

**INSIGHT TO BHAVA SWABHAVA NITYATVA OF AYURVEDA IN
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ABSTRACT

Every medical stream has its own Principles. The Ayurveda principles are eternal. This is what distinguishes Ayurveda from other medical disciplines in the globe. From life to health problems, diseases and their treatment, these basic concepts are at the core. These may be listed as Tridosha, Panchamahabhuta, Prakriti, Oja, Dhatu, Mala, Agni, Manas, Atma and others. They are the most distinguishing and unique technique of material creation and provide every possibility to incorporate current medical science advances. Ayurveda's goal is to maintain the correct balance between dosa, dhatus and mala, so as to sustain health in a healthy person and treat a sickness in an ill person. The name of Ayurveda has been called as "Shashvata" (always existing) because of "Anaditva" (origin is untraceable as ancient as civilization starting), "Svabhavasansiddha Lakshanatva" (based on natural occurrences) and "Bhavasvabhava Nityatva" (nature of the existing matters are consistent). The eternal principles that is applicable for society today. Fortunately, this realization has given rise

to a spurt of an impulsive and argumentative pro-Ayurvedic generation as its eventuality. Global dissemination of Ayurveda required its scientific presentation besides minimization of its semantic barriers helping it to become comprehensible to the people Exogenous to it. Details are provided in Article.

KEYWORDS: *Shashvata*(eternal), *Anaditva* (untraceable origin), *Bhavasvabhava Nityatva* (constant existing matters), *Svabhavasansiddha Lakshanatva*(based on natural occurrences).

INTRODUCTION

Ayurveda is a comprehensive scientific system that is almost 5000 years old. *Ayurveda*: Ayu, which signifies life or lifetime and Veda, wisdom. Ayurveda thus means "the study of life." The Hindu Vedas regard Ayurveda as a gift of gods to humanity that was transmitted via profound meditation to the saints and sages of India. The name of Ayurveda has been called as "*Shashvata*" (always existing) because of "*Anaditva*" (origin is untraceable as ancient as civilization starting), "*Svabhavasansiddha Lakshanatva*" (based on natural occurrences) and "*Bhavasvabhava Nityatva*" (nature of the existing matters are consistent). Ayurveda is the most comprehensive living system, encompassing not only medicine but also philosophy, science, psychology, lifestyle, health etc. The primary objective of Ayurveda is to provide the individual and society with optimal health. Its main concept is the ultimate equilibrium between mind, mind and body. Ayurveda defines health as a full four-dimensional condition of bio-balance (*Tridosha*, *Agni*, *Saptadhatu*, *Trimala*) and a psycho-spiritual goodness of a wonderful state (*Atma*, *Indriya*, *Mana*). Ayurveda, currently known as new-age medicine, based on the concept of everlasting life, includes a wide knowledge of eight disciplines. The whole science of ayurveda is based on following principles: principles of Panchamahabhuta, Tridosha, *Loka purusha samya Principle*, *Principle of Agni, Dhatu, Mala, Ama, Srotas, Samanya – Vishesha, Rasa Panchaka, Principle of Ojas*. These principles are based on eternal concepts that apply to society today.

Panchamahabhutas: Lifetime Origin^[1]

Ayurvedic theory of life genesis suggests a three-stage journey from life to life. Spontaneous theories and bioprocesses are comparable to contemporary Ayurvedic theories. The process of life theory started with Avyakta (invisible) and after going via a series of intermediates it reached Vyakata (visible). This explains the life process which just began a few billion years ago, even if the fundamental ingredients have been available since eternity. Ayurveda states that every material in the world consists of just five fundamental components (Panchamahabhutas).

Tridosha symbolises the physiological function of a living organism, which is ultimately the attribute of its substance. Mahabhuta imbalance leads to a qualitative perturbation of physiological function which is later recognised as a dosha disharmony producing an illness.

This notion is based on the ayurvedic theory of illness and health, finding the balance of Tridsha and ultimately Panchamahabhutas.

Table 1: Qualities of the *Panchamahabhutas*.

<i>Variables</i>	<i>Akasha</i> (Space)	<i>Vayu</i> (Air)	<i>Tejas</i> (Fire)	<i>Ap</i> (Water)	<i>Prithvi</i> (Earth)
Definition	The field from whence everything is manifested into which everything returns	Existence without form	Transformation	Force of Cohesion	Solidity
Essence	Sound	Sound + touch	Sound + touch+ Color	Sound + touch+ Color+ Taste	Sound + touch+ Color+ Taste+ Smell
Properties	Motivity, inertness, distance, non-resistance, Vacuousness	Movement, Vibration, Oscillation, Gaseousness, Expansion, Dynamism	Color, Heat, Radiation, Appearance, Form without Substances Solid- liquid- gas etc.	Liquid, Fluid, moist, Force of Cohesion, Flux, without stability.	Firm, rough, heavy, offers resistance, solid, stable, odorsome, coarse, rigid
Corresponding Form and Function	Vacuous parts/Hollow cavities; organs of speech tongue, vocal cords, Perforated masses in body and ears	Dry/air parts touch, respiration, wining of lids, contraction and relation of movements, lightness of body, hands, Sense of Fear	Hot parts, digestion, pigmentation, sharpness, bravery, sight, heat and temperature of body, anger, luster, appearance	Liquid parts, Reproductive Fluids, Genitals, urine, blood, Marrow, Brain	Solid Parts, Nails, Nose, Enamel, Bones, Flesh, Hair, Nerves, Arteries, Anus, Lymph
Main Sense	Hearing	Touch	Vision	Taste	Smell
Helps other <i>bhutas</i> by	Giving Space	Drying	Ripening	Moistening	Being Their Support
Corresponding <i>tridoshas</i>	<i>Vata, Pitta, Kapha</i>				

