

#### WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

## vii. Theories of sāmānya and viśeşa

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# Sāmānya (Generality / Community)

#### **Sanskrit References**

sarvadā sarvabhāvānām sāmannyam vṛddhikāraṇam. (Ca.Su.1/44)

Always, it is the generality/community that promotes the growth (vrddhi) of all entities.

#### sāmānyamekatvakaram. (Ca.Su.1/45)

Sāmānya (generality) establishes oneness or unity (ekattva) among many substances.

## tulyārthatā hi sāmānyam. (Ca.Su.1/45)

Generality reveals the equal meaning or similarity (tulyārthatā) between two subjects.

#### nityamekamanekānugatam sāmānyam. (Tarka-sangraha)

Sāmānya is eternal (nitya), singular (eka), and yet exists in many forms (anekānugata).

## **Functional Types of Sāmānya**

#### 1. Dravya Sāmānya (Substance Generality)

- **Example**: Consumption of meat (a substance) increases muscle mass in the body.
- **Explanation**: Similar type of substance (flesh) promotes the growth of muscle tissue.

#### 2. Guṇa Sāmānya (Quality Generality)

- o **Example**: Intake of sweet-tasting substances (a quality) increases Kapha doşa.
- o Explanation: Similar quality (sweetness) accumulates and enhances Kapha.

## 3. Karma Sāmānya (Action Generality)

- o **Example**: Running (a particular action) increases Vāta doṣa.
- $\circ$   $\,$  Explanation: Similar type of action (mobility, speed) causes Vāta to increase.

#### **Summary**

Sāmānya is the principle that "like increases like." When an entity (substance, quality, or action) is introduced that shares common features with a bodily component or process, it leads to growth or increase of that component.

# Viśeşa (Particularity / Specificity)

### Sanskrit References

hrāsaheturviśeṣaśca, pravrttirubhayasya tu[ (Ca.Su.1/44)

Viśeşa is the cause of reduction (hrāsa). Both Sāmānya and Viśeşa influence bodily processes.

## viśesastu pṛthaktvakṛt. (Ca.Su.1/45)

Particularity creates distinctiveness (pṛthaktva).

## viśeṣastu viparyayaḥ. (Ca.Su.1/45)

Particularity functions in an opposite manner to generality.

## nityadravyavṛttayo vyāvartakā viśeṣāḥ□ (Tarka-saṅgraha)

Particularities reside in eternal substances (dravya) and exclude all else—i.e., they specify how one thing is distinct from another.

## Functional Types of Viśeşa

## 1. Dravya Viśesa (Substance Particularity)

o Example: Eating millet (bājra) or sorghum (jowar) reduces obesity.

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- **Explanation**: A specific substance with properties that counteract fat accumulation leads to reduction.
- 2. Guṇa Viśeṣa (Quality Particularity)
  - **Example**: Using clarified butter (ghṛta) or oil, which are unctuous, mitigates Vāta.
  - Explanation: The particular property (unctuousness) opposes dryness (a quality of Vāta).
- 3. Karma Viśeşa (Action Particularity)
  - **Example**: Running can be used to counteract Kapha (which is heavy and static).
  - **Explanation**: A particular action (increasing movement) reduces heaviness/stagnation associated with Kapha.

#### **Summary**

Viśeşa is the principle that "opposite qualities reduce or balance each other." Specific substances, qualities, or actions that oppose another entity will cause reduction (hrāsa) or balancing of that entity.

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