

**Conceptual review study of Gurvadi Guna mentioned in Ashtang Hrudya****Vd. Sushilkumar suresh Patil**Associate Professor,  
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A/P Jat, tal. - Jat , Dist. - Sangli**Abstract:**

*Ayurveda is an ancient ocean of knowledge related to maintaining healthy lifestyle and giving treatment for the diseases. These two main objectives can be achieved with the gain and proper clinical application of Gurvadi gunas. Guna is the attribute possessed by all the substance including body entities. They all are expressed due to their composition, which is made up of panchamahabhuta. Gunas are 41 in number. They are broadly classified into Adhyatmik and Adhibhoutika. Gurvadi gunas are classified under Adhibhoutika gunas. They are 10 pairs of exactly opposite attributes namely Guru, sheeta, snigdha, manda, sthira, mrudu, vishada, shlakshna, suskshma, sandra, laghu, ushna, ruksha, teekshna, sara, Katrina, Pichchhil, khara, sthula and drava. The concept of Nidan Parivarjan, Pathya – Apathya ahara, treatment in vrudhhi and kshaya is used by using knowledge of Gurvadi Guna. It can be done by using opposite gunas. The present study is an attempt to review conceptual study of Gurvadi guna.*

**Keywords:** Ayurveda, Gurvadi, Guna.

**Introduction:**

**A**yurveda is a branch of science which deals with maintaining health and treating the diseased condition of the body. These two are the main objectives of the Ayurveda. These are fulfilled through detail knowledge of the 'Gunas'. According to Ayurveda, Gunas are described as property of Dravya. Each body entity possess specific property named as guna. Maintenance of health is achieved by clearly following Swasthavritta, which elaborates dietary habits according to seasons and proper life style. Specific doshas tend to Sanchay, Prakop and Prashamana due to intake of specific etiological factors. It can be prevented by detail knowledge of gunas. The second objective of Ayurveda, treatment of diseased condition, can be achieved by managing gunas is Ahara and medicine. Due to this, gunas of substances play major role in management of good health status.

Gunas have been classified into two main categories namely, Adhibhoutika and Adhyatmika gunas. Ayurveda has the methodology of naming the group of any factors with the first term. Gurvadi gunas are set of 20 qualities, the first among it is Guru guna. Since the list of attributes starts with Guru attribute, the entire group of attributes is called

as Gurvadi guna. They all are related with tissues and substance of the body. So they are also called as Shareerika guna. Shareerika means pertaining to body. Also, these attributes are present in all the substances made up of panchamahabhuta like ahara and drugs. They are also called as Samanya gunas (general attributes) due to presence in elements of creation.

**Aim –**

- To study Gurvadi guna as a Conceptual review.

**Objective:**

- To take various references related to *Gunas* in classical Ayurvedic texts.
- To study its application in Chikitsa.

**Material and Methods –**

Main Classical *Ayurvedic* texts are used. e.g. *Charak Samhita, Sushrut Samhita, Ashtang Hrudya*. Many Ayurvedic Manuscripts are also used for this study. Various online databases, Articles, research materials are also used for this study as a source material.

**Review of literature:**

Attributes are related with Panchabhautik structure of matter. Matter is the phenomenon responsible for all its functions. Attributes are always present with dravyas. One matter bears many gunas

due to its panchamahabhuta structure. Guna means quality. Guna remains associated with matter, unable to exist and function without matter. It can be called as secondary to matter. Guna is inactive on it's own. Any action by matter is outcome of action of such gunas, not of matter. Total number of gunas explained are 41. They are classified as follows

Sr. No.	Type of Guna	Number
<b>1</b>	Sarth Guna	5
<b>2</b>	Gurvadi Guna	20
<b>3</b>	Paradi Guna	10
<b>4</b>	Atma guna	6

Gurvadi guna are twenty in number. They are ten pairs of exactly opposite qualities. Study of these attributes is extremely important as management of Ayurveda revolves around it. Diet consumed, body entities of human, medicine can be understood with the help of these twenty attributes. These guravdi guna are as follows –

Sr. No.	Pair of opposite attributes
<b>1</b>	Guru X Laghu
<b>2</b>	Sheeta X Ushma
<b>3</b>	Snigdha X Ruksha
<b>4</b>	Manda X Teekshna
<b>5</b>	Sthira X Sara
<b>6</b>	Mrudu X Kathina
<b>7</b>	Vishada X Pichchhil
<b>8</b>	Shlakshna X Khara
<b>9</b>	Sukshma X sthula
<b>10</b>	Sandra X Drava

**1. Guru guna**

- It means heavy in nature
- Prithvi and Aapa are predominant mahabhuta.
- It causes initiation of anabolism, stimulates satiety Centre, nourishes Kapha, has anti Vata function, facilitates power.
- Doshavardhan – Kapha
- Doshashamana – Vata, Pitta

**2. Laghu Guna**

- It means light in nature
- Akasha, Agni and Vayu are predominant mahabhuta.

