Research Paper   **Medical Science**

A Critical Study About The Pitt Dosha of Ayurveda Science

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ABSTRACT

ba¾ jgt\mehoneval eAiGnkmRmeet4a xrIr keANdr honeval eAiGnkmRmeANtr pťIt hota hEKyoik ba¾ jgt\mehoneval a AiGnkmRiwNn iwNn tapman pr sMpNn hota hE iviwNn pkar kI 2at0,ka*#,wojn Aaid ko pkanekeil 0 Al g pkar ketapman kI AavXykta hotI hE ikNtuxrIr keANdr honeval a AiGnkmRxrIr keAaWyNtirk tapman pr inwR hEjo 0k iniXct ma5a mehota hE|
ipTt hmarexrIr me'AiGn' ka Aa2ar dWy hE ijs trh bahrI ssar mel kDI ya koyl a ka shara l kr l 0kk AiGn pk3 hotI hE]
sI trh hmarexrIr kI AiGn ipTt ka Aa&y il 0 h0, db mepk3 hotI hE xrIr meiS4t AiGn kI yh ivx8ta hotI hEik vh AiGn kmR meinrNtr pv¾t rhtI hE,yhI]ska vEk*3y hE
[s inbN2 meipTt v AiGn keivwd v sa2MyRka A@yyn krneka pýas ikya gya hE AayuR iv)an mejha khI. ipTt doß sesMbiN2t jankarI]pl P2 hE]ska ivXl 8` krke]seA0r AC7I trh smzneka pýas ikya gya hE

KEYWORDS   StMw, ivkarriht, l sIka, Aamaxy, sNtlun, i5S4U

pircy-
vatipTtXl tma` 0v dhsMvvhtev:|tFreaWyapNnF2on@yo@vR siNniv*3E xrIrimd. 2ayRW@garimv S4UaiwiStsiw:,AtXc i5S4Umahnek$t 0v c WyapNna pI yhev:| sEsEU ÊÍaÊ

AacayRs&tu mtansaar vat,ipTt 0v. kf doß manv xrIr kI]TpiTt kekar` hE [s xrIr menaiw S4an kenIcevat doß ka S4an, naiw v ¹dy kebIc meipTt doß ka S4an t4a ¹dy ke}pr kf doß ka S4an hEyetIno. vat,ipTt 0v. kf doß stilt ya ivkarriht AvS4a merhkr manv xrIr ka ]sI pkar 2ar` krtehEijs pkar tIn StMwo, pr mkan ka 2ar` hota hE [sil 0 xrIr ko i5S4U wI khtehEjb yetIno. Vat,ipTt 0v. kf doß ivkt hoteHeto xrIr ke ivnax ka kar` bntehEya iviwNn pkar kerogo ko]TpNn krtehE ijssemanv duq ka Anuvr krta hE

ipTt doß ka S4an-
Svdo rso l sIka =i2rmamaxyXc ipTtS4anain, t5aPyamaxyo ivx8è ipTtS4anm\ cÈ sÉU ÊòàÏ

xrIr meSvd,rs,l sIka,rKt A0r Aamaxy yesb ipTt doß keS4an hE [n swI S4ano. meAamaxy ko ipTt doß ka ivx8 S4an mana gya hE

AacayRs&tu mtansaar &oi` pdx v gdpdx ke}pr t4a naiwpdx kenIcepKvaxy iS4t hE pKvaxy t4a Aamaxy kebIc meipTt doß ka S4an hE

A*3a¥¹dy mtansaar naiw, Aamaxy, Svd, l sIka, rKt, rs, c9u t4a Tvca ye ipTt doß ke S4an khe g0 hE [nme wI naiwpdx ivx8=p se ipTt doß ka S4an hE in*k8R=p me AacayRcrk ne Aamaxy, s&tuacayRnepKvaxy v Aamaxy kem@y t4a vagw3 nenaiw 95 ko ipTt doß ka ivx8 S4an mana hEjo oik smNvya`mk=p me gh`I siht 9daN5 hE

ipTt doß kegù-
sSnhmtì . tI(`. dv́mM . sr. k3ŧu

ivprItgùEipTt. dWyExupx́aMy̌it||
    cÈ sÉU ÊáÍ Ñ

{8t\iSnG2,]*`, tI(`, dv́, AM , sr t4a k3uyesb ipTt doß kegù hE [n gùo. keivprIt gù val edWyo. se ipTt doß ka px́mn hota hE

A*3a¥¹dy mtansaar ipTt doß {8t\ iSnG2, tI(`,}*`, l 6uivs /dg̈R2yĶt, sr t4a dv́ gù val a hota hE

AacayR s&tu mtansaar ipTt doß tI(`,]*`, =9, ivxd, dv́, pIt dg̈R2yĶt, nIl epIl ev`Ral a,k3rs yĶt hota hE ipTt ivdG2 honepr AM rs yĶt hota hE

