



A LITERARY STUDY ON NIRUKTI AND PARYAYA OF KAPHA

Mohammed Faheem Abdullah¹, Vidyalakshmi K², Likhita D N³

¹PG Scholar, ²Associate Professor, ³Associate Professor

Department of Samhita & Siddhanta, Shri Dharmasthala Manjunatheshwara Ayurveda Medical College & Hospital, Udupi, Karnataka India

Abstract: All the *Dravyas* in the universe are identified by their name. *Nirukti* helps to know the root of origin of the word. How the particular word came into existence and what is the actual meaning of the word is understood by *Nirukti*. A *Dravya* may have multiple names which are termed as *Paryayas* of the *Dravya*. *Paryaaya* helps in easy identification. It also helps to understand the properties and action of a particular *Dravya*.

Vata, *Pitta* and *Kapha* are the *Tridoshas* on which entire functions of the body is dependent. *Kapha* is the one which primarily attributed with anabolic activities of the body. The *Acharyas* have mentioned in detail about properties and actions of *Kapha Dosh*. Multiple synonyms of *Kapha* has been used by *Acharyas* based on the suitable context. In this article an effort has been made to understand the *Nirukti* and to analyse different contextual *Paryayas* of *Kapha*

Key Words : *Kapha*, *Nirukti*, *Paryaaya*, *Tridosha*

INTRODUCTION:

Body is composed of *Doshas*, *Dhatus* and *Malas*¹. Understanding these concepts is essential for a physician to diagnose a disease and to plan the proper treatment. To understand the *Shashtra* properly by readers; *Acharyas* have used multiple techniques. Explaining the derivation of the word and using the synonyms of the word are among those basic techniques. *Tridoshas* are the main subject of discussion in the *Samhitas*. From its derivation to its qualities, functions, normalcy etc everything has been discussed in the *Samhitas*.

Kapha is essentially composed out of earth and water components². It is heavy, slow, cool, unctous, smooth, delicate, thick, stable, gross, and cloudy³. *Kapha* provides structure and robustness to all things; it gives the cohesiveness needed to maintain a particular form. *Acharya Sushruta* mentioned about the *Nirukti* of the *Kapha*. The synonyms of *Kapha* are found scattered throughout *Samhitas*. In different contexts different synonym of *Kapha* are used to suit that context.

Nighantukaaras explains that names for a particular *Dravya* is given based on the seven reasons.

Table No 1: Reasons For Naming A Dravya⁴

Sl No	Reasons	Meaning
1	Roodita	Based on Trend
2	Svabhava	Based on nature
3	Deshokta	Based on region
4	Lanchana	Based on signs
5	Upama	Based on comparison
6	Veerya	Based on Potency
7	Itaraahvaya	Other features

OBJECTIVES OF THE STUDY:

- Understanding *Nirukti* of *Kapha*.
- Understanding *Paryaya* of *Kapha*.
- Comparing *Guna* and *Karma* with *Paryayas*.

METHODOLOGY:

Literary review of *Nirukti* and *Paryaya* of *Kapha* is done with the help of Sanskrit Dictionaries, *Charaka Samhita* with commentary of *Chakrapani*, *Sushruta Samhita* with commentary of *Dalhana*.

REVIEW OF LITERATURE:***Nirukti* of *Kapha***

केन जलेन फ़लति इति ।⁵

One which is produced from Jala.

Kapha is the one which is formed from the water.

के शिरसि फ़लति ।⁶

One which is produced in Head.

Kapha is the one which resides in the Head.

Monier-Williams gives the meaning of *Kapha* as Phlegm or Watery froth or foam in general.

Synonyms of *Kapha*

Multiples synonyms were found scattered in *Samhitas* and Dictionaries. Few important synonyms have been listed with their meaning and one reference in the Table No 2. These synonyms are repeated often in different chapters.

Table No 2: Synonym of *Kapha* with meaning and reference

Synonym	Meaning	Reference
<i>Shleshma</i>	Which binds	Cha. Ni. 4
<i>Sanghaata</i>	Cluster	Sabdhakalpadruma
<i>Soumya Dhatu</i>	Having properties of Moon	Cha. Su. 22
<i>Bali/ Bala Soma</i>	Having Strength	Cha. Su. 17
<i>Soma</i>	Moon	Cha. Su. 12
<i>Balaasa</i>	Gives Strength	Madhava Nidana
<i>Ghana</i>	Compact/Dense	Sabdhakalpadruma

Shleshma

श्लिष + सर्वधातुभ्यो मणिन् ।⁷

श्लिषः आलिङ्गने ।⁸

The one which binds or mixes.

