



The Concept of 'Guru Apatarpana' in *Sthaulya Chikitsa* with respect to *Tridosha*

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ABSTRACT

The state of health of a human physique depends on the balance of the *Dosha*, *Dhatu* and *Mala*. Moreover, in *Sthaulya* (Obesity) and *Karshya* (lean stature), the balance of *Doshas* may vary irrespective of the vitiation of *Meda-dhatu* which has a key role in building up these conditions. *Sthaulya* is comprised among the eight social and physical unhealthy categories of human physique by *Charaka*. *Charaka* has mentioned *Guru* and *Apatarpana aahar-vihara* as the treatment protocol for *sthaulya*. The prime aim of this paper is to analyse the drugs and food materials with *Guru Guna* and *Apatarpana* properties given in *Charaka Samhita* with respect to their effect on three *doshas*

Key Words: *Guru Guna*, *Apatarpana*, *Sthaulya*, *Tri-Dosha*

INTRODUCTION

With a lot of alterations in the life style, dietary habits of humans and comparatively reduced quality of food stuff, *Sthaulya* has become one of the leading health problems initiating right from the childhood in today's society. *Charaka* has described the eight social and physical unhealthy distinguishable categories of human physique among which, *Sthaulya* and *Karshya* are described further to be treatable conditions. The etiology of *Sthaulya* is given as elevated *Meda dhatu* obstructs the channels of *Vata Dosha*. The vitiated *Vata Dosha* thus fuels the chief digestive *Agni* (*Jathar-agni*) leading to increased hunger which results in recurrent eating habits which ultimately increases *Meda-dhatu* further more thus creating a dangerous chain of etiological factors. *Meda dhatu* holds equivalent properties that of *Kapha Dosha*

and exactly opposite that of *Vata Dosha* resulting in difficulty in the treatment of the condition¹. *Charaka* has described *Sthaulya* as a *santarpana-janya* condition (result of excessive usage of nutritional elements) to be treated with the 'Guru-Apatarpana' protocol².

ETIOLOGY OF *STHAULYA*³

Jatharagni is the chief ingredient responsible in conception of all the physical diseases in human body. Regularly practiced dietary habits viz. excess intake of *guru*, *madhur*, *sheeta*, *snigdha aahara*, lack of physical exercise, excessive rest and spending a sedentary, hustle free life leads to deprived *agni-mandya*. Regular consumption of *Guru*, *snigdha guna* and *Madhur rasa* play a vital role in nourishing the body thus in state of *agni-mandya* these properties lead to accumulation of *vata dosha* restricted due to *aama* (produced as a



