

ROLE OF TRIDOSHA IN MAINTAINING HEALTH***Vd. Anita U. Chapke and Vd. Shweta H. Chavhan**

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Article Received on
26 July 2019,Revised on 16 August 2019,
Accepted on 04 Sept. 2019,

DOI: 10.20959/wjpr201911-15844

Corresponding Author*Vd. Anita U. Chapke**PG. Scholar, Department of
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Ayurved College, Nanded.**ABSTRACT**

The Ayurveda is the ancient science whose main moto is to not only treat the disease but also maintain the health of the person. Like other pathy it also has its own sidhantas (principles).various basic principles are described by Ayurveda, one of them is “TRIDOSHA SIDHANTA”. These three vital bioenergies (vata, pitta and kapha) forms the constitution of the physical body. It maintains the personality of person at physical as well as mental level. Each dosha has their own specific qualities. their function in the body is depends on these qualities. Doshas works since from the embryonic stage. eg, the meiosis and mitotic divisions in zygote are governed by the vata

doshas. As they maintain the health of the person like wise also disturb the physiology of individual. The vata represents movements (physiological as well as psychological), pitta represents digestion, metabolism and transformation. Kapha represents structure and fluid balance in the body.

KEYWORDS: Tridoshas, sidhantas.**INTRODUCTION**

The tridoshas are various forms of energies, vata = kinetic energy, pitta = thermal energy, kapha = mechanical energy. The balanced condition of these energies maintains the health status of the individual. The proper dincharya, rutucharya, ahar, vihar are responsible for the balanced condition of these energies .due to the modernisation the life style of person get changed, hence there is hyper or hypo functioning of the doshas which may lead to the diseased condition.

QUALITIES/ ATTRIBUTES OF TRIDOSHAS**1) VATTA DOSHA:** it is often called as “king of doshas“**A) PHYSICAL QUALITIES**

- Dry (ruksha) = Due to this property it can absorb more water, oil or fat. Due to excessive dryness of vatta doshas, the skin becomes very dry and sleep also hamper.
- Light (laghu) = due to this property, the vatta constitution individual have their actions so fast and easily. If this property get increased then it causes weakness in particular body functions and may lead to muscle weakness.
- Cold (sheeta) = due to this property, the vata people are intolerant to the cold and it is alleviated by heat. These peoples joints get easily stiffed in cold weather.
- Rough (khara) = Due to the imbalance of vatas rough property, the hair, nail, and face becomes dry.
- Subtle (sukshma)
- Mobile (chala) = movement is the main function of this dosha. And it is due to this property. The hyperactive mobility of vatta makes the people restlessness, uncontrollable movements of legs, hands, eyebrows etc.

B) EMOTIONAL QUALITIES

When it is in the balance, they are energetics, creative and flexible. When unbalanced, they are prone to worry and anxiousness and often suffer from insomnia.

2) PITTA DOSHAS**A) PHYSICAL QUALITIES**

- Sasneha: Hot due to its digestion function. Due to this they have oily skin, hair or acne.
- Tikshna: (sharp): They have excess hunger.
- Ushna (Hot) = Due to this property, the pitta body type people are aggressive and angry.
- Laghu (light): This is different from the quality of the vata.
- Sara (slippery):
- Drava (liquid): Due to this pitta body type people have excess stomach acids .

B) EMOTIONAL QUALITIES

Anger, jealousy, becomes more focused under stress, can sometimes become cynical.

3) KAPHA DOSHAS

A) PHYSICAL QUALITIES

- Cold = Their skin is cold to touch. They can also experiences the recurrent cases of cold, congestion, and cough during cold weather.
- Wet
- Heavy = It express the density. kapha involves in the anabolism. Due to this property the kapha body type people are overweight. Mental heaviness always associated with it.
- Dull: Their actions are very slow due to this property.
- Slow: Due to this they are slow to talk, slow to walk and also have slow digestion.
- Static: They are very stable. And resist change.
- Smooth /Slimy: they have smooth skin. And also have good internal lubrication.

B) EMOTIONAL QUALITIES: LETHARGY, depression and over attachment.

FUNCTIONS OF DOSHAS

A) VATTA DOSHA

It is the master of other two doshas and control the all functions of body like cell division, control on mind, breathing, blood circulation, and excrete the waste product from the body.

