



Role of panchatmak pitta w.s.r. to Sharir

Dr. Dipti Burse¹ Dr. Uttam K. Bande²

¹Post Graduate scholar, Dept.of Sharir Kriya, Yashwant Ayurvedic college, Post Graduate Training & Research Centre, Kodoli, Maharashtra

²Professor and H.O.D of Dept. of Sharir Kriya, Yashwant Ayurvedic college, Post Graduate Training & Research Centre, Kodoli, Maharashtra

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ABSTRACT

Pachanadi Kriyas take place in the vicinity, the effects of which cause the appearance of colours, by the force of which Kshut, Trut, Medha, Buddhi can remain in place and become functional is Pitta dosha. Functions of its five subtypes are described here.

Keywords: Pitta dosha, Aamashay, grahani, aahar pachan, aahar rasa.

INTRODUCTION

पित्तं पञ्चात्मकम् - - - -

अ.ह.सू. १२/१० Though Pitta is a single entity, it is of 5 subtypes, represented in 5 places in the body. They are all inter-related and the function of each Pitta is dependent on the function of the other.

The 5 types of Pitta are

- 1) Pachaka Pitta – Located in grahani (in between aamashay and pakwashay)
- 2) Ranjaka Pitta – Located in the aamashay, Yakrut and Pleeha
- 3) Bhrajaka Pitta – Located in twak.
- 4) Alochaka Pitta – Located in the netra.
- 5) Sadhaka Pitta – Located in Hruday

Each Subtype of Pitta is governed by Pachaka Pitta. Among all, Pachaka Pitta, which is located in the digestive system, mainly in between stomach and intestines is said to be the primary and strongest. Being located in this site, Pachaka Pitta controls all the other subtypes of pitta. This also indicates that the balance and activities of pitta subtypes are under the

control of pachaka pitta. They are dependent on the balance and activity of pachaka pitta. If there is imbalance in the quality and quantity of pachaka pitta, the remaining four pitta also get affected, they too show imbalance in their actions.

These subtypes of pitta have their own assigned functions.

Example – Pachaka Pitta is assigned the function of receiving and digesting the food, absorb the digested food and put into circulation and to ensure that the food is assimilated.

Ranjaka pitta provides colour to the rasa passing through liver and spleen, hence taking part in the formation of rakta.

Co-ordination of these panchpitta is necessary for smooth and uninterrupted functioning of body.

Example - If Pachaka Pitta is functionally low, the functions of other pittas which are dependent on Pachaka pitta also get deteriorated. If Pachaka Pitta is hyper, the other pittas show hyper action.

Pitta subtypes have to work in synchronization with the subtypes of other doshas too. i.e. Vata and Kapha dosha for sustenance of healthy and disease free environment in the body.

Example – In the process of digestion, in the stomach and intestines, pachaka Pitta works in synchronization with Samana Vayu and Kledaka Kapha to enable proper digestion. Sadhaka Pitta works in synchronization with Tarpaka Kapha and Prana Vayu to nourish shir pradesh and enable a proper thought process, to promote intelligence and memory.

Why should we study Subtypes of Pitta?

This is important for every ayurveda scholar to study in detail about the subtypes of pitta. It will enable to understand their relation with subtypes of vata and kapha, their relation with the ashraya sthanas (where they are located), the balance and imbalances they carry in terms of their relation with the controlling force i.e. pachaka pitta and helps in addressing the lakshanas caused by the imbalance of the pitta in a comprehensive way.

1) Pachak pitta:

तत्र पक्वामाशयमध्यगम्।

पंचभूतात्मकत्वेऽपि यत्तैजसगुणोदयात्।।

त्यक्तं द्रवत्वं पाकादी कर्मणाऽनल शब्दितम्।

पचत्यन्नं विभजते सारकिट्टी पृथक् तथा।

अ.ह.सू. १२/१०

When the aahar begins to pass through the stomach to grahani pachak pitta enters and mixes with it. Though it is panchbhutatmak it has pre dominance of Agni mahabhut and even there is presence of jatharagni in the grahani.

