ABSTRACT

Background: Ayurveda is holistic science which treasures the knowledge of each and every detail to live a healthy, wealthy and happy life. This treasure is in the form of its basic principles. Basic principles of this science are like deep roots of tree which will always tightly hold the huge tree of Ayurveda. *Samanya Vishesh Siddhanta* is the basic and most common principle for treatment of any disease in Ayurveda. *Samanya* means similarity or uniformity and *Vishesh* denotes dissimilarity or nonuniformity. Every disease occurs due to disturbance in state of equilibrium state of body’s *doshas, dhatus* or *mallas* i.e either increase or decrease in their state. *Amlapitta* (hyperacidity) occurs due to derangement of *agni* thus altering the normalcy of *pitta* dosha. Due to alterations in food and lifestyle many people are falling prey to digestive disorders. Condition of *Amlapitta* in one of them. This can be treated by basic principle of *Samanya Vishesh Siddhanta*. Present article includes principle and importance of *Samaya Vishesh Siddhanta* in treating condition of *Amlapitta*.

Objectives: To study the principle of *Samanya Vishesh Siddhant* in detail and its application in preventing and treating condition of *Amlapitta*.

Methods: Material for study was obtained from classical texts, authentic journals and articles. Various concept of this topic is further discussed to draw conclusion. **Conclusion:** *Samanya Vishesh Siddhanta* is basic principle in treatment of any disease. Condition of *aamapitta* can not only be treated but also be prevented from recurrence using this divine principle laid by our Acharyas.

Keywords: *Siddhanta, Dosha, Dhatu, Mala*.

1. INTRODUCTION

Ayurveda is holistic science which gives knowledge of life.  

Its benefit health by providing factors responsible for its maintenance and promotion. The main motive of Ayurveda is maintenance of health of healthy individuals and treating the diseased one. When there is equilibrium in state of *doshas, dhatus* and *mallas* healthy state is achieved. Ayurveda is showering its valuable treasure to mankind since long ago. A tree cannot stand and live without its root, similarly the science of Ayurveda is nothing without its *Siddhantas*. There are various *Siddhantas* explained in Ayurveda namely *Dosh dhatus mala Siddhanta, panchmahabhut Siddhant*, *triguna Siddhant*, *Ojh, Shad padartha, AmaPunarjanma, Moksha, Lok - Purusha Samya, Samanya Vishesha* etc. Though these *siddhantas* were laid long years ago by our acharyas, still in 21st century their importance and applicability are same. These *siddhantas* will be equally fruitful in upcoming era for research work in order to serve mankind for betterment of health and treatment of dis-

*Corresponding Author: Uzma A Qureshi. Email: uzmaqureshi0205@gmail.com*
ease. Among all these Samanya Vishesh Siddhanta has its own importance in every phase of life. This principle of similarity and dissimilarity, helps in attainment of state of equilibrium among dosha, dhatu and mala of body.

Alteration in food habits and lifestyle leads number of disorders. Dyspepsia, hyperacidity, peptic ulcer disease is some of the common sufferings observed due to unhealthy diet and improper time, stress, overexertion, lack of sleep. It is estimated that 23-33% of Indian population is suffering from gastritis. The unaccustomed variation in same directly or indirectly affects digestion leading to agnimandya or depleted digestive mechanism and thus ajirna is developed. This leads to formation of amavisha- a substance other than natural digestive components harmful for body. This substance then mixed with dosha especially pitta dosha and accumulated in amashaya slowly resulting to condition of Amlapitta. Amlapitta is a condition where pachak pitta dosha gets distorted in unusual manner along with vitiation of kledak kapha and saman vaayu. Madhav ni-daan has mentioned clinical scenario of Amlapitta. Presence of avipaka ~ indigestion, klaama ~ tiredness, utklesha ~ nausea, amlodgara, Gauray ~ heaviness in body, hrit-kantha daha ~ burning sensation in throat, heart and abdomen, aruchi ~loss of taste is known as Amlapitta.

Need of Study

Today considering the demand of healthy diet and lifestyle and measures to prevent the lifestyle disorders we must put a light on basic principles which are still shining and equally applicable in present scenario of diseased condition. All above mentioned symptoms of Amlapitta can be correlated with condition of hyperacidity. Thus, there is need to state a protocol for treating condition of hyperacidity using principle of Samanya Vishesh Siddhant depending on condition of patient, bala, kaal, desh and rutu. This principle can be applied to achieve balanced state of body and to treat patients suffering from such condition.

2. CONCEPT REVIEW

Samanya Vishesh Siddhant

Samanya always a reason for vruddhi ~ increase in quality and quantity of bhavpadarth (dravya, guna, karma) while Vishesh leads to its hras ~ destruction. Here sarvada ~ always denotes in any circumstances at any period of time. Vruddhikaran symbolizes the reason by which vriddhi occurred. Pravritti ubhayastu implies for maintaining balanced state of dhatu. Samanya is cause for increase and Vishesh is cause for depletion only when there is commencement. Main motive behind all this is to achieve prakrut~ original state of dhatu to achieve health.