AacayR xa¥Rr mtansaar ipTt doß]*`, dv́, nIl, pIt t4a sTv gù val a hota hE

in*k8R=p me ipTt doß {8t\ iSnG2,]*`, tI(`, dv́, sr, k3uAM , l 6uivs /ivxd, nIl, pItv`yĶt, sTv gù val a t4a s&tu mtansaar ivdG2avS4a meAM rs yĶt ho jata hE

ipTt doß kesamaNy kmR
dxR. piKt=*ma c 9¼%*`a dhmadR̄m\
pẃapśado m8a c ip%kmaR̄vkarj m\||
    cÈ sÉU ÉÐáÍ Ê

dxR ikýa ǗdęnaŸ, wojn Aaid ko pcana, xrIr kI Svawaivk }*ma ko sNtlun merqna, xrIr kI wÜj v Pyas ko]TpNn krna v bna0 rqna, xrIr kI méltua v pẃa ÜćmkŸ ko bna0 rqna, manis k pśNnta pśad, m8a Übif´Ÿ ko kayR AvS4a merqna yesb kayRxrIr me Aivkt ipTt doß µara sMpNn hoteHE A*3a¥¹dy mtansaar wI] proKt swI kayRipTt doß µara sMpNn hoteHE

xa5̈o. me ipTt doß ke kmoR̄ ko deqkr samaNy jn me 0k ij) asa yh]TpNn ho sktI hEik ipTt doß seAiGn p4k\hEya ipTt hI xarlirk AiGn hE [s ij)asa kesMbiN2 meAacayRcrk [s p/kar]Ll q krtehEik xrIr meipTt keANtgR̄t AiGn hI Akipt ya kipt AvS4a merhkr xw ya Axw kayoR̄ka sMpadn krtI hE] dahr`Sv=p pcn A4va Apcn, dxR A4va AdxR, xarlirk }*ma ka ma5a ka A4va Ama5a mebnerhna, xrIr kep$áckitk v`R̄ka bnerhna ya ivkt ho jana, xÉ̈ta t4a wy,ko̿2 ya pśNnta]TpNn hona, moh A4va pśNnta t4a [sI pkar xrIr v mn sesMbiN2t ANy µNŧu y4a sŧu, dúŧuaid [n sbka kar` ipTt hI hE

AacayRs&tu newI]Ll q ikya hEik ipTt keAitirKt ANy ko̧ xarlirk AiGn pťIt nhI. hotI hE Kyoik ipTt ke Aa0nŧe wav ke kar` dah, pak Aaid kayoR̄mevi̿2 honepr AiGn kesman hI ]pcar ikya jata hE]sI pkar AiGn gù ke9I` honepr AiGn vi̿2 ke sman]pay ikyejatehEt4a AiGnvi̿2 honepr xÍtopcar ikya jata hE Aagm A4aR̄ xa5̈o. ke Aa2ar pr hm yh deqtehEik ipTt ke AitirKt ANy ko̧ AiGn xrIr me]pl P2 nhI. hE

ipTt doß kewd-
ragpiKttj̧eom8orҳ́mkt\ipTt. p´c2a pírvwKtmiGnkmRaȳhg̈̌h. kroit|
    sEsEU ÉÍaÏ

xrIr merag,piKt, tj̧e, m8a A0r }*ma ko]TpNn krneval a ipTt pac pkar seivwaij́t hokr ApneAiGnkmR̄µara xrIr ka AiGnkmRA4aR̄\

]pkar krta hE

ragkt A4aR\r'jk ipTt jo rs 2atuko v`Rpdan krta hEpiKtkt A4aR\pack ipTt jo pacn kmRka sMpadn krta hE tjekt A4aR\ Aalock ipTt jo di*3]TpNn krnevala hota hE mBakt A4aR\w/ aj k ipTt jo }*ma]TpNn krnevala hota hE xrIr meipTt do8] proKt pac pkar seivwaijt hokr xrIr meAiGn kmRses MbiN2t kmoRka sMpadn krta hE

At: pr. p'c2a ivwJytéipTtSy yktPl Ihan0 ¹dydi*3STvk\ pUioRtm\ c|　　　　　　　sÊisÈÙ ÊÉâÏ

[ske AitirKt swI do8 pac pac pkar seivwaijt hE [nme ipTt ke S4an ykt, Pl Iha, ¹dy di*3, Tvca t4a pUioRt hE ipTt. p'caÎmkm\
　　　　　　AÈ¹ÈsÙ ÊÉâÍÒ

