



THE CONCEPT OF *GUNA* AND THE ROLE OF *VISHADA GUNA* IN MANAGEMENT OF *VICHARCHIKA*

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Article Received on 12/05/2022

Article Revised on 02/06/2022

Article Accepted on 23/06/2022

ABSTRACT

Skin is the largest protective organ of the body. A healthy skin is the mirror image of a good health. Skin diseases though afflicts bodily but gives lot of psychological conflicts and can harm affected individual in a number of ways like discomfort, disfigurement, disability and death. Though the disease, *Vicharchika* is not a life threatening, it makes the patient worried due to its appearance, severe itching, disturbing routine and its chronic nature. According to *Acharya Charak Vicharchika* disease is caused mainly by *Kapha dosha*. It has the symptoms like *Kandu* (Itching) and *Bahushrava* (excessive secretion) etc. In this clinical study *Vishada Guna* has been assessed in the management of *Vicharchika*. A detail description of *Vishada Guna* has been given to know its Physical, Physiological, Physiochemical and Pharmacological action.

KEYWORDS: *Kandu* (Itching), *Vicharchika* (Eczema), *Vishada Guna*, *Doshas*, *Kleda*.

1. INTRODUCTION

Skin is the largest protective organ of the body. A healthy skin is the mirror image of a good health. Though the disease, *Vicharchika* is not a life threatening, it makes the patient worried due to its appearance, severe itching, disturbing routine and its chronic nature. Almost all the scholars of *Ayurveda* of modern era consider *Vicharchika* as eczema in modern parlance. *Vicharchika* is described under *Kshudra Kustha* in *Ayurvedic* textual also mentioned as a curable disease, yet the relapsing nature of this disease makes it much harassment for patient and troubles some for physician too.

All the *Dravyas* in the universe are having *Guna*. Hence the knowledge of *Gunas* is a must. In *Ayurveda*, the knowledge of *Gunas* is useful for the protection of health, as well as treatment of the diseases.

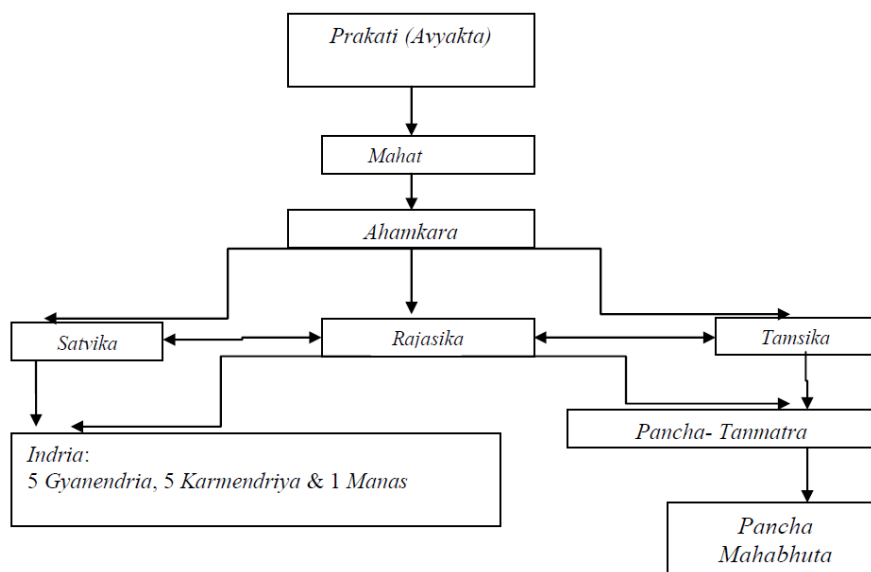
Bhadant Nagarjuna has defined that *Guna* indicates the whole community of *Guna*.

- *Dravya* and *Guna* have a *Samvaya Sambandha*.
- *Dravya* is required for the expression of *Guna*.
- *Guna* is devoid of *Karma*.
- *Guna* is to be cause in production of similar *Guna*.

