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BIOLOGICAL SIGNIFICANCE OF AYURVEDA CONCEPT OF RASA, GUNA, VIRYA AND VIPAKA SIDDHANT: A REVIEW

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Abstract:

Ayurveda the holistic approach of life and health described enormous theories for restoring good health status. In this regards ayurveda presented concept of *Dravyaguna* means properties of substances that impart some biological effects inside the body. The therapeutic qualities of drugs also depends on their inherent properties such as; *Rasa*, *Guna*, *Virya* and *Vipaka*, etc. These properties of drugs gives specific biological responses thus provide particular therapeutic effects in diseased conditions. Similarly food materials/*Ahara* possesses nutrients properties due to their *Rasa*, *Guna*, *Virya* and *Vipaka*. This article described biological significance of ayurveda concept of *Rasa*, *Guna*, *Virya* and *Vipaka Siddhant*.

Keywords: *Ayurveda, Siddhant, Dravyaguna, Body.*

Introduction

Ayurveda comprises different branches which provide knowledge about various diseases and their treatment. The physiological and pathological events inside the body mainly govern through constitution of *Tridosha*, *Dhatu* and *Agni*. The balancing state of these components contributed towards normal physiology while imbalance state of these biological elements causes pathological consequences inside the body [1-4]. The quality of *Ahara* as *Dravya* helps to achieve balance state of biological elements and in this regards *Rasa*, *Guna*, *Virya* and *Vipaka* of *Ahara* play significant role. The disturbed state of *Tridosha*, *Dhatu* and *Agni* is responsible for diseased condition; drugs as *Dravya* can helps to pacify disturbance of *Dosha*, *Dhatu*, *Mala* and *Agni*. The inherent properties of drugs mean their *Rasa*, *Guna*, *Virya* and *Vipaka* play significant role towards their therapeutic responses [5-10]. The simple descriptive meaning of *Rasa*, *Guna*, *Virya* and *Vipaka* is depicted in **Figure 1**.

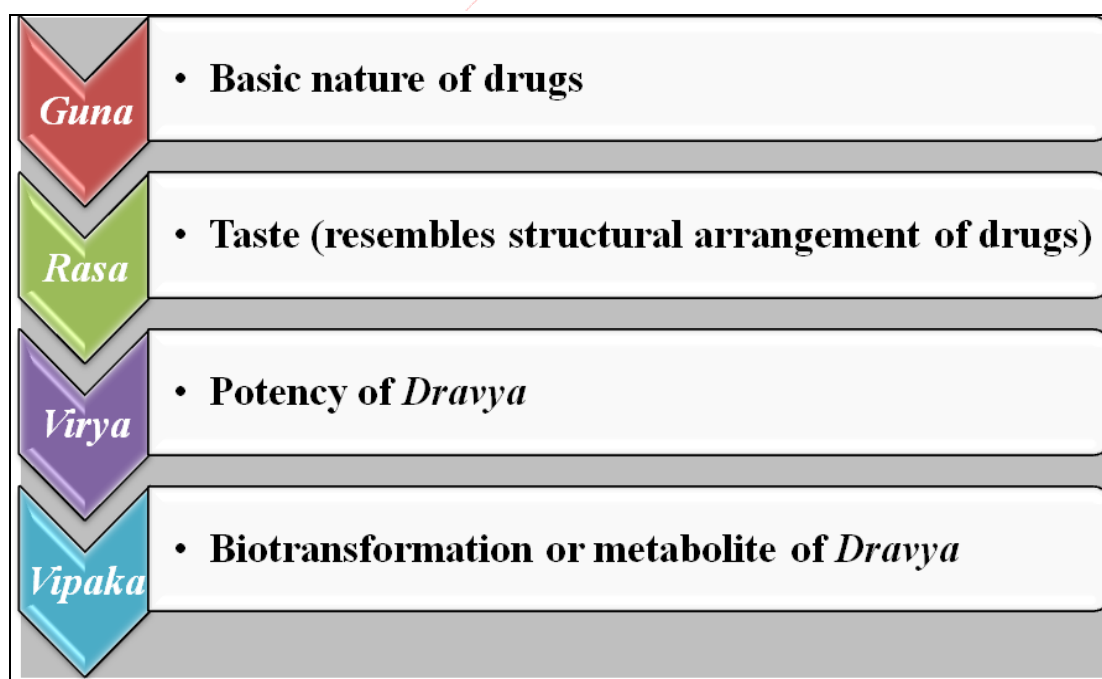


Figure 1: Properties of *Dravya*

Guna:

Guna means basic inherent properties of *Dravya*, mainly 41 *Gunas* described in Ayurveda literature. These *Guna* affects action of *Dravya*, the important *Gunas* which contributed biologically and therapeutically are; *Shita Guna*, *Ushana Guna*, *Guru Guna*, *Laghu Guna*, *Snigdha Guna*, *Ruksha Guna*, *Mrudu Guna*, *Kathin Guna*, *Tikshna Guna*, *Pichhil Guna*, *Shalkshana Guna*, *Khar Guna*, *Sthul Guna*, *Sukshama Guna* and *Sandra Guna*, etc. The *Doshas* and *Guna* possess relation as depicted **Table 1**.