❖ MASTER OF ALL BODY FUNCTIONS

The initiation, motivation and stimulation, all movements, blood circulation, mechanism of excretion and all the motor and sensory functions are governed by vata doshas.

- ❖ **Speech:** The speaking process involve the movement of air in and out of voice box. Vatta is responsible for that. Hence vatta constitution people are more talkative.

❖ INSPIRATOR AND CONTROL OF MIND

Balanced vata is necessary for stability of mind. Stable mind can only perceive the knowledge, and understand the things properly. Hence vata body type people are quite unstable and fast in thinking hence cant concentrate on things properly.

- ❖ **Digestion function:** The air is necessary for fire. Hence vata helps indirectly in digestion process. This is due to its light property. The peristaltic movements of oesophagus, stomach and intestine are required for proper mixing of food with gastric and intestinal juices.

❖ CONTROL OF PITTA AND KAPHA

These two doshas are immobile. For their action they are totally depend on vata (carrier function). Eg. As the clouds are moved from one place to another by wind like this it stimulates or guides the pitta and kapha.

❖ RESPIRATION

It consist of entry and exits of air in lungs.

❖ **BLOOD CIRCULATION:** It means transportation of gases, nutrients, waste products to the cells. And this is carried by vatta by its mobile property.

❖ **EXCRETION OF WASTE PRODUCT:** Urination, excretion of solid waste product or in the form of sweat, respiration vata plays very main role.

❖ **FOETUS GROWTH AND CHILD BIRTH:** Since from transportation of sperm through female genital tract to ampulla of fallopian tube, its is governed by vata. Cell division, foetus growth and expulsion of foetus from womb at term are manipulated by vata.

TYPES OF VATA: On the basis of its place and specific action the vata is divided in to five types.

- 1) **PRANA VATA:** it is located in the head and moves in chest, throat .it regulates will power, sense organs, intellect, vision. It causes expectoration, sneezing, belching, swallowing of food.
- 2) **UDANA VATA:** It is located in the chest, it moves in the nose, umbilicus, and throat; its functions are: initiation of speech, effort, enthusiasm, strength, colour, complexion and memory.
- 3) **VYANA VATA:** It is located I the heart, and moves in all body .it is mainly related to the blood circulation and muscle activities like flexion and extension.
- 4) **SAMANA VATA:** It is located near the digestive fire .it moves in gastrointestinal tract. Its functions are: receiving the food in to stomach, helps in digestion, divide the food into useful and waste parts. It controls normal downward peristaltic movements.
- 5) **APANA VATA:** It is located in the apana -large intestine, moves in waist, bladder, genitals. It performs the functions such as ejaculation, menstruation, defecation, urination, and child birth.

➤ **FUNCTIONS OF PITTA DOSHAS**

❖ **DIGESTION AND METABOLISM**

Pitta is directly involved in process of digestion and metabolism. Its not only happens at the level of stomach and intestine but also at cellular level.

❖ **MAINTAINANCE OF BODY TEMPERATURE:** It maintains temperature by its hot property. Hence all the conditions where temperature increases like fever, inflammation, there is pitta involvement.

❖ **VISION:** Vision is always corelate with light. Hence it is the function of pitta.

❖ **HUNGER, THIRST, AND APPETITE:** All this functions are controlled by pitta. Hence in pitta body type the hunger and thirst is more.

❖ **SKIN AND COMPLEXION:** Pitta, blood tissue and skin are interlinked. Hence it maintains the complexion.

❖ **INTELLIGENCE AND COURAGE:** We already mentioned that pitta means light and hence it is compared to knowledge.

➤ **TYPES OF PITTA**

1) **PACHAKA PITTA**

It is located between stomach and large intestine .it is made up of panchamahabhutas. It contains more fire element and less water. It is called as anala (fire) because of its digestion functions .it also divides the food in to useful and waste parts. It has great influence on the other pitta type and hence it is dominant one.

2) **RANJAKA PITTA:** It is located in the stomach .it converts the rasa dhatu into blood.

3) **SADHAKA PITTA:** It is located in the heart .it controls all mental functions like knowledge, intelligence, self consciousness.

4) **ALOCHAKA PITTA:** It is located in the eye. And it is responsible for the vision

5) **BHRAJAKA PITTA:** It is located in the skin and maintains the colour and complexion.