So *Shleshma* is the one which binds together.

Soma

सोमो जलदेवता यदि वा चन्द्रः ।⁹

Properties resembling *Moon* or *Jala*.

Moon is in general called as *Soma*. So *Kapha* has synonym of *Soma* as it resembles the Moon or Water

Saumya Dhatu

सोमस्यापत्यं पुमान् ।¹⁰

One which is originated from *Soma*. *Soumya Dhatu* is one which is originated from the *Soma*.

Monier-Williams explains *Soumya Dhatu* as the one having the nature or properties of *Soma*

Bali/Bala/Balaasa

बलमस्यास्तीति, कफ इति ।¹¹

The one which gives *Bala*.

बलमिति बलहेतुत्वेन ।¹²

Chakrapani in the commentary says *Kapha* is called by the name *Bala* as it is responsible for *Bala*.

Sanghaata

समूह ।¹³

Closely associated.

Kapha is the one which is closely associated hence it is called as *Sanghaata*

Ghana

घनति दीप्यते इति ।¹⁴

Compact solid dense hard form.

Kapha is compactly arranged.

DISCUSSION:

- The *Nirukti* explains the origin of *Kapha* as *Jala*. If we compare the *Gunas* of *Jala* and *Kapha*, both are *Soumya*. Hence we can infer that it is produced from the *Jala*.
- In another *Nirukti* it is said *Kapha* is produced in *Shiras*. We find that the place of *Tarpaka Kapha* is *Shiras*. That justifies *Shirasi Falati*
- Comparison of *Paryaaya* with *Guna* and *Karma* of *Kapha*

The *Gunas* of *Kapha* includes *Snighda*, *Sheeta*, *Guru*, *Manda*, *Shlakshna*, *Mrutsna*, *Sthira*

The *Karma* of *Kapha* are *Sthiratva*, *Snigdhatva*, *Sandhibanda*, *Kshama* etc

Table No 3: Comparing Synonym of *Kapha* with its properties and actions.

Synonym	Guna	Karma
<i>Shleshma</i>	<i>Mrutsna</i>	<i>Sandhibandha</i>
<i>Sanghaata</i>	-	<i>Sthira</i>
<i>Somal/Soumya Dhatu</i>	<i>Sheeta</i>	<i>Upachaya</i>
<i>Bali Bala</i>	<i>Sthira</i>	<i>Balakara</i>
<i>Ghana</i>	<i>Sthira</i>	<i>Dhardya</i>

- Different synonyms *Kapha* are used based on the suitability of the context. Few examples are discussed below
1. There are many references where the word *Shleshma* is used. One such Reference is बहुद्रवः श्लेष्मा दोषविशेषः। (च. नि 4/6). May be to indicate long standing binding between *Dosha* and *Dushya* in case of *Prameha* this synonym is used instead of other synonyms.

2. The word *Soma* is used in many contexts. One such instance is Ch Su 12 -सोम एव शरीरे श्लेष्मान्तर्गतः कुपिताकुपितः शुभाशुभानि करोति..... || In this context comparison of *Doshas* is done with that of *Loka*. *Vaata* is compared with *Vayu*, *Pitta* with *Agni* and *Kapha* with *Soma*. To suite the context this synonym might have been used.
3. The word *Bala* used synonymously with *Shleshma* in the context -प्राकृतस्तु बलं श्लेष्मा विकृतो मल उच्यते| (च. सू. 17/117). In this context Acharya wanted to highlight the main *Karma* of *Kapha* , so the word *Bala* is synonymously used indicating the main function of *Kapha* is to give strength to the body.
4. *Soumya Dhatu* is used in the context of *Trishna Samprapti*. पित्तानिलौ प्रवृद्धौ सौम्यान्धातृश्च शोषयतः| (च. चि. 22). In this context Acharya compares *Prakupita Pitta* to *Agni* and to suit the context, *Kapha* is replaced with *Soumya Dhatu* word to explain as *Agni* dries up the water, the *Agni Roopi Pitta* dries up the *Jala Roopi Kapha*.

CONCLUSION:

Nirukti of *Kapha* indicates it is *Soumya* and originated from *Jala*. Out of all Paryayas, *Kapha*, *Shleshma* and *Soumya* are most commonly used. Paryayas like *Ghana* and *Sanghaata* are mentioned in dictionaries and not usually used in the *Samhitas*. Understanding the *Paryayas* can help to understand the subject matter properly.

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