Prakriti: The Proto Type^[2]

Prakriti (pra = primary or first, kriti = formation or creation) stands for the prototype representing the basic formative distinction in a given individual. It is described to be formed of characteristic physiological, physical and mental features of an individual. Seven subgroups are possible representing a differential combination or equi-presence of each one

of the Tridoshas, namely Vata, Pitta and Kapha. A correlation between CYP2C19 genotype and Prakritis with fast and slow metabolic features have been attempted recently.

Tridosha: The Methodology of an Open System^[5]

The physiological foundation of the practical Ayurveda is Tridosha. Three fundamental functions via a continuous interaction between the environment and the person are considered necessary for the integrity of a living system to be maintained. By monitoring their corresponding dosha's function, the Mahabhuta's deficiency or over-excess may be recognised as causing disease or health. The concept for input-output, output and storage as three key open system functions mirror the roles of Vata, Pitta and Kapha, as suggested in Ayurveda correspondingly. (Hankey 2007 et al.)

Table 2: Mahabhuta and their Representative Dosha.

Predominant	Representative
<i>Akash + Vayu</i>	<i>Vata</i>
<i>Agni</i>	<i>Pitta</i>
<i>Jala + Prithvi</i>	<i>Kapha</i>

Table 3: Rasa and their elemental composition.

Rasa	Elemental
<i>Madhura</i>	<i>Jala + Prithvi</i>
<i>Amla</i>	<i>Prithvi + Agni</i>
<i>Lavana</i>	<i>Jala + Agni</i>
<i>Katu</i>	<i>Vayu + Agni</i>
<i>Tikta</i>	<i>Vayu + Akasha</i>
<i>Kashaya</i>	<i>Vayu + Prithvi</i>

Rasa: A Tool to Identify and Quantify Ayurveda Pharmacology and Nutrition^[6]

Ayurveda identifies each item of the cosmos, based on its Panchbhautic makeup, as a possible remedy. Rasa (taste) is an observable and representational characteristic of a material, which represents its basic composition reproducibly and precisely. Despite apparent variations in chemical structures, Ibuprofen and Oleocanthal have comparable pharmacological effect. Therefore Rasa serves as a mediator for a rational identification of appropriate medication between doctor and patient. In Ayurveda, Rasa and related characteristics (guna, virya, vipaka and prabhava) are utilised separately or coherently for the determination of pharmacology and afterwards for the therapeutic application of a medication.

Table 4: Rasa and their effect on Doshas.

Rasa	Effect
Madhura	Pro Kapha + Anti Vata + Anti Pitta
Amla	Pro Kapha + Anti Vata + Pro Pitta
Lavana	Pro Kapha + Anti Vata + Pro Pitta
Katu	Pro Vata + Anti Kapha + Pro Pitta
Tikta	Pro Vata + Anti Kapha + Anti Pitta
Kashaya	Pro Vata + Anti Kapha + Anti Pitta

AYURVEDA: All Round Missing Codes^[7]

Ayurvedic pharmaceuticals are receiving a new thrust through a reappraisal of Bhasma preparations (preparations, where herbs, minerals and metals are incinerated to ash under supervised conditions) The nano-particle size of Ayurvedan Bhasmas, has been confirmed in another study. This study put to rest concerns about the presence of heavy metals in ayurveda preparations. Ayurvedic classic texts have taken a serious note of the potential toxicity of certain herbs, minerals and metals. Rasayana drugs are described to have anti-aging effects after they are purified through Shodhana (biopurification) Traditional methods of incinerating particles can reduce particle size and give rise to increased efficacy. Ayurveda is often sought as a therapy for cancer patients.

There are several common features between the ayurvedic concept of cancer and modern science. Reserpine, the active alkaloid of Sarpagandha (*Rauwolfia serpentina*), till today is the only molecule that blocks vesicular monoamine transporters (VMAT)

CONCLUSION

Ayurveda is an ancient Indian medical system that has been around for over years. The fundamental principles of Ayurvedic medicine are eternal truths and will help mankind to live a better life. This review provides a glimpse of the ayurveda's functions and benefits in modern life style. It also attempts to reveal the importance of this ancient form of medicine in today's world.

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