



**PHYSIOLOGICAL, PATHOLOGICAL AND THERAPEUTIC IMPORTANCE OF
CONCEPT OF PANCHMAHABHUTA: A REVIEW**

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Article Received on 21/01/2020

Article Revised on 11/02/2020

Article Accepted on 01/03/2020

ABSTRACT

Ayurveda the holistic science of health and well being encompasses several principles and theories related to the health management. The ayurveda principles not only considered physical and mental health but also emphasizes spiritual health. The all theories of ayurveda aimed to restore optimum health status and in this regards ayurveda presented many concepts to explore internal constitution of human body; the concept of *Panchmahabhuta* (five elements) is one of them. The concepts of *Panchmahabhuta* help to understand constitutional components of body and also provide understandings about pathology of diseases and their management. The concept of *Panchmahabhuta* described predominate factors of disease pathogenesis thus present article elaborated Ayurveda view of *Panchmahabhuta* and its correlations with pathological conditions and their management.

KEYWORDS: *Ayurveda, Panchmahabhuta, Five Elements, Diseases.*

INTRODUCTION

Ayurveda provides concepts of *Panchmahabhuta* which means five basic elements i.e; *Prithvi* (earth), *Jal* (water), *Agni* (fire), *Vayu* (air) and *Akash* (space) contributes towards the constitution of every matter. These elements are considered as *Panchmahabhuta* which govern physiological & pathological functioning of human body, the pharmacokinetics of drugs also related with predominance of *Panchmahabhuta*. The physiological and pathological entities of body; *Vata*, *Pitta* and *Kapha* also related with five basic elements (*Panchmahabhuta*).

The specific properties of *Panchmahabhuta* depicted in Table 1.

Table 1: Properties of Panchmahabhuta.

S. No.	Mahabhuta	Property
1	<i>Akash</i>	<i>Apratighatatwa</i>
2	<i>Vayu</i>	<i>Chalatwa</i>
3	<i>Agni</i>	<i>Ushnatwa</i>
4	<i>Jala</i>	<i>Ushnatwa</i>
5	<i>Prithvi</i>	<i>Kharatwa</i>

Panchmahabhuta resembles specific physiological entities of body; *Prithvi* element provides structure to cell, *Agni* control metabolic activities, *Jala* imparts liquid properties, *Vayu* resembles gases/biological air & *Akash Mahabhutas* represents hollow structures of body and their functioning. The compositional imbalances of these five elements represent pathological conditions therefore

concepts of *Panchmahabhuta* can be utilized to diagnose & treat diseases.

DIAGNOSTIC IMPORTANCE OF PANCHMAHABHUTA

✓ *Prithvi Mahabhutas*

It is related with excretory elements of body like; *Mala*, *Mutra* & *Kapha* with specific smell especially in case of diabetes and keto acidosis.

✓ *Jala Mahabhutas*

It is related with examination of fluids like; CSF & sputum.

✓ *Teja Mahabhutas*

Examination of colour of eyes, process of digestion & body temperature.

✓ *Vayu Mahabhutas*

Examination of cardiac sounds, peristaltic sounds & respiration.

✓ *Akash Mahabhutas*

Examination of lungs, abdomen and other hollow structures of body.

Physiological Role of Panchmahabhuta

- *Akash mahabhuta* attributes to the functioning of channels, micro-pores, lungs and cavities of human body.

- *Vayu mahabhuta* controls dynamics of body, movements and transportation.
- *Agni mahabhuta* mainly related with *Pitta dosha* thus perform functioning of biotransformation, metabolism and digestion.
- *Jala Mahabhutas* resembles blood, lymph and fluids energy of body. Maintain fluid volume of body and regulates process of detoxification.
- *Prithvi Mahabhutas* contributes towards constitutional component of body, maintain stability & rigidity. The hard element of body like bones & teeth denotes *Prithvi Mahabhuta*.

Panchmahabhuta and Doshas

- ✚ *Vata dosha* mainly get affected by *Prithvi*, *Agni* and *Jala Mahabhuta*.
- ✚ *Pitta dosha* mainly get affected by *Prithvi*, *Jala* and *Vayu Mahabhuta*.
- ✚ *Kapha dosha* mainly related with *Aakash*, *Teja* and *Vayu Mahabhuta*.

Panchmahabhuta and Satvadi Gunas

- ✚ *Aakash Mahabhuta:* *Satva Gunas*
- ✚ *Vayu Mahabhuta:* *Raja Gunas*
- ✚ *Teja Mahabhuta:* *Satva & Raja Gunas*
- ✚ *Jala Mahabhuta:* *Satva & Tama Gunas*
- ✚ *Prithvi Mahabhuta:* *Tamas Gunas*

Panchmahabhuta and Rasa

- ✚ *Madhur Rasa:* *Prithvi & Jala Mahabhuta*
- ✚ *Amla Rasa:* *Prithvi & Teja Mahabhuta*
- ✚ *Lavana Rasa:* *Jala & Teja Mahabhuta*
- ✚ *Tikta Rasa:* *Vayu & Akash*
- ✚ *Katu Rasa:* *Vayu & Teja*
- ✚ *Kashaya Rasa:* *Vayu, Prithvi & Agni*

PANCHMAHABHUTA & DISEASES

Aakash Mahabhuta

- ✓ Excess of *Aakash Bhuta* can cause coldness.
- ✓ Early aging may occur due to the imbalance of *Aakash Bhuta*.
- ✓ Imbalance can cause disorders of *Vata dosha*.
- ✓ Joint pain and osteoporosis.

Vayu Mahabhuta

- ✓ The imbalance of *Vayu Bhuta* can cause skin dryness.
- ✓ Bloating, constipation & gas trouble.
- ✓ Lethargy, muscular spasms & dry cough.
- ✓ Insomnia and *Kapha dosha* disorders.

Agni Mahabhuta

- ✓ Imbalance of *Agni Bhuta* can cause hyperacidity and fever.
- ✓ *Pitta dosha* disorders.
- ✓ Disturbed digestive or metabolic activities.

Jala Mahabhuta

- ✓ Diseases of *Kapha dosha*.
- ✓ Swelling of glands and edema.

- ✓ Intoxication.
- ✓ Vitiating of blood and lymph.

Prithvi Mahabhuta

- ✓ Excesses of this element can cause blockage of blood vessels.
- ✓ Loss of appetite & heaviness.
- ✓ Rigidity of joints.
- ✓ Shortage of this element can lead weakness of muscle.

Therapeutic importance of Panchamahabhutas (Drugs Action)

- Drugs predominance of *Aakash mahabhuta* offers *Sanshaman* action.
- Drugs predominance of *Vayu mahabhuta* offers *Sangrahika* effects.
- Drug predominant to *Agni Mahabhut* helps to improve digestive problems.
- Drugs predominant to *Vayu* and *Agni mahabhut* offer *Lekhaniya* effects.
- Drugs predominant to *Prithvi mahabhuta* provide rigidity, compactness and *Brumhana* effects.

CONCLUSION

Ayurveda presented concept of *Panchamahabhut* which means every matters including *Dosha*, *Dhatu* and *Mala*, etc. made by five basic elements; *Aakash*, *Vayu*, *Agni*, *Jala* and *Prithvi*. These elements are govern physiological functioning of human body & regulate pharmacokinetics of drugs. The physiological and pathological entities of body; *Dosha* and *Satvadi Gunas* also related with *Panchamahabhutas*. The concepts of *Panchamahabhuta* provide understandings about pathology of diseases and their management. The concept of *Panchamahabhuta* can be utilized effectively for the diagnosis, prevention and management of diseases.

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