Whole science of Ayurveda had narrated in the form of Trisutras namely hetu~ causes, linga~ symptoms and signs and aushad~ medicines both for healthy as well as diseased one. While mentioning six padarthis, charaka has given first preference to samanya as knowledge of hetus are also samanyamulak~ denoting similarities. Samanya is reason for increase or growth only when there is no reason for opposing the same. Amla rasa~ sour taste in amalaki doesn’t increases pitta due to its sheeta virya~potency. Here sheeta virya is opposing factor for pitta. It should be noted that in samanya samanta ~ similarity in quality (dravya, guna, karma) is the reason for growth or increase and not itself the drug. Cow ghee increases intellectual power and agni, inspite of being obtained from different sources it will not leave its own quality.

The quality which brings peculiar difference is known as vishesh. Here vishesh signifies cause of depletion opposing the growth. This property is applied in chikitsa. Using aushadhis of opposite quality of vaatita knowing the condition of desh, kaal, ritu pacifies vaata.

Samaya is classified by different acharyas in different ways. Acharya charaka has classified into three types namely Dravya samanya (consuming the same dravya) like Consuming flesh increases mansa dhatu ~muscles, Guna samanya (consuming the same quality of dra-
vyas) like consuming milk and ghee corrects the depletion state of shukra dhatu as both have same gunas as that of shukra dhatu and Karma samanya (performing the act which will increase the same properties) Sleeping or relaxation increases kapha in body while excessive exercise increases vaata due to unstable nature of vata. Acharya Bhattar Harish Chandra have mentioned types of Samanya as Atyant samanya (Dravya, guna, karma), Madhyam samanya (any two of Dravya, Guna, Karma), Ekdesha Samanya (any one of them). Kariakvali have mentioned about Para samanya and Apara Samanya.

Similarly, Vishesh is classified into Dravya vishesh, Guna vishesh and Karma vishesh by charakha. Use of opposite guna dravya to treat cause, use of kulath, baajra, mudaga like pulses in obesity, use oil to treat vitiated state of vaata as oil possess snigdh, ushna and guru gunas which are opposite to guna of vaata. Heavy exercise, swimming decreases the depletion state of shukra, vita. Another prospective of treatment is considering the principle of similarity and dissimilarity commonly known as Samanya Vishesh Siddhanta in Ayurveda have wide scope in treatment of Amlapitta. This principle will also help in prevention and recurrence of disease. Siddhantas of Ayurvedic science are its roots. Samanya vishesh Siddhanta is one of them which plays very important rule in treatment of disease.

RESULT & DISCUSSION

The Principle of similarities and dissimilarities commonly known as Samanya Vishesh Siddhanta in Ayurveda have wide scope in treatment of Amlapitta. This principle will also help in prevention and recurrence of disease. Siddhantas of Ayurvedic science are its roots. Samanya vishesh Siddhanta is one of them which plays very important rule in treatment of disease. A wise application of Samanya Vishesh principle is key component in choosing the most effective plan of treatment that involves food activities, lifestyle modification and medicine including shodhan (cleansing of body) and shaman (palliative approach).

This is the principle of similarity and dissimilarity which causes increase and decrease the property of bhavpadarth respectively. Vaidyas can prepare various formulation using above mentioned dravyas according to their need and disease can be not only be treated but also can be prevented from recurrence. Thus, in case of amlapitta dravyas like Guduchi (Tinospora cordifolia), Shatavari (Asparagus...
racementus), Patol (Trichosanthes dioica), Bhunimb (Andrographis paniculata), sweet takra–buttermilk, Kushmand (Benincasa hispida), Gairik (Red ochre) are used as dravya vishesh in treatment.

Medicines having Tikta–bitter, Madhur–sweet rasatmak, graahi–absorbant, sheet–cold potency are considered under guna vishesh and procedure of vaman–ayurvedic process of emesis using dravyas like Madanphala (Randia spinosa), Patol (Trichosanthes dioica), Nimbpatra (Azadirecta indica), Madhu (Honey) and saindhav, virechan– process of purgative healing with dravyas like Haritki (Terminalia chebula), Trivrutta (Operculina terpethum), Draksha (Raisins), Yashtimadhu (Glycyrrhiza glabra) are the vishesh karmas which will expel the vitiated pitta from body directly. Along with these few life style modification like walking after meals, regular exercise, eating in righteous way after complete digestion of previous food, avoiding fasting and stress will improve the condition of Amlapitta more quickly and will definitely prevent its recurrence.

The increased demand of healthy diet and lifestyle measures have compelled and promoted to present this article to prevent the lifestyle disorders with the help of basic principle of Ayurveda. Any disease can be cured easily when its causative factors are ruled out and medicines and modification of opposite properties are prescribed and consumed. Thus, there is wide scope for applying this Siddhanta in treatment of various other diseases. When treatment is given by evaluating state of doshas present at that time in body, disease is treated in better ways giving earlier relief to patient. Treatment of Amlapitta becomes simplified when we stop consuming and practicing hetus of similar property and given treatment using medicines, Vihaar and karmas of dissimilar properties thus achieving equilibrium state and relief to patient. In this way this principle is applicable in treatment of any non-surgical disease.

CONCLUSION

Siddhantas are the root of Ayurveda. Among this Samanya Vishesh Siddhanta have its special space in context of treatment of diseases. This Principle of Charaka is applicable to achieve physical, mental, social and spiritual well-being. By this principle a medicine used properly will regain the equilibrium state of dosha and dhatus which were previously duskit (increased or decreased) and were causing imbalance. Thus, application of this principle proves to be more effective way of treatment including food activities, medicines and life style modifications.

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