



**A REVIEW ON APPLICATION OF GURVADI GUNA (MANDA, KHARA, SHLAKSHNA, SUKSHMA, SANDRA, DRAVA GUNA)**

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**ABSTRACT**

*Ayurveda* is an Ancient science of Indian medicine. It deals with its own Fundamental principles which is applied in medicine. The concept of *Panch padartha* is described by *Aacharya bhavmishra* in *Bhavprakash nighantu* which consists of *Rasa, Guna, Virya, Vipak, Prabhav*. These five constitute plays a role of action in the treatment of medicinal drug. According to other classical texts there are seven constitutes mentioned, in which *Guna* is among them. *Guna* is the property which has inherent relation between *dravyas* which still inactive. It is property which attract person towards particular substance. The study of *Gurvadi gunas* helps to understand how to break *Samprati* in *chikitsa* for best results of medicine. The Present review on *Manda, Khara, Shlakshna, Sukshma, Sandra, Drava guna* are studied for its clinical approach.

**KEYWORDS:** *Gurvadi guna, Manda, Khara, Shlakshna, Sukshma, Sandra, Drava.*

**INTRODUCTION**

*Ayurveda* is ancient science. To protect health of the healthy and to alleviate the disorders in the diseased is the primary object of *Ayurveda*.<sup>[1]</sup> *Ayurveda* has fundamental principles, which are useful in screening of clinical practices and daily regimen. *Guna* word is derived from *Gunyate Aamtrate* it means the characteristic by which people attracted towards a particular substance.<sup>[2]</sup> According to *Aacharya Charaka gunas* are the character or property which will remain in a *Dravya* with inherent relationship. *Guna* are inactive in nature. *Aacharya charaka* describe 41 *gunas* in which 5 *Indriya artha* (qualities of five senses) 20 *Gurvadi gunas*, 10 *Paradi gunas* in which *Gurvadi Gunas* (qualities of human body) are really very important.<sup>[3]</sup> *Gurvadi gunas* are also called as *Shareeraka guna* by *Kaviraj Gangadhara*. *Gurvadi gunas* are mainly 20 in numbers. These *gunas* are arranged in 10 pairs. Each Pair consists of two *gunas* which have opposite qualities to each other. For Example *Guru-Laghu, Sheeta-Ushna, Snigdha-ruksha, Manda-tiksna, Slaksna-khara, Sandra-drava, Mrudu-khatina, Sthira-sara, Suksma-sthula, Visada-picchila*. With the help of *Gurvadi guna* evaluation of *Dhatuvaishmya* or *samprati* (etiology of disease), which directly helps in the line of the treatment of disease or to free from disease "*Dhatusomyavstha*". Present study is an attempt to focus fundamental principles of *Ayurveda* which can be used in diagnosis and clinical study.

**AIMS AND OBJECTIVE**

1. To study the concept of *Gurvadi Guna*.
2. Use of *Gurvadi guna* for treatment and diagnostic tool by their properties.

**MATERIAL AND METHOD**

Classical texts (*Samhita, Nighantu*) as a reference. It is conceptual study which drawn a conclusion with help of classical literature and Discussion on different literatures.

**Concept of *Gurvadi guna* (Qualities of human body)**

*Gunas* which will denote the common properties of tissue (*dhatu*) of human body as well as the *dravyas* known as *Gurvadi gunas* as well as *sharirika guna*.it comes under the heading of '*samanya gunas*'.

Application of *Gurvadi Gunas*:

**1. *Manda Guna* – (Dullness or Mildness)<sup>[4]</sup>**

*Manda guna* is property which is responsible for the slow activity of substance.

**Action**

***Dosha-*** *Vata Shamak, Kapha Vardhak*

***Dhatu*** – Strengthen tissue

***Mala-*** Does not help in the expulsion of excreta

***Rasa*** –*Madhur, Tikta, Kashay*

***Panchbhautik sanghatan-*** *Prithvi* and *Jala*

**Functions**

Sr.no	Properties	Action
1.	<i>Shaman</i>	Subsides vitiated <i>dosha</i>
2.	<i>Manda Yatrakar</i>	this property makes the drug travel through the body for a long time

**Functions**

1. *Shaman-it will alleviates vitiated doshas e.g, Guduchi*
2. *Manda Yatrakar- this property makes the drug travel through the body for a long time.*  
Example- *Guduchi, Amalaki, Ativisha*

**2. Khara Guna-(Roughness)<sup>[5]</sup>**

The quality responsible for roughness of a substance is known as *Khara*.

**Action**

**Due to Lekhan Property - Vata vardhaka**

**Dhatu** – *Dhatu level* reduces.

**Mala-** Reduction in *Mala* quantity.

**Rasa** – *Kashaya, Katu, Tikta*

**Panchbhautik sanghatan-** *Vayu and Agni*

**Functions**

Sr.no	Properties	Action
1.	<i>Vatakrut</i>	<i>Vatavardhak</i>
2.	<i>Dhatuhraskar</i>	Reduces <i>dhatu</i> levels
3.	<i>Malashoshak</i>	Reduces quantity of <i>malas</i> .

