

AN AYURVEDIC REVIEW ON CONCEPT OF SAMANYA VISHESHA SIDDHANTA AND ITS THERAPEUTIC UTILITY

Dr. Jyoti Dhakad*

Assistant Professor, School of Ayurveda, Pachama, Sehore (M.P.) India.

Article Received date: 23 December 2024

Article Revised date: 12 January 2025

Article Accepted date: 01 February 2025



*Corresponding Author: Dr. Jyoti Dhakad

Assistant Professor, School of Ayurveda, Pachama, Sehore (M.P.) India.

ABSTRACT

Ayurveda science of prosperity and longevity poses various theories related to the health and well being, principles of *Samanya Vishesh Siddhanta* is one of them which assists different aspects of life. *Samanya* and *Vishesh* resemble similarity, and dissimilarity respectively. This concept emphasizes use of substances/drugs/foods with similar or dissimilar qualities to regain balance of bodily elements. The substances with similar and dissimilar qualities primarily restore balances of *Doshas*, *Dhatus* and *Malas*; thus helps to manage various diseases. The *Dravyas* possessing *Samanya* effect increases required attributes while *Dravyas* with *Vishesh* effect decreases certain qualities to restore normal health status. The inherent *Gunas* of *Samanya* and *Vishesh Dravyas* are responsible for managing diseases effectively. The *Samanya Vishesh Siddhanta* focuses on *Gunas* of medicine such as; hot, cool and dry, etc. properties of drugs. This principle ensures balancing state of *Doshas*, *Dhatus* and *Agni* for restoring harmony of various elements of body. This Ayurvedic review explores clinical significance of concept of *Samanya Vishesh Siddhanta* and its therapeutic utility.

KEYWORDS: Ayurveda, Siddhanta, Samanya Vishesh, Dravyas, Dosha.

INTRODUCTION

Ayurveda is most prestigious science amongst all the *Vedas* since it serves mankind in all aspects. Ayurveda emphasizes preventive care rather than implementation of therapeutic measures to restore optimal health status. Ayurveda focuses on certain aspects to achieve this goal including lifestyle, uses of medicines and proper diet, etc. The therapeutic management of health issues required utilization of various Ayurvedic principles and *Samanya Vishesh Siddhanta* is one such theory of Ayurveda which helps to combat against many diseases. Utilization of *Samanya Vishesh Siddhanta* for therapeutic purpose not only helps to achieve *Dhatusamya* but also normalizes physiological functioning of body.^[1-4]

According to Ayurveda the disease mainly arises due to the disequilibrium of *Doshas* and *Dhatus*, etc. while their equilibrium states resembles normal physiology and good health status. This type of imbalances may occur due to the *Vridhhi* or *Kshaya* of some biological attributes. This increase or decrease of bodily elements can be managed by using Ayurvedic principle of *Samanya Vishesh Siddhanta*. The principle of *Samanya-Vishesh Siddhanta* not only manages balance of *Doshas*

and *Dhatus* but also normalizes function of *Agni*. *Samanya* means similarity while *Vishesh* referred to dissimilarity of *Guna* and *Karma* of *Dravya*. *Samanya Vishesh Siddhanta* plays vital role in preventing and treating diseases. Various aspects of *Samanya Siddhanta* are depicted in Figure 1.^[4-7]

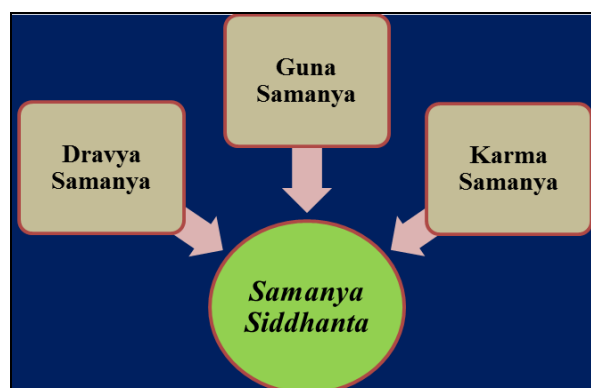


Figure 1: Various aspects of Samanya Siddhanta.

