

# Session 5. *ShadRasa / Six Tastes*

AYUR 1000

CILL, UoM

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# Introduction

- *Everything in the universe has some medicinal value*
- Alternative definition of Ayurveda – The science that details medicinal value of Dravya
- This experience and expertise, over centuries, evolved as a systematic study, termed as *Dravyaguna* in Ayurveda.

# Dravyaguna

*Dravya* - Components of the universe; it can perform some actions and has some specific properties.

*Guna* - Property

# Scope

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Identification, collection and classification of **Herbs**

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Physical and chemical properties

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Biotransformation and metabolic activities

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Uses, dosage and therapeutic actions

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Compatibility, synergism and vehicle

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Incompatibility / toxicity

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Pharmaceutical preparations.

# Basic Parameters

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Dravya / The substance,

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Guna / The property,

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Rasa / The taste,

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Vipaka / The post digestion effect,

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Veerya / Potency,

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Prabhava / Special effect

## Guna (Qualities)

- “The reason to select”
- Never exist without a host material
- Forty-one properties

# Number

Gurvadi / Physical guna - 20.

Paradi / Pharmacological guna - 10.

Vishisht / Special senses guna – 5- Smell, taste, vision, touch, hearing

Adyatamika / Spiritual guna – 6 - Iccha Dwesh Sukha Dukha Buddhi Prayatna

# Gurvadi / Physical Guna

Cold –  
Hot

Viscous –  
Dry

Slow –  
Quick

Heavy –  
Light

Slimy –  
Clear

Smooth –  
Harsh

Hard –  
Soft

Fluid –  
Dense

Stable –  
Motile

Gross-  
Fine

# Elemental composition in Guna

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Prithvi / Earth Dominance – Heavy, Hard, Slow, Stable, Gross

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Jala / Water Dominance – Cold, Liquid, Soft, Slow, Slimy, Motile

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Agni / Fire Dominance – Hot, Light, Fine, Motile, Dry

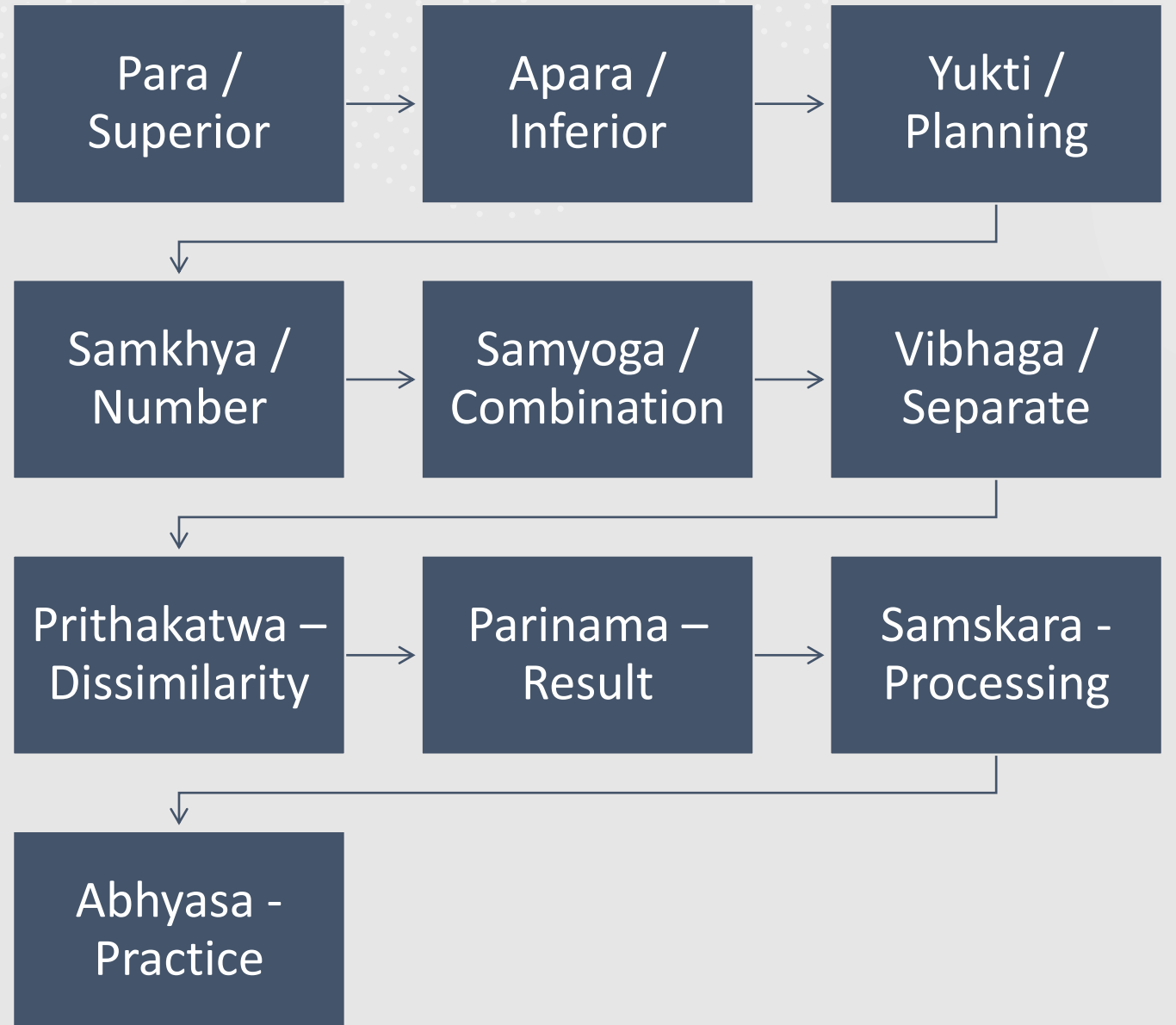
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Vayu / Air Dominance – Light, Motile, Fine, Dry, Cold

