



Review Article

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ANALYTICAL REVIEW OF *PARADI GUNA* IN RELATION TO *SAMYOGA GUNA* IN *AYURVEDA*

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ABSTRACT

Background: In Ayurveda, *Guna* plays a fundamental role in understanding the properties and actions of *Dravya*. Among them, *Paradi Guna* are considered unique qualitative attributes that help in the proper assessment and application of substances in therapeutics. *Samyoga Guna*, one of the important *Paradi Guna*, refers to the combination or union of two or more entities, which significantly influences pharmacological and therapeutic outcomes. Understanding this relationship is essential for rational drug formulation and clinical application. **Aim:** To analytically review the concept of *Paradi Guna* with special emphasis on *Samyoga Guna* in Ayurveda. **Objectives:** To study the classical concept of *Paradi Guna* described in Ayurvedic texts. To analyze the definition and types of *Samyoga Guna*. To evaluate the role of *Samyoga Guna* in drug action and formulation. To correlate classical principles with practical therapeutic application **Materials and Methods:** This study is based on a detailed literary review of classical Ayurvedic texts such as *Charaka Samhita*,

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Sushruta Samhita, and *Ashtanga Hridaya*, along with relevant commentaries and modern interpretations. Data were collected, analyzed, and interpreted systematically to understand the conceptual and applied aspects. **Results:** The review highlights that *Paradi Guna* provide a comprehensive framework for evaluating drug properties beyond basic qualities. *Samyoga Guna* plays a crucial role in modifying drug action through combination, leading to synergistic, additive, or sometimes antagonistic effects. It influences formulation design, bioavailability, and therapeutic efficacy. **Conclusion:** *Samyoga Guna* is a key component of *Paradi Guna* that governs the interaction between substances, enhancing or altering their effects. Proper understanding of this concept helps in better formulation strategies and improves clinical outcomes. Integrating classical knowledge with modern pharmacological concepts can further strengthen its practical utility.

Keywords: *Paradi Guna, Samyoga Guna, Dravya, Ayurveda, Pharmacodynamics, Yukti*

INTRODUCTION

Ayurveda explains the entire universe and human body through the fundamental concept of *Dravya, Guna*, and *Karma*. Among these, *Guna* represents the inherent qualities of substances that determine their behavior and action in the body.¹ In classical texts, *Paradi Guna* are described as a special group of ten qualitative attributes that are essential for precise understanding, analysis, and application of *Dravya* in therapeutics. These include factors like *Para, Apra, Yukti, Sankhya*, and *Samyoga*, which go beyond basic physical qualities and help physicians in rational decision-making. Without proper knowledge of *Paradi Guna*, the selection and administration of drugs may not yield desired clinical outcomes.²

Among these, *Samyoga Guna* holds a very important place as it refers to the combination or conjunction of two or more substances. Ayurveda emphasizes that when substances are combined, their properties and actions may change significantly, leading to enhanced, reduced, or entirely new effects.³ This concept is highly relevant in formulation science where multiple drugs are combined to achieve a synergistic therapeutic effect. Classical examples like polyherbal formulations clearly demonstrate how *Samyoga* can influence potency, bioavailability, and overall efficacy. Thus, *Samyoga Guna* is not just a theoretical concept but a practical tool in Ayurvedic pharmaceutics and clinical practice.⁴

In the present context, understanding *Samyoga Guna* becomes even more significant when correlating Ayurvedic principles with modern pharmacology, especially in terms of drug

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interactions and combination therapy.⁵ The idea of synergy, potentiation, and antagonism in modern science closely resembles the classical concept of *Samyoga*. Therefore, an analytical review of *Paradi Guna* with special emphasis on *Samyoga Guna* helps bridge traditional knowledge with contemporary scientific approaches. This not only enhances the rational use of Ayurvedic formulations but also opens new avenues for integrative research and evidence-based practice.⁶

AIM AND OBJECTIVES

Aim:

To analytically review the concept of *Paradi Guna* with special emphasis on *Samyoga Guna* in Ayurveda.

