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Conceptual Review of Gurvadi Gunas

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Abstract:
The definition of guna is that the attribute which is associated with the Dravya but not responsible for action. Gurvadi gunas are those which starts with Guru. According to Ayurveda gunas are 41 in number. The classification of these are Sarth gunas are 5, Gurvadi gunas are 20, Atma gunas are 6, and Paradi gunas are 10. Doshvaishamya is responsible for the disease and treated with the help of Dravyas having Gurvadi gunas. Ayurveda's basic principle Samanya vishesh siddhant is useful to treat this doshvaishmya. All the basic constituent of body having Gurvadi gunas.

Aim: - The aim is to describe the Gurvadi gunas according to different Samhita Granthis which are beneficial for practice.

Objective: - To elaborate Gurvadi gunas according to different samhitas.

Key Words: :- Gurvadi, Gunas, Action, Body, vata, pitta, kapha.

Introduction:
The synonym of Gurvadi guna is Dwanda guna ,Sharir guna, Chikistopyogi guna. Gurvadi gunas are the property of the body constituents which can be numerated such as heaviness-lightness, coldness-hotness, unctuousness-roughness, dullness-sharpness, stability-mobility, softness-hardness, nonsliminess-sliminess, smoothness-courseness, minuteness-grossness, solidity-liquidity.¹

Action of Gurvadi gunas:- The constituents having heaviness are increased by the prolonged use of heavy food items while those having lightness are decreased. On the other hand the lightness is increased by the light food items and heaviness is decreased. In this way all properties of the constituents are increased by the use of similar substance and decreased by the that contrary ones.²

Material and method:
Materials: For the present review of gurvadi gunas detailed literary study is performed. The detail content of and references are analysed from available principal texts referred are Charak samhita Sushrut samhita, Ashtang sangrah, Ashtanghridya, and some other ayurvedic texts.

Method: Descriptive and conceptual study.

Literary Review: - Gurvadi gunas are responsible to increase or decrease body constituents hence flesh is increased more in comparison with other dhatu by flesh ,similarly blood by blood, fat by fat, muscle fat by muscle fat, bone by cartilage, bone marrow by bone marrow, semen by semen and foetus by immature foetus.³

According to Ashtangsangrah Gurvadi gunas are Guru, Manda, Him, Snigdha, Shlaksna, Sandra, Mrudu, Sthira, Sukshma, Vishad and its contrary guna which are 20 in number.⁴

In Shashilekha Indu describe contrary gunas like Guru-Laghu, Manda –Tikshna, Him-Ushna, Snigdha-Ruksha, Shlaksna-Parush, Sandra –Drava, Mrudu –kathin, Sthira –Chala,Sukshma-Sthula, Vishad –Picchila.⁵
According to Dalhan commentator of Sushrut samhita gunas are Sheeta-Ushna,Snigdha-Ruksha,Manda-Tikshna,Guru–Laghu,Picchil-Vishad,Shlakshna-Parush,Kathin-Mrudu,Drava-Sandra,Sthir-Sar,Sthula- Sukshma, are twenty in number. The action of guru and laghu guna elaborated by giving the meaning of sada-angaglani,upalepo-malvruddhi,balam-shleshma,tarpan –truptijanan,bruhano-dehavruddhikar.Laghu is having opposite action it is asadanulepadikrat-kaphahara,lekhan-pattalikar. Laghu is having opposite action it is asadanulepadikrat-kaphahara,lekhan-pattalikar.7

Sheeta is lhadan ,stambhan,marcha,truata,sweed,dahaij.Ushna is contrary of sheeta and pachan is speciality.Dalhan describe lhadan-sukhakari,pachan –vranadinam,8

Snigdha is responsible for sneha,mardavkrut, balavarnakar.Ruksha is contrary of snigdha specially stambhan and khara.Sneha-snehadikaran,ruksha –roukshaya kathinyakar,stambhan for Atisaradinam,khara-karkash9.