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Akasha / Space Dominance – Light, Soft, Dry

# Paradi / Pharmacological guna



# Qualities of Vata



DRY



COLD



LIGHT



SUBTLE



MOBILE



CLEAR



ASTRINGENT

# Qualities of Pitta

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HOT

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OILY

---

SHARP

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LIGHT

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LIQUID

---

FLOWING

# Qualities of Kapha

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HEAVY

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COLD

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SOFT

---

UNCTUOUS

---

STABLE

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STICKY

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SWEET

# *Rasa* / Taste

The one, which the tongue perceives

Rich in *Jala* element; Liquid state to taste

Flows freely in the body to nourish.

Not incidental; an indication of Dravya's properties

Food by Rasa; Medicine by Veerya

# Rasa and Five elements

## Rasa

- Sweet
- Sour
- Saline
- Pungent
- Bitter
- Astringent

## Mahabhoota

Earth + Water.

Earth + Fire.

Fire + Water.

Fire + Air.

Space + Air.

Earth+ Air.

# Properties of Rasa

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## Taste

1. Sweet
2. Sour
3. Salt
4. Pungent
5. Bitter
6. Astringent

## Properties

- Moist, Cold & Heavy.
- Moist, Hot & Heavy.
- Moist, Hot & Heavy.
- Dry, Hot & Light.
- Dry, Cold & Light.
- Dry, Cold & Heavy.

# Comparative properties

## **Cold To Hot**

Sweet, Astringent, Bitter, Pungent, Sour, Saline

## **Heavy To Light**

Sweet, Astringent, Saline, Sour, Pungent, Bitter

## **Oily To Dry**

Sweet, Sour, Saline, Bitter, Pungent, Astringent

# Examples



Sweet – Milk, Wheat,  
Licorice, Rice,  
Potatoes



Sour – Lemon,  
Tamarind,  
Pomegranate



Saline – All salts,  
Alkalis



Pungent – Trikatu,  
Tulasi, Garlic; all  
spices



Bitter – Neem,  
Guduchi, Curcuma,  
Jyotishmati



Astringent – Triphala,  
Ashok, Ficus, Beetle,  
All vegetables, Barks

# Overuse of Sweet Rasa

- Obesity
- Diabetes
- Oedema
- Fatigue
- Anorexia / Indigestion
- Asthma
- Tumors
- All Kapha disorders

# Overuse of Sour Rasa

- Tooth sensitivity
- Burning Sensations
- Inflammations
- Edema
- All Pitta disorders

