

Sessions 3 & 4: *Panchamahabhoota & Tridosha*

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"AYUR 1000: Sessions 3 and 4-
Panchamahabhoota &
Tridosha(PPT)" by Professor Ish Sharma (2024) is
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Mahabhoota

Everything in this universe is made up of five basic elements

1. *Akasha* / Space
2. *Vayu* / Air
3. *Tej* / Fire
4. *Jala* / Water
5. *Prithwi* / Earth

Contd...

No matter can ever be made up of four elements; there is no sixth element

Addressed as per the predominance

50% of one matter & rest of 50% from the other four Mahabhoota.

Evolution of *Panchamahabhoota*



THE SMALLEST INDIVISIBLE PART
OF ANY MATTER



FURTHER MADE OF FIVE
TANMATRAS



TANMATRAS ARE THE OBJECTS OF
THE FIVE SENSES - SOUND, TOUCH,
FORM, TASTE, AND ODOUR

The five senses & *Tanmatra* (sub-atomic particles)

Sound

Cf- Big Bang
Theory

Touch

Vision

Taste

Smell

Chief Property

Space – Non-Resistance

Air – Mobility

Fire – Energy / Heat

Water - Liquefaction

Earth - Roughness

Likening

Refer to Bohr atomic model of
a nitrogen

<https://www.britannica.com/science/atom>

Space / Akasha

All the body channels

Pores

Emptiness

Air / Vayu



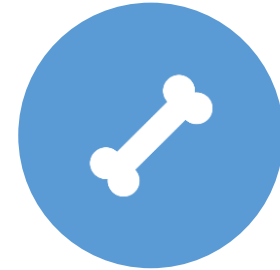
ANYTHING THAT MOVES
OR TRANSPORTED



MOTOR OR SENSORY
NERVE IMPULSES



THOUGHTS



BONES

Fire / Teja, Agni

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graph LR; A[Transforms] --> B[Internalization of External Mahabhoota]
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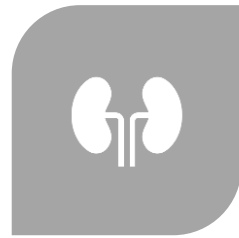
Transforms

Internalization of
External Mahabhoota

Water / Jala



COHESION &
ATTACHMENT



LYMPH AND
OTHER FLUIDS



CARRIES AWAY
WASTES



REGULATES
TEMPERATURE



INCREASES
IMMUNITY

Earth / Prithwi

- Stability
- Permanence
- Rigidity
- Bones, Teeth
- Cells And Tissues

Practical utility of Panchamahabhoota

1. Panchabhautik Therapy

1. Application of Bhootagni Principle

Panchabhautik Therapy Principles

- To assess the Panchabhautik constitution of the patient
- To find out the exact cause & symptoms of the disease in terms of Panchabhautik imbalance

Contd...

- To treat the Panchabhautik imbalance, using food and herbal / mineral / animal origin products as per their Panchabhautik composition
- To ascertain the Panchabhautik balance and regain / stabilize it

Application of Bhootagni Principle



Five types



What can we eat & what not



Converts external Mahabhoota into biological Mahabhoota



Experiencing & repeating what is good to eat

PMB – Anatomy

Tridosha - Physiology

Balance, and Vitiation

- As Unique as finger prints
- Balanced Tridosha = Health, and vice versa
- Once vitiating, circulate to target weaker tissues to cause diseases.
- Natural vitiations
 - Kapha predominance – the first 1/3rd of Life (0-15 years), Day, Night (6am -10 am, 6 pm - 10 pm), Digestion
 - Pitta predominance – the second 1/3rd of Life (16-49 years), , Day, Night (10am- 2 pm, 10 pm - 2 am), Digestion
 - Vata predominance – the last 1/3rd of Life (50+ years), Day, Night (2 pm - 6 pm, 2 am - 6 am), Digestion

Tridosha

- The functioning of the living beings / Three working entities
- Formed by Panchamahabhoota

The three entities are

- ***Vata***
- ***Pitta***
- ***Kapha***



*PMB produce
Tridosha*

Mahabhoota

Akasha + Vayu

Tej, or Tej + Jala

Prithvi + Jala

DOSHA

VATA

PITTA

KAPHA

Tridosha may be known as

- 1. *Dosha*** as these have the potential to go out of balance to cause diseases and death; the most important nomenclature
- 2. *Dhatu*** / Tissues as they hold the body
- 3. *Mala*** / Waste