➤ **FUNCTIONS OF KAPHA DOSHA**

1) **Stability:** Kapha is responsible for holding the all cells of body. It is responsible for the stability of joints and mind.

2) **Stability of Mind:** There are various types of thinking come in mind, but their organisation is necessary. Hence by organising the thoughts, the kapha gives stability to the mind.

- 3) **Forgiveness:** when you are misbehaved by someone, vata makes you think about the options that you have .pitta makes you to attack the person. But kapha maintains the balance in the mind and forgive the offender.
- 4) **Rentension:** The people with kapha body type have stability of thoughts, and hence they have memory for long time.
- 5) **Lubrication:** Oil is necessary for the lubrication of all types of machine. Our body is also a engine. And lubrication in it is maintained by kapha dosha. When this lubrication decreased, the joints becomes porous, stability of mind lost.

➤ TYPES OF KAPHA DOSHA

1. **KLEDAK KAPHA:** it is located in the stomach. It moistens the food and helps in the digestion.
2. **BODHAKA KAPHA:** it is located in the tongue. it is responsible for the taste perception.
TARPAKA KAPHA: it is located in the head and it nourishes the all the sense organs in the head.
3. **AVALAMBAK KAPHA:** it is located in the chest it gives strength to the heart, lungs and mediastinum.
4. **SHLESHAKA KAPHA:** it is located in the bone joints .it lubricates and strengthens the joints. Above we have discussed about the physiology of the tridosha. But when there is imbalance of doshas, the diseased condition forms.

❖ VATA DOSHA IMBALANCE SYMPTOMS

A) SYMPTOMS OF VATA INCREASE

- ❖ **Weight loss:** generally vata body type people have tendency to loose weight .it is due to the increase in light and rough property of vatta.
- ❖ **Black discolouration:** the whole body or affected part undergoes blackening due to increase vata. It is due to the rough or cold property of vata.
- ❖ **Desire for hot:** the people have desire for hot due to cold property of vata’.
- ❖ **Tremors:** whenever there is increase in vata due to cold property, the body resist it by chala property. And hence tremours occurs.
- ❖ **Bloating:** it is the distension of abdomen due to the vata accumulation.
- ❖ **Constipation:** vata is like air. As it dries the clothes it also dries the fecal matter, hence constipation occurs.
- ❖ **Loss of sensory functions:** vata controls the sensory functions.

- ❖ **Increased speech:** vata controls speaking activity.
- ❖ **Delusions, dizziness, and giddiness:** Due to increase in vatta, the strength of organs looses.

- **SYMPTOMS OF VATTA DECREASE**

- **Decreased activity:** vata is responsible for motion .hence decreased in vata, decreases activity.
- **Decreased speaking strength:** speech is the function of vata.
- **Lack of happiness:** vata is related to the energy and enthusiasm.
- **Dullness:** due to the loss of energy, delayed response to the stimuli.

- ❖ **IMBALANCE OF PITTA DOSHA**

- ❖ **Increase pitta symptoms:** When pitta increased produces yellow discolouration of the faeces, urine, eyes, and skin. Excess of hunger and thirst; pitta corelated to the metabolism hence more pitta means more digestive activity. Burning sensation: burning is the symptoms of pitta. Less sleep: reduced sleep is pitta dominance symptoms.

- ❖ **Decreased pitta**

Weakness of digestive activity

Coldness

Lack of lusture

Lack of intelligence.

- ❖ **IMBALANCE OF KAPHA DOSHA**

- **Kapha increase symptoms**

Weak digestive strength: kapha means water and solid element. Digestion is related to the fire. Increase kapha means increased liquid element in the body. Hence less appetite

- **Feeling of heaviness**
- **White discolouration:** white is colour of kapha.
- **Coldness:** because kapha is made up of water.
- **Excess of sleep**
- Increase of oilness
- Itching
- Dyspnoea, cough, asthma, copd etc.

DISCUSSION

Above we have mentioned the physiology as well as pathological state of the tridosha. from above we say that they regulates the all systems of the body. And hence plays the imp role in maintaining health of the body.

CONCLUSION

Each and every cell of the body is made up of the tridosha. Tridosha theory regulates all the mechanisms. And also causes the diseased condition. Hence from this we conclude that the tridosha plays vital role in the healthy as well as unhealthy condition. And it can maintained by proper dincharya, ritucharya, ahar and vihar.

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