



Research Article

Fundamental Principles (Siddhanta) of Samhita: A Critical Analytical Study of Brihatrayi

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Abstract

Ayurveda is fundamentally based on classical treatises known as Samhitas. The core philosophical and clinical doctrines (Siddhanta) embedded within these Samhitas form the backbone of Ayurvedic science. The present study critically analyzes the principal Siddhantas described in Brihatrayi—namely Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya—with special emphasis on Tridosha Siddhanta, Panchamahabhuta Siddhanta, Dhatu-Mala Siddhanta, Agni Siddhanta, and Srotas Siddhanta. The study evaluates their theoretical framework, clinical relevance, and applicability in contemporary healthcare.

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1. INTRODUCTION

Ayurveda, the “Science of Life,” is structured upon eternal principles (Siddhantas) systematically compiled in classical texts known as Samhitas. These Siddhantas are not merely theoretical doctrines but serve as diagnostic and therapeutic tools.

The Brihatrayi (three major classics) include:

Charaka Samhita – Focus on Kayachikitsa (Medicine)

Sushruta Samhita – Focus on Shalya Tantra (Surgery)

Ashtanga Hridaya – Concise compendium integrating all eight branches

This research paper explores major Samhita Siddhantas with comparative and analytical perspectives.

Aim

To critically analyse the fundamental Samhita Siddhantas described in Brihatrayi and evaluate their clinical significance.

2. OBJECTIVES

To study philosophical foundations of Samhita Siddhanta

To compare Siddhantas across the Brihatrayi

To assess their practical and clinical applications

Major Samhita Siddhantas

1. Tridosha Siddhanta

Concept

The Tridosha theory states that the body is governed by three functional energies:

Vata – Principle of movement

Pitta – Principle of metabolism

Kapha – Principle of structure and lubrication

Comparative View

Charaka Samhita emphasizes Dosha imbalance as root of disease.

Sushruta Samhita correlates Dosha with surgical pathology.

Ashtanga Hridaya simplifies clinical applications.

Clinical Relevance

Diagnosis based on Dosha predominance

Personalised medicine (Prakriti concept)

Preventive health planning

2. Panmahabhuta Siddhanta

Five Elements

Prithvi (Earth)

Ap (Water)

Teja (Fire)

Vayu (Air)

Akasha (Ether)

Significance

Structural and functional basis of the body

Explains drug properties (Rasa, Guna, Veerya, Vipaka)

Foundation of Dravyaguna Vigyana

3. Sapta Dhatu Siddhanta

Seven Dhatus

Rasa

Rakta

Mamsa

Meda

Asthi

Majja

Shukra

Importance

Sequential nourishment theory (Ksheera-Dadhi Nyaya)

Basis of tissue pathology

Correlation with metabolism and tissue physiology

4. Agni Siddhanta

Types of Agni

Jatharagni

Dhatwagni

Bhutagni

Clinical Importance

Central role in digestion and metabolism

Responsible for Ama formation

Foundation of therapeutic approach in Kayachikitsa

5. Srotas Siddhanta

Definition

Srotas are channels responsible for transportation of nutrients and waste materials within the body.

Clinical Utility

Diagnosis of Srotorodha (obstruction)

Explanation of pathogenesis (Samprapti)

Rationale for Panchakarma therapy

Comparative Analysis of Brihatrayi

Aspect	Siddhanta	Charaka	Sushruta	Ashtanga Hridaya
Tridosha	Conceptual foundation	Detailed pathogenesis	Surgical correlation	Practical approach
Dhatu	Functional emphasis	Detailed understanding	Anatomical focus	Integrated view
Agni	Central concept	Moderate emphasis	Limited focus	Therapeutic clarity

3. DISCUSSION

The Samhita Siddhantas provide a holistic understanding of health and disease. Unlike reductionist biomedical models, Ayurveda integrates physical, psychological, and environmental dimensions.

These principles:

Promote preventive medicine

Encourage individualised treatment

Support sustainable healthcare models

Scientific reinterpretation and interdisciplinary validation can help integrate classical Ayurvedic doctrines with modern research frameworks.

4. CONCLUSION

Samhita Siddhantas form the philosophical and clinical foundation of Ayurveda. The Brihatrayi collectively presents a

unified doctrine of life sciences. Their systematic study and validation can contribute significantly to global integrative medicine.

Future Scope

Integration of Prakriti studies with genomics
Research on Agni and gut microbiome
Dosha-based personalised medicine models

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