- It is anti-guru, anti – kleda in action. In excess,, intake it emaciates tissue and decreases weight of body.
- Doshavardhan – Vata, Pitta
- Doshashamana – Kapha

**3. Sheetta Guna**

- It means cold in nature
- Aapa is the predominant mahabhuta.
- Helpful in elevating mood of a person, restricts body movements, eradicates thirst, sweat and burning sensation.
- Doshavardhan : Vata and Kapha
- Doshashamana – Pitta

**4. Ushna Guna**

- It means hot in nature
- Agni and Vayu are the predominant mahabhuta.
- Anti -sheeta action, helps in better healing of wound and diaphoretic.
- Doshavardhan : Pitta
- Doshashamana – Vata and Kapha

**5. Snigdha Guna**

- It means unctuous in nature
- Aapa is the predominant mahabhuta.
- Maintains moisture, produces softness in whole body, gives strength to body, gives nourishment to Kapha dosha.
- Doshavardhan : Kapha and Pitta
- Doshashamana – Vata

**6. Ruksha Guna**

- It means dry in nature
- Agni and Vayu are the predominant mahabhuta.
- Restricts movement of body, acts as hygroscopic, anti - snigdha
- Doshavardhan : Vata
- Doshashamana – Pitta and kapha

**7. Manda Guna**

- It means dull in nature
- Aapa and Prithvi are the predominant mahabhuta.

- Shows delayed and lac actions
- Doshavardhan : Kapha
- Doshashamana – Vata and Pitta

**8. Teekshna Guna**

- It means penetrating or intense in nature
- Agni is the predominant mahabhuta.
- Does purification or cleansing, nourishes Pitta
- Doshavardhan : Vata and Kapha
- Doshashamana – Pitta

**9. Sthira Guna**

- It means durable in nature
- Prithvi is the predominant mahabhuta.
- Bestows durability, maintains tone.
- Doshavardhan : Kapha
- Doshashamana – Pitta and Vata

**10.Sara Guna**

- It means mobile in nature
  - Aapa is the predominant mahabhuta.
  - Is laxative in action, diuretic in action
- Doshavardhan : Kapha
- Doshashamana – Vata and Pitta

**11.Mrudu Guna**

- It means soft in nature
- Aapa and Akasha are the predominant mahabhuta.
- Is demulcent, retards process of inflammation and reduces discharge
- It is perceived by touch
- Doshavardhan : Kapha
- Doshashamana – Pitta and Vata

**12.Kathina Guna**

- It means hard in nature
- Prithvi is the predominant mahabhuta.
- Gives hardness to tissue
- Doshavardhan : Kapha
- Doshashamana – Vata and Pitta

**13.Vishada Guna**

- It means clean in nature
- Prithvi and Vayu are the predominant mahabhuta.

- Sucks cleda and helps in healing action
- Doshavardhan : Vata
- Doshashamana – Pitta and Kapha

**14.Pichchhila Guna**

- It means slimy in nature
- Aapa is the predominant mahabhuta.
- Coats passage, nourishes kapha
- Doshavardhan : Kapha
- Doshashamana – Vata and Pitta

**15.Shlakshana Guna**

- It means smooth in nature
- Agni, Akasha and Aapa are the predominant mahabhuta.
- Useful in healing clean wound
- Doshavardhan : Kapha
- Doshashamana – Vata and Pitta

**16.Khara Guna**

- It means rough in nature
- Prithvi and Vayu are the predominant mahabhuta.
- Mainly does catabolism
- Doshavardhan : Vata
- Doshashamana – Pitta and Kapha

**17.Sthula Guna**

- It means bulky in nature
- Prithvi is the predominant mahabhuta.
- Mainly has binding quality, makes person obese
- Doshavardhan : Kapha
- Doshashamana – vata and Pitta

**18.Sukshma Guna**

- It means minute in nature
- Vayu and Akasha are the predominant mahabhuta.
- Substances of this attribute reaches to micro cavities in the body
- Doshavardhan : Vata
- Doshashamana – Pitta and Kapha

**19.Sandra Guna**

- It means viscous in nature

- Aapa and Prithvi are the predominant mahabhuta.
- Improves quality of human tissues, binds things together
- Doshavardhan : Kapha
- Doshashamana – Vata and Pitta

### 20. Drava Guna

- It means liquid in nature
- Aapa is the predominant mahabhuta.
- Does moistening, churning, principle constitute of kleda
- Doshavardhan : Pitta and Kapha
- Doshashamana – Vata

### Conclusion:

Two main aims of Ayurveda, maintaining health and treating the diseased condition, can be achieved with the help of detail knowledge and clinical application of Gurvadi gunas. They are 20 in number. They are 10 pairs of opposite qualities. The detail understanding of guravdi guna in vitiation of doshas and ultimate result into formation of disease helps us to get pathogenesis of disease. We can plan treatment according to this gunas. Substances having opposite gunas of that of the gunas responsible for formation of diseases has to be given to the patient. The concept of Nidan Parivarjan also includes avoidance of substance having specific guna resulting in diseases. The concept of Pathya – Apathya Ahara can also be used with the use of this concept of Guna. Vruddhi and Kshaya of doshas leads to disease, it is treated by Ahara and drugs having opposite guna. Gunas of dravyas determine its rasa, veerya and vipaka. The bshhaja of any disease is given with the help of Gurvadi gunas.

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