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# Lok Purush Siddhant: Exploring the Reflection of the Universe in the Human Body

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## ABSTRACT

The *Lok Purush Siddhant* is a foundational concept in *Ayurveda* that elucidates the intrinsic connection between the individual (microcosm) and the universe (macrocosm). This ancient *Ayurvedic* philosophy underscores the principle that the human body mirrors the cosmos, with both governed by similar laws and elements. In the *Ayurvedic* worldview, the physical body, mind, and soul are seen as a reflection of the larger universe, consisting of the five elements (*Panchamahabhutas*) - earth, water, fire, air, and ether. By understanding the balance and interaction of these elements within the human body, one can achieve optimal health, mirroring the harmony of the cosmos. This exploration of the *Lok Purush Siddhant* aims to highlight its relevance in modern health practices, particularly in holistic and integrative medicine. The paper discusses the parallels between *Ayurvedic* principles and contemporary scientific theories of biology, ecology, and quantum mechanics. It also delves into how this ancient wisdom informs various *Ayurvedic* therapeutic approaches such as diet, lifestyle, and treatment protocols, which seek to align the microcosm with the macrocosm to achieve balance and healing. Ultimately, this concept emphasizes that true well-being is achieved when the individual harmonizes with the greater cosmic order, making it a timeless and essential aspect of *Ayurvedic* philosophy.

**Key words:** *Lok Purush Siddhant, Panchamahabhutas, cosmos.*

## INTRODUCTION

The concept of *Lok Purush Siddhant* (also known as the "Doctrine of the Macrocosm and Microcosm") is a foundational philosophical theory in *Ayurveda* that views the human body (*Purusha*) and the universe (*Lok*) as interconnected and interdependent entities. Derived from ancient Indian wisdom, this principle suggests that the human being is a miniature version of the universe, carrying the same fundamental elements

and forces that make up the cosmos. By understanding this relationship, *Ayurveda* emphasizes harmony between the self and the external environment to promote holistic health and wellbeing. This article delves into the origins, principles, and implications of *Lok Purush Siddhant*, exploring how this ancient concept underpins *Ayurvedic* philosophy and therapeutics.

## Historical Background

The origins of *Lok Purush Siddhant* can be traced back to the Vedic texts, where ancient sages posited that the universe and the individual are reflections of each other. In the *Charaka Samhita*, one of the primary *Ayurvedic* texts, *Acharya Charaka* elaborates on this principle, explaining that human physiology mirrors universal phenomena. The concept is also discussed in other classical texts like *Sushruta Samhita* and *Ashtanga Hridaya*, reinforcing its significance across traditional *Ayurvedic* literature. According to *Lok Purush Siddhant*, the universe and the individual are composed of five basic elements (*Pancha Mahabhutas*)

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and are governed by the same cosmic forces. This principle underscores the idea that the human body cannot exist in isolation but must maintain balance with the external world to sustain health and vitality. This principle is articulated through the phrase *Yatha Pinde Tatha Brahmande*, which means "as is the individual, so is the universe." It emphasizes that the composition, processes, and characteristics of the cosmos are replicated within the human body, and vice versa. This understanding provides a holistic framework for approaching health, as *Ayurvedic* practitioners consider both internal and external factors, recognizing that harmony with the universe is key to physical, mental, and spiritual wellbeing.

### The Fundamental Elements: *Pancha Mahabhutas*

In *Lok Purush Siddhant*, both the universe and the individual are viewed as compositions of five elements, known as *Pancha Mahabhutas*. These elements are:

- 1. Prithvi (Earth)** - Represents stability and structure. In the human body, *Prithvi* relates to solid tissues like bones, muscles, and cartilage.
- 2. Apas or Jala (Water)** - Symbolizes cohesion and fluidity. It governs bodily fluids such as blood, plasma, and lymph.
- 3. Tejas or Agni (Fire)** - Represents transformation and metabolism. In the body, it is associated with digestion, energy, and vision.
- 4. Vayu (Air)** - Stands for movement and dynamism. It controls all forms of movement within the body, including respiration, circulation, and neural impulses.
- 5. Akasha (Ether or Space)** - Signifies expansiveness and openness. It provides space within the body, particularly in hollow organs and cavities.