Objectives:

- To study the classical concept of *Paradi Guna* described in Ayurvedic texts
- To analyze the definition and types of *Samyoga Guna*
- To evaluate the role of *Samyoga Guna* in drug action and formulation
- To correlate classical principles with practical therapeutic applications

MATERIAL AND METHODS

This study was conducted as a conceptual and literary review based on classical Ayurvedic texts and their commentaries. Primary data were collected from *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya*, along with authoritative commentaries to understand the detailed description of *Paradi Guna* and specifically *Samyoga Guna*. Relevant information was also gathered from standard Ayurvedic textbooks and selected modern scientific literature to explore possible correlations. The collected data were systematically compiled, critically analyzed, and interpreted to evaluate the conceptual significance and practical application of *Samyoga Guna* in Ayurveda.

CONCEPTUAL STUDY

PARADI GUNA

Paradi Guna are a group of ten specific qualitative attributes described in Ayurveda that help in deeper understanding and precise application of *Dravya* in clinical practice. These *Guna* are not merely physical properties but analytical tools used by physicians to assess, compare,

and utilize substances effectively.⁷ Acharya Charaka has explained *Paradi Guna* to guide rational thinking (*Yukti*) in treatment planning. The ten *Paradi Guna* include *Para*, *Apara*, *Yukti*, *Sankhya*, *Samyoga*, *Vibhaga*, *Prithaktva*, *Parimana*, *Samskara*, and *Abhyasa*. Each of these plays a specific role in determining the behavior, combination, modification, and therapeutic application of drugs.⁸

Para and *Apara* indicate superiority and inferiority among substances based on their qualities, potency, or therapeutic effect. These help in selecting the best possible drug among available options. *Yukti* refers to rational planning and logical application of knowledge, which is essential for combining different factors like *Dosha*, *Desha*, *Kala*, and *Bala* of the patient.⁹ *Sankhya* denotes numerical consideration, such as dosage and number of drugs used in a formulation, which is crucial for achieving desired outcomes.

Samyoga and *Vibhaga* represent combination and separation, respectively. *Samyoga Guna* deals with the coming together of two or more substances, which can alter their original properties and produce new effects, while *Vibhaga* refers to their separation and its consequences. *Prithaktva* helps in identifying individuality or distinct nature of substances, ensuring proper differentiation in diagnosis and treatment. *Parimana* relates to measurement, including dose, quantity, and proportion, which is very important in avoiding underdose or overdose.

Samskara refers to processing or modification of substances, such as heating, grinding, or fermentation, which can enhance or change their properties and therapeutic action. *Abhyasa* indicates repeated use or habituation, which can influence drug response and tolerance in the body. Overall, *Paradi Guna* provide a comprehensive framework that supports accurate drug selection, formulation design, and individualized treatment approach in Ayurveda.¹⁰

SAMYOGA GUNA

Samyoga Guna is one of the important components of *Paradi Guna*, which refers to the combination or union of two or more *Dravya*. In Ayurveda, *Samyoga* is defined as the coming together of different substances in such a way that it leads to the manifestation of new properties or modification of existing ones. This concept is very practical because most Ayurvedic formulations are based on combinations rather than single drugs. The interaction between substances due to *Samyoga* can influence their pharmacological action, potency, and therapeutic outcome.¹¹

Classically, *Samyoga* is considered as a temporary association, meaning the combined substances can be separated again (*Vibhaga*). This distinguishes it from inherent properties that are permanent.¹² The effect of *Samyoga Guna* depends on various factors like the nature of substances, proportion, method of preparation, and the condition in which they are used. For example, combining drugs with similar properties may enhance their effect (synergism), while combining opposite properties may reduce or balance the action. Thus, *Samyoga* plays a key role in achieving desired therapeutic goals.¹³

