

CONCEPT OF GURVADI GUNA & APPLICATION OF TIKSHNA, STHIRA, SARA, MRUDU, KATHINA, VISHADA, PICCHIL GUNAS IN AYURVEDA

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ABSTRACT

The aim of Ayurveda is to avoid diseased condition and to attend *dhatu-samya avastha*. For that, *karya -karan siddhanta*, *samanya-vishesh sidhdhanta* are used for treatment aspect. *Guna* is mentioned as a *karana* in classics with the purpose of performing function of *chikitsa*. i.e. *karya*. *Gunas* are divided into certain subtypes, out of that *gurvadi guna* is one. The *gurvadi guna* are present in the *dhatu* of our body. These *Gunas* are also present in the *Ausadha & Ahara*. *Gunas* are most practically use as they denoted the different properties of *dravyas*. The existence of *guna & dravya* depends upon each other. *Guna* form the base of ayurvedic principles. So a clear understanding of them in the context of different references will provide a better way to diagnose

and treating the diseases. In this study, *Tikshna, sthira, sara, mrudu, kathina, vishada, picchil gunas* are mainly studied. The Ayurvedic texts were Use for reviewing the topic.

KEYWORDS: *Gurvadi guna, dravya, Tishna, Sthira, Sara, Mrudu, Kathina, Vishada, Picchila.*

INTRODUCTION

The word 'Guna' is derived from the *dhatu* "guna amantrane" which means the basic property which attracts towards itself. *Guna* is used to denote qualities, properties, attributes. In *charaka samhita*, it is said that *guna* remains *samavayi* (inherent property) with *dravya*, it is *nischesta* (motionless), *akarana* (reasonless).

“समवायी तु निश्चेष्टः कारणं गुणः।”^[१] (च.सु.१/५१)

Ayurveda is basically a vast science which focuses not on symptoms, disease only, it focuses on *Doshasamya* & *Dhatusamya*. The word specifies the status of healthy well-being. *Dhatusamya* can be brought back by *chikitsa*. The *chikitsa* is done with *shadavidha upkramas*. The *Shadavidh upkramas* mentioned in *Charaka* are – *Langhan*, *Brimhana*, *Stambhana*, *Swedana*, *Snehana* & *Rukshan*.

“लघनं बृहणं काले रुक्षणं स्नेहनं तथा।

स्वेदनं स्तम्भनं चैव जानीते यः स वै भिषक् ॥”^[२] (च.सु.२२/४)

If we analysed the definition of *gurvadi gunas*, these can be summarized as: *Laghu* – *langhane laghu*, *Guru* – *brimhane guru*, *Seeta* – *stambhane seeta*, *Ushna* – *swedane ushna*, *Ruksha* – *shoshane ruksha*, *Snigdha* – *kledane snigdha*. So, it can be said that the treatment is also based upon the *gurvadi gunas* only.

AIMS AND OBJECTIVE

1. To understand the concept of *guna*.
2. To identify *Vikruta dosh-dushya*, with the help of *gurvadi gunas*.
3. How *gunas* are use in *Vikruta doshavastha*. (i.e. in diseased condition)

MATERIAL AND METHODS

All the classical texts of Ayurveda (*samhitas* along with their commentaries) were referred for conceptual study. The discussion was made on the basis of concepts & conclusions were drawn considering the conceptual study & discussion.

CONCEPT OF GURVADI GUNAS

As a property:- All the *Dravyas* are made up of *panchmahabhutas*, in other words one can say that the *Mahabhutas* are smallest unit of *Dravyas*. The *Gurvadi gunas* are the combination of these *mahabhutas*. When word *Gunas* is used in the context of action drugs, the meaning can be indicated as a property. For any kind of treatment *Ausadha* is required,

this *ausadha* (drug) works on the basis of five fundamentals called as *Rasapanchaka*. They are *Rasa, Guna, Virya, Vipak & Prabhava*. *Rasapanchaka* can be collectively called as *guna* i.e. property.

