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# Importance of *Shad Padartha* in *Chikitsa Siddhant* (Principles of Treatment)

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## ABSTRACT

The Term '*Padartha*' comprises two terms namely '*Pada*' and '*Artha*'. *Pada* refers to any object, a word or an inflected word or the stem of noun in the middle cases. The term '*Artha*' refers to aim, purpose or meaning Thus the term *Padartha* denotes the meaning of any specific term. All *Padartha* in the universe are classified as existent (*Bhava*) or non-Existent (*Abhava*) termed "Sat" and "Asat" Respectively, *Charak Samhita* and *Vaisheshika* philosophy, classifies these *Bhava Padartha* into six *Padartha* but with alterations in sequence. *Charak Samhita* being a medical text focuses on the clinical aspect of the concept, *Shad Padartha* are *Samanya*, *Vishesha*, *Guna*, *Dravya*, *Karma*, *Samvaya*. "*Samanya Vishesh Siddhanta*" is one such major principle of *Ayurveda Chikitsa Siddhant* (Principles of Treatment) which helps to maintain body in healthy equilibrium.

**Key words:** *Shad Padartha*, *Samanya Vishesh Siddhanta*, *Guna Dosha*, *Dhatu*.

## INTRODUCTION

In *Caraka Samhita*, *Shad Padārtha* are described as 'इत्युक्तं कारण' i.e., these *Shad Padartha* are cause of *Dhatu Samya* or normal state of body which is the purpose of *Caraka Samhitā* as 'धातुसाम्यक्रिया चोक्ता तन्त्रस्यास्य प्रयोजनम् (च. सू. 1/53).

The concept of *Shad Padārtha* is useful to maintain *Dhātu Sāmya* in normal individual and obtain the condition of *Dhātu Sāmya* in diseased person.

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### A) *Samanya*:

सर्वदा सर्वभावानांसामान्यवृद्धिकारणम्।

हासहेतुर्विशेषश्चप्रवृत्तिरुभयस्यतु॥ (Ch.Su.1/44)

Similarity of all substances is always the cause of increase and dissimilarity the Cause of decreases both effects by their application.

### Types of *Samanya*:

**1. *Dravya Samanya*:** Similar substances are the cause of increase.

E.g. Body muscles increase by eating flesh.

**2. *Guna Samanya*:** सामान्यमेकत्वकरं॥ (Ch.Su.1/45)

Similarity brings Unity. E.g. - Drinking milk causes *Sukra Vridhi* i.e., increase in *Sukra Dhatu* because *Sukra* and milk both shares similar *Guna*.

**3. *Karma Samanya*:** तुल्यार्थताहिसामान्य॥ (Ch.Su.1/45)

Similarity carries the sense of Equal.

E.g. - Running increases *Vata Dosha* because both shares common *Guna*, i.e., "*Chala*" *Guna* for *Karma*.

**B) Vishesha:** हासहेतुर्विशेषश्च ॥ (Ch.Su.1/44)

Dissimilarities are the cause of decrease.

#### Types of Vishesha

1. **Dravya Vishesha:** Dissimilarities in substances are the cause of decrease. Example - *Gavedhuka* consumption increase *Laghuta* perhaps decreases weight.

गवेधुकान्नं कर्शनीयानाम्

2. **Guna Vishesha:** विशेषस्तुपृथक्त्वकृत् ॥ (Ch.Su.1/45)

Dissimilarity causes diversity, Example - application of oil in *Vataj Sandhi Shoola*.

3. **Karma Vishesha:** विशेषस्तुविपर्ययः ॥ (Ch.Su.1/45)

Dissimilarity carries sense of unequal or sense opposite to equal. Example - physical exercise increases *Vata Dosha* perhaps decreases *Kapha Dosha*.

**C) Guna (Property):** समवायी तु निश्चेष्टःकारणं गुणः ॥ (Ch.Su.1/51)

*Guna* (Property) is related with inherence (to *Dravya*), is devoid of action and is *Asamvayai* (non-inherent) cause (of its effect).

#### Types of Guna:

सार्था गुर्वादयो बुद्धिःप्रयत्नान्ताःपरादयः गुणाःप्रोक्ताः ॥ (Ch.Su.1/48)

Sense objects (*Sabda, Sparsa, Rupa, Rasa, Gandha*) properties beginning with *Guru*, knowledge, qualities ending with *Pryatna* are *Guna*.

*Guna's* are classified as: *Sartha or Artha Guna, Gurvadi Guna, Adhyatmika Guna, Paradi Guna*.

#### D) Dravya (Substances including drugs)

यत्राश्रिताःकर्मगुणाःकारणसमवायियत्तद्द्रव्यं ॥ (Ch.Su.1/50)

*Dravya* substances including drug is that where actions and properties are located and which is material cause (of its effect).

#### Types of Dravya

खादीन्यात्मामनःकालोदिशश्चद्रव्यसंग्रहः।

सेन्द्रियंचेतनंद्रव्यंनिरिन्द्रियमचेतनम् ॥ (Ch.Su.1/48)

In short, *Akasha* etc. (*Akasa, Vayu, Tejas, Jal* and *Prthivi*), Self (*Atma*), mind (*Mana*), time (*Kaal*) and Space are *Dravyas* (Substances). *Dravya* having sense organ is sentient while that without it is insentient.

