Gurvadi Guna: Backbone for action of different drugs in Ayurveda

Shrikant Pandey and BK Dwibedy

Abstract
As like other systems of medicine, Ayurveda has its own concepts regarding mode of action of its drug. These concepts cover many dimensions of treatment. Among all these, concept of Gurvadi guna is most important to understand the mode of action of Ayurvedic drugs. In this paper it is tried to explore the concept of Gurvadi guna with special reference to its role in mode of action of Ayurvedic drugs.

Keywords: Gurvadi Guna, drugs, Ayurveda

Introduction
Guna shelter in Dravya with inseparable relation (Samvay Sambhandh) has no any type of activities (Nishchestra), property (Ginthaheen) and Asamvayi Karana in performing any action [1, 2]. It is among the six Padartha of Ayurveda. Six padarth are the complete subject matter related to health. It is defined that Guna is present in all the substances present on earth and potentiate any substance to perform some works. These gunas are of four types on the basis of their role in medical science. Among these Gurvadi guna directly relate to the diet, regimen and medicines. These guna are the basis for their action.

Number of Guna in Ayurveda: Total 41 Gunas are accepted in Ayurveda. Acharya Charak has classified Gunas in 4 (four) groups [3].
1. Saratha The Gunas which are objects of sense organs (Sabda, Sparsa, Rupa, Rasa, Gandha) and they constitute the distinctive features of the five elements are kept in.
2. Gurvadayo - Guru - Laghu etc. 20 Guna.
3. Adyobuddhi Praytmantha - Buddhi Praytma. etc. 6 Guna.
4. Paradayah - Para-Apara etc. 10 Guna.

In this way, Gunas are [4]
1. Vaisheshika Gunas 5
2. Adhyatmik Gunas 6
3. Paradi Gunas 10
4. Gurvadigunas 20/41

Correspondence
Shrikant Pandey
Senior resident & PhD. scholar, Department of Siddhanth Darshan, Faculty of Ayurveda, I.M.S., B.H.U. Varanasi, Uttar Pradesh, India

ISSN (E): 2277- 7695
ISSN (P): 2349-8242
NAAS Ratings 5.03
TPI 2019; 8(6): 158-159
© 2019 TPI
www.thepharmajournal.com
Received: 01-04-2019
Accepted: 03-05-2019

Shrikant Pandey
Senior Resident, Department of Siddhant Darshan, Faculty of Ayurveda, I.M.S., B.H.U.
Varanasi, Uttar Pradesh, India

BK Dwibedy
Professor, Department of Siddhant Darshan, Faculty of Ayurveda, I.M.S., B.H.U.
Varanasi, Uttar Pradesh, India

Gurvadi Guna or Shareer Guna
↓
Pari Guna

Adhyatmik or atma guna

Guna

Samanya guna

Vaisheshik or Vishista Guna

↓
Adhibhautik guna

1. Buddhi (Inte lect) 1. Sabda
2. Sukha (Happiness) 2. SparshHa
3. Dukha (Misery) 3. Rupa
4. Iccha (Desire) 4. Rasa
5. Dwesha (Hated) 5. Gandha
6. Prayatna (Effort)
**Gurvadi guna:** Gurvadi guna are also known as Sharir Gunas as they are found in body tissues and substances influencing them. While describing Samanya Gunas, description of these Gurvadi gunas along with Paradi Gunas is given by Acharya Chakrapani. Both these groups of Gunas Gurvadi and Paradi are present in Panchmahabhutas i.e., Prithvi, Jala, Vayu etc. So these Gunas are important part in treatment part of view also while application of Samanya-Visheshasiddhant etc.

There are twenty Gurvadi guna appearing in ten pairs and each pair having opposite characteristics. Charaka, Sushruta, and Vagbhata has mentioned the same number of Gurvaadi Gunas but there are some differences in type of Gunas considered by these Acharyas.