As *hetu* i.e. cause of disease:- *Ahara* plays an important role in maintenance of health, at the same time it also leads to vitiation of *Doshas* if not taken properly.

e.g. *Ushna gunatmak ahara* increased condition of *raktapitta, pandu, udarrog, Tikshna gunatmak ahara* vitiates *pittajatisara*. *Guru guna* developed *kaphaja grahani, sthauilya & other santarpanottha vyadhi*.

In diagnosis of disease:- All disease is outcome of *doshas*. The amalgamation of *three doshas & seven dushyas* lead to number of permutation and combinations resulting into infinite disease. Though, diseases are innumerable but their characteristics could not be beyond the three *Doshas*. One of the *samprapti* called *vikalpa samprapti* is based upon *gunas* of *Doshas*.
 “समवेतानां पुनर्दोषाणामंशांश बल विकल्पो विकल्पो ऽस्मिन्नर्थे।”^[३] (च.नि. १/११-५)

The *doshas* are also described by the *Gurvadi Guna* and the disease is the vitiation of *gunas* only. e.g. In *bahushosh, mukhashosha & padadari* is increased due to *ruksha guna* of *vata dosha*.

In treatment of disease :- *Gurvadi gunas* are being mentioned in pair, one is opposite of other. If *gunas* of *doshas* are identified while diagnosis, the treatment can be planned by using drugs having opposite properties. The *shadavidha upkrama* also planned according to *gurvadi gunas*. *Pittavruddhi* with *ushna, tikshna gunas*. There *Gruta* is use having *guna shita & manda*.^[4]

APPLICATION OF *TIKSHNA, STHIRA, SARA, MRUDU, KATHINA, VISHADA, PICCHIL GUNA* IN AYURVEDA

Tikshna guna is opposite of *manda guna*. *Sthira guna* is opposite of *sara guna*. *Mrudu guna* is opposite of *kathina & vishada* is opposite to *picchil guna*. These *guna* are rarely explain but they are also important for diagnosis & treatment aspect, so in this study they studied here. *Acharya Hemadri* has stated particular *karma* for a particular *Guna*.

TIKSHNA GUNA – “यस्य शोधने शक्तिः स तीक्ष्णः।”^[५] (अ.ह.सु.१/१८-हेमाद्री टीका)

“दाहपाककरस्तिक्ष्णःस्त्रावणः।”^[६] (सु.सु.४६/५१८)

“तीक्ष्णं पित्तकरं प्रायो लेखनं कफवातहृत्”^[9] (भा.प्र.पु.मि.६/२०४)

Shodhane tikshna. *Tikshna* is a property which exerts immediate, strong & painful effect also vitiates *pitta*. The property of sharpness is considered to be *tikshna*. This property acts very fast. That which does *shodhana* of the body & makes the body to act sharply is called *tikshna*. It is formed predominantly by *Agni Mahabhut*. *Tikshna guna* is *karmanumeya guna*. *Rasapradhanya* :- *katu ras*.

SR NO.	GUNA	PROPERTY	ACTION
1.	<i>Tikshna</i>	<i>Shodhana</i>	<i>Dosha, dhatu, malashodhaka</i>
		<i>Dahakara</i>	<i>Twakadahakara, sphotakar, Antardahakar</i> by increasing <i>pitta</i> .
		<i>Pakakar</i>	<i>Vranapakakar</i>
		<i>Lekhana</i>	<i>Dosha, dhatu, mala lekhan karma</i> by doing <i>srotomukhshodhana</i> .
		<i>Kaphavatahar</i>	
		<i>pittakar</i>	
		<i>Dhatunashak</i>	

