

## CONCEPTUAL STUDY OF TRIDOSHA SIDDHANTA IN AYURVEDA

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Article Received on  
12 April 2024,

Revised on 02 May 2024,  
Accepted on 22 May 2024

DOI: 10.20959/wjpr202411-32583



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## ABSTRACT

**Introduction:** Ayurveda is an ancient science of life and it has many basic theory in which *Tridosha* is most important. *Tridosha* means “*Tri -Plus Doshas*”; there are three *Doshas* in *Ayurveda* namely *Vata*, *Pitta*, and *Kapha*. **Aims and Objectives:** Aims and objectives of the study is to explore the correlation between *Tridosha Siddhanta* and *Prakruti*, *Agni*, *Kostha*, *Kaala*, and *Dinacharya*. **Materials and Methods:** The current review focused for better understanding of the importance of *Tridosha Siddhanta*. *Brihatrayee* and all available full commentaries is searched for the current topic. Research publications are also searched regarding this topic. **Discussion:** *Vata*, *Pitta*, *Kapha* are the three *Doshas* (Functional units) which exist in the body. They keep the body healthy when in equilibrium but cause disease when in a vitiated state.

**KEYWORDS:** *Vata*, *Pitta*, *Kapha*, *Tridosha*, *Siddhanta*.

## INTRODUCTION

Ayurveda is an ancient science of life; it contains many basic concepts which are extremely useful in identifying and treating diseases. Among them, the *Tridosha* theory is the most important.<sup>[1]</sup> *Tridosha* means “*Tri -Plus Doshas*”; there are three *Doshas* in *Ayurveda* namely *Vata*, *Pitta*, and *Kapha*. As mentioned in *Charak Samhita* that *Sharir Dosh Sangrahas* are *Vata*, *Pitta* and *Kapha*. These *Tridoshas* are responsible for maintenance of health in *Prakruti Avastha*; when it becomes vitiated, the body manifests diseases.<sup>[2]</sup>

According to Chakrapani Dutta in Ayurved Dipika - it is said that among *Tridosha Vata* placed at 1<sup>st</sup> because.

1. *Vata* is responsible for all movements of *Sharir*.
2. *Vata* is *Shigra Guna* and *Ashukari Guna*.
3. There are many more number of diseases due to *Vata Vriddhi* like *Nanatmaj vata Vyadhi*, comparison with *Pitta* and *Kapha* disorders.<sup>[3]</sup>

*Jhatharagni* is compared with *Pitta* and *Prakruta Avastha* of *Agni* provides *Arogya*, *Varna*, *Bala*, *Swastha*, *Upachaya*, *Prabha*, *Oja*, *Teja*, and *Prana*. So before *Kapha Dosha*, *Pitta Dosha* has been mentioned. So *Vata*, *Pitta*, *Kapha*, in sequence, shows their importance.<sup>[2]</sup>

## AIMS AND OBJECTIVES

Aims and objectives of the study is to explore the correlation between *Tridosha Siddhanta* and *Prakruti*, *Agni*, *Kaala*, *Dinacharya* and *Kostha*.

The contribution of *Tridoshas* is to maintain health and to cure diseases - the main aim of *Ayurveda*, as per **Charak sutrasthana adhyaya 1**. Mentioned in below shloka

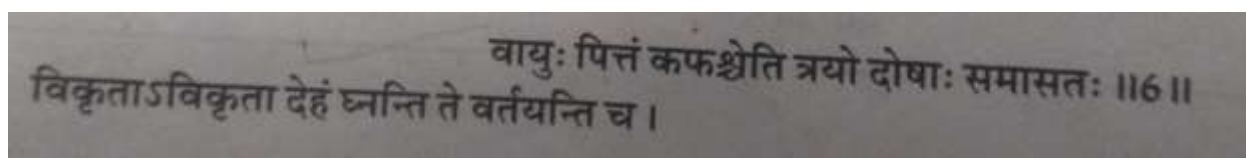
प्रयोजनं चास्य स्वस्थस्य स्वास्थ्यरक्षणमातुरस्य विकारप्रषमनं च ।।26।।

“The *prayojana* (in the utility or purpose) of *Ayurveda* is *Swasthasya Swasthya Rakshanam* (Maintenance of the health of a healthy individual) and *Aaturasya Vikaraprashamana* (Cure the disease of the patient).”<sup>[4]</sup>

## MATERIALS AND METHODS

The current review focused for better understanding of the importance of *Tridosha Siddhanta*. *Brihatrayee* and all available their commentaries is searched for the current topic. Research publications are also searched regarding this topic.

## DISCUSSION<sup>[5]</sup>



“*Vata*, *Pitta*, *Kapha* are the three *Doshas* (Functional units) which exist in the body. They keep the body healthy when in equilibrium but cause disease when in a vitiated state.”

Though the three *Doshas* are found all over the body, they are found predominantly in the following places

- *Vata* - Below the naval
- *Pitta* - Between heart and
- *Kapha* - Above heart[8]

ते व्यापिनोऽपि हृन्नाभ्योरधोमध्योर्ध्वसंश्रयाः ॥७॥

वयोऽहोरात्रिभुक्तानां तेऽन्तमध्यादिगाः क्रमात् ।

*Vata*, *Pitta* and *Kapha* are predominantly present in the last, middle and first stages of age, day, night, and diet respectively.