Table 1: Doshas and Guna Relation:

S. No.	Doshas	Related Guna
1	Kapha dosha	Snigdha, Guru, Sheeta, Manda, Sandra and Slakshana Guna
2	Pitta dosha	Ushna, Tikshna, Sara, Sasneha and Laghu Guna
3	Vata dosha	Laghu, Sheeta, Sukshma and Ruksha Guna

Biological Significance of Dravya Guna:

- ❖ *Guru Guna* imparts *Bruhana* effect.
- ❖ *Snigdha Guna* causes *Snehana* action
- ❖ *Laghu Guna* is responsible for lightness in body.
- ❖ *Ushana Guna* leads *Swedana*
- ❖ *Shita Guna* gives *Sthambhana* effect
- ❖ *Ruksha Guna* provides dryness in body
- ❖ *Picchil Guna* provides *Lepan* effect
- ❖ *Tikshna Guna* is responsible for *Shodhana* action
- ❖ *Sukshma Guna* imparts *Vivaran* effect.

Rasa:

Rasa means taste; it is related to the sense organ, *Madhura*, *Amla*, *Lavana*, *Katu*, *Tikta* and *Kashya Rasa* are major *Rasa* of *Dravya* which offers some physicochemical properties and responsible for specific biological action inside the body. These *Rasa* affects *Doshas* thus responsible for therapeutic as well as pathological events in body; *Madhura Rasa* pacifies *Vata* and *Pitta Dosh*, *Amla Rasa* increases *Kapha* and *Pitta*, *Lavana Rasa* pacifies *Vata*, *Katu Rasa* increases *Vata*, *Tikta Rasa* pacifies *Kapha* and *Kashaya Rasa* pacifies *Kapha Dosh*.

Biological and therapeutic significance of different Rasa:

- ❖ *Madhura Rasa* promotes complexion, facilitate excretions, provides long life and control aggravation of *Pitta Dosh*.
- ❖ *Amla Rasa* acts as appetizer and boosts digestion, improves taste, relieves constipation and considered good for circulatory system.
- ❖ *Katu Rasa* helps to pacifies *Vata*, control movement in body and regulates circulatory process. *Katu Rasa* facilitates process of detoxification and clear micro channels of body.
- ❖ *Kashaya Rasa* helps in *Kaphaja* disorders, *Kashaya Rasa* prevent diarrhea, control bleeding and offers astringent properties. *Kashaya Rasa* helps to heal wound and promotes skin complexion.
- ❖ *Tikta Rasa* act as absorbent, treat loss of appetite, reduces thirst, control worm infection, clean body channels, helps in nausea and vomiting. *Tikta Rasa* is useful for skin diseases and treats *Raktaja* disorders.
- ❖ *Lavana Rasa* offers carminative property thus acts as appetizer to stimulant digestive and metabolic activities.

Vipaka:

Vipaka means metabolites of substance which forms at the end of digestion. *Vipaka* represents material which forms after process of biotransformation of *Dravya*. *Vipaka* are

mainly various types including *Madhur vipaka*, *Katu vipaka* and *Amla vipaka*. *Madhura vipaka* is associated with *Shita virya* and *Katu vipakas* represents hot potency. *Madhur vipaka* pacify *Vata Dosha*, *Katu vipaka* increases *Pitta Dosha* and *Amla vipaka* increases *Pitta Dosha*.

Biological Significance of *Vipaka*:

- ✚ *Amla Vipaka* boost digestion helps in excretion of feces and urine.
- ✚ *Katu Vipaka* improves circulatory process, relives constipation and helps in stimulatory action.
- ✚ *Madhur Vipaka* pacifies *Kapha* and facilitates excretion process.

Virya:

Virya means potency of *Dravya* which affects onset and duration of action of *Dravya*. *Virya* are various types including *Shita* and *Ushana Virya*. *Shita Virya* pacify *Pitta Dosha*, *Ushna Virya* pacify *Kapha Dosha*, *Ruksha Virya* pacify *Kapha*, *Guru Virya* pacify *Vata Dosha*, *Laghu Virya* pacify *Kapha Dosha* and *Mrudu Virya* pacify *Pitta Dosha*.

Biological Significance of *Virya*:

- ✓ *Snigdha Virya* promotes aphrodisiac power and offers *Vaajikaran* effect.
- ✓ *Shita Virya* helps in burning sensation, control fever, impart calmness and soothing effects.
- ✓ *Ushna Virya* helps in digestion and boost metabolic activities.
- ✓ *Guru Virya* helps to fill body cavities and holds constituents of body.

Conclusion

Rasa referred to structural function, *Vipaka* resembles pharmacokinetic principles, *Virya* describe potency of substances and *Guna* described internal property of *Dravya*. The therapeutic as well as pathological potential of *Dravyas* depends upon their *Rasa*, *Virya*, *Guna* and *Vipaka*. These all properties of *Dravya* impart some biological action thus contributed towards the therapeutic potential of drugs. Similarly imbalances of these

components may lead pathological conditions. The *Rasa*, *Virya*, *Guna* and *Vipaka* of drugs help to balances *Doshas*, boost *Dhatus*, clear *Srotas* and potentiates *Agni* therefore offers health benefits in diseased conditions.

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