Functions of *Tikshna guna*

1. *Shodhan* -E.g. In *vamana* & *virechan karma* use *madanphala*(*randia dumetorum*), *jayapal* (*myristica fragrance*) having *tikshna guna*. In *pradhaman nasya*, *katphal*, *vacha*, *shunthi* like *dravya* use for *shodhan* property.^[8]
2. *Dahakar* - *Twakadahakar*, *Antardahakar*. e.g. *chitraka*, *bhallatak* due to increasing condition of *Tikshna* & *ushna* guna in *Rasa-Rakta dhatu*. It develops burning condition.
3. *Pakakar-Vranapakakar*. e.g. *Arkapatra*, *Nagvel patra*
4. *Lekhan*- *Dosha, dhatu, mala lekhan karma*, if *tikshna dravya* use internally. e.g. *purana guggula*
5. *kaphavatahar, pittakar*.

Types of *tikshna dravya*

1. *Dahak* (Rubifacients) :- e.g. *rajika*, *bhallatak*, *lawang*, *pushkarmoola*, *kuth*.
2. *Tikshna dahak /sphotakar* (vasicants or postulant):-e.g. *Snuhikshira*, *Arkakshira*.
3. *Tivra pradahak* :- *Ajwayan satva*, *piparmant*, *jaypal tail*.
4. *Dhatunashak* :- *Kshar*, *amla*, *somal*, *yawakshar*, *haratal*, *manashila*. These all are *tikshna gunatmaka* drugs which have *dhatushoshak* & *dhatunashak* property. e.g. *Vatsanabha*, *Gunja* are the toxic drug which act as *Dhatunashak* in our body.

STHIRA GUNA:- “यस्य धारणे शक्तिः स स्थिरः”^[9] (अ.ह.सु.१/१८-हेमाद्री टीका)

“स्थिरो वातमलस्तम्भी”^[१०] (भा.प्र.पु.मि. ०६/२०७)

Dharane sthira. Sthira guna does not have the capacity to move, which causes immobilisation of *mutra*(urine), *mala*(stool), *vata*(*apanavayu*) etc. of the body. Some elements of our body are immobile, i.e. *kesh*(hair), *smashru*(beard), *loma* (hair), *asthi*(bone), *nakha*(nails), *danta*(teeth), *sira* & *dhamani* (channels) etc.

Acharya sushrut does not accept *sthira guna* separately but at various places he defines the word *sthira* variously such as *kathina*(hard), *Avisarpi*(that which does not spread) & also motionless. It is formed predominantly by *Prithvi mahabhuta*. *Sthira guna* is *karmanumeya*.

SR NO.	GUNA	PROPERTY	ACTION
2.	<i>Sthira</i>	<i>Dharane</i>	<i>Dhatu</i> portion remains constant.
		<i>Vatamalastambhi</i>	Cease the action of <i>vata</i> (<i>apanavayu</i>) & <i>mala</i> .
		<i>Gatisthairyakruta</i>	Decreases the action of <i>vata</i> .

Functions of *sthira guna*

1. *Dhatusthairyakruta* :- e.g. *Bala*, *Shatavari* are examples of *sthira guna* which are act as *dhatusthirkar*.
2. *Malastambhaka* :-e.g. *Jambu* acts as *malastambhaka* in condition of loose motion, *Mutrasangraniya* & *Vatakara* also.
3. *Gati sthirakruta* :- *Jatiphala* act as *gatisthairyakruta*. e.g. *Jatiphaladi churna* used as sedative, antispasmodic & astringent, used in Asthma & respiratory diaseases.

E.g. *jatiphal*, *sudha*, *praval*, *khadira*, all *niryas*(resin), *ashwagandha*, *shatavari*, *bala*, *atibala*. These all drugs have a *sthira guna*.

SARA GUNA :- “सरो जुलोमनः प्रोक्तः”^[११] (सु.सु. ४६/२२)

“सर स्तेषां प्रवर्तका”^[१२] (भा.प्र.पु.मि.६/२०७)

Prerane sara. Sara guna having spreading nature & *Anulomana* activity, that which causes mobility called *sara*. It causes mobilization of *vata* & *mala* of the body. It composed of *Aap Mahabhut*. It is *kaphavardhak*. By the property of *sara* it acts as *anulomana* mobilises *mala*. It also acts as *lekhana* for *Dhatu*. e.g. *Aragvadha*.

