A PHYSIOLOGICAL UNDERSTANDING OF BODHAKA KAPHA

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**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 resent in the individual are also contained in the universe\textsuperscript{[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 principles 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. 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. 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. 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 ViseshaSthana of BodhakaKapha is said to be Jihwa. The main function of Bodhaka-Kapha is said to be Rasabodhana i.e perception of taste.

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.

Salivary glands are formed by acinorialveoli. Each acinus is formed by a small group of cells which surround a central globular cavity. Central cavity of each acinus is continuous with the lumen of the duct. The fine ductdraining 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).

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]\n
Due to the constant secretion of saliva, the mouth and teeth are rinsed and kept free off 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]\n
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, physiologic-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, Sleshka, 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 can be related to functions of BodhakaKapha i.e taste perception (Rasabodhana)

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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 posses 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 *Bodhaka-Kapha* 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 posses antimicrobial property and neutralize the toxic substances such as tannins. Tannins are present in many food substances including fruits. This is related to *Sthanika Vyadhikshamatva* property of BodhakaKapha.

**REFERENCES**


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