After aahar pachan it does sar-kitta vibhajan i.e.division of useful and waste part of digested food.

Charakarya says that in the sharir, agni is present in the form of the pitta only.

It can not be identified seperately.

In akupit avastha this agni functions normally and vice versa.

Aashray sthan -

Pittadhara kala in Grahani

Qualities - Ushna,Tikshna,Laghu,Visra,Sara,Tyakta Dravatva.

In a healthy state, this pachak pitta is Panchbhutatmak and has attribute of 'Tyakta dravatva' means Pachak pitta does not contain as much water as ranjak pitta. It has guna of aap mahabhuta as 'Sar'. Due to this quality, it easily moves from it's place,mixes with food and digests it.

For performing pakadi kriya it is named as 'Agni' at this site.

2)Ranjak pitta:

आमाशयाश्रयं पित्तं रज्जकं रसरज्जनात् ।

अ.ह. सू. १२/१३

Ranjakpitta is second type. It gives raktavarna to rasadhātu. Hence it converts Rasa Dhātu into Rakta Dhātu.

For formation of raktadhātu, raktaposhak ansha of aahar rasa is absorbed in the aamashay and by the action of ranjak pitta from yakrut,pleeha raktadhātu is formed.

Aashray sthan-

1)'Aamashay'- Astang Hriday Su.12/13

2)Yakrut ,Pleeha -Sushrut su.21/10

3)Sadhak pitta:

बुद्धिमेधाभिमानाद्यैरभिप्रेतार्थसाधनात् ।

साधकं हृद्गतं पित्तं ॥ अ.ह. सू. १२/१३

The third type is Sadhak pitta.

It resides in the heart and acts on 1)Buddhi(intellect)-

a) Dhee (धी)-to take decision,

b) Dhruti - Patience

c) Smruti - memory

2) Medha (grasping capacity),

3) Abhiman (self respect) and shows mastery in life.

To convert vishaya into dnyan and storage of this dnyan (knowledge) into smruti (memory) is the function of sadhak pitta.

Udan vayu acts to express this stored knowledge when required.

Aashraysthan - Hruday

4) Bharajak Pitta

त्वक्स्थं भ्राजकं भ्राजनात्वचः ।

अ.ह.सू.१२/१४

त्वचि कांतिकरं ज्ञेयं लेपाभ्यंगादि पाचकम्।

शारंगधर पू.अ.५/३०

The fourth type is Bhrajak pitta which has Twak as Aashray sthan.

Bhrajan means to enlight.

It gives radiant complexion and luster to the skin.

It acts in the exhibition of skin colour.

Aashray sthan -Twak

त्वचि कांतिकरं ज्ञेयं लेपाभ्यंगादि पाचकम्।

शारंगधर पू.अ.५/३०

तस्मिन् भ्राजकोऽग्निरिती संज्ञा अभ्यंग परिषेक अवगाह अवलेपनादीनां क्रियाद्रव्याणां पक्ता, छायानां च प्रकाशकः।
सु.सू.२१/१०

According to Sushrutacharya and Sharangdhar, when abhyang, parishek, avagah is performed, due to presence of bhrajak pitta it is digested and absorbed in the skin.

5)Aalochak pitta:

रूपालोचनतः स्मृतम्। दृक्स्थमालोचकं।

अ.ह.सू.१२/१३

The fifth type is Aalock pitta. It is present in the eyes. It helps in vision.

It works to show the object, its size and colour.

Ashraysthan – Netra

It is necessary to study sub types of pitta. Though they act separately in different aashraysthanas, pachak pitta is the main driving force for all other types. Action of remaining pittas is dependant on the status of pachak pitta. Also it gives bala to remaining four types of pitta. Samyavastha of this pachak pitta is the key factor for normal functioning of all other types of pitta and thus for maintaining healthy state of body.

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