The drugs which enhances intestinal motility, Increase the motion of various actions of body that having *sara guna*. It observes by naked eye(i.e.*darshana pariksha*).

Raspradhanya :- Madhura, Amla, lavana & occasionally in katu & tikta rasa.

SR NO.	GUNA	PROPERTY	ACTION
3.	Sara	Prerane	Make active to body parts.
		Anulomana	It moves to dosha dhatu & mala in their own area.
		Pravartaka	Inducement of mala & mutra.
		Shleshmavardhana	

Functions of Sara Guna

1. Anulomana :- e.g. Haritaki used as mrudu virechaka in Amaja atisara condition.
2. Prerana :- e.g. Trivrutta used for sukha -virechana. It acts by prerana karma.
3. Pravartaka :- Mala & Mutra pravartana. e.g. Saptala
4. Shleshmavardhan:- Increase the quantity of shleshma.

Examples of Sara gunatmaka dravya :-Haritaki, Amlaki, Bibhitaki, Aragvadh, kutaki, kasturi, keshar, gorochan, Trivrutta, Saptala, Shankhini etc.

MRUDU GUNA:- “यस्य श्लथने शक्तिः स मृदुः।”^[१३](अ.ह.सु.१/१८-हेमाद्री टीका)

Shlathane Mrudu. The dravya which causes Mansashaithilya these dravyas called Mrudu dravya. Mrudu means softness. That which the feeling of tenderness & softness are said to be mrudu. Mansa-flesh, Shonita -blood, Meda -fat, Majja -marrow, Hridaya - Heart, Nabhi - Umbelicus, Yakrita-liver, Pliha- spleen, Antra - Intestines & Guda -Anus, all these substances are said to be having the property of softness. This property causes body parts to be soft & loose. Akash & Aap is the predominant Panchmahabhuta present in this property. It is kaphavardhaka & Vatapittashamaka. It makes the mala loose. It causes softness of the Dhatu. It relieves daha(burning), paka, srava. It helps in digestion & Srava to flow. e.g. Eranda Taila. It feels in body with the help of sliminess & softness of body.

Raspradhanya:- Madhura, Amla & lavana.

SR NO.	GUNA	PROPERTY	ACTION
4.	Mrudu	Shlathana	Softning of dhatu
		Mrudukriyatwa	Functions of body element easily happens.
		Apachana	Avoid condition of cell digestion
		Dahahara	Decrease burning sensation by managing Ushna & tikshna guna of pitta.
		Sravanashana	Decreases the secreting action or discharge condition
		Kaphakruta	Increases kapha dosha

		<i>Dridhatanashaka</i>	It relieves hardness of body elements & <i>dhatu</i>
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Functions of *Mrudu guna*

1. Softness of *Dhatu*. e.g. *Taila, Ghruta*.
2. Maintain *Mruduta* in *Dhatu*:- It happens by two ways – a) In *Dhatugata kala rukshata* is relieved by *mrudu guna*. b) At the level of *kala, twak & mansa Snigdha dravya* maintain *mruduta*. e.g. *Majja*
3. *Mrudukriyatwa*:- In body elements i.e. *dhatugata kriya* are happens easily, by creating *mruduta* at *srotasa* level. e.g. *Eranda taila in Amvata*
4. *Shlathana* :- It relaxes to *Mansa dhatu*. In *sthaulya, medoroga* due to *mrudu guna*, increases *shaithiya*. To treat this condition use the opposite *gunatmaka dravya* i.e. *kathina dravya* for recover it.
5. *Apachana*:- It avoid the condition of *paka* (digestion) at cellular level. e.g. *Lodhra* (*Symplocos Recemosa*).
6. *Dahakar* :- It decreases the burning action. e.g. *Goghrita*
7. *Sravanashana*:- e.g. *Amraharidra (Curcuma amada)* works as a *sravanashan* on wound.
8. *Kaphakruta*:- It increase to *kapha dosha*. e.g. *Dadhi*
9. *Dridhatanashaka (kadhinyanashaka)* :- e.g. In spasmodic condition of muscle use *Tailabhyanga* for reliving spasmodic pain.