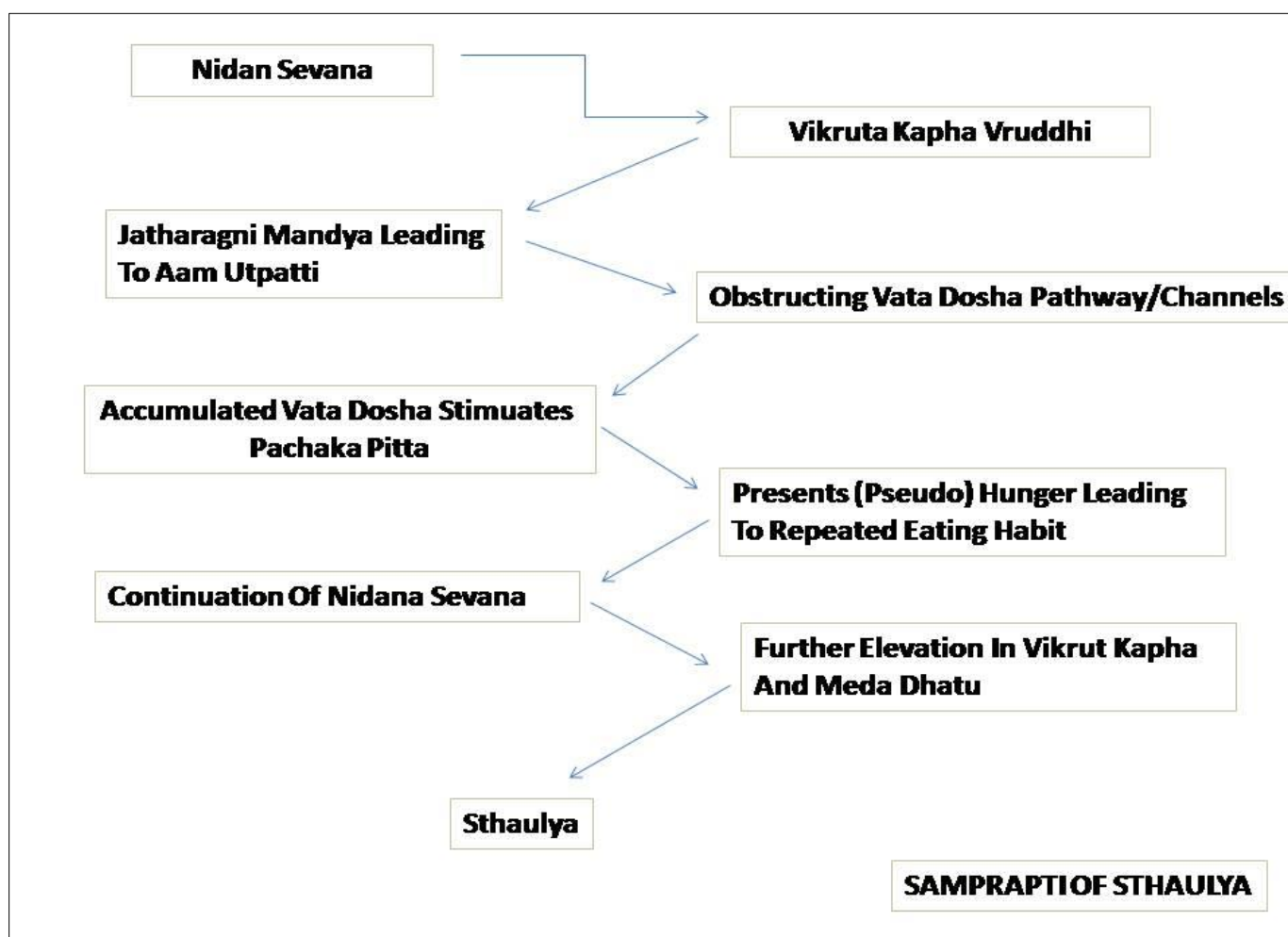
result of *agnimandya*). Further continuation of same *hetu* leads to excess accumulation of *medo-dhatu* in body causing *sthaulya*.

GURU-GUNA:

Literal meaning of ‘*Guru*’ is heaviness and in terms of treatment protocol it can be decoded as property of foodstuff that either makes the food

heavier to digest or needs longer period for assimilation in the digestive tract. Substances possessing *Guru* guna usually leads in elevation of *Kapha Dosha* and reduction of *Vata Dosha*, moreover holds digestive and weight building properties⁴.

List of *Guru* Guna drugs in the *Charaka Samhita*⁵



are *Bruhana dravyas* (nourishing) according to their individual properties. Most of these *dravyas*

(vitalising) and *bala vardhaka guna* (strengthening) properties

Table 1 Guru Guna *dravya*

Sr. no.	Name	Effect On Dosha	Properties
1	Dhanya Varga <i>Vrihi Dhanya</i>	<i>Pitta</i> Vardhak	<i>Guru</i>
2	<i>Shami Dhanya</i> (<i>Masha, Rajamasha</i>)	<i>Vata</i> Nashaka	<i>Guru, UshnaRuksha</i>
	Mamsa Varga		