**Gurvadi Guna As A Power for Different Clinical Effect**

The different Padarthas have been established in drugs i.e., Rasa, Gunas, Veerya, Vipaka etc. Among these, Prabhava is different which is related to Karma while remaining all Padarthas, Rasa, Gunas, Veerya, Vipaka are the forms of Gunas. Drugs effects on diseases through ‘Veerya’ which is the basis of guna only. It means, the different stages of Pharmacological action are known on the basis of Guna. According to Padini Sutra, Guna is shelters in that which performs the work. It is clearly mentioned that Guna is quite different from Karma, but any Dravya performs the work by virtue of, which may be considered as, Guna. The Commentator Hemadri has considered Guna as a power of different clinical effects. As for ex, यदि शरीर वेदना शक्ति स खर यदि शरीर वेदना शक्ति स खर यदि शरीर वेदना शक्ति स खर. The power to perform the initiation of लेेरीकिन ये जार (Kharā Guna) The power of healing is Slakshna - यदि लोक वेदना शक्ति स शक्ति यदि शरीर वेदना शक्ति स शक्ति यदि शरीर वेदना शक्ति स शक्ति. The power to increase is Gurva Guna - यदि त्रायस लोकों कमया शक्ति स शक्ति यदि शरीर वेदना शक्ति स शक्ति. The power to produce lightness in body is due to Laghu Guna - लोक लघु यदि शरीर वेदना शक्ति स शक्ति यदि शरीर वेदना शक्ति स शक्ति. The power to perform Shama logic process is due to Manda - यदि शरीर वेदना शक्ति स शक्ति यदि शरीर वेदना शक्ति स शक्ति. The power to perform Sadhna process is due to Tiksha - यदि त्रायस शरीर वेदना शक्ति स शक्ति यदि शरीर वेदना शक्ति स शक्ति. The power to stop the movement is due to Hima Guna - त्रायस शरीर वेदना शक्ति स शक्ति यदि शरीर वेदना शक्ति स शक्ति. The power to produce sweat is due to Usna Guna - त्रायस शरीर वेदना शक्ति स शक्ति यदि शरीर वेदना शक्ति स शक्ति. Due to which stiffness is generated in body is called Snigdha Guna - यदि त्रायस शरीर वेदना शक्ति स शक्ति यदि शरीर वेदना शक्ति स शक्ति. Due to which absorption is done is called Ruksha Guna - यदि त्रायस शरीर वेदना शक्ति स शक्ति यदि शरीर वेदना शक्ति स शक्ति. Power of generation of Prasadanā is Sandra - यदि त्रायस शरीर वेदना शक्ति स शक्ति यदि शरीर वेदना शक्ति स शक्ति. Power of generation of Vilodana is Drava - यदि त्रायस शरीर वेदना शक्ति स शक्ति यदि शरीर वेदना शक्ति स शक्ति. Due to which property Sthana shakti is called as Mridu - यदि त्रायस शरीर वेदना शक्ति स शक्ति यदि शरीर वेदना शक्ति स शक्ति. Due to which stiffness is generated is called Kathina Guna - यदि त्रायस शरीर वेदना शक्ति स शक्ति यदि शरीर वेदना शक्ति स शक्ति. Shira Guna has power of Dharana - यदि त्रायस शरीर वेदना शक्ति स शक्ति यदि शरीर वेदना शक्ति स शक्ति. Sara Guna has Prerana Shakti - यदि त्रायस शरीर वेदना शक्ति स शक्ति. Sakshma Guna has power to produce Vivarana - यदि त्रायस शरीर वेदना शक्ति स शक्ति. Shula Guna has power to produce Sanwarana - यदि त्रायस शरीर वेदना शक्ति स शक्ति. Visha Guna has power to produce Chalana - यदि त्रायस शरीर वेदना शक्ति स शक्ति. Picchila Guna has power to produce Lepana Karma - यदि त्रायस शरीर वेदना शक्ति स शक्ति.

It is clear that Hemadri has considered the Guna as power for different pharmacologic actions. A controversy is always existing before Ayurveda students and teacher to differentiate the Guna and Karma, but the commentary of Hemadri has been highlighted the fact of Guna and Karma through mentioning the ‘Shakti’ word in sense of power and strength. No doubt action or Karma is different, but the cause of action is essential cause as ‘Pravritti’ is Karma (Kriva) but the cause of this is Rajas which is Guna. In this sense Hemadri has considered Guna and power both are sheltered in Dravya in which Guna has role as a power or initiative entity. Characteristics of these Gunas have been identified through pharmacological effects as Bhay-prakasak, has stated “Rukshanam तथा शक्ति यदि फर ‘पर’ means Ruksha has ‘Kapha har’ effect. The different Acharya has identified the Gunas through its pharmacological effect as Sushruta has stated who has power or who performs the stability of body is ‘Kathina’.

**Guna and Veerya:** The Super Gunas have been regarded as ‘Veerya’. Some Seers consider 8 Veerya and some consider 2 Veerya. These theories vary according to considering the value of Gunas. Maximum Acharyas have applied the 2 type of Veerya, ‘Sheeta’ and ‘Ushna’ because the observation of universe is finalized on the basis of Gunas only into Sheeta (cold) and Ushna (hot). The two type of external stimulus is described in maximum references as ‘Atapa (heat)’ and ‘Sheeta (cold)’. This theory of Gunas is also applied in Tridoshā theory ‘Agni or Pitta’ is heat while ‘Jala or Kapha’ is cold. Vayu is considered as Yogavahi means the universal observation about Guna is finalized in only two – Sheeta and Ushna, which is also applied in final action of drug entitled ‘Veerya’.

**References**


~ 159 ~