<i>Dosha</i>	<i>Age</i>	<i>Day</i>	<i>Night</i>	<i>Diet</i>
<i>Vata</i>	Old	Evening	End hours	End of digestion
<i>Pitta</i>	Middle Age	Midday	Midnight	During process of digestion
<i>Kapha</i>	Childhood	Morning Hours	Starting of night hours	Beginning of digestion

*Doshas* are also related to *Agni* and *Kostha*; *Agni* plays a key role in Metabolism and In maintaining health.<sup>[6]</sup>

तैर्भवेद्विषमस्तीक्ष्णो मन्दश्चाग्निः समैः समः ॥८॥

कोष्ठः क्रूरो मृदुर्मध्यो मध्यः स्यात्तैः समैरपि ।

<i>Dosha</i>	<i>Agni</i>	<i>Kostha</i>
<i>Vata</i>	<i>Vishmagni</i>	<i>Krura</i>
<i>Pitta</i>	<i>Tikshanagni</i>	<i>Mrudu</i>
<i>Kapha</i>	<i>Mandagni</i>	<i>Madhyama</i>
All <i>tridoshas</i>	<i>Samagni</i>	

Relationship of *tridosha* with *prakruti* (Constitution of body)<sup>[7]</sup>

शुक्रार्तवस्थैर्जन्मादौ विषेणोव विषक्रिमेः ॥९॥

तैश्च तिस्रः प्रकृतयो हीनमध्योत्तमाः पृथक् ।

<b>Dosha</b>	<b>Prakruti</b>	<b>Result</b>
<i>Vata</i>	<i>Vataprakruti</i>	<i>Hima</i>
<i>Pitta</i>	<i>Madhyama</i>	<i>Pitta</i>
<i>Kapha</i>	<i>Kaphaprakruti</i>	<i>Uttama</i>

### Seat of doshas

These three *Doshas* are distributed and even then *Vata* is dominant in the pelvic area. *Pitta Dosha* specifically resides between epigastric and umbilical area and *Kapha Dosha* above the epigastric area.

### Characters of doshas

1. The important properties of *Vata Dosha* are *Ruksha*, *Laghu*, *Sita*, *Khara*, *Sushma*, and *Chala*.
2. *Pitta Dosha* have properties *Sneha*, *Tikshna Ushna*, *Laghu*, *Visra*, *Sara* and *Drava*.
3. Properties of *Kapha Dosha* are *Snigdha*, *Shita*, *Guru*, *Manda*, *Slakshna*, and *Mritsna*.

### Division of doshas

1. *Panchavidh Vata* - *Prana*, *Udana*, *Vyana*, *Samana*, and *Upana*.<sup>[9]</sup>
2. *Panchavidha Pitta* - *Pachaka*, *Ranjaka*, *Sadhaka*, *Alochaka* and *Bhrajaka*.<sup>[10]</sup>
3. *Panchavidha Kapha* - *Akalambaka*, *Kledaka*, *Boudhaka*, *Tarpak* and *Slesaka*.<sup>[10]</sup>

### Factors responsible for accumulation (*Kaya*), Aggravation (*Prakopa*) and Alleviation (*Prashamana*) of doshas

<b>Dosha</b>	<b>Caya (Accumulation)</b>	<b>Prakopa (Aggravation)</b>	<b>Prashama (Alleviation)</b>
<i>Vata</i>	<i>Ruksha</i> and other qualities of <i>Vata</i> associated with <i>Ushna Guna</i> .	<i>Ruksha</i> and others associated with <i>Sita Guna</i> .	<i>Snigdha</i> associated with <i>Ushna Guna</i> .
<i>Pitta</i>	<i>Tikshna</i> and other qualities of <i>Pitta</i> associated with <i>Sita Guna</i> .	<i>Tikshna</i> and others associated with <i>Ushna Guna</i> .	<i>Manda</i> associated with <i>Sita Guna</i> .
<i>Kapha</i>	<i>Snigdha</i> and other qualities of <i>Kapha</i> associated with <i>Sita Guna</i> .	<i>Snigdha</i> and others associated with <i>Ushna Guna</i> .	<i>Ruksha</i> associated with <i>Ushna Guna</i> .

*Tridosha* exists only in the living body. All the diseases are manifested due to the vitiation of *Doshas* only and they are innumerable.

The abnormalities of *Doshas* should be inferred by an intelligent physician by observing unclear conditions of sense organs.<sup>[12]</sup>

### Abnormalities of *Doshas* are only two

- (a) An increase
- (b) A decrease

Both of which are symptomatic. By observing the symptoms, the physician has to infer the degree and the strength of the *Doshas*.

***Vata, Pitta and Kapha only are the causes of disease.*** If they are in normal state and spread all over the body, they act like three pillars supporting a house.<sup>[11]</sup>

### CONCLUSIONS

The theory of *Tridosha* is derived from the theory of *Panchmahabhuta*. *Tridoshas* are *Panchmahabhutic* and are made of the five basic elements. *Vata* is formed by the combination of *Vayu* and *Aakash*; *Pitta* is formed from *agni* and *Kapha* is formed by the combination of *pruthvi* and *jala mahabhuta*. The further research is required for revalidation of concept of *tridosha* *sidhant*.

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