Mrudu Gunatmaka dravya :- *Godhuma, Vrihi, Shali, shashtika, dwidala, Taila, Ghruta, Vasa, Majja, Navneeta, Eranda taila, Vatada taila* (Almond oil), *Aragvadha, Madhuyashti, Rumimastagi*.

KATHINA GUNA:- “यस्य दृढने शक्तिः स कठिनः।”^[१४] (अ.ह.सु.१/१८-हेमाद्री टीका)

Drudhikarane kathina. Commonly this property is known as Hardness. That which is hard & strong to touch is known as *kathina*. That which causes hardness & Strongness of body is known as *kathina guna*. The *kathina guna* predominantly composed of *Prithvi mahabhuta*. It is *Vata-vardhaka*, causes hardness & dryness of the *mala*. It gives strength to *dhatu*. e.g. *Pravala, Mukta*. *Kathina guna* is feel hard by *Sparshanendriya*, so *kathina guna* is *murta guna*.

SR NO.	GUNA	PROPERTY	ACTION
5.	Kathina	Dridhane	It causes strongness of <i>Dhatu</i> & body.
		Vatakara	It increases <i>vata dosha</i> in our body
		Mutra-poorisha shoshana	It causes hardness to <i>mala</i> & increase concentration of urine.

Functions of *kathina guna*

1. *Dridhatwakar* :- In condition of *dhatushaithilya*, *kathina gunatmaka dravyas* are use for *drudhikarana* treatment. Commonly it develops hardness, *drudhtva* to the *mansa-peshi*. E.g. In *sthaulya* & *medoroga shilajita*, *Abraka*, *Loha* are used. *Kathina guna* causes *dridhtva* in *Sira-kandara*, *snayu* & *asthi*. In *Amashaya shaithiya praval*, *mauktika bhasma* is used. In *antrashaithiya* & *gudashaithiya vangbhasma*, *musali* are used.
2. *Vatakara* :- Long time use of *Kashaya rasatmaka dravya* having *kathina guna* increses *vata dosha*. e.g. *khadira*, *arjuna*, *shirish* etc.
3. *Mutra-poorisha Shoshana* :- e.g. Long term use of *Guggul*. It causes *mutra poorish-shoshana*.

Examples of *Kathina guna* :- *Pravala*, *Mukta*, *shankha*, *shukti*, *guggula*, *karkatshrungi Dravya* which contain Calcium, *kakolyadi varga*, *Ashwagandha*, *shatavari*, *musali*, *Ashtavarga* etc.

Raspradhanya :- *Kashaya rasatmaka*

VISHADA GUNA:- “यस्य क्षालने शक्तिः स विशदः”^[१५] (अ.ह.सु.१/१८-हेमाद्री टीका)

विशदो विपरीतोऽस्मात् क्लेदाचुषण रोपणः”^[१६] (सु.सु.४६/५१७)

kshalane vishada. This property is generally known as clearness. It may be pure or impure but it should have clearness. That which does not possesses any unclearness (devoid of dirt), which is clean to appearance is said to be *vishada*. It has got the property to *kshalana* that which remove the sliminess or *picchilatva*. According to *charaka*, *Vishada guna* is composed of mainly by *Prithvi*, *Vayu*, *Tejasa* & *Akasha Mahabhuta* & According to *sushruta*, *vishada guna* is composed of *Akasha Mahabhuta*. It is *vatavardhaka* & dries up the *mala*. It causes *Vranaropana* & *Lekhana* of *Dhatu* also. e.g. *kshara*.