1	Prasaha(Overall Terrestrial Animals), Bhushaya(Overall Burrowing Animals), Varichara/Varishay(Overall Aquatic Or Amphibian Animals)	Vata Nashaka, Kapha- PittaVardhaka	Guru
2	Varaha(Hog), Gavya(Cow), Mahisha(Buffalo)	VataNashaka	Guru, Bruhana
3	Matsya (Fish)	Vata Nashaka	Guru, Causing Variety Of Diseases
4	Aavi (Sheep)		Bruhana, Mamsavardhak, Sheeta, Guru
5	Hamsa (Swan) Phala Varga	Vata Nashaka,	Guru, Viryavardhaka
1	Kharjura (Dates)	VataPitta Nashaka	Bruhana, Guru, Sheeta
2	Falgu (Fig)	VataPitta Shamaka	Tarpan, BruhanaGuru, Vishtambhi
3	Nashpaati (Plum)	VataVardhaka	SheetaVirya, Guru,
4	Kapittha(Wood Apple)	Dosha Nashaka,	Grahi, Guru
5	Jambu Beej (Java Plum)	KaphaPittaghna, VataVardhak	Graahi, Guru
6	Narang (Orange)	VataShamaka	Guru, Dushpachya
7	Vatad (Almond) Akshotak (Walnut), Mukulak (Pistachio) Nikochak (Pine Nut)	Kapha-PittaVardhaka	SnigdhaUshna Balakaraka, Guru
8	ShamiPhala Harit Varga	Tri-Dosha Shamak ⁶	GuruUshnaMadhur
1	Palandu (Onion)	KaphaVardhaka, Vata Nashaka	Guru, Tikshna, Snigdha Balavardhak, Ushna
2	Rasona (Garlic) Dugdha Varga	Vata Nashaka	Snigdha, Ushna, Guru
1	Godugdha(Cow Milk)	KaphaVardhaka	Guru, Ojovardhaka
2	MaahishaDugdha (Buffalo Milk) Ikshuvarga	KaphaVardhaka	Guru, SheetaSnigdha, Bruhana
1	Madhu (Honey)	Vata Vardhak, Kapha Nashaka	Guru, RukshaSheeta

Table 2 Effect of guru guna dravyaon Tridosha

Effect On Dosha	Percentage
Vata Vardhana	10.34 %
Vata Shamana	25.92 %
Pitta Vardhana	10.34 %
Pitta Shamana	13.79 %
Kapha Vardhana	17.24 %
Kapha Shamana	10.34 %

The table no. 2 indicates that the food stuff with Guru guna is mostly Vata Dosha shamaka and Kapha Dosha Vardhaka in nature.

APATARPANA: Apatarpana can be simplified as any deconstructive process or dietary habit practised to reduce the excessively stored nutritional contents in

the body⁷ Apatarpana which is also known as langhana, includes procedures like vamana, virechana, raktamokshana, swedana, physical exercise, fasting as well as variety of medications⁸. Vamana eliminates elevated Kapha Dosha, virechana is indicated in removal of excess or vitiated Pitta from body, thus ultimately balancing the elevated Dosha in the body. Charaka has briefly explained the probable conditions that may develop due to excessive Santarpana (over-nutrition). The drugs



described in the treatment of such conditions are as below⁹.

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Table 3 Drugs Mentioned In *SantarpaniyaAdhyaya*