A*3a¥¹dy mtanusaar xrIr meipTt do8 pac pkar ka hota hE]proKt v`R seyh Sp*3 hEik AacayRsÐtu v vaÜw3 neipTt do8 kewdo kenam idyehEij nka ivStt v`R inMn pkar hE É r'j k ipTt

yTtu ykÏPl Ihnœ ipTt. tiSmn\ r'jkoÏGhirit s)a| s rsSy ragkdÜt: | sÊisÙ ÊÉâÑ

ipTt do8 ka jo wd ykt v Pl Iha merhta hE]skI r'jk AiGn s)a hE yh rs ko ri'jt krneka kayRkrta hE

s qLvaÊyo rso ykÏpl Ihan0 paÎy ragmpÈt| ri'jtaStjésa Tvap: xrIrS4n déhnam\|| AÜyapNna pÚNnn rKtimÎyiw2Iytjé|
　　　　sÊisÈUÉÏ Ì âÍ àÌ

vh jl mhawÙ kI p2anta valI rs 2atuykt v Pl Iha mephœ kr rKt v`RyÎit ho jatI hE manv xrIr me]piS4t ivxÚ tjé mhawÙ µara ri'jt yh pÚad=p rs 2aturKt nam sejana jata hE

tjéo rsana svÊa mnjuana ydÒytjé ipTtœm`: s ragè rso rKtTvmé27it||
　　　　cÊicÈ ÉÍâÊÏ

AacayRcrk mtanusaar smSt manv xrIr merso ka Apna tjé t4a ipTt do8 kI }*ma ker'jn sers 2aturKt v`Rko paÎt hokr rKt 2atuke=p mepirvitÎ ho jata hE
Aamaxya&y. ipTt. r'jk. rs r'jnat\
　　　　AÈ¹ÈsÙ ÊÉâÍÉ

A*3a¥¹dy mtanusaar Aamaxy meAai&t r'jk ipTt rs ka r'jn kr]serKt =p mepirvitÎ krta hE

in*k8R
AayuÎR xa55 me AacayoRµara ikyegye v`R ke Ansaar ipTt do8 wI 0k xiKtxalI tÏv hEjo jIv2airyœ kexrIr keinmaÎR v poÝ` me mhÏvpUÎRwÜinka inwata hÉipTt do8 ivx8 =p seApnedo=pœ me Apne Sv=p ko pk3 krta hÉipTt do8 Apne 0k =p keµara pan, Axn,w(y t4a woÎy 0œe car =pœ meivwaijt Aahar ko xrIr keguÛ keAnuÐp pirvitÎ krta hEij ssexrIr poÝ` v viÝ° ko p/ aÎt hota hEt4a yh Apne dÜÚre=p mexrIr kejÌ`RxÌ`Rv bahr inkl nevale dÙyœ ko ml =p mepirvitÎ kr déta hEij sse ve Anpyogt1 tÏv ApneSvwavanusaar xrIr sebahr inkl skeijssexrIr meinrNtr honevalI Aahar kepacn v Avxœ8` Aaid gitivi2yœ me ko(Avœ2]TpNn n ho skjé

ij s trh AayuÎR iv)an meÌaat do8 ka mÚ ya mÒy kayR'gitkmR hE]sI pkar ipTt do8 ka p2an kmR ' AiGnkmR　　hE sSkt Üyakr` mtanusaar wI ipTt xÐl ' tp sNtapé [s AiGnkmRmÚk 2atu se]TpNn hÚa mana gya hE [s trh ipTt v AiGn meicikTsa kI di*3 seko(ANtr nhI. hE

AacayR crk ne Sp*3 =p se ilqa hE ik- AiGnœre xrIre ipTtaNtgÎR: xœuaxœuain krœit|A4aR\ AiGn hI xrIr me ipTt ke ANtgÎR rhta hÚa xœu v Axœu kayoR ka sMpadn krta hE

shayk pÙStk:

- crk sihta p4m wag, DaÊgga shay pa-Dy, cÒqMwa sSkt sS4an, iv´œitnI ihNdI ÜyaQya, ÓÙÓ
- crk sihta iµtIy wag, DaÊb½anNd i5pa#I, cÒqMwa snwartI pkaxn, vara`sI ÓÙÓ
- sÐtu sihta AiMbka dÏt xa55I, ÜyaQyakar, AayuÎR tÏv sNdIipka, ÓÙÓ
- xaÎRr sihta pÚ keAœr &IkaNt mlÏRc:ÒqMwa AœiryN8ailya, vara`sI, ÓÙÓ
- A*3aÎY ¹dym,lal cNd vE, ÜyaQyakar, svaÎRsÙidrI ÜyaQya, ÓÙÓ
- inrÙjn de AayuÎRal £ar, pÙkt AiGn iv)an, AayuÎR 0v. itÏbI Akadmi, ÓÙÓ
- inrÙjn de AayuÎRal £ar, pÙkt do8 iv)an, AayuÎR 0v. itÏbI Akadmi, ÓÙÓ
- hir dÏt xa55I, dh2aÎlviGniv) anm, motIlal bnarsI das, ÓÙÓ
- AayuÎRIy ikÝyaxarIr, vE r'jit ray déœ(,&I vEna4 AayuÎR wvn ilim3D, nagpœ ÓÙÓ