

Study of Samanya Vishesha Siddhanta in Context with Vachadi Kashaya in Dushta Pratishyaya**Dr. Gopalkrushna S. Patil**

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Guide

S.V.M. Ayurvedic Medical College Ilkal- 587125,
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A demonstrated truth established after several examinations and reasonings is known as Siddhanta. Siddhanta is tested & evaluated by man circumstances stated to be realised by other workers. The practical applicability of the principles described in the Ayurvedic science has been a less described. Smanya Vishesha Siddhanta is practically workable Siddhanta based on mathematics. To materialise the Dhatusamya, the Vaishmya is to be eliminated by correcting the levels of various Bhava in the body. This is to be achieved by addition & subtraction of different Bhava like Dosha the Dhatu, the Mala, the Agni etc. corresponding the Lakshana of Vrudhi & Kshaya of these Bhava are given in the text. Thus this Siddhanta forms the basis of materialising the treatment. All other Siddhanta are adding some details to the process of Chikitsa at different levels. All Siddhanta in Ayurveda are based on natural facts of the universe, which are always going to remain unchanged, so the Siddhanta will also remain unchanged forever. The present article tries to see the principle and application of the Smanya scholars, at many times under various Vishesha Siddhanta.

Keywords : Siddhanta, Samanya, Vishesha, Vachadi Kashaya, Dushta Pratishyaya.

Introduction:

The utility of Ayurveda is to help maintain the health of a healthy individual and cure of disease of a patient. The Kriya which is necessary for maintaining Dhatu-Samya is itself the "Chikitsa". If the Chikitsa is to be done effectively & efficiently, thorough knowledge of Siddhanta, on which it is based, is of immense importance. Siddhanta navigates the guidelines for Chikitsa importance or planning of the treatment. There are many basic Siddhanta in Ayurveda such as: Tridosha-Siddhanta [Ch.Su.12/13], Panch- Bhautik Siddhanta [Ch.Su.26/10] etc. Vishesha Siddhanta, the Samanya & Vishesha have to move or to be calculated in terms of Dravya, Guna, & the Karma. The Samanya Vishesha Siddhanta is a fundamental principle. It has most wide application in all branches & other fundamental theories as well. Samanya is generic concomitance or a state of generality or similarity which is responsible for augmentation growth. Samanya is the one which causes Vrudhi of a similar Bhava in the body always when ever used. Vishesha carries about the sense of separation (Ch.Su.1/45), Vishesha carries out the sense of dissimilitude (Ch.Su.1/45) and act as inhibiting variant factor.

Samanya- Vishesha Siddhanta as the base of Chikitsa Samanya.

Vishesha- Siddhanta has its unique importance in Chikitsa.

The ultimate aim of Ayurveda Shastra is to maintain Dhatu- Samya, because Dhatu Vaishyamya is one of the root cause of Vyadhi & Dhatu-Samyata is Prakruti. (Ch.Su.9/4) To achieve the goal of health & to get rid of Vyadhi, Samanya Vishesha Siddhanta has stood firm with its applications. While treating disease, if we come to know that any of the Dhatu is aggravated than its normal state & is leading to Vyadhi, we can use the drugs of apposite Guna-Karma to retain Dhatu-Samyata as well if, Dhatu is deteriorated we can use drugs of similar Guna-Karma, so that it enhances the deteriorated Dhatu & helps to regain the equilibrium.

The person who treats using Samanya-Vishesha Siddhanta in order to correct Dhatu-Vaishyamya by using Dravya of similar Guna-Karma to elevate deteriorated Dhatu & vice-versa is considered to be generous as this is the appropriate method of Chikitsa. Although the condition i.e. Jeerna (Dushta) Pratishyaya is described as a poor diagnostic disease in Ayurvedic classics (Su.Ut.24/15), however a lot of treatment protocols

are described by various Acharyas.

Aim & Objectives:

- To Study Samanya Vishesha Siddhanta in context with Vachadi Kashaya in Dushta Pratishyaya.
- To study Dushta Pratishyaya from classical texts of Ayurveda.
- To study Samanya Vishesha Siddhanta from classical texts of Ayurveda.
- To study the efficacy of Vachadi Kashaya in Dushta Pratishyaya in terms of Samanya Vishesha Siddhanta.

Materials and Methods:

Source of data- Subjects with clinical features of Dushta Pratishyaya coming under the inclusion criteria approaching the OPD and IPD of our Mahavidyalaya were selected for the study. Authentication of all Dravya and Standardization of Vachadi Kashaya is done from Standard Laboratory

Drug- Ayurvedic drug Vachadi Kashaya was prepared as per Kashaya Kalpana given in Sharangdhara Samhita.

Study design- Open labelled randomized controlled interventional clinical study

Sample size -30

Selection of subjects- Total 30 subjects has been randomly selected for study as per inclusion & exclusion criteria. Subjects having classical signs & Symptoms of Dushta Pratishyaya aged between 20 to 50 years irrespective of gender, cast, religion, socioeconomic status were selected.

Method of collection of data:

A special proforma was prepared with details of history taking physical signs & symptoms. The data obtained in group was recorded, tabulated & statistically analyzed using statistical methods i.e., Paired t-test within the group.

Inclusion criteria-

- Subjects having minimum three signs and symptoms of Dushta Pratishyaya Age group: 20 to 50 yrs.
- Free from other associated complications
- Subjects undertaking written informed consent & voluntary willing subjects.