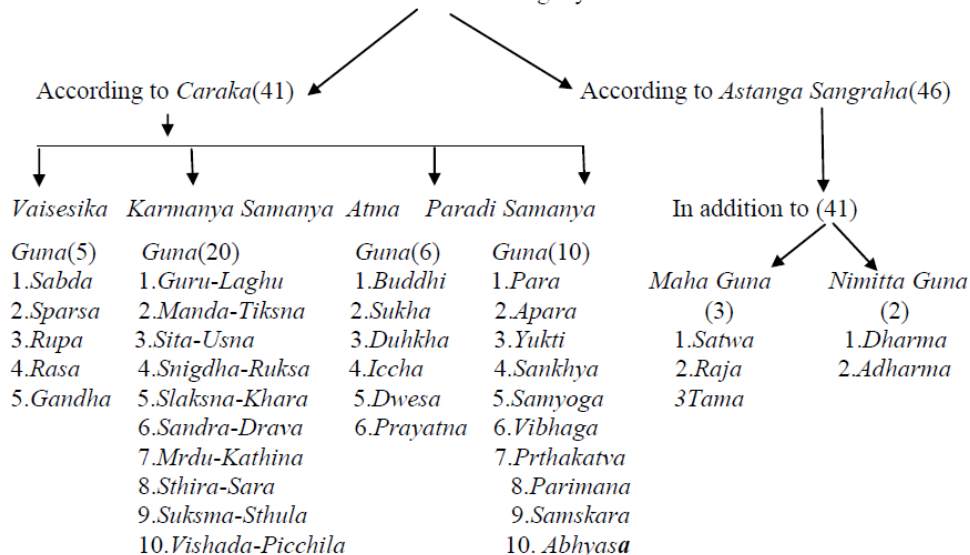
2. MATERIAL AND METHOD

Acharya Sushruta has divided the list of twenty *Gunas* in two parts. At the end of first part (after the explanation of ten *Gunas*). He says the ten *Gunas* are described with

their *Karmas* and now remaining ten *Gunas* will be described. Here he has not used the word 'with *Karmas*' from the above discussion it is observed that controversy lies with these *Gunas* only. Hence it can be said that difference of opinion is more about the *Gunas*, which indicate physical properties. The next thing to be noted is that *Acharya Susruta's* list of *Gunas* shows more than twenty *Gunas*. He has described four solitary, unpaired *Gunas* namely *Vyavayi*, *Vikashi*, *Ashukari* and *Sukshma*. All these four *Gunas* are catabolic in nature and related with the *Gati*. After description of these four *Guna*, *Sushruta* again quotes the number of *Gunas* to be twenty.



Classification of Gunas according Ayurveda



GUNA OF VATA DOSHA

Vata Dosha being a Dravya also shows its own attributes or qualities, with the help of which it performs its all actions or work in normal condition. These attributes are named as 'Aatmaroopa or Atmaguna'. Vata acts as a causative factor for many diseases when these attributes becomes abnormal.

The qualities of Vata dosha can be described under the following headings-

PHYSICAL PROPERTIES

- Ruksha (Dryness) - this is pathologically and clinically important property. This attribute keep balance with unctuousness of Kapha.
- Seeta (Coolness) - clinically this attribute is important as little increase in this property leads to arrest of movements. This property balances heaviness warmth of Pitta.

- Laghu (lightness) - this attribute is important as it balance heaviness of Kapha and little heavy property of Pitta.
- Sukshama (Micro-effects/subtle) - This attribute makes this Dosha to reach ultimate units and spaces of internal body.
- Chala (Mobile) - Due to this property it induces and controls all sorts of movements in living body. It is for this reason that this Dosha is called representative of Chetana principle of living body.
- Vishada (Clean) -Just as any flowing stream keeps clean only due to continuous movements, all dirt and dust particles are flown away, due to continuous movement this Dosha is responsible for mechanical cleaning of various types.
- Khara (Rough) - As polishing paper makes surfaces of objects smooth, due to rough attribute of this Dosha, surfaces of tissues in contract remain smooth.