The drug which causes clearness of *Dosha*, *Dhatu* & *mala* called *vishada gunatmaka dravya*. Detoxification of *dhatu* & cleanliness of Outer skin are the functions of *vishada guna*.

SR NO.	GUNA	PROPERTY	ACTION
6.	Vishada	Kshalana	It expel-out the <i>dosha</i> of body
		Ajivana	It decreases the components of body.
		Balaharaka	It reduces the strength of body
		Asandhana	It reduce the binding capacity of <i>dhatu</i> or body components
		Kledochushana	It suck <i>kleda</i> of body
		Shoshana	It suck <i>drava-dhatu</i> (liquid component) of body
		Vranaropana	Healing of wound
		Anulepakara	It reduces the development of body building units.
		Kaphakruta	It decreases to <i>kapha dosha</i>
		Vatakruta	It increases to <i>vata dosha</i> .
		Laghutwakruta	It causes lightness to body

Functions of vishada guna

1. *Ajivana* :- It is harmful to body. e.g Toxic substances like *vatsnabha*, *jayapal*, *somal*, *haratal*, it decrease *oja dhatu*. So, it is harmful to body.
2. *Balaharak* :- E.g. Increasing use of *Madya* causes severe weakness in body due to *vishada guna*.
3. *Asandhana* :- E.g. *Puga* (*Areca Catechu*) is mention in *vikasi karma*, which causes joints *shaithilya* by *vishada guna*.
4. *Kledachushana* :- E.g. *Kadamb* with *Jiraka* use as *kledachushana* in *Atisara*.
5. *Shoshana*:- E.g. *Priyangu* due to *tikta*, *kashaya ras*, *shita virya* & mainly by *vishada guna* act as *shoshaka dravya* in *raktatisar*.
6. *Vranaropana* :- E.g. *Tambul* use as *vranaropana* in *Granthi*, *Vrana* & *Shoth* condition.
7. *Anulepakara* :- E.g. *Arjuna* (*Terminalia arjuna*) use in cardiac disorder like *dislipidemia* by its *Anulepakara karma*.
8. *Kshalana* :- E.g. *Taila* is use as *snehana dravya* in *Medoroga* for *kshalana karma*.
9. *Kaphakruta* :- E.g. *Katutumbi* (*Lagenaria vulgaris*). It decreases to *kapha dosha*.
10. *Vatakruta* :-E.g. *Nimba* (*Azadirachta indica*) has *vishada guna*. So it causes *Vatvardhana* in body.
11. *Laghutwakruta* :- E.g. *Mudga* (*Phaseolus Radiatus*)

Examples of *Vishada guna* :- *Taila*, *Madya*, *Laukifala*, *mudga*, *Shashaka*- *mansa*, *Keluta mansa*, *Kadamb*, *Nimba* etc.

PICCHILA GUNA :- “ यस्य लेपने शक्तिः स पिच्छिलः।”^[१७] (अ.ह.सु. १/१८)

“पिच्छिल जीवनो बल्यः संधानः श्लेष्मलो गुरुः।”^[१८] (सु.सु. ४६/५१७)

Commonly the word *Picchila* means Sliminess. That which has got sticking nature is known as *picchila*. The property which causes *lepana* in body called as *picchila guna*. There is difference between *Snigdha guna* & *Picchila guna*. Both are soft, if *Snigdha dravya* rubbed into two fingers. Then after separate them fibers not coming out but if we rubbed *picchila dravya* in two fingers, then fibers come out, So they are different from each other. Unctuous & sliminess, softness all are present in *Picchila guna*. It causes union of the parts of body & heaviness of body. This property is due to the predominance of *Apa Mahabhuta*. It is *Kaphavardhaka*. It causes Sliminess of *Srotas* & helps the *mala* to pass easily. It increases *Dhatu* & helps in fracture Healing. This is *Balya* for *dhatu*.

