Vaatvruddhau vaakpaarushyam kaarshyam kaarshnyem gaatrasphuranmushankaamita nidraanaasholpbalatvam gaadhvarchastvam ch. (Sushrut Samhita Sootra Sthan Chapter XV Verse 14)

Hoarseness in voice, debility (Krishta) and black color (Shyamta), vibration in organs, interest in hot food and life style, sleep loss, lack of energy and constipation or hard stool etc. all these are the symptoms of increased Vaat Dosha.

### Symptoms of increased Pitt Dosha:

Pittvruddhau peetaavbhasta santaapah sheetkaamitvmlpni-drata moorcha balhaanirindriyedaurbalyam peetvinmootrane-tratvam ch. (Sushrut Samhita Sootra Sthan Chapter XV Verse 14)

Yellowish skin, , attraction towards cold food and life style, sleep loss, unconsciousness, lack of power, affected intellect, yellowishness in urine, stool and eyes etc. all these are the symptoms of increased Pitt Dosha.

### Symptoms of increased Kapha Dosha:

Shleshamvruddhau shauklaym shaityam sthyryam gauravmavaadastandra nidra sandhyasthivishleshasch. (Sushrut Samhita Sootra Sthan Chapter XV Verse 14)

Whiteness in skin, coldness, instability, heaviness, sluggishness in joints and bones, feeling sleepy, lassitude (Tandra) and faintness (Glani) all these are symptoms of increased Vaat Dosha.

### General Solutions of Vaat Dosha Shamana (control):

Man should take soft purgatives after taking Snehana and Swedana. Man should get enrich food by Madhur, Amla, Lavana, Ushana and Snigdha gunas. One should take body massage by medicated oils which against the Vaat Dosha. Hot oil should apply on painful organs if prescribed.

### General Solutions of Pitt Doha Shamana (control):

Man should take food enrich by cold, soft, Kashaya, Tikta, Madhur, Snigdha gunas. Man should take medicated ghee prepared by sweet and cold drugs. Contents that make our mind happy they are control or Shaman of Pitt Dosha. Milk, ghee and purgatives are specially control or Shaman the Pitt Dosha.

### General Solutions of Kapha Dosha Shamana (control):

Man should take light, fresh and heated food, dry, Teekshna, Katu etc. food and life style. Man should take honey is also control the increased Kapha Dosha in our body.

### Conclusion:

Doshadhatumaloolam hi sharim.

(Sushrut Samhita Sootra Sthan Chapter XV Verse 1)

Achary Sushrut has clearly mentioned in this Sutra that our body completely depends upon Tridosha Principle. So general study of Tridosha is very beneficial for us. Imbalance of Vaat, Pitt and Kapha Doshas in our body give rise to different types of diseases.

## REFERENCES

Ayurvedalankar Niranjandev, Prakrit Agni Vigyan, Ayurvedic Evm Tibbi Akadmi, (1974) | Ayurvedalankar Niranjandev, Prakrit Dosha Vigyan, Ayurvedic Evm Tibbi Akadmi, (1971) | Pandeya Ganga Sahaya, Charaka SamhitaPART-1, Chowkhamba Sanskrit Sansthan, Vidiotini Hindi Commentary (1983) | Shastri Ambika Datt, Commentator, | Sushruta Samhita, Ayurveda Tatva Sandeepika (1987) | | | | Shastri Hari Datt, Dehdhatgnavigyanam, Moti Lal Banarsi Das (1977) | | Vaidhya Lal Chand, Commentator Ashtaang Hridayam, Sarvangsundari Commentary (1963) |