

A PHYSIOLOGICAL UNDERSTANDING OF BODHAKA KAPHA

KamathNagaraj¹, Patel Yashesh²

¹Asst.Professor, Department of ShareeraKriya, Sri DharmasthalaManjunatheshwara College of Ayurveda & Hospital, Hassan-573201, Karnataka, India.

²Asst.Professor, Department of KriyaShareera, Shree RMD Ayurvedic College & Hospital, Valsad, Gujarat, India

Email: nagaraj.kamath1989@gmail.com

ABSTRACT

Dosha, Dathu, Mala together forms the basis of the body. The balance of these entities represents the healthy state and imbalance will cause various diseases. In normalcy, *Dosha* will be performing their own functions and individual *Dosha* will be having their own specific site. There are five types of *Kapha* namely *Bodhaka, Sleshaka, Tarpaka, Avalambaka, Kledaka*. The *ViseshaSthana* of *BodhakaKapha* is said to be *Jihwa*. The main function of *BodhakaKapha* is said to be *Rasabodhana* i.e perception of taste. Taste is a chemical sensation. By its solvent action, saliva dissolves the solid food substances, so that the dissolved substances can stimulate the taste buds. The stimulated taste buds recognize the taste. Function of *BodhakaKapha* can be related to function of saliva with regards to taste perception.

Keywords: *Bodhaka, Kapha, Shareera, Kriya, Saliva.*

INTRODUCTION

The individual is an epitome of the universe. All the material & spiritual phenomenon of the universe are present in the individual. Similarly all those present in the individual are also contained in the universe^[1]. Originating in cosmic consciousness, this wisdom was intuitively received in the hearts of the ancient scholars. They perceived that consciousness was energy manifested into the five basic prin-

ciples or elements. Man is microcosm of the nature and so the five basic elements present in all matter also exists within each individual. Thus out of the womb of the five elements, all matter is born. The five basic elements exist in all matter. Water provides the classic example: - the solids of iced water are manifestation of the *PrithviMahabhuta* (earth principle). Latent heat in the ice (*Agni*) liquefies it, manifesting

into *JalaMahabhuta* (water principle). And then eventually it turns into steam expressing the *VayuMahabhuta* (air principle) the steam disappears into *Akasha* or space^[2]. *Bhuta* is that which is not born out of something, but out of which something is born. It is the material cause of substances in the world. When we say *Bhuta* we mean that subtle level of existence, where as *Mahabhuta* refers to gross level of existence^[3]. *Panchikarana* is the process through which invisible *Bhutas* combine with each other and form the visible *Mahabhutas* in such a way that all *Bhutas* are present together in each *DrisyaBhuta* in varying degrees of predominance. Thus in the physical world everything is a combination of *PanchaMahabhutas* & we cannot see them independently^[4]. *Dosha*, *Dathu*, *Mala* together form the basis of the body^[5]. The balance of these entities represents the healthy state and imbalance will cause various diseases^[6]. In normalcy, *Dosha* will be performing their own functions and individual *Dosha* will be having their own specific site. By mentioning the various *Sthana* of the each *Dosha* the different function performed by individual *Dosha* in different sites has been emphasised. The sub-types of *Dosha*, its location and function have also been mentioned^[7]. Regarding the *Sthana* of various *Dosha* authors have different opinion. Later authors have added some more *Sthana* of *Dosha*. For example: ears among the location of *Vata*; umbilicus, eyes and skin among the location of *Pitta*; *Kloma*, nose, tongue among the location of *Kapha*. There are five types of *Kapha* namely *Bodhaka*, *Sleshaka*, *Tarpaka*, *Avalambaka*, *Kledaka*. The *ViseshaSthana* of *BodhakaKapha* is said to be *Jihwa*. The main function of *Bodhaka-*

Kapha is said to be *Rasabodhana* i.e perception of taste^[8].

Primary function of mouth is eating and it has few other important functions also. Functions of mouth include: Ingestion of food materials, Chewing the food and mixing it with saliva, Appreciation of taste of the food, Transfer of food (bolus) to the esophagus by Swallowing, Role in speech, Social functions such as smiling and other expressions.^[9]

Salivary glands are formed by acini or alveoli. Each acinus is formed by a small group of cells which surround a central globular cavity. Central cavity of each acinus continuous with the lumen of the duct. The fine duct draining each acinus is called intercalated duct. Many intercalated ducts join together to form intralobular duct. Few intralobular ducts join to form interlobular ducts, which unite to form the main duct of the gland. A gland with this type of structure and duct system is called racemose type (racemose = bunch of grapes).^[10]