As mentioned above *Gunas* and *Karmas* of *Dravyas* are the key aspects of *Samanya Vishesh Siddhanta*. The *Gunas* and *Karmas* of *Dravyas* either increases or

decreases state of balance inside the body thus helps to bring equilibrium of biological elements. This concept can also be correlated with the various aspect of life science such as; generality and specificity, homologous and heterologous, similarity and dissimilarity. In *Samanya Vishesha Siddhanta*, *Samanya* signifies quality common to many individuals while *Vishesha* resembles characteristic that distinguishes one from other. This concept also related with the theory of *Ekatvakaram*, *Tulyarthata* and *Vridhdikaranam*.^[6-8]

Samanya Vishesha siddhanta and Tridosha

The imbalance in *Doshas* may create different types of diseases, here aggravation and suppression of *Dosha* leads abnormal pathology. Utilization of drugs which

possess qualities that normalizes *Dosha* may helps to eradicate causes of disease pathology. In case of aggravation of particular *Dosha* the drug which opposing this specific *Dosha* can be used to suppress aggravated level of particular *Dosha*. On other hand when disease arises due to the suppress level of *Dosha* the drug possessing similar qualities to that particular *Dosha* can be used for reinforcing the effect of suppressed *Dosha*. By consuming or avoiding substances with properties and actions corresponding to the imbalanced *Doshas*, equilibrium can be achieved, ensuring good health. The concept of *Samanya* plays significant role in *Dosha* management as depicted in **Table 1**.^[7-9]

Table 1: Role of concept of Samanya in Dosha management.

<i>Samanya Type</i>	<i>Examples</i>
<i>Guna Samanya</i>	<ul style="list-style-type: none"> ➤ <i>Snigdhadi Gunas</i> in jaggery, ghee and milk raises <i>Kapha</i> in case when <i>Kapha</i> is deprived. ➤ <i>Ushnadi Gunas</i> in garlic and mustard raise <i>Pitta</i> in case of <i>Mandagni</i> and other digestive ailments. ➤ <i>Rukshadi Gunas</i> in blackberries raises <i>Vata</i> when <i>Vata Doaha</i> suppressed pathologically.
<i>Karma Samanya</i>	➤ <i>Kayika Karma</i> of some drugs elevates <i>Vata</i> due to their <i>Chalatva Guna</i> .

Samanya Vishesha siddhanta, Dhātu and Dosha Correlation

In cases of *Dhātu Kshaya*, substances with similar properties should be used to recover lost attributes of particular *Dhātu*. On other hands conditions of *Dhātu*

Vridhhi can be managed by the principle of *Vishesha*. *Rasas* with qualities similar to a particular *Dosha* increase that specific *Dosha*, while *Rasas* with opposing qualities reduces particular *Dosha* as mentioned **Table 2**.

Table 2: Correlation of Samanya Vishesha siddhanta, Dhātu and Dosha

<i>Dosha</i>	<i>Qualities</i>	<i>Enhanced By</i>	<i>Reduced By</i>
<i>Vata Dosha</i>	Dry, light, subtle and mobile.	<i>Tikta, Kashaya</i> and <i>Katu Rasas</i> .	Warmth and unctuousness qualities of substances.
<i>Pitta Dosha</i>	Mild, unctuous, sharp and sour.	<i>Amla, Lavana</i> and <i>Katu Rasas</i> .	Cooling and sweet substances.
<i>Kapha Dosha</i>	Heavy, soft, unctuous and immobile.	<i>Madhura, Amla</i> and <i>Lavana Rasas</i> .	Bitter, astringent and dry qualities.

The *Samanya-Vishesha Siddhanta* not only correlates *Dosha* and *Rasa* as mentioned above but it also helps to formulate effective treatment protocols, *Shodhana* and *Shamana* procedures by exploiting the properties of drugs to enhance or reduce the attributes of *Bhavapadartha* according to the requirement.^[5-8]

Samanya-Vishesha Siddhanta and Stages of Disease

The six stages of disease progression include *Sanchaya*, *Prakopa*, *Prasara*, *Sthanasamshraya*, *Vyakti* and *Bheda*. The consecutive progress of these stages arises when aggravating factors accumulated of their *Samanya* effects aggravated. This can be control by using the concept of *Vishesha* which involves opposite property to that of disease aggravating factors. Here *Abhyanga* and *Vyayama* can be recommended for managing *Vata* and *Kapha* disorders. These two therapeutic procedures (*Abhyanga* and *Vyayama*) works through the *Karma Vishesha*, means possessing quality which suppress *Vata* and *Kapha* respectively.

Samanya-Vishesha Siddhanta and Ama Dosha Correlation with Agni

Samanya-Vishesha Siddhanta is also considered useful for managing conditions associated with aggravated *Aam Dosha*. The impairment of *Jatharagni* leads aggravation of *Aam Dosha*. The management of such condition require enhancement of *Jatharagni* using substances which are *Samanyas* to *Agni*; that potentiate digestive fire. Here substance which having opposing qualities to *Ama* can also be recommended for digesting *Ama* through their *Vishesha* qualities. *Ama Vishesha* having properties like *Ushna*, *Tikshna* and *Katu*, these properties are considered useful for breaking *Ama*. On other hand such types of substances also strengthen *Agni* and help to restore digestive health.