The balance of these five elements is essential for health. An imbalance within these elements disrupts harmony, leading to illness, whereas the right equilibrium supports vitality. *Ayurveda* teaches that the same principles that govern the cosmos - through the *Pancha Mahabhutas* - operate within each individual, meaning that our health and wellbeing are

influenced by the external world's rhythms, patterns, and cycles.

### Interconnection of Body and Universe

According to *Lok Purush Siddhant*, every phenomenon in the universe has a corresponding process in the human body. This is known as *Yatha Pinde Tatha Brahmande*, which translates to "as is the individual, so is the universe." This connection means that any changes or imbalances in the external environment impact human health and vice versa.

#### For example:

**The Water Cycle and Bodily Fluids:** Just as the Earth undergoes cycles of water through evaporation and precipitation, the human body also regulates fluids through processes like sweating, urination, and circulation.

**Cosmic Rhythms and Biological Rhythms:** The movement of celestial bodies, such as the sun, moon, and stars, affects natural cycles like day and night, which influence human circadian rhythms. This is why *Ayurveda* emphasizes routines aligned with sunrise and sunset for optimal health.

**The Digestive Fire and Solar Energy:** The digestive process, governed by *Agni*, mirrors the energy of the sun. Just as the sun is essential for life on Earth, *Agni* is vital for life, as it fuels digestion, metabolism, and energy production in the body.

### *Lok Purush Siddhant* and *Tridosha* Theory

*Lok Purush Siddhant* also forms the foundation for the *Tridosha* theory, another central concept in *Ayurveda* that explains the physiological functions of the body. The *Tridoshas* - *Vata*, *Pitta*, and *Kapha* arise from the interaction of the *Pancha Mahabhutas* and govern different bodily processes. The balance of these three *Doshas* reflects health, while their imbalance leads to disease.

***Vata*:** Derived from air and ether, *Vata* is responsible for all forms of movement and circulation in the body. It mirrors the movement of air and space in the environment.

**Pitta:** Composed of fire and water, *Pitta* governs digestion and metabolism. It corresponds to solar energy and the transformative processes observed in nature.

**Kapha:** Made of earth and water, *Kapha* provides structure and lubrication. It resembles the stability and cohesion seen in the physical world.

In *Ayurveda*, the *Tridoshas* are influenced by external factors, including climate, seasons, and geographical location. Each individual has a unique balance of these *Doshas*, which defines their *Prakriti* (constitutional type). Health is achieved by maintaining harmony within these *Doshas* and ensuring that their interactions with the external environment support balance rather than creating disharmony.

#### Similarity between Lokgatabhavas and Purushgatabhavas

SN	Lokgatabhavas (Universal Phenomenon)	Purushgatabhavas (Phenomenon in human)
1.	Prithvi	Murti
2.	Aap	Kleda (moisture)
3.	Teja	Abhisataap (heat)
4.	Vayu	Prana (vital)
5.	Virat	Sushira (Porosity)
6.	Bramh	Antaratma (internal soul)
7.	Brahm Ki Vibhuti	Antratma Ki Vibhuti
8.	Brahm Vibhuti Prajapati	Mana
9.	Indra	Ahankaar (ego)
10.	Aditya	Aadan (Accumulation)
11.	Rudra	Rosha (Anger)
12.	Soma	Prasad (Pleasure)
13.	Vasu	Sukha (Happiness)
14.	Ashvini Kumar	Kanti (Complexion)

15.	Marut	Utsah (Enthusiasm)
16.	Vishwadeva	Indriya/Indriyarth (Sense and Sense objects)
17.	Tama (Darkness)	Moha (Ignorance)
18.	Jyoti	Gyan (Knowledge)
19.	Shrishti	Garbhadhaan (impregnation)
20.	Krityuga (beginning of creation)	Balyawastha (Childhood)
21.	Treta	Yuvavastha (Youth)
22.	Dwapar	Vridhavastha (Old Age)
23.	Kalyug	Rugnavastha (diseased age)
24.	Yugant	Maran (death)

#### Implications of Lok Purush Siddhant in Ayurveda

The implications of *Lok Purush Siddhant* extend to various aspects of *Ayurveda*, including diagnosis, treatment, diet, lifestyle, and spiritual practices. By recognizing the human body as a microcosm, *Ayurvedic* practitioners are encouraged to consider environmental, seasonal, and planetary influences in their approach to health.

