

#### WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

#### ix. doşa - śarīrika and mānasika

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The concept of **Doṣa** is fundamental in Ayurveda, representing the physiological and psychological governing principles of the human body and mind. The term "Doṣa" is derived from the root "Dus," meaning "to spoil," as an imbalance in Doṣa leads to diseases. Ayurveda classified Doṣa into **Śārīrika** (**bodily**) and **Mānasika** (**mental**) categories.

## Doşa Nirukti (Etymology)

#### dūşayanti iti doşāḫ∏

(A.H.Su.1:6, Arunadatta)

Meaning: Dosa is "that which vitiates" or disturbs. When aggravated, it causes decay, destruction, or disease.

# Śārīrika Doṣa (Physical Doṣa)

The **three bodily Doşas—Vata**, **Pitta**, and **Kapha**—are the functional entities of the body and are derived from the **Panchamahabhuta** (five fundamental elements). These Doşas govern all physical and physiological processes.

# 3 types of Śārīrika Doşa

In Ayurveda, doṣas are the **bio-energies** or fundamental regulatory principles in the body. They have both structural and functional dimensions:

- 1. **Vāta:** Governs **movement**: nerve impulses, circulation, respiration, and the motion of food through the digestive tract.
- 2. **Pitta:** Governs **digestion, transformation, and metabolism**: enzymatic activities, endocrine functions, and body temperature regulation.
- 3. **Kapha:** Governs **binding, stability, and lubrication**: body fluid balance, joint lubrication, and overall structural integrity.

### Vata Doşa

- Elemental Basis: Vayu + Akasha
- Qualities (Gunas): Dry (Ruksha), Light (Laghu), Cold (Sheeta), Subtle (Sukshma), Mobile (Chala), Rough (Khara)
- Primary Function: Governs movement (e.g., breathing, nerve impulses, circulation).
- Location: Colon, bones, skin, ears.
- Imbalance Symptoms: Constipation, dryness, anxiety, insomnia.

## Pitta Doșa

- Elemental Basis: Agni + Jala
- Qualities (Gunas): Hot (Ushna), Sharp (Tikshna), Slightly Oily (Snigdha), Light (Laghu), Liquid (Drava), Foulsmelling (Sasneha)
- Primary Function: Governs metabolism and transformation (e.g., digestion, hormonal activity).
- Location: Small intestine, liver, skin, blood, eyes.
- Imbalance Symptoms: Inflammation, acidity, skin disorders, anger.

#### Kapha Doşa

- Elemental Basis: Prithvi + Jala
- Qualities (Gunas): Heavy (Guru), Cold (Sheeta), Oily (Snigdha), Soft (Mridu), Stable (Sthira), Slimy (Picchila)

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- Primary Function: Governs structure, lubrication, and stability.
- Location: Lungs, stomach, joints, fat tissues.
- Imbalance Symptoms: Obesity, lethargy, mucus buildup, depression.

## Subtypes of Doşas

Each doşa has five subtypes with specialized functions:

Vāta	Pitta	Kapha
Prāṇa	Pācaka	Kledaka
Udāna	Rañjaka	Bodhaka
Vyāna	Bhrajaka	Avalambaka
Samāna	Sādhaka	Śleşaka
Apāna	Ālocaka	Tarpaka

# Vāta Subtypes

- 1. Prāṇa Vāta Governs inhalation, swallowing, and mental functions.
- 2. Udāna Vāta Governs speech, expression, and upward movements.
- 3. Vyāna Vāta Governs circulation and overall movement of blood and nutrients.
- 4. Samāna Vāta Governs peristalsis and assimilation in the GI tract.
- 5. Apāna Vāta Governs excretion, reproduction, and downward movements.

## **Pitta Subtypes**

- 1. Pācaka Pitta Governs digestion in the small intestine.
- 2. **Rañjaka Pitta** Governs blood pigmentation (liver, spleen function).
- 3. Bhrajaka Pitta Governs complexion and heat regulation of the skin.
- 4. Sādhaka Pitta Governs mental functions like cognition, intelligence, and emotions.
- 5. Ālocaka Pitta Governs visual perception and eye function.

#### Kapha Subtypes

- 1. **Kledaka Kapha** Governs the moisture in the GI tract.
- 2. **Bodhaka Kapha** Governs saliva and taste perception.
- 3. Avalambaka Kapha Governs thoracic secretions and supports the heart and lungs.
- 4. Śleṣaka Kapha Governs lubrication in joints.
- 5. Tarpaka Kapha Governs cerebrospinal fluid and mental nourishment.

# Mānasika Doṣa (Mental Doṣa)

The **two mental Doṣas—Rajas** and **Tamas—**represent the psychological attributes that govern the mind. These are influenced by the **Trigunas** (Sattva, Rajas, Tamas).

#### Rajas (Passion/Activity)

- Nature: Represents activity, dynamism, and desire.
- Qualities: Restlessness, ambition, ego, and attachment.
- Imbalance Effects: Leads to anger, stress, and hyperactivity.

#### Tamas (Ignorance/Inertia)

- Nature: Represents inertia, darkness, and delusion.
- Qualities: Laziness, confusion, lack of clarity, and ignorance.

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• Imbalance Effects: Leads to depression, lack of motivation, and confusion.

# Relationship Between Śārīrika and Mānasika Doşa

- The **physical Dosas** affect the mental state, and vice versa.
  - o For example, Vata imbalance may lead to anxiety (Rajas) or fear (Tamas).
  - o Kapha imbalance may result in depression (Tamas).
  - Pitta imbalance often results in anger or frustration (Rajas).
- Sattva Guna, the purest quality of the mind, helps maintain equilibrium in both Śārīrika and Mānasika Doşa.

## **Clinical Importance**

Understanding Doşa (both Śārīrika and Mānasika) is critical for:

- 1. **Diagnosis:** Identifying imbalances and underlying causes of diseases.
- 2. Treatment: Customizing therapies such as Panchakarma, diet, and lifestyle changes.
- 3. **Prevention:** Promoting balance to maintain health and well-being.

This dual framework of **Śārīrika and Mānasika Doṣa** highlights the holistic approach of Ayurveda in integrating body, mind, and spirit for optimal health.

# Mānasika Dosas (Mental Doshas)

Though the text above focuses primarily on the three śārīrika doṣas (Vāta, Pitta, Kapha), Ayurveda also recognizes **Rajas** and **Tamas** as the two **mānasika (mental) doṣas**:

- **Rajas** Governs passion, activity, and emotional ups and downs. When imbalanced, it can cause restlessness, anger, and frustration.
- Tamas Governs inertia, darkness, and ignorance. When imbalanced, it can cause lethargy, delusion, and depression.

Balancing these doşas (both śārīrika and mānasika) is central to Ayurvedic practice for maintaining health and preventing disease.

## **Summary**

- Sāmānya and Viśeşa: Fundamental principles of increase (sāmānya) and decrease (viśeşa) through similarities or opposites.
- Şaḍ Padārtha Siddhānta: A sixfold categorization (dravya, guṇa, karma, sāmānya, viśeşa, samavāya) describing
  the nature of reality in Ayurveda.
- Doşas: Structural and functional units in the body (Vāta, Pitta, Kapha) and mind (Rajas, Tamas). Proper regulation
  of doşas, guided by understanding sāmānya-viśeşa, is essential for health.

By integrating these concepts—**Sāmānya-Viśeṣa**, **Ṣaḍ Padārtha**, and **Doṣa**—Ayurveda provides a comprehensive model of how to maintain equilibrium and treat imbalances in both body and mind.

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