- *Daruna* - Commentator *Cakrapanidutt* spells it as *Soṣhanatvata*, absorption of moisture is expected. Other *Acharya* also described *Guna* of *Vata* in their text.

Vishada Guna play a major role in *Chikitsa* of *Vicharchika*, Ayurveda speaks much on the subjective rather than the objectivity. This is because; Ayurveda treats the patient, not the disease.

The *Vishada Guna* is the *Viparita* (antagonist) property of *Picchila Guna*. The description of *Picchila Guna* gives the idea about the particular property. In the treatment *Viparita Chikitsa* is always applied, so *Vishada* is applied in case of *Picchila Guna Vridhi*. A detail description of *Vishada Guna* has been given to know its

Physical, Physiological, Physiochemical and Pharmacological action.

Synonyms of *Vishada Guna*

Vimala, Shuchi, Medhye, Pavitra, Pavana, Vidhraw, Unavila, Ujjwal, Sweta Varn, Prakat, Vyakt.

Meanings of *Vishada Guna*

1. Clear, pure, policed, clean, spotless
2. White, of a pure, White colour
3. Bright, Shining, Beautiful
4. Clear, Evident, Manifest
5. Calm, Free from Anxiety, At Ease

“*Vishado viparitosyat kledachusano-ropanah*”
“*kledacchedakarah khyato vishado vranropanah*”

Sr. No.	Guna	Ch. Su. 1/59	Ch. Su. 12/4	Ch. Su. 20/12	Ch. Vi. 8/98	S. Ni. 1/7	A.H.Su. 1/11 A.S. Su. 1/28
1.	Laghu	+	+	+	+	+	+
2.	Ruksha	+	+	+	+	+	+
3.	Sheeta	+	+	+	+	+	+
4.	Khara	+	+	-	-	+	+
5.	Chala	+	-	-	+	-	+
6.	Sookshma	+	-	-	-	-	+
7.	Vishada	+	+	+	+	-	-
8.	Daruna	-	+	-	-	-	-
9.	Parusha	-	-	-	+	-	-
10.	Sheeghra	-	-	-	+	-	-
11.	Bahu	-	-	-	+	-	-
12.	Gati	-	-	+	-	-	-
13.	Amurtatva	-	-	+	-	-	-
14.	Anavasthita	-	-	+	-	-	-
Total	14	7	6	7	8	4	6

The *Vishada Guna* which is opposite to property of *Picchila Guna*, does *Shoshana* of *Sharir Kleda* and *vran ropana*. It opens the circulatory channels and clear the mucal covering. It consist of the washing like action and helps in wound healing and alleviates *Kapha dosha*. *Ksara* (alkaline substances) is the example for *Vishada* attribute.

Physical structure of *Vishada Guna* is perceivable through *Chakshu* & *Sparshendriya*

Functions

The *Guna* through which *Dravya* is able to perform functions like *Shoshana* of *Kleda*, *Vranropana*, *Lekhana* of *Dhatu*, *Shoshana* of *Mala* & *Vata Vridhi* is called as *Vishada*.

KLEDA ACHUSANA

Kleda

1. Wetness, Moisture, Dampness, Santi.
2. Running, Discharge from a sore
3. Distress, suffering

Aachusana

1. Suction, Sucking up.
2. Sucking out
3. (In medic.) Application of cupping- glasses to the skin

Ropana

1. The act of erecting, setting up or raising
2. Planting
3. Healing A healing application (said of soros)

Kshalana

1. Washing, Cleaning (With water)
2. Sprinkling

3. RESULT AND DISCUSSION

According to *Acharya Charaka Vicharchika* is defined as ‘*Sa Kandū Pidika Shyava Bahu Srava Vicharchika*’. Means the skin disease where eruptions over the skin appear with dark pigmentation, itching with profuse discharge from the lesion. *Acharya Vagbhata* further mentioned *Lasikadhya* instead of *Bahusrava*. Accordingly condition in which skin is dry with severe

itching & marked linings present in *Vicharchika*. Furthermore he added that if the same condition appears at the feet with pain, then it is known as '*Vipadika*'. Blackish brown eruption with intense itching and pain is proposed by *Kashyapa*. *Acharya Madhava*, & *Bhavamishra* have described almost same definition as *Acharya Charaka*.