Ritucharya, Dinacharya and Samanya-Vishesha-Siddhanta

Ritucharya and *Dinacharya* based on the *Samanya-Vishesha Siddhanta* helps to maintain balance of *Dosha* and *Dhatus*. *Ritucharya* and *Dinacharya* which are

supporting or opposing particular health factors need to be adopted according to the requirement of individual. *Snigdha Guna* and *Madhura Rasa* are predominant in *Varsha* and *Sharad Ritu* if follows *Samanya Siddhanta* and this helps to strengthen body. Contrary to this the strength of body reduces in *Grishma* and *Shishira Ritu* due to the *Vishesha Siddhanta*, as these conditions require opposite attributes to bring balance inside the body. *Abhyanga* works by *Samanya* concept to increase *Snigdha* qualities, while *Vyayama* works through *Vishesha* by reducing *Kapha*.

The ancient therapeutic procedures like *Langhana*, *Brimhana*, *Rukshana*, *Snehana*, *Swedana* and *Stambhana* also works on the principle of *Samanya-Vishesha Siddhanta*. The therapeutic effect of drugs also arises due to their *Samanya* or *Vishesha* qualities. For instance, drugs of *Brihmaniya* and *Jeevaniya* group nourish tissues through their *Samanya* quality, while drugs of *Krimighna* and *Vishaghna* groups work by virtue of their *Vishesha* quality.^[7-10]

CONCLUSION

Samanya Vishesh Siddhanta is prime concept of Ayurveda which works towards the well-being of mankind. This principle synchronizes balances amongst the *Doshas*, *Dhatus* and *Agni*. *Samanya Vishesh Siddhanta* mainly focuses towards the managing or controlling of *Vridhhi* and *Kshaya* of *Doshas*, *Dhatus* and *Malas*. Therefore this principle prevents manifestations of diseases and helps to treat them by eradicating their root cause. *Samanya Vishesh Siddhanta* balances *Vridhhi* and *Kshaya* of *Dhatus* and *Dosha* through the uses of drugs and daily regimen with same or opposing attributes. *Samanya-Vishesha Siddhanta* not only applicable towards the selection of drug regimen but it also employed in the practice of *Ritucharya* and *Dinacharya*.

REFERENCES

1. Tripathi B, Charaka Samhita (Charak Chandrika Hindi commentary), Sutra Sthana, 1/28-29. Varanasi: Chaukhamba Surbharti Prakashan, 2007; pp.35.
2. Tripathi B, Charaka Samhita (Charak Chandrika Hindi commentary), Sutra Sthana, 1/44 Varanasi: Chaukhamba Surbharti Prakashan, 2007; pp.44.
3. Shastri A Editor (Reprint ed.). Sushruta Samhita of Sushruta, Sutrasthan: Chapter 21/4. Varanasi: Chaukhamba Orientalia, 2014; pp.110.
4. Shastri A, Editor (Reprint ed.). Sushruta Samhita of Sushruta, Uttarasasthan: Chapter 1/11 Varanasi: Chaukhamba Orientalia, 2014; p. 13.
5. Chavda K, Prajapat M, Sharma A.K, Sharma K.L, Meena R.R, Nigam A "Concept of Samanya Vishesha Siddhanta & Its Utility In Ayurveda: Review" IRJAY, 2023; 6(2): 31-36.
6. R.K. Sharma and Vaidya Bhagwan Das, Caraka samhita Of Agnivesa, Cakrapani dutta's Ayurved dipika commentary by Cakrapani dutta, Vol. 1, Chaukhambha Sanskrit series Office, Varanasi, reprint 2016, Ch.Su.1/43, page no. 26.
7. R.K. Sharma and Vaidya Bhagwan Das, Caraka samhita Of Agnivesa, Cakrapani dutta's Ayurved dipika commentary by Cakrapani dutta, Vol. 1, Chaukhambha Sanskrit series Office, Varanasi, reprint, 2016, Ch. Su.1/28-29, page no. 22.
8. Agnivesa, Caraka samhita, Cakrapani dutta's Ayurved dipika edited by yadavji trikamji acharya, Chaukhambha Surbharti prakashan, Varanasi, edition, 2014; Ch.Su.30/26, page no.187.
9. Jatinder Kumar. Concept of Samanya Vishesha Siddhanta and its utility in treatment. J Ayurveda Integr Med Sci, 2021; 3: 160-163.
10. Yadavji trikamji Acharya, Caraka samhita of Agnivesa, Ayurved dipika commentary by Cakrapani dutta, Chaukhambha Surbharti prakashan, Varanasi, edition, 2014; Ch.Su. 19/5, page no.111.