In practical application, *Samyoga Guna* is widely seen in polyherbal and herbo-mineral formulations where multiple ingredients are carefully selected and combined using *Yukti*. The concept is also closely related to modern ideas of drug interaction, such as additive, synergistic, and antagonistic effects. Proper understanding of *Samyoga Guna* helps in designing effective formulations, improving bioavailability, reducing toxicity, and enhancing overall clinical efficacy. Therefore, it acts as a bridge between classical Ayurvedic principles and modern pharmacological concepts.¹⁴

RESULT AND FINDINGS

- *Paradi Guna* were found to provide a systematic and analytical framework for understanding the qualitative and functional aspects of *Dravya* beyond basic *Guna* and *Karma*.
- Among all *Paradi Guna*, *Samyoga Guna* plays a central role in influencing the therapeutic behavior of drugs through combination.
- *Samyoga* leads to modification of properties, resulting in synergistic, additive, or antagonistic effects depending on the nature of combined substances.
- The effect of *Samyoga Guna* was observed to be dependent on factors like proportion, method of preparation (*Samskara*), and rational application (*Yukti*).
- Polyherbal formulations in Ayurveda clearly demonstrate the practical utility of *Samyoga Guna* in enhancing efficacy and reducing adverse effects.
- The concept of *Samyoga* shows strong similarity with modern pharmacological principles such as drug interaction and combination therapy.
- Proper application of *Samyoga Guna* improves bioavailability, potency, and targeted therapeutic action of drugs.

- Misapplication or improper combination of substances may lead to reduced efficacy or undesirable effects, highlighting the importance of correct *Yukti*.
- *Samyoga Guna* also contributes to individualized treatment by allowing flexible combination of drugs according to patient condition (*Rogi Bala, Dosha Avastha*).
- Overall, *Samyoga Guna* was identified as a key principle for formulation design, rational therapeutics, and integration of classical knowledge with modern science.

DISCUSSION

The present review highlights that *Paradi Guna* are not just theoretical concepts but practical tools for clinical decision-making in Ayurveda. Among them, *Samyoga Guna* stands out because most Ayurvedic treatments depend on combinations rather than single drugs. When two or more *Dravya* are combined, their interaction can modify the original properties and produce a more effective therapeutic response.¹⁶ This clearly shows that the action of a formulation is not just the sum of its ingredients, but also the result of their interaction, which is explained by *Samyoga*. Thus, understanding this concept becomes essential for proper drug selection and formulation design.

From a practical point of view, *Samyoga Guna* plays a key role in achieving desired outcomes through rational combination based on *Yukti*. The physician has to consider factors like *Dosha, Desha, Kala, Rogi Bala*, and drug properties before combining substances. Classical formulations are designed in such a way that one drug enhances the action of another, reduces side effects, or improves absorption. This reflects a deep understanding of synergism and antagonism, which is now widely discussed in modern pharmacology. Therefore, *Samyoga* helps in making treatment more targeted, effective, and safe.¹⁷

When correlated with modern science, *Samyoga Guna* closely resembles the concept of drug interaction and combination therapy. Modern pharmacology explains how drugs can act synergistically, additively, or antagonistically, which is already described in Ayurveda in a more holistic way. This shows that Ayurvedic principles are scientifically relevant even today. Proper understanding and application of *Samyoga Guna* can help in developing better formulations, improving clinical outcomes, and promoting integrative research. It also opens scope for evidence-based validation of classical combinations using modern scientific methods.¹⁸

CONCLUSION

The present analytical review concludes that *Paradi Guna* provide a strong conceptual and practical base for understanding the qualitative behaviour of *Dravya*, and among them, *Samyoga Guna* plays a crucial role in therapeutics. The principle of combination explains how different substances interact to modify, enhance, or balance their effects, leading to better clinical outcomes. Proper application of *Samyoga* through *Yukti* ensures effective formulation design, improved drug action, and reduced adverse effects. Its close similarity with modern concepts of drug interaction highlights its scientific relevance. Therefore, a clear understanding of *Samyoga Guna* is essential for rational Ayurvedic practice and for bridging classical knowledge with contemporary pharmacological approaches.

CONFLICT OF INTEREST -NIL

SOURCE OF SUPPORT -NONE

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