

**CONCEPT OF SAMANYA–VISHESH SIDDHANTA AND ITS ROLE IN  
DISEASE PREVENTION: AN AYURVEDIC REVIEW****Dr Vrasti Sharma<sup>1\*</sup>, Dr Veerendra Dwivedi<sup>2</sup>, Dr.Hiteshwar D Lonare<sup>3</sup>**

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**ABSTRACT**

Ayurveda is a holistic medical science that emphasizes preservation of health and prevention of disease through maintenance of equilibrium among Dosha, Dhatu, Mala, and Agni. Among its foundational doctrines, **Samanya–Vishesh Siddhanta** plays a crucial role in understanding pathogenesis and therapeutic principles. The concept is based on the universal law that similarity (Samanya) causes augmentation, whereas dissimilarity (Vishesh) results in diminution. This principle governs physiological and pathological changes occurring within the body. By selecting appropriate Dravya (substance), Guna (qualities), and Karma (actions), clinicians can either enhance or reduce biological entities. The present article elaborates the theoretical framework, classifications, clinical applications, and preventive significance of Samanya–Vishesh Siddhanta in light of classical Ayurvedic literature.

**KEYWORDS:** Ayurveda, Samanya, Vishesh, Siddhanta, Dosha, Prevention.

## INTRODUCTION

Ayurveda describes health as the state of equilibrium of Doshas, Dhatus, Mala, and Agni. Disturbance in this balance leads to disease manifestation. To maintain equilibrium, classical Ayurvedic texts explain various philosophical doctrines including Panchamahabhuta Siddhanta, Triguna Siddhanta, and Samanya–Vishesh Siddhanta<sup>1–5</sup>.

Samanya denotes similarity or homogeneity that leads to Vriddhi (increase) of Bhavapadarth (Dravya, Guna, and Karma), whereas Vishesh denotes dissimilarity that causes Kshaya (decrease)<sup>4,5</sup>. This doctrine is universally applicable in understanding physiological augmentation and pathological aggravation.

### Conceptual Framework

According to Acharya Charaka, substances possessing similar qualities enhance corresponding elements in the body, while those with opposite attributes reduce them<sup>4,5</sup>. This principle operates through:

- Dravya (Substance)
- Guna (Quality)
- Karma (Action)

Thus, biological equilibrium can be restored either by promoting or diminishing specific components through appropriate selection of diet, medicine, or lifestyle.

### Classification of Samanya

Acharya Charaka describes three primary types of Samanya<sup>4–7</sup>:

1. **Dravya Samanya** – Increase by identical substances.
2. **Guna Samanya** – Increase by similarity in qualities.
3. **Karma Samanya** – Increase by similarity in action.

Other classifications include Atyanta Samanya, Madhyama Samanya, and Ekadesha Samanya<sup>6,7</sup>.

### Examples

- Consumption of Mamsa increases Mamsa Dhatu (Dravya Samanya).
- Milk and Ghrita enhance Shukra Dhatu due to Madhura and Snigdha Gunas (Guna Samanya).
- Excessive sleep increases Kapha due to Sthira Guna (Karma Samanya).

### **Classification of Vishesh**

Vishesh is categorized into:

1. **Dravya Vishesh** – Use of opposite substances.
2. **Guna Vishesh** – Use of opposite qualities.
3. **Karma Vishesh** – Use of opposite actions<sup>6–9</sup>.

### **Examples**

- Ruksha and Ushna substances reduce Kapha.
- Snigdha Dravya pacifies Vata.
- Exercise decreases Kapha due to opposing Sthiratva<sup>8,9</sup>.

### **Application in Dosha Management**

#### **Vata**

Vata possesses Laghu, Ruksha, Sheeta, and Chala qualities.

- Similar attributes increase Vata.
- Opposite attributes such as Snigdha and Ushna reduce it<sup>6</sup>.

#### **Pitta**

Pitta is Ushna and Tikshna.

- Ushna Dravya increase Pitta.
- Sheeta and Madhura pacify Pitta<sup>7</sup>.

#### **Kapha**

Kapha is Guru, Snigdha, and Sthira.

- Similar attributes increase Kapha.
- Ruksha, Laghu, and Ushna decrease Kapha<sup>8</sup>.

### **Role in Disease Conditions**

#### **Amlapitta**

Amlapitta arises due to Pitta aggravation. Sheeta and Madhura Dravyas such as Guduchi and Shatavari are administered based on Vishesh principle<sup>3</sup>.

#### **Shukra Kshaya**

Ksheera and Ghrita promote Shukra due to similarity in Guna (Samanya principle).

#### **Mutra and Purisha Kshaya**

Ikshu and Yava restore physiological functions through Dravya Samanya.

### Role in Shadvidha Upakrama

The six therapeutic principles—Langhana, Brimhana, Rukshana, Snehana, Swedana, and Stambhana—are practical applications of Vishesh Siddhanta<sup>9,11</sup>.

- Langhana reduces Kapha.
- Brimhana increases depleted Dhatus.
- Snehana pacifies Vata.

### Preventive Importance

Disease progression occurs in six stages: Sanchaya, Prakopa, Prasara, Sthanasamshraya, Vyakti, and Bheda<sup>8–11</sup>. These stages arise due to continued exposure to similar causative factors (Samanya). Early intervention using Vishesh prevents further pathological advancement.

Ahara and Vihara opposite to causative factors prevent Srotodusti and Dosha aggravation<sup>10</sup>.

### CONCLUSION

Samanya–Vishesh Siddhanta is a fundamental Ayurvedic doctrine explaining augmentation and diminution of biological entities through similarity and dissimilarity. It guides selection of diet, drugs, and lifestyle in preventive and curative medicine. Proper application of this principle restores Dosha equilibrium, maintains Dhātu integrity, and prevents disease progression.

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