Volume: 1000 mL to 1500 mL of saliva is secreted per day and it is approximately about 1 mL/minute. Reaction: Mixed saliva from all the glands is slightly acidic with pH of 6.35 to 6.85. Specific gravity: It ranges between 1.002 and 1.012. Tonicity: Saliva is hypotonic to plasma. Taste is a chemical sensation. By its solvent action, saliva dissolves the solid food substances, so that the dissolved substances can stimulate the taste buds. The stimulated taste buds recognize the taste. Salivary amylase is a carbohydrate-digesting (amylolytic) enzyme. It acts on cooked or boiled starch and converts it into dextrin and maltose. Though starch digestion starts in the mouth, major part

of it occurs in stomach because, food stays only for a short time in the mouth. Optimum pH necessary for the activation of salivary amylase is 6. Salivary amylase cannot act on cellulose. Maltase is present only in traces in human saliva and it converts maltose into glucose. Lingual lipase is a lipid-digesting (lipolytic) enzyme. It is secreted from serous glands situated on the posterior aspect of tongue. It digests milk fats (pre-emulsified fats). It hydrolyzes triglycerides into fatty acids and diacylglycerol.^[11]

Due to the constant secretion of saliva, the mouth and teeth are rinsed and kept free of food debris, shed epithelial cells and foreign particles. In this way, saliva prevents bacterial growth by removing materials, which may serve as culture media for the bacterial growth. Enzyme lysozyme of saliva kills some bacteria such as *staphylococcus*, *streptococcus* and *brucella*. Proline-rich proteins present in saliva possess antimicrobial property and neutralize the toxic substances such as tannins. Tannins are present in many food substances including fruits.^[12]

AIMS & OBJECTIVES

To critically analyze the *BodhakaKapha*

MATERIALS & METHODS

The *BruhatTrayi* were scrutinised regarding the references for the *Guna* and *Karma* of the *BodhakaKapha*. Later, physiologico-anatomical aspects of the Salivary glands & saliva with reference to chemical and physical digestion were studied from modern physiology books. Later, supportive correlation was done between *Ayurvedic* and modern views to build valid and reliable hypothesis regarding

BodhakaKapha in relation to the various anatomical and physiological aspects of the Salivary glands & saliva.

DISCUSSION

The balance of these entities represents the healthy state and imbalance will cause various diseases. In normalcy, *Dosha* will be performing their own functions and individual *Dosha* will be having their own specific site. By mentioning the various *Sthana* of the each *Dosha* the different function performed by individual *Dosha* in different sites has been emphasised. The sub-types of *Dosha*, its location and function have also been mentioned. Regarding the *Sthana* of various *Dosha* authors have different opinion. Later authors have added some more *Sthana* of *Dosha*. For example, ears among the location of *Vata*; umbilicus, eyes and skin among the location of *Pitta*; *Kloma*, nose, tongue among the location of *Kapha*. There are five types of *Kapha* namely *Bodhaka*, *Sleshaka*, *Tarpaka*, *Avalambaka*, *Kledaka*. The *VisheshaSthana* of *BodhakaKapha* is said to be *Jihwa*. The main function of *BodhakaKapha* is said to be *Rasabodhana* i.e perception of taste. *Kapha* is also said as *Bala* & is responsible for *Vyadhikshamatva* i.e fighting against the pathogens.

Saliva is hypotonic to plasma. Taste is a chemical sensation. By its solvent action, saliva dissolves the solid food substances, so that the dissolved substances can stimulate the taste buds. The stimulated taste buds recognize the taste. This can be related to functions of *BodhakaKapha* i.e taste perception (*Rasabodhana*)

Due to the constant secretion of saliva, the mouth and teeth are rinsed and kept free of

food debris, shed epithelial cells and foreign particles. In this way, saliva prevents bacterial growth by removing materials, which may serve as culture media for the bacterial growth. Enzyme lysozyme of saliva kills some bacteria such as *staphylococcus*, *streptococcus* and *brucella*. Proline-rich proteins present in saliva possess antimicrobial property and neutralize the toxic substances such as tannins. Tannins are present in many food substances including fruits. This can be related to *Sthanika Vyadhikshamatva* property of *BodhakaKapha*

CONCLUSION

There are five types of *Kapha* namely *Bodhaka*, *Sleshaka*, *Tarpaka*, *Avalambaka*, *Kledaka*. The *ViseshaSthana* of *BodhakaKapha* is said to be *Jihwa*. The main function of *BodhakaKapha* is said to be *Rasabodhana* i.e perception of taste. *Kapha* is also said as *Bala* & is responsible for *Vyadhikshamatva* i.e fighting against the pathogens. Saliva is hypotonic to plasma. Taste is a chemical sensation. By its solvent action, saliva dissolves the solid food substances, so that the dissolved substances can stimulate the taste buds. The stimulated taste buds recognize the taste. This is related to functions of *BodhakaKapha* i.e taste perception (*Rasabodhana*). Enzyme lysozyme-Proline-rich proteins present in saliva possess antimicrobial property and neutralize the toxic substances such as tannins. Tannins are present in many food substances including fruits. This is related to *SthanikaVyadhikshamatva* property of *BodhakaKapha*.

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