Sr	Drugs ¹⁰	Effect On Dosha	Guna	Other/special property
1	<i>Trikatu</i>	<i>KaphaVata Shamaka</i>	<i>Ushna</i>	<i>Sweda-janana</i>
2	<i>Triphala</i>	<i>KaphaPittaShamaka</i>	<i>AnUshna</i>	<i>Rasayana</i>
3	<i>Vidanga</i>	<i>KaphaVataShamaka</i>	<i>Ushna, Laghu, Tikshna</i>	-
4	<i>Katuohini</i>	<i>KaphaPittaShamaka</i>	<i>Sheeta, Laghu, Ruksha</i>	
5	<i>Shigru</i>	<i>KaphaVataShamaka</i>	<i>Ushna, Laghu, Ruksha, Tikshna</i>	
6	<i>Kantakari</i>	<i>KaphaVata Shamaka</i>	<i>Laghu Ruksha Tikshna, Ushna</i>	
7	<i>Bruhati</i>	<i>KaphaVata Shamaka</i>	<i>Laghu Ruksha Tikshna, Ushna</i>	
8	<i>Haridra</i>	<i>KaphaVata Shamaka</i>	<i>Ushna, Laghu, Ruksha</i>	
9	<i>Daru Haridra</i>	<i>KaphaPittaShamaka</i>	<i>Ushna Laghu Ruksha</i>	
10	<i>Yavani</i>	<i>KaphaVataShamaka PittaVardhaka</i>	And <i>Laghu, Ruksha, Tikshna, Ushna</i>	
11	<i>Ativisha</i>	<i>KaphaPittaShamaka</i>	<i>Laghu, Ruksha, Ushna,</i>	
12	<i>Hingu</i>	<i>KaphaVata Shamaka PittaVardhaka</i>	And <i>Laghu, Snigdha, Tikshna, Ushna</i>	
13	<i>Dhanyaka</i>	<i>TriDoshaShamaka</i>	<i>Laghu, SnigdhaUshna</i>	
14	<i>Chitraka</i>	<i>KaphaVata Shamaka PittaVardhak</i>	And <i>Ushna, Laghu, Ruksha, Tikshna.</i>	
15	<i>Jeeraka</i>	<i>KaphaVata Shamaka PittaVardhaka</i>	And <i>Laghu, Ruksha, Ushna</i>	
16	<i>Patha</i>	<i>KaphaPitta Shamaka</i>	<i>Laghu, Tikshna, Ushna</i>	
17	<i>Hapusha</i>	<i>KaphaVata Shamaka</i>	<i>Ushna, Laghu, Ruksha, Tikshna</i>	
18	<i>Kebuk</i>	<i>KaphaPitta Shamaka VataVardhaka</i>	And <i>Sheeta, Laghu, Ruksha</i>	<i>Garbhaya Sankochaka</i>
19	<i>Mustaka</i>	<i>KaphaPitta Shamak</i>	<i>Laghu, Ruksha, Sheeta</i>	
20	<i>Ajamoda</i>	<i>KaphaVata Shamaka PittaVardhaka</i>	And <i>Ushna, Laghu, Ruksha, Tikshna</i>	
21	<i>Devadaru</i>	<i>KaphaVata Shamaka</i>	<i>Ushna, Laghu, Snigdha</i>	
22	<i>Nimba</i>	<i>KaphaPitta Shamaka</i>	<i>Laghu, Sheeta</i>	
23	<i>Khadir</i>	<i>KaphaPitta Shamaka</i>	<i>Laghu, Ruksha, Sheeta</i>	<i>Kushtaghna</i>



24	Aaragvadha	VataPitta Shamaka	Guru, Mrudu, Snigdha, Sheeta
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Table 4 Effect of *Apatarpana dravya* on *Tridosha*

Effect On Dosha	Percentage
<i>Vata Vardhana</i>	1.85 %
<i>Vata Shamana</i>	25.92 %
<i>Pitta Vardhana</i>	9.25 %
<i>Pitta Shamana</i>	20.37 %
<i>Kapha Vardhana</i>	0 %
<i>Kapha Shamana</i>	42.59 %
<i>Ushna Virya/Guna</i>	75 %
<i>Sheeta Virya/Guna</i>	25%

Table no. 4 Indicates that drugs mentioned in the management of *Santarpanajanit* conditions have chiefly *Kapha Dosha* reducing property along with *Vata-shamaka* properties. Most of these drugs have *Ushna Virya* which also contributes an action in the treatment procedure.

CONCLUSION

There is a wide variety of drugs, food materials described in the classical texts of *Ayurved* which are utilised in management of diseases as well as maintenance of health in a well being. In the management of *sthaulya*, *charaka* has depicted the ideal properties of the drugs and procedures to be used which resulted as *Guru guna dravyas* which should be specifically *Vata Dosha Shamaka* and *Kapha Vardhaka*. The *apatarpana* drugs mentioned in the *santarpaniya adhyaya* of *charaka sutra sthana* has specifically *kapha shamaka* and *Ushna Virya* (properties). When the combination of *guru dravya* and *apatarpana* will be implemented in coherence, the outcome will ultimately provide a proper management of *sthaulya*. Therefore, it can be prompted that other drugs that are not specifically mentioned in the

context but bear equivalent properties should be rehearsed in practical management and detailed research study of *Sthaulya*.



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