**Functions**

**Vatakrut-** *it will vitiate vata dosha. e.g, Vacha*

**Dhatuhraskar-** Reduces *dhatu* (tissue) levels *e.g, Puran guggulu*

**Malashoshak -** Reduces quantity of *malas*.

**For Example-** *Vacha, Shilajatu, Karkoti*

**3. Shlakshna Guna<sup>[6]</sup>**

The quantity which provides smoothness is called *Shlakshna*, It helps in soothing (*Ropana*) process.

**Action**

**Dosha-** *Kapha-Pitta Vardhaka*

**Dhatu-** Increases tissue

**Mala-**Expulsion of *Malas*

**Panchbhautik Sanghatana-**

**Aacharya Charaka-** *Akash Guna*

**Nagarjuna-***Agni Guna*

**Sushrut-** Equivalent to *Picchila Guna*

**Functions**

Sr.no	Properties	Action
1.	<i>Vrana Ropana</i>	Maintain the Healthy granulation
2.	<i>Jeevan</i>	Improves Immunity or work as immunity booster
3.	<i>Balya</i>	Increases Body tone
4.	<i>Sandhankar</i>	In Fractures it makes healthy granulation tissue for healing of fractures properly
5.	<i>Shlemal</i>	<i>Shlemavardhak</i>
6.	<i>Vatahara</i>	It act as <i>Vata shamak</i>

**Vranaropana** – It helps in soothing process.*e.g, Haridra.*

**Jeevana** - Improves Immunity (Nourishment) or work as immunity booster *e.g, Abhrak*

**Balya-** Increases body tone *e.g, Vajra, Mukta*

**Shlemal-** It will increase *shlema. e.g, Fanit, Anup Mansa*

**Sandhankar-** it will improve healthy tissue granulation *e.g, Ksheer*

**Vatahar-**Pacify *vata dosha. E.g, Ksheer.*

**Shlakshna guna** is feel on touch but it is actually *Kathin* also doesn't follow unctuousness then also gives sensation smoothness on touch.

**Dravya-***Abhrak, Vajra, Vaikrant, Mani, Manikya, Mukta, Praval, Dugdhapashana*

**4. Sukshma guna – (Fineness or Microscopic nature)<sup>[7]</sup>**

*Sukshma guna* is the quantity through which a drug can penetrate through the minutest channels of the body.

**Action**

**Dosha-** *Vata vardhak*

**Dhatu** – Reduces tissue weights

**Mala-** Reduces the quantity *malas*

**Rasa** – *Amla, katu*

**Veerya-** *Ushna*

**Panchbhautik sanghatan-** *Agni, Vayu, Akasha*

Example- *Madhya, Lavana, Parad, Guggul, Madhu, Tila*

**5. Sandra Guna: (Solidity or Turbidity)<sup>[8]</sup>**

*Sandra Guna* is the Property which is provides solidity or turbidity to any substance.

**Action**

**Dosha-** *Kaphavardhak, Vatashamak.*

**Dhatu-** *Increases tissue function and Structure.*

**Mala-** Solidifies the excreta.

**Panchbhautik sanghatan-** *Prithvi*

**Functions**

Sr.no	Properties	Action
1.	<i>Brimhan</i>	It nourishes all the <i>dhatu</i> s
2.	<i>Bandhankrut</i>	Gives Strengthening
3.	<i>Prasadan</i>	Improvement of tissues

**Functions**

1. **Brimhan** – it will nourish all tissues and structures e.g., *Bala*
2. **Bandhankrut-** helpful for strengthening. e.g., *Butter, Salam*
3. **Prasadan** – it will nourish and improves tissues e.g., *Atibala, Bala*  
Example- *Butter, Milk-cream, Bala, Atibala, Salam, Ashtha varga.*

**6. Drava Guna: (Fluidity)<sup>[8]</sup>**

*Drava guna* is the Property which is responsible for fluidity.

**Types**

1. Sansiddhika e.g., Water
2. Naimittika e.g., Ghee, Oil

**Action**

**Dosha-** *Kapha-Pittavardhak, Vatashamak.*

**Mala-** increases the quantity *malas*

**Panchbhautik sanghatan-** *Jala*

*Drava guna* is helpful in the conditions like *Atisara, Jwara, Trishna.*

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**Functions**

Sr.no	Properties	Action
1.	<i>Syandan</i>	It will go throughout <i>dravyas.</i>
2.	<i>Prakledan</i>	Increases liquidity
3.	<i>Vyapti</i>	Helpful for Spreading across channels
4.	<i>Vilodan</i>	It helps to move along with food.
5.	<i>Dravyavruddhi</i>	Increases liquidity

**Functions**

*Syandan-* It will go throughout *dravyas.* e.g., *Abhrak*

*Dravyavruddhi-* Improves liquid *dhatu*s like *Rasa, Rakta* e.g., *Jala.*

Example- *Jala, Ksheer, Naga, Vanga*

**CONCLUSION**

*Gurvadi gunas* are important because it can be considered and assessed with the help of inference i.e., *Anumana pramana*, which is helpful in the diagnosis and management of disease treatment. *Manda, Khara, Shlakshna, Sukshma, Sandra, Drava gunas* are important properties which can be useful in clinical practices in the field of *Ayurveda.*

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