SR NO.	GUNA	PROPERTY	ACTION
7.	<i>Picchila</i>	<i>Upalepkara</i>	It covers internal body elements
		<i>Jivaniya</i>	Essential for life
		<i>Sharira-gaurava utpadaka</i>	Produce heaviness in body
		<i>Kaphavardhaka</i>	Increases to <i>kapha dosha</i> .
		<i>Dhatuvardhaka</i>	Increases to <i>dhatu</i> .
		<i>Balya</i>	

Functions of *Picchil guna*

1. *Upalepakar*:- It does *Mansadhātu lepana karma* & *dhatu vruddhi karma* of body. It also increase *dhatugata kala* & covered to *dhatu*. e.g. *Mansaras. jangal mansa*.
 2. *Jivaniya* :- It gives power to each cells of body. e.g. *Dugdha*
 3. *Sharira-gaurava utpadaka* :- By enhancing *dhatu*, it gives heaviness to body. e.g. *Mash*
 4. *Kaphavardhaka, Dhātuvardhaka, Balya*. e.g. *Musali*.
 5. *Asthibhagna-sandhankaraka* :- It maintains binding capacity of bones & muscles of our body. e.g. *Mash (phaseolus mungo)*
 6. *Malotsarga-sahayaka*. e.g. *Ashwagolam*.
 7. *Vatahara*:- It maintain sliminess of body & reduce extra activities of *vata dosha*. e.g. *Mashparni(Teramnus labialis Spreng)*
 8. *Shitata*:- It maintain coldness in body functions. e.g. *Mudgaparni(Phaseolus Trilobus)*
- Examples of *picchila guna*:- *Ashwagolam, Shleshmataka, Kokilaksha-beej, Kshira, Fanita, Babbula-niryas, jaggery, Mash, Mudgaparni, Mashparni, Musali, Ikshurasa* etc.

DISCUSSION

Guna and *Dravya* are in an inseparable relationship i.e. *Guna* is present in *Dravyas* since its origination till its end. *Guna* is most important of six *Karanas* (*Dravya, Guna, Karma, Samanya, Vishesh, Samavaya*) used in *chikitsa* So, *Guna Pradhana Chikitsa* is widely used in

practice. *Gurvadi –Gunas* can be said as property of substances by virtue of its acts. These *Gunas* are present in their self- form, in the form of *Rasa, Vipaka, Virya*. These properties are deduced by *Pratyaksha & Anumana Pramana*.^[18]

These *Gunas* are present in pairs opposite to each other. The vitiation of either of these twenty *Gunas*, present in either *Doshas* also responsible for occurrence of disease, At the same time the *dravyas* are also possessing these *Gunas*, Thereby helping in Treatment. Identification of vitiated *Dosas* identified with the help of *gunas* of present symptoms & opposite quality of drugs are being selected.

The *gurvadi guna* are present in the *dhatus* of the body. These *Guna* are also present in *Ausadha & Ahara*. The *Dravya* having *Guru Guna* should increase the *Dhatu* having same *guna*. The *Dravya* having Opposite *guna* should decrease the *dhatu*. On this Phenomenon, when there is *Mansakshaya & mansa* is given & when there is *Raktakshaya, Rakta* is given.

If there is an any exceptional cases or condition then depending upon the circumstances the proper *dravya* according to *Guna* is to be given.

CONCLUSION

Guna is most important *karana*, which is used in *chikitsa*. It stands for property as well as quality. *Gurvadi Guna* is most important for diagnosis & treatment of disease. *Tikshna, Sthira, Sara, Mrudu, Kathina, Vishada, picchil* these *gunas* are also importants in clinical practice so these are discussed according to clinical view. Thus it can be concluded that the *Gurvadi gunas* holds an important position in the field of Ayurveda.

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