# Overuse of Saline Rasa

Inflammations

Oedema

Hair fall

Sterility

Bleeding diseases

Gout

Skin diseases

Pitta Kapha diseases

# Overuse of Pungent Rasa

Sterility

Depression

Black outs

Weakness

Inflammation

Pitta Diseases

# Overuse of Bitter Rasa

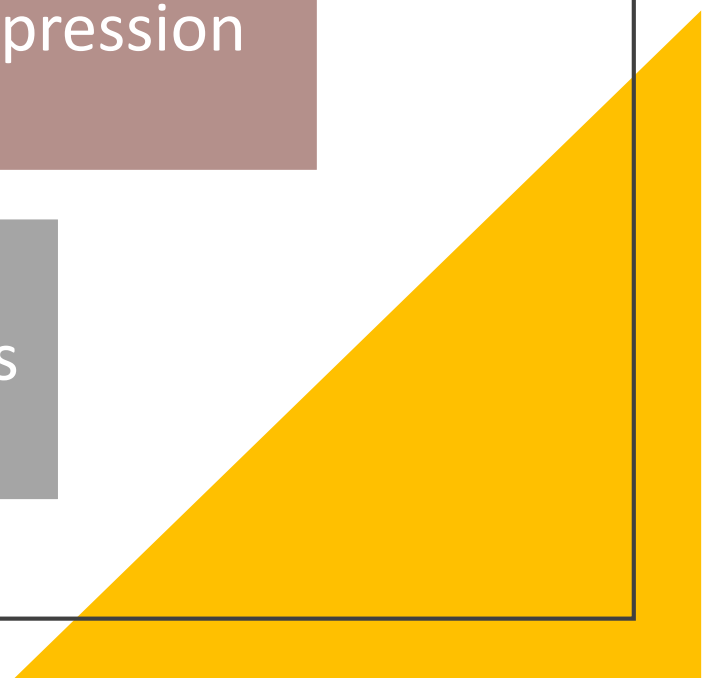
Dhatu  
Degeneration

Srotas  
Dryness /  
Obstruction

Weakness

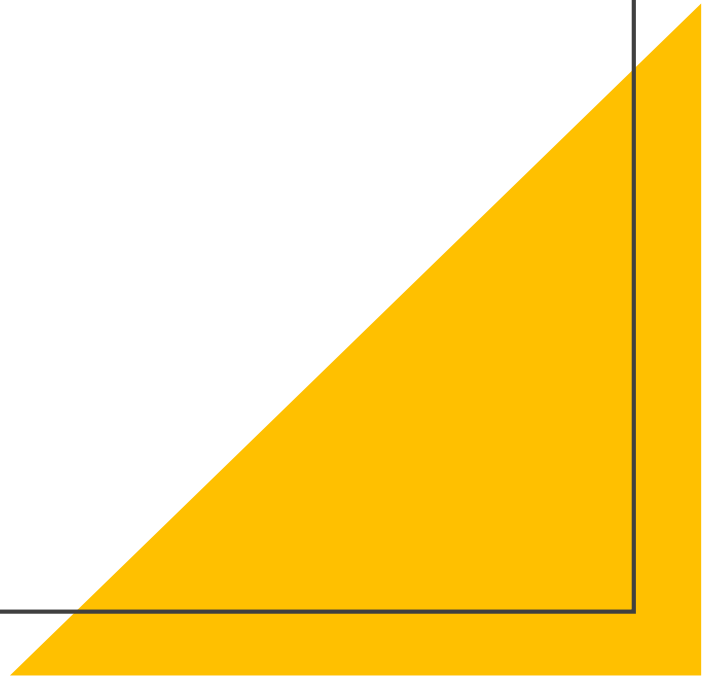
Depression

Vata diseases



# Overuse of Astringet Rasa

- Heart Diseases
- Voice Hoarseness
- Srotas / Channel obstruction
- Constipation
- Paralysis
- Bell's Palsy
- Vata disorders



# *Rasa* / Taste

- The one, which the tongue perceives
- Rich in *Jala* element; Liquid state to taste
- Flows freely in the body to nourish.
- Not incidental; an indication of Dravya's properties
- Food by Rasa; Medicine by Veerya

# Dosha Enhancing effect

Vata - Bitter, Astringent  
And Pungent

Pitta - Sour, Pungent  
And Saline

Kapha - Sweet, Saline  
And Sour.

# Dosha Decreasing effect

Vata - Saline,  
Sour And Sweet

Pitta - Bitter,  
Astringent And  
Sweet

Kapha - Pungent,  
Bitter And  
Astringent.

Q & A