

LOK-PURUSH SAMYA SIDDHANTA: A PHILOSOPHICAL AND SCIENTIFIC
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INTRODUCTION

The *Lok-Purush Samya Siddhanta*, one of the foundational principles of Ayurveda, highlights the intrinsic similarity and interconnectedness between the universe (*Lok*) and the individual (*Purush*). It is rooted in the ancient Vedic concept of "*Yat Pinde Tat Brahmande*", meaning "What exists in the individual also exists in the universe." This principle establishes that the human body is a microcosm of the macrocosm, emphasizing that understanding the universe leads to understanding oneself.^[1]

The philosophy is first mentioned in *Yajurveda* and is elaborated in the *Vedanta* as *Pinda- Brahmanda Nyaya*. Later, Ayurveda adopted this concept to explain the structural, functional, and pathological aspects of the human body in relation to natural phenomena.^[2] This siddhanta offers profound insights into maintaining health, diagnosing diseases, and understanding the interplay of external and internal environments.^[3]

PHILOSOPHICAL BASIS

The universe, according to Indian philosophy, is composed of five fundamental elements, or *Panchamahabhutas*:

सर्वद्रव्यं पंचभौतिकम् अस्मिन् अर्थे।

1. *Akash* (Ether)
2. *Vayu* (Air)
3. *Teja* (Fire)
4. *Jal* (Water)
5. *Prithvi* (Earth)

Similarly, the human body is also a *Panchabhautik* structure, with every tissue, organ, and physiological function governed by the interplay of these elements.^[4] Ayurveda asserts that the balance between these elements is essential for health, and their imbalance leads to disease.^[5]

The *Lok-Purush Samya Siddhanta* explains that:

लोकस्य द्वैविध्यात्। लोको हि द्विविधः स्थावरो जांगमश्च ।

द्विविधात्मक एषाग्रेयः सौम्यश्च तद्भूयस्त्वात् य पंचात्मको वा।

तत्र चतुर्विधोभूतग्राम सस्वेदजजरायुजाण्डजोक्षिज्ज संज्ञा।

तत्र पुरुषः प्रधानं तस्योपकरणामन्यत् ।

तस्मात् पुरुषोधिष्ठानम् ।

- The external environment influences the internal environment of the body.
- The individual's health impacts the harmony of the surroundings.

- Universal processes, such as the movement of the sun, moon, and wind, have parallels within the human body.^[6]

STRUCTURAL AND FUNCTIONAL SIMILARITIES

The human body and the universe share several structural and functional similarities, as described in Ayurvedic texts like the *Charaka Samhita* and *Sushruta Samhita*^[7].

1. Hridaya (Heart)

- The heart is likened to a lotus flower in bloom. Just as the lotus unfolds with the sun's light, the heart pumps life-giving blood to nourish the body.^[8]
- The universe's center, which orchestrates natural rhythms, is mirrored by the heart's role in maintaining circulation and vitality.

2. Grahani (Small Intestine)

- The function of digestion in the human body is compared to the process of cooking in a pot.^[9]
- The digestive fire (*Agni*) is analogous to the Sun, which governs transformation in the universe.^[10]

3. Dhamanis (Arteries)

- *Dhamanis* are compared to the stem of the lotus plant, which has small channels facilitating the movement of water and nutrients upward.
- Similarly, *dhamanis* transport *Rasa* (nutritional fluid) to nourish the body.^[11]

4. Pakvashaya (Colon)

- The colon's function is compared to small rivers that carry water to the ocean.
- Just as rivers converge into the sea, the body's waste products are collected in the *pakvashaya* and excreted.^[12]

5. Kapha, Pitta, and Vata

- These *Tridoshas* correspond to the universal elements:
- *Kapha* = Moon (Soma): Cooling, nourishing, and stabilizing.
- *Pitta* = Sun (Surya): Heating, transforming, and digesting.
- *Vata* = Wind (Anil): Moving, propelling, and regulating.
- The balance of these *doshas* ensures health, just as the equilibrium of natural forces sustains the universe.^[13]

APPLICATIONS IN AYURVEDA

The *Lok-Purush Samya Siddhanta* is not merely philosophical; it has practical applications in understanding health and disease:

1. Diagnosis

- Ayurveda emphasizes observing natural phenomena to diagnose diseases. For instance:
- Sudden weather changes, such as excessive rain or heat, can cause imbalances in the body, leading to *Kapha* disorders (like colds) or *Pitta* disorders (like acidity).^[14]

2. Treatment

- The treatment approach is based on restoring harmony between the individual and the universe. For example:
- Seasonal regimens (*Ritucharya*) and daily routines (*Dinacharya*) align the body with natural rhythms, preventing disease.
- Panchakarma therapies detoxify the body, mirroring nature's cleansing processes like rainfall purifying the earth.^[15]

3. Anatomy and Physiology

- Ayurveda uses analogies from nature to explain bodily functions:
- The lungs are compared to bellows, drawing in and expelling air.
- The kidneys are likened to a filtration system, similar to how soil filters water.

4. Pathology

- Diseases are understood as disruptions in the harmony between the body and the environment:
- *Janapadodhwamsa* (epidemics) result from environmental pollution and collective imbalances.
- Individual illnesses reflect local disruptions within the body's ecosystem.

5. Preventive Medicine

- Preventive measures emphasize living in alignment with nature:
- Eating seasonal foods.
- Practicing yoga and meditation to balance internal energies.
- Avoiding overexposure to extreme weather conditions.

MODERN RELEVANCE

In today's era of industrialization and technological advancement, the *Lok-Purush Samya Siddhanta* holds significant relevance:

1. Global Warming and Health:

- Just as environmental pollution causes global warming, poor lifestyle choices disrupt the body's homeostasis, leading to diseases like diabetes and hypertension.

2. Stress and Mental Health:

- The chaotic pace of modern life has led to increased stress, mirroring the unrest in the natural world. Practices like meditation and mindfulness, rooted in Ayurveda, can restore balance.

3. Sustainable Living:

- The principle encourages adopting sustainable practices, such as reducing waste and conserving natural resources, to ensure both planetary and personal well-being.

4. Integrative Medicine:

- Modern medicine can benefit from Ayurvedic insights into the interconnectedness of the environment and human health, promoting a holistic approach to healing.

EXAMPLES FROM SAMHITAS

The Sushruta Samhita and Charaka Samhita provide numerous examples illustrating this principle:

1. *Ashmari* (Urinary Stones):

पकाशयगतास्तत्र नाड्यो मूत्रवहास्तु याः

तर्पयन्ति सदा मूत्रं सरितः सागरं यथा । (सु.नि. 3/21)

- Sushruta compares the formation of urinary stones to sediment deposition in rivers. Treating *Ashmari* involves methods to dissolve and expel the stones, akin to clearing a blocked waterway.^[13]

2. *Kustha* (Skin Diseases):

- Charaka uses plant structures to describe skin conditions, like *Udumbara Kustha* resembling the texture of *Udumbara* fruit.^[14]

3. Surgical Practices:

- Before performing surgery on humans, Ayurvedic surgeons practiced on lotus stems and dead animals, learning techniques by observing nature.^[15]

4. Psychology:

- Negative emotions like *lobha* (greed), *krodha* (anger), and *irshya* (jealousy) are seen as imbalances that disrupt both individual health and societal harmony, mirroring environmental disturbances.

The Path to Moksha

Beyond health, the *Lok-Purush Samya Siddhanta* has a spiritual dimension. It teaches that realizing the oneness of the universe and the self leads to *Satyabuddhi* (true knowledge) and ultimately, *Moksha* (liberation).

This understanding fosters:

- Self-responsibility: Recognizing one's role in maintaining harmony with the universe.
- Inner peace: Aligning with natural rhythms reduces mental turmoil.
- Compassion: Understanding that harming nature harms oneself promotes ethical living.

CONCLUSION

The *Lok-Purush Samya Siddhanta* is a timeless principle that integrates philosophy, science, and spirituality. It underscores the profound unity between the human body and the universe, offering a holistic framework for health, well-being, and self-realization.

In a world increasingly disconnected from nature, this *siddhanta* reminds us of our intrinsic connection to the cosmos and the need to live in harmony with it. By aligning our lives with these principles, we not only

achieve physical health but also embark on a journey toward spiritual enlightenment.

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