Exclusion criteria-

- Chronic debilitating infectious disease.
- Surgical disease e.g. DNS, Polyp
- Associated with other systemic disease like hypertension, tuberculosis, diabetes mellitus.
- Immunocompromised patients, blood coagulopathies.
- Benign or malignant growth.
- Pregnant & lactating mothers.

Method of drug administration:

20ml of vachadi kashya freshly prepared by boiling 10gm of its ingredients with 160ml of water and reducing it to one eighth, twice daily after food for 28 days.

Subjective Parameters:

Nasanaha (Nasal obstruction):

- No obstruction 0
- Inhalation and exhalation with effort with feeling of mild obstruction 1
- Inhalation and exhalation with effort with feeling prese Vaeti of moderate obstruction & inhalation and exhalation to be supplemented with mouth Breathing 2
- Complete blockage with total mouth breathing 3

Nasakleda (Discharge through Nose)

- Absent 0
- Ocassional scanty discharge 1
- Intermittently mucoid discharge 2
- Continuous mucopurulent nasal discharge 3

Gandhan n Vacti (Anosmia)

- No anosmia 0
- Occasional anosmia interference with daily activity 1
- Intermittent anosmia and some interference with daily activity 2
- Continous anosmia 3

Daurgandhya (Foul smell)

- No foul smell 0
- Present but nointerference with daily activity 1
- Present and some interference with daily activity 2
- Present with incapacitation 3

Bahusha prakopi (Frequent attack of the ailment)

- No attack of ailment 0
- Attack of ailment once in a week 1
- Attack of ailment twice in a week 2

Attack of ailment thrice in a week 3

Observation and Results :

Among the hetu's, Atibhashyain 23 patients, Krodhha in 7 patients, Shirobhitapa in 4 patients, Prajagara in 21 patients Atiswapa in 10 patients, Ambusheete in all 30 patients, Vashpa in 13 patients was found. Among the lakshana's, Nasanaha was present in all 30 patients, Nasakleda in all 30 patients, Gandhan na Vaeti in 15 patients, Dourgandhyain 9 patients, Bahusha prakopi in 0 1 2 8 patients was found.

The paired t- test revealed the following data:

Symtoms	Phase	Mean diff	Paired t test				
			SD	SE	t-value	p-value	Remark
Nasanaha	BT-AT	2.17	0.64	0.14	14.95	<0.001	HS
Nasakleda	BT-AT	1.46	0.68	0.15	9.62	<0.001	HS
Gandhanna veti	BT-AT	0.42	0.62	0.14	3.36	<0.001	HS
Dourgandhya	BT-AT	0.23	0.50	0.11	2.07	<0.001	HS
Bahushaprakopi	BT-AT	0.91	0.61	0.14	6.62	<0.001	HS

Discussion:

Discussion On Samanya Vishesha Siddhanta. The ideologies and examples explained in CharakaSamhita for Samanyavaad and Visheshavaad can be summed up as follows:-

- 1) The Dhatu's increases by the consumption of similar Guna's Aahara Vihara and decreases by the consumption of opposite Guna Aahara Vihara.

- 2) Similarly all the Dhatu's of the body increases by summation of same GunaDravya's.

Samanya is the term given to the Dravya's which enhances the bodily Dhatu's whereas the Vishesha is the term given to Dravya's which depletes the bodily Dhatu's.

Discussion regarding VachadiKashaya and its possible mode of action Vacha, Yavani, Shunthi, Haritaki, Bhibhitaki and Amalaki are the Dravyas used in the formation of VachadiKashaya. Majority of these possessesKatu, TiktaRasa and Laghu, tikshnaGuna. So that they can provide Ama Pachana, Kapha Shamana and Srotoshuddhi. These properties also are very much in favour of clearing the Srotasa and Agnideepana. It dries up Kelda and purulent discharge. Madhur Vipaka, Ushna Virya and Tikshna properties produce Draveekarana (Vilayana) and Chedana of vitiated Kapha. Madhura Rasa, Ushna Virya and Snigdha properties help to nourish the Dhatus. This medicine shows Tridosahara property when we analyze the Karma in detail (Ha.Sm.chapter2/ 49). So the drug VachadiKashaya possesses Tridosahara, Rasayana, Amapachana, Srotoshodana and Agnideepana properties.

Most of the ingredients also possess anti-inflammatory, anti-pyretic and anti-bacterial properties. Due to these properties the medicine prevents recurrent infections and reduces inflammatory process. Specific action on Nasanaha and Nasakleda are very much helpful in condition like Jeerna (Dushta) Pratishtyaya because these are the two main notorious symptoms which make the patient physically and mentally weak. These details has revealed that a cumulative effect of VachadiKashaya, has all the factors to break the pathogenesis of Jeerna (Dushta) Pratishtyaya.

Discussion on result:

In this study, the effect of Vachadi Kashya in various signs & symptoms of DushtaPratishayaya as assessed on 28THday showed marked improvement in clinical conditions and revealed statistically highly significant results in Nasanaha, Nasakleda, Gandhan na Ve and Bahusha Prakopi.

Conclusion

- Samanya-VisheshaSiddhanta is practically & well explained useful Siddhanta of Ayurveda.
- Ayurvedic texts have well explained about etiological factors of Dushta Pratishyaya & which are found relevant in this study.
- Vachadi Kashaya is found statistically significant to mitigate the symptoms of Dushta Pratishyaya (Nasanaha, Nasakleda, Gandhan n Veti, Daurgandhya, Bahusha Prakopi).

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