Manda helps sustainance of the body and tikshna penetrating into the tissue producing burning sensation, ripening and exudation.Manda is yattrakaro means sharir sthayitwadehasya11.
Picchil is enlivening,strengthening and uniting.increase Kapha and difficult for digestion.Vishad is the opposite of it,produces absence of moisture(evaporation),sucking and healing.Dalhan elaborated jeevan-prandharan,sandhano-bhagansya.Vishad is asandhno-ajeevano astleshi,kledachushan-ardribhav vinashkar.13

Shlakshna should be understood similar to picchil.Karkash (coarseness)should be understood as vishad.

Mrudu is of opposite to tikshna and produses debility,cating,bestous strength 14

Drava produces moistness and Sandra produces thickness of body parts and tissues and binding.15

Dalhan elaborated prakledan means ardrabhavkar,bandhankarak means upachaykarak.16

Sara causes downward movement of materials such as flatus, faeces,urine and foetus.Sukshma is the capacity to move even inside minute channels.

Vyavayi spreads all over body first and then undergoes digestion.Vikasi spreads all over the body causing looseness of the bindings in the tissues while spreading.Ashukari produces quick action just like oil moving on water.Sungadha betows happiness is subtle helps taste and is soft while Durgandh produces nausea and bad taste.In

Ashtanghridya guru (heavy),manda(slow),hima(cold),snigdha(uncutous) sandra(solide),mrudu(unsoft),sthira(stable),sukshma(minute) and vishad(nonslimy) these along with their respective opposites are twenty guna18

Arundutta elaborated opposite ten gunas which are laghu,tikshna ,usna,ruksha,khara,drava,kathin,sara,sthula,picchila opposite guna of guru is laghu,manda’s opposite tikshna ,hima’s opposite usna,snigdha’s opposite ruksha,shlakshna’s opposite khara,sandra’s opposite drava,mrudu’s opposite kathin,sthira’s opposite sara and sukshma’s opposite sthula ,vishad’s opposite picchila.19

In Ayurved rasayan vyakhya Hemadri elaborated the definition of Gurvadi gunas. 


In Bhavprakasha pharmacological properties are described as Laghu is considered the best and ideal.The drug having laghu guna is capable of removing kapha and digests easily.Guru guna reduces vata and acts as tonik.It increases kapha and digests very late.Snigdha guna reduces vata ,increases kapha, aphrodisiac and yields physical strength. Ruksha guna increases vata and reduces

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**Reference:**

7. Asadanulepadikrat-kaphahara, lekhan-pattalikaran.


9. Karkash (coarseness) should be understood similar to picchil.

11. Yattrakaro means sharir sthayitwadehasya.

13. Asshukari produces quick action just like oil moving on water.

18. Ten along with their respective opposites are twenty guna.

19. Laghu, tikshna, usna, ruksha, khara, drava, kathin, sara, sthula, picchila.

20. Bhavprakasha pharmacological properties are described as Laghu is considered the best and ideal.
kapha. Tikshna guna increase pitta, reduces kapha and vata and act as lekhana. Shlakshna which is hard and of high density has no oily content inside. Sthira guna retains flatus and feces where as asara guna causes them to flow out. Picchila is sticky, strength giving, tissues binding, heals fractures, increases kapha and is heavy. Vishada removes kleda and heals ulcers and wounds. Sheetra is pleasant causes rigidity of muscles and relives from unconsciousness, thirst, sweat, burning sensation. Ushna helps in digestion. Sthula causes bulkiness to the body and obstruct the strotasa. Sukshma guna is that which penetrates into the smallest and minutest tissues and it is known as penetrating property. Drava enhances and spreads secretions and Sandra or shuksha acts opposite to it. Ashu guna spreads in the body very quickly like as oil drop in water. Manda guna or alpa guna are retards all function of body.  

**Conclusion:**

After the detailed study regarding to Gurvadi gunas Maharshi Charak described opposite of Manda is Tikshna while Susrut and Bhavmihra described opposite of Manda is Ashu. Maharshi Susrut described Tikshna guna in opposite of Mrudu guna and Vyavayi and Vlasi are opposite of Manda.

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4. Dr. Jyotirmitra acharyakrut,(Fourth Ed)Ashtangsangrah,Shrimadvagbhat virachit Indu virachit Shashilekha vyakhya samnviti,English Upodhat sahit,sutrasathan,chapter1,Ayuskamiya,verse no28,Page no.7.(Indu vyakhya)