Guna are the potential energies of *Dravya* and *Karma* are the execution of it in the form of kinetic energy. *Guna* form important basis of physiology. Body functions and types of *Dosha* can better be understood if physiology of *Guna* (*Sharir Guna*) is learnt in details. *Dosha* are described by *Acharya's* in term of their *Guna* (quality) and *Karma* (functions). *Vishada Guna* is one of the important *Guna* of *Vata Dosha*. The *Vishada Guna* is the *Viparita* (antagonist) property of *Picchila Guna*. The description of *Picchila Guna* gives the idea about the particular property. In the treatment *Viparita Chikitsa* is

always applied, so *Vishada* is applied in case of *Picchila Guna Vridhi*.

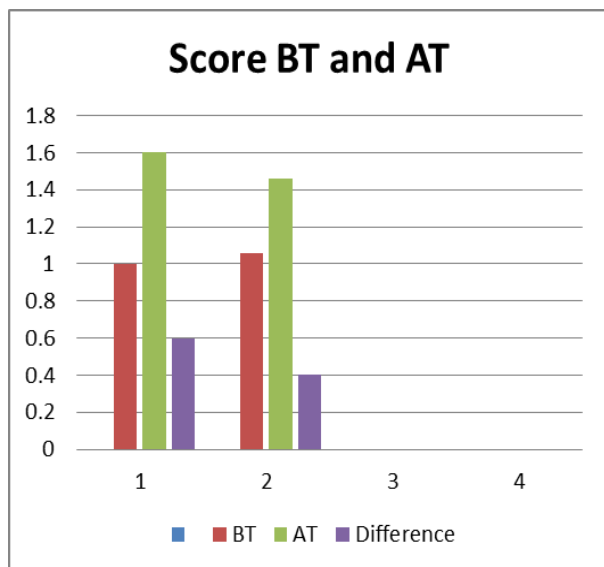
For the assessment of *Vishada guna* we had taken two subjective criteria found in the disease which are *Kleda* and *Ropana Kleda* (dampness) of the lesion was statically significant works as *Virukashana* and *Uparohan Karma*. *Kleda* was decreasing significantly. *Kleda* or dampness of the lesion is significantly decreased by *Vishada Guna*.

Effect of *Vishada Guna* in *Vicharchika*

Kledachushan - The mean *Kleda* score before treatment was 1.00. It increased to 1.60 with $SD \pm 0.77$ which was statistically very significant.

Ropana - The mean *Ropana* score before treatment was 1.06. It increased to 1.46 with $SD \pm 0.67$ which was statistically significant.

Criteria	Mean		Diff	% of Change	SD ±	SE ±	P Value	Result
	BT	AT						
<i>Kledachushan</i>	1.00	1.60	-0.60	37.5	0.77	0.14	0.0011	VS
<i>Ropana</i>	1.06	1.46	-0.40	27.3	0.67	0.12	0.0104	S



4. CONCLUSION

Vishada Guna is adjective of *Vata Dosha*. The *Vishada Guna* which is opposite to property of *Picchila Guna*, does *Shoshana* of *Sharir Kleda* and *Vrana Ropana*.

Vishada Guna has the property of *Kledachushan* and *Ropana*. According to *Acharya Sushruta* it works with *Virukashana* and *Uparohan*. This can be seen clearly in this study to access *Vishada guna*.

Acknowledgements-Nil

Source of Funding -Nil

Conflict of Interest-Ni

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