#### E) Karma (action)

संयोगेचविभागेचकारणद्रव्यमाश्रितम्।

कर्तव्यस्यक्रियाकर्मकर्मनान्यदपेक्षते ॥ (Ch.Su.1/52)

The causative factor in conjunction disjunction, located in *Dravya* and performance of that to be done is *Karma* (action), *Karma* does not require another factor.

#### Types of Karma

As per therapeutic perspective - *Vamana, Virechana, Niruh Vasti, Anuvastna Vasti* and *Nasya* also the other *Karma's*: *Utkshepana, Apakshepan, Aakunchan, Prasaran, Gaman*.

#### F. Samvaya (Inherence)

समवायोऽपृथग्भावो (भूम्यादीनांगुणैर्मतः।

सनित्योयत्रहिद्रव्यंनतत्रानियतो गुणः ॥ (Ch.Su.1/50)

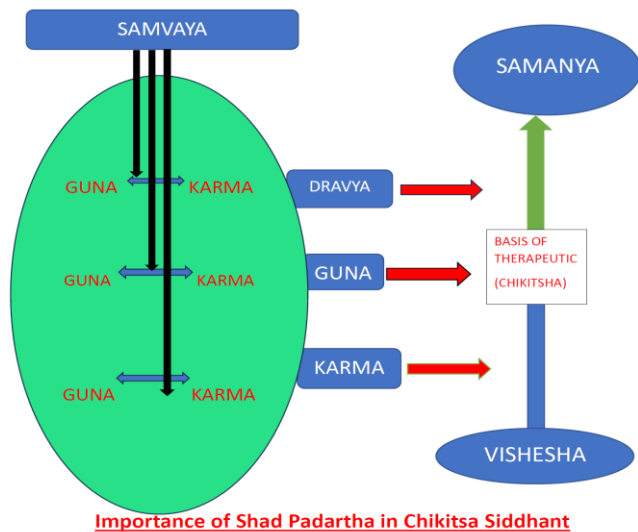
*Samvaya* (Inherence) inseparableness of *Prithivi* etc. *Dravya* with their *Guna* (properties) this is eternal because no *Dravya* (substances) is devoid of Property.

#### Samanya in Chikitsa

*Aushada* (drugs) and *Aahar* (diet) having *Katu, Tikta, Kashaya, Ruksha, Laghu* and *Sheeta Guna* offer relief in *Vataksaya* as these *Guna* increases *Vata* under the concept of *Guna Samanya*. Similarly, *Amla, Lavana, Katu, Kshara, Lavana, Ushna* and *Tikshana Dravya* help to cure *Pitta Kshaya* while *Snigdha, Madhura, Guru* and *Sandra Dravya* used in *Shleshmakshya. Khseera* (milk) also increase *Kapha* due to its similar *Snigdhadhi & Madhuradi Gunas*. *Karma Samanya* also works for managing *Dosha* balance, since similar activities increases similar *Gunas* in body. Physical activities (running and floating) increases *Vata* due to their *Chalatva Guna Samanya* thus helps in *Vataksaya* while relaxing body or sleeping increase *Kapha* due to their *Sthiratva Guna*.

### Vishesh in Chikitsa

The treatment regime of *Vata*, *Pitta* and *Kapha* must possess opposite *Guna* i.e., dissimilar *Guna* with their respective *Guna*. *Aushada* (drugs) and *Aahar* (diet) having *Madhura*, *Amla*, *Snigadha* and *Ushna Guna* offers relief in *Vata* *Vridhhi* as these *Guna* increases *Kapha* under the concept of *Guna Vishesa* similarly *Aushada* (drugs) and *Aahar* (diet) having *Katu*, *Tikta*, *Kashaya*, *Ruksha*, *Laghu* and *Sheeta Guna* offer relief in *Kapha* *Vridhhi*. *Gavedhuka* (wheat) consumption increase *Laghuta* perhaps decreases weight. application of oil in *Vata* *J Sandhi Shoola* decreases pain as oil contains dissimilar *Gunas*. Physical exercise increases *Vata Dosh* perhaps decreases *Kapha Dosh*.



### DISCUSSION

*Samanya* means similarity and *Vishesh* means dissimilarity. Similarity of all substances is always the cause of increase and dissimilarity the cause of decreases both effects by their application. The balanced equilibrium state of *Sharir Dosh*, *Dhatu*, *Mala* and *Agni*, etc. results healthy body although Disease mainly arises due to the disturbance in equilibrium. The balance of these biological entities can be established using *Dravyas* possessing similar and dissimilar attributes. Many diseases can be cured effectively using this concept of similarity and

dissimilarity and the specific *Gunas* and *Karmas* of *Dravyas* play key role in the concept of *Samanya Vishesh Siddhanta*. *Samanya Vishesh Siddhant* based on the qualities of substances which either increases or decrease quality and quantity of *Dravya*, *Guna* and *Karma*. Therefore, specific *Dravya* (food and medicines, etc.), *Guna* (*Guru*, *Laghu*, cold and dry, etc. properties of *Dravya*) and *Karma* (exercise, Yoga, swimming, and sleeping, etc.) helps to treat various diseases and maintain equilibrium of *Dosha*, *Dhatu*, *Mala* and *Agni*.

### CONCLUSION

Any disturbance in *Doshas*, *Dhatus* and *Malas* leads to disease and equilibrium of these leads to health. This process is done by the *Vridhhi* and *Kshaya* in *Dhatus*. This process can be normalized by the continuous uses of similar and dissimilar *Bhavas* which is possible by *Samanya-Vishesha Siddhanta* directly and all the *Shad Padartha* indirectly.

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