

**THE FUNDAMENTAL PRINCIPLE OF SAMANYA VISHESHA SIDDHANTH****Dr. Rajesh Kumar Nag\*<sup>1</sup>, Dr. G. R. Ratre<sup>2</sup>, Dr. Prema Bhagat<sup>3</sup> and Dr. Shrikant Nayak<sup>4</sup>**<sup>1</sup>PG Scholar, Department of Samhita Siddhant, N.P.A. Govt. Ayurvedic College Raipur C.G.<sup>2</sup>Reader, Department of Samhita Siddhant, N.P.A. Govt. Ayurvedic College Raipur C.G.<sup>3,4</sup>Lecturer, Department of Samhita Siddhant, N.P.A. Govt. Ayurvedic College Raipur C.G.**\*Corresponding Author: Dr. Rajesh Kumar Nag**

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**ABSTRACT**

Ayurvedic medicine is not only science of therapeutics but it advocates more of promotion of health and prevention from disease than cure. Traditional system of medicine along with modern medicine native to The India in every medical stream has its own science in which its matter is developed, evolved and explained. The increase demand of healthy life style measures have compelled and promoted to prevent and cure the life from disorders with the help of basic principles of Ayurveda. The Fundamental principles of Ayurveda are the roots from creation of living to issue of health, disease and its treatment. Samanya Vishesha Siddhantha is the basic and most common principle which have special space in context of treatment of any disease in Ayurveda. The term Samanya is the fact that generic concomitance or state of generality or similarity or the one which cause increase in substance while the term Vishesha means the inhibiting variant factor which implies a variant factor relating to the qualities of objects, so the variant factors in general cause diminution of all being. Every disease occurs in the body due to disturbance in state of equilibrium state of the body's Dosha, Dhatu or Mala i.e. either increase or decrease in their state. This principle is useful for the recommendation to be given for healthy persons and in treating diseases, So the wise application of Samanya Vishesha principle helps in the treatment of various disease in Ayurveda. Present article includes principle and importance of Samanya Vishesha Siddhantha in Ayurved Chikitsa.

**KEYWORDS:** Samanya Vishesha Siddhantha, Dosha, Dhatu, Mala.**INTRODUCTION**

The main aim of Ayurveda is to maintain the proper equilibrium of Dosha. Dosha, Dhatu and Mala constituent in order to preserve health in a healthy person and cure a disease in a diseased persons.<sup>[1]</sup> that accomplished through the application of Samanya Vishesha Siddhantha. among the various principle in Ayurveda Samanya Vishesha Siddhantha is one of the those which plays a key component mentioned in Ayurveda treatment.<sup>[2]</sup> Samanya is one which says about similarity uniformity or increase in substance or which one is having similar characteristics of a particular group.<sup>[3]</sup> Vishesha is one which says about dissimilarity non uniformity or disease in substance or one which is having opposite characteristics of a particular group.<sup>[4]</sup> Ayurveda science is the ultimate priority for living the healthy, virtuous, wealthy happy and useful life. The law of Samanyan Vishesha Siddhantha can be applied for achieved the balanced state in the body.

**Samanya Vishesha Siddhantha**

They are mentioned in Ayurveda as Shatkaranas as Samanya, Vishesha, Guna, Dravya, Karma and Samavaya.<sup>[5]</sup> According to Vaisheshika, the sequence of

Shadpadarthas as Dravya, Guna, Karma, Samanya Vishesha and Samavaya.<sup>[6]</sup>

Samanya always a reasons for "Vruddhi" increase in quality and quantity of bhavapadhartha (Dravya, Guna, Karma) While Vishesha leads to its "Dras" destruction. Here "Sarvada" always denotes in any circumstance at any period of time. Vruddhikaran symbolizes the reasons by which Vrriddhi occurred.<sup>[7]</sup> "Pravatti ubhayastu" implies for maintaining balanced state of dhatus.<sup>[8]</sup> Samanya is causes for increase and Vishesha is cause for depletion only when there is commencement main motive behind all this is to achieve "Prakrut" original state of Dhatus to achieve health.<sup>[9]</sup>

**Ayurvedic Aspect of Samanya**

Samanya substance are the cause of union. This principle can be applied in "Sharirkriya" for better understanding of properties and functions of the body elements consumption of Samanya substance in the diet is the cause of Tridosha hyperactivity for example, eat too much spicy and oily food it can provoke Pitta Dosha. In the case of anemia, Raktavardhak Chikitsa with Samanya Guna should be applied. Samanya classified differently by different Acharyas. Acharya Charaka classified it into

three types namely Dravya Samanya, Guna Samanya, Karma Samanya. Acharya Bhattar Harish Chandra talks about Atyanta Samanya, Madhaya Samanya and Ekdasha Samanya.<sup>[10]</sup> Kaarikavali talks about Para Samanya and Aparas Samanya.<sup>[11]</sup> While some Acharyas talk about Ubhyavritti Samanya and Ekavritti Samanya.<sup>[12]</sup>

#### Ayurvedic Aspect of Vishesha

Vishesha substance are the cause of separation. Consumption of Vishesha substance in the diet is the cause of hypoactivity of Tridoshas. For example, eat too much spicy and oily food it can provoke Pitta Dosha. On the contrary, to pacify the Pitta Dosha, use food and drinks which are cold in nature due to its opposite qualities of Pitta Dosha. In the case of anemia, Hb increasing foods and treatment should be applied with Vishesha Guna. This is the most important principle having applied value in medical practice. Vishesha classified differently by different Acharyas. Acharya Charaka classified it into three types namely Dravya Vishesha, Guna Vishesha, Karma Vishesha.

#### Importance of Samanya Vishesha Siddhantha and Its Application In Modern Aspect

Samanya Vishesha Siddhantha principle is very unique and aims at physical, mental, social, and spiritual well-being by the rule of their. Samanya Vishesha has the essential value in applied aspect. Without applying neither Samanya cause for growth nor Vishesha cause for reduction. The Chikitsa if properly managed simultaneously brings both the reduced and increase Dosha and Dhatus to their normal state by reducing the increased one and increase the reduced one. This is also called the principle of homologous and heterologous. Human body has a tendency to maintain homeostasis by causing increase or decrease in the body constituents as per requirement factor in the body bring back the physiological state by treating the disease with etiopathological antidotes.

#### AIM AND OBJECTIVE

To understand the importance of Samanya Vishesha Siddhanta.

#### MATERIAL AND METHOD

Ayurveda Samhitas and their respective commentaries various articles and on line data base have been referred for the specific materials.

#### DISCUSSION

It is necessary to understand the concept of increase or decrease due to activities. Any activity does not directly increase or decrease any constituent but an activity procedure changes in the body constituents which then increase or decrease body constituents. Samanya Vishesha principle is key component in choosing the most effective plan of treatment that involves food activities, lifestyle modification and medicine including Shodhan and Shaman.

#### CONCLUSION

In Ayurveda it seems impossible to treat various disease without the application of Samanya Vishesha principle. The aim and objective of Ayurveda is to maintain the health of healthy individual and to treat various disease in diseased condition. It will also help all the present as well as future research workers in understanding and working of human life in better way.

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