SAMANYA VISHESHA PRINCIPLE: KEY COMPONENT IN AYURVEDIC TREATMENT

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ABSTRACT

Among the various principles Samanya- Vishesha Principle is one of the unique concepts mentioned in Ayurveda. The term Samanya implies similarity or uniformity or the one which causes increase in substance. While the term Vishesha says about dissimilarity or non-uniformity or the one which causes decrease in substance. According to Ayurveda, the disease occurs in body either due to increase or decrease of dosha and dhatus which disturbs the equilibrium state of body. When these dosha and dhatus are brought to their equilibrium healthy status is attained. The healthy status is attained through the application of Samanya –Vishesha principle. The Samanya- Vishesha Principle strengthens the doshas and dhatus that have become weak (by its similarities) and reduces doshas and dhatus which are increased (by its dissimilarities) causing imbalances. So the wise application of Samanya-Vishesha Principle helps in the treatment of various diseases in Ayurveda.

Keywords: Samanya, Vishesha, Disease, Doshas, Dhatus etc.

INTRODUCTION

The fundamental principles of Ayurveda are Triguna, Panchamahabhuta, Tridosha, Sapta Dhatu, Oja, Shad (six) padartha, Atma- parmatma, Punarjanma, Moksha, Lok- Purusha Samya, Samanya-Vishesha etc¹. Among these, Samanya-Vishesha principle is one of those which plays a key component in Ayurvedic treatment². By increasing the decreased substance or decreasing the increased substance in order to bring the substance in balance state in the body is the basic aim of Ayurvedic treatment³. Samanya is one which says about similarity/ uniformity or increase in substance or one which is having similar characteristics of a particular group⁴. Samanya is classified differently by different Acharyas. Acharya Charaka classified it into three types namely Dravya Samanya (consuming flesh increases Mamsa dhatu in body, consuming fatty substances increases Meda dhatu in body etc.), Guna Samanya (consuming milk and ghee corrects depleted Shukra dhatu as both milk and ghee as well as Shukra resembles in their guna like madhura (sweet), snighdha (oily) and sheet (cool) property, similarly food articles like curd, ghee, jaggery increases Kapha as these contains madhura, snighdha and sheet property ), Karma Samanya (resting for long hours, sleeping or relaxation causes increased Kapha in body due to stable nature of Kapha, while excessive exercise increases Vata due to unstable
nature of Vata).\(^5\) Acharya Bhattar Harish Chandra talks about Aytanta Samanya (Dravya, Guna and Karma Samanya), Madhaya Samanya (any two out of Dravya, Guna and Karma Samanya), Ekedesa Samanya (any one out of Dravya, Guna and Karma Samanya)\(^6\). Kaarikavali talks about Para Samanya and Apara Samanya\(^7\). While some Acharyas talks about Ubhaya vritti Samanya (consuming fresh increases Mamsa dhatu in body) and Eka vritti Samanya (Ghee enhances Agni, exercising conditions increases Vata, resting for long hours, sleeping or relaxation causes increased Kapha in body)\(^8\). Vishesha is one which says about dissimilarity/non-uniformity or decrease in substance or one which is having opposite characteristics of a particular group\(^9\). Acharya Charaka classified Vishesha into three types namely Dravya Vishesha (Asthi and Mamsa are opposite in nature so when Mamsa dhatu vitiates in body Asthi is used to decrease the former hence by consuming pulses like Kulattha, Yavaka, Mudaga, etc obesity is treated by decreasing Mamsa dhatu), Guna Vishesha (by using oils possessing Ushna (hot), Snighdha, and Guru (heaviness) property; vitiated Vata is treated as Vata contains opposite guna than oils like ruksha (dry), laghu and sheet), Karma Vishesha (heavy exercise like running, swimming decreases Kapha in body due to stable nature of Kapha etc.)\(^10\). In Ayurveda Health is defined as equilibrium between Dosha, Dhatu, Mala, Agni along with cheerful state of body, mind and spirit organization\(^11\). Any entity or factor which disturbs the equilibrium state of above that results into pathological state. Through the application of Samanya-Vishesha Principle doshas dhatus and mala are strengthened that have become weak (by its similarities) and reduces these entities which are increased (by its dissimilarities) causing imbalances\(^12\).

So the correct application of Samanya-Vishesha Principle helps in the treatment of various diseases in Ayurveda. But there are some exceptions to the above rule. Eg, Amalaki (Indian goose berry/Phyllanthus emblica) is sour in taste so it should increase Pitta by Guna Samanya (similarity in quality of sourness (amla) between Pitta and amalaki) but it does not because of its coolness (shaitya) which is opposite quality to hotness (ushna) of Pitta. Also Ghee is cool (shaitya) and oily (snighdha) so it should hamper Agni (heat) but it increases digestive fire and heat element by its prabhav (intrinsic power)\(^13\). Even so as a common rule, it is true that same or similar things (with non opposing characteristics) enhances same or similar body constituents by quantity, quality and action and contradictory or non similar things reduce them by quantity, quality and action. It is necessary to understand the concept of increase or decrease due to activities. Any activity does not directly increase or decrease any constituent but an activity produces changes in the body constituents which then increase or decrease the body constituent. For eg, excess exercise vitiates Vata, it means due to more body movements and activities Vata gets aggravated.

**MATERIAL AND METHODS**

Various Samhitas and their respective commentaries, various articles, and on line data base have been referred for the specific materials and the topics are discussed on the basis of its conceptual part to draw out ultimate conclusion.

**DISCUSSION**

The concept of Samanya-Vishesha Principle is very unique and aims at physical, mental, social and spiritual well being. By increasing the decreased entity and decreasing the increased entity thus attaining equilibrium is the basic aim of Ayurvedic treatment. Samanya principle causes increased entity in the body due to its similar or uniform features. Vishesha principle causes decreased entity in the body due to its dissimilar or non-uniform features.

**RESULT**

The application of Samanya-Vishesha Principle strengthens the doshas and dhatus that have become weak (by its similarities) and reduces doshas and dhatus which are increased (by its dissimilarities).
causing imbalances. So the correct application of Samanya-Vishesha Principle helps in the treatment of various diseases in Ayurveda.

CONCLUSION

In Ayurveda it seems impossible to treat various diseases without the application of Samanya-Vishesha Principle. The aims and objectives of Ayurveda is to maintain the health of healthy individual and to treat various disease in diseased condition. By the rule of Samanya-Vishesha a medicine used properly should strengthen dosha and dhatus that have become weak (by its similarities) and at the same time it should reduce the dosha and dhatus that are increased out of proportion to cause the imbalance (by its opposite nature). Hence the Samanya-Vishesha Principle is a key component in choosing the most effective plan of treatment that involves food activities, medicines and other modes.

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