- 1. Diagnosis and Treatment:** Understanding the interconnectedness of the body and the cosmos enables *Ayurvedic* practitioners to consider external factors like climate, geography, and seasonal changes when diagnosing and treating diseases. For example, certain conditions, such as respiratory issues, might be more prevalent during the cold, damp winter months and require warming, drying therapies to counterbalance environmental influences.
- 2. Diet and Nutrition:** According to *Lok Purush Siddhant*, food is a fundamental part of maintaining harmony between the individual and the environment. Eating seasonally and regionally appropriate foods helps in aligning one's body with

nature. In winter, warming and nutrient dense foods are recommended, while lighter, cooling foods are emphasized in summer.

3. **Daily and Seasonal Routines (*Dinacharya* and *Ritucharya*):** *Ayurveda* prescribes daily (*Dinacharya*) and seasonal routines (*Ritucharya*) to harmonize the individual with natural cycles. For instance, waking up early aligns with the energy of the sun, enhancing mental clarity and vitality, while practicing specific seasonal routines helps adapt the body to changing environmental conditions.
4. **Spiritual and Mental Wellbeing:** *Lok Purush Siddhant* emphasizes that the mind and spirit are equally influenced by cosmic energies. Practices such as meditation, yoga, and pranayama help in synchronizing mental and spiritual energies with universal forces, fostering a sense of peace and connectedness.
5. **Preventive Health:** By recognizing the influence of the environment on health, *Lok Purush Siddhant* promotes preventive health measures. This includes using natural herbs and therapies that resonate with the individual's constitution and environmental factors. Seasonal detoxification and immunity boosting practices, for example, prepare the body to withstand seasonal stresses.

#### Scientific Perspective on *Lok Purush Siddhant*

Modern science has recently begun to explore the connection between the environment and human health, echoing certain aspects of *Lok Purush Siddhant*. For instance, chronobiology - the study of biological rhythms - has demonstrated how external cycles, such as day and night, affect the body's circadian rhythms, influencing sleep, metabolism, and overall wellbeing. Additionally, studies in environmental health have shown that exposure to natural elements like sunlight and fresh air can positively impact mood and mental health.

Moreover, emerging research in quantum physics suggests that every atom in the human body originates from stardust, reinforcing the idea of interconnectedness between humans and the cosmos on a molecular level.

#### Challenges and Relevance in the Modern Era

In the modern era, rapid urbanization, pollution, and technological advancements have distanced people from natural rhythms, often disrupting the harmony between the individual and the universe. Many contemporary health issues, such as stress, insomnia, and lifestyle related diseases, are partly attributed to an imbalance in this microcosmic-macrocosmic connection.

The principle of *Lok Purush Siddhant* offers a valuable reminder to reconnect with nature by integrating *Ayurvedic* practices into our lives. Adopting holistic practices that align with nature, such as following natural sleep cycles, consuming fresh and seasonal foods, and spending time outdoors, can help restore balance in an age dominated by artificial environments and fast paced lifestyles.

#### *Lok Purush Siddhant* in Contemporary *Ayurvedic* Practice

Despite its ancient origins, *Lok Purush Siddhant* remains highly relevant in contemporary *Ayurvedic* practice. Many *Ayurvedic* practitioners incorporate this principle into holistic treatments, encouraging patients to adopt lifestyle changes that foster alignment with natural rhythms. Integrative approaches that combine *Ayurvedic* practices with modern healthcare models are becoming popular, highlighting the timeless relevance of this principle in addressing the root causes of modern ailments.

#### CONCLUSION

*Lok Purush Siddhant* is a profound philosophical concept that reflects the inseparable bond between the individual and the universe. Through the lens of this doctrine, *Ayurveda* encourages harmony between the self and nature, offering a pathway to holistic health and wellbeing. In a world where artificial environments and technological advancements dominate, the principle of *Lok Purush Siddhant* serves as a reminder of the importance of staying connected with the natural world. By recognizing ourselves as reflections of the universe, we are inspired to cultivate balance not only within our bodies but also with the



world around us. Embracing this ancient wisdom can help restore harmony in modern lives, fostering a holistic approach to health that is rooted in the timeless philosophy of *Lok Purush Siddhant*.

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