

# Exploring the Role of Samanya - Vishesh Siddhanta in Understanding the Relationship between Grief and Emaciation: An Ayurvedic Perspective

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**Abstract:** This article delves into the profound concepts of Samanya - Vishesh Siddhanta within Ayurveda and its application in comprehending the link between grief and emaciation. Ayurveda, a holistic system of medicine originating in India, emphasizes the equilibrium of tridoshas, sapt dhatus, and other essential entities for holistic health. The Samanya - Vishesh Siddhanta, a fundamental principle, provides insights into the alteration of qualities and quantities of Bhavpadarth, contributing to diagnosis and treatment. This study explores the hypothesis that grief leads to emaciation, utilizing observational and retrospective methods. The research findings establish a significant association between grief and emaciation, demonstrating the relevance of Ayurvedic principles in understanding complex health conditions.

**Keywords:** Ayurveda, Samanya – Vishesh Siddhanta, grief, emaciation, holistic health

## 1. Introduction

Ayurveda's principles form the basis of diagnosis and treatment in this system. Understanding the doshas, dhatus, agni, and other fundamental concepts helps Ayurveda scholars identify the root cause of diseases and design personalized treatment plans to restore balance and health.

Ayurveda emphasizes preventive healthcare to maintain overall well-being. Studying the siddhantas allows individuals to understand their unique constitution (prakriti) and make informed lifestyle choices and dietary decisions that support their natural balance and prevent diseases.

The Samanya - Vishesh siddhanta is very important Siddhant of Ayurveda because it plays a crucial role in diagnosis, Treatment and management of various diseases. Samanya deals with general principles applicable to all diseases and living beings, while Vishesh deals with specific principles relevant to individual diseases and patients. By understanding these principles, Ayurveda scholars can accurately diagnose the root cause of a disease and its manifestation in a particular individual.

Samanya and vishesh Siddhant is explained by the Acharya Charak in the Dirghamjivitiya Adhyay of Sutrasthana, He says that samanya is always the cause behind the vrudhhi of any bhavpadarth and vishesh is always a cause for the kshay of any bhavpadarth provided that they comes in contact to your body called as Pravrutti.

Acharya Charak mentioned one example that mams causes the vrudhhi in mamsdhatu but this vrudhhi will only be possible when mams is consumed by the individual, mams will not be increase by only just seeing mams.

Samanya Vishesh Siddhant deals with the principles governing the alteration of qualities and quantities of Bhavpadarth (Dravya, Guna and Karma) by either augmentation or reduction. The word Samanya denotes growth in Bhavpadarth while Vishesh leads destruction in Dravya, Guna and Karma Dravya samanya means consuming the same Dravya eg. consumption of flesh increases Mansadhatu. Gunasamanya means consumption of Dravyas having same qualities, i. e.; milk and Ghee improves quality of Shukra dhatu since milk and Ghee have same Gunas as that of Shukra dhatu. Karma samanya means action or conduction that will increase the same quality, e. g.; sleeping increases Kapha since Nidra as Karma possess predominance of Kapha.

**Application of Samanya - Vishesh Siddhant in Charak Agray Sangrah - शोकंशोषणानाम् | च. सु. २५/४०**

Shoka means grief. Grief is a normal response to loss, and it involves a wide range of emotions, including sadness, despair, and sometimes feelings of emptiness or numbness. While grief is a natural and necessary process, it can sometimes develop into a more severe and prolonged condition that resembles major depressive disorder.

Depression stemming from grief is commonly known as, "bereavement - related depression" or "reactive depression," occurs when the feelings of grief become overwhelming and persistent, significantly affecting a person's ability to function and cope with daily life.

रसवाहीनिद्वेष्यन्तिचिन्त्यानांचातिचिन्तनात् | च. वि. ५/१३

Ras dhatu is foremost and very much important dhatu in human body it is formed by the ahar ras. Ahar ras is the

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*saar* (useful) part of the food that we consume which forms after the *saar kitta vibhajan* process where the *saar* (useful) and *kitta* (waste) part is separated.

The *Saar* part is called as the *ahar ras* which is then transported to the *hriday* and from there it undergoes *parinaman* and get converted into various *dhatu*s.

The main region of *ras dhatu* is *hriday* where it stays and carry out its function, which is *prinan* that means proper nourishment of all the *bhavpadarthas* in human body.

Grief majorly affect this *ras dhatu* and cause its functional impairment so the nourishment process in the body is hampered causing emaciation (*Shoshan*).

So by *samanya Siddhant* here we can see that *Shok* provokes the process of emaciation that is *Shoshan*.

## 2. Modern Point of View

The hormone ghrelin, commonly known as "hunger hormone," It plays a crucial role in regulating appetite and energy balance in the body. It is primarily produced and secreted by specialized cells in the stomach, although it is also produced in smaller amounts in other tissues, such as the small intestine, pancreas, and brain.

Ghrelin is a potent appetite stimulant. When ghrelin levels rise, it signals the brain's hunger centers, particularly the hypothalamus, to increase appetite and encourage food intake. This hunger signal is essential for initiating and maintaining eating behavior.

Ghrelin has been found to stimulate the release of growth hormone from the pituitary gland. Growth hormone is essential for growth, metabolism, and overall body composition.

The hormone ghrelin can be affected by grief. Ghrelin is often referred to as the "hunger hormone" because it plays a key role in regulating appetite and food intake. It is primarily produced in the stomach and stimulates feelings of hunger, encouraging us to eat. After grief affects the ghrelin hormone there is impairment in its function that means appetite is decreased for long term and then causes emaciation.

### Primary Objectives

- 1) To observe grief as a cause of emaciation
- 2) To observe association between grief and emaciation
- 3) To evaluate the utility of *Samanya - Vishesh Siddhant* in cause effect theory.

### Hypothesis

Null hypothesis - There is no association between Grief and Emaciation.

Alternate Hypothesis - There is significant association between Grief and Emaciation.

**Type of Study** - Observational, Descriptive and Retrospective

### Eligibility Criteria -

- 1) Patient diagnosed with the depressive disorder.
- 2) Patient of either gender will be taken
- 3) Patient of age between 18 - 50 years of age will be chosen.

### Exclusion Criteria-

- 1) Known patient of any systematic illnesses like TB, Cancer, HIV etc.
- 2) Any acute illness like typhoid, malaria, diarrhea, hyperacidity etc.
- 3) Any other clinical illness causing emaciation.

### Withdrawal Criteria-

Those subjects will be considered for withdrawals which are not compliance with study protocol.

## 3. Research Methodology

**Sample size** - 100

### Sampling Technique

100 Individuals suffering from prolonged depressive disorders due to grief were selected and we calculated their Body mass index (BMI). Those having BMI value less than 18 will full fill our criteria for emaciation.

### Methods of data collection

A special questionnaire and case report proforma were prepared for basic demography as well as clinical history and other information.

## 4. Discussion

It was noted that 65% of the individual from the sample of 100 are below 18 BMI. On the basis of observations appropriate statistical tests were applied.

By looking at the statistics on the questionnaire score i. e. Grief can cause emaciation were found statistically significant. Hence hypothesis that grief can significantly associated to cause emaciation is accepted with the help of this study

## 5. Conclusion

*Sidhhantas* are the strong roots of the big tree of Ayurveda which helps in approaching for the management of the various diseases, *Samanya - Vishesh Siddhant* is one of the most important of them which provides ease in the way of becoming or achieving the physical, mental as well as mental well being.

By using this *Siddhant* we can have the positive and easy approach while treating the mental disorders which in turn are very much difficult to treat, this concept can help to choose wise food, activities, medicines and daily regimens as a treatment protocol for such mentally ill patients.

*Samanya - Vishesh Siddhant* helps us to achieve the main goal of Ayurveda that is to maintain the *Dhatu Samya*, this *Siddhant* work around the *vriddhi* and *kshay* of

*bhavpadarthas* so it helps in maintain the equilibrium among the *Doshas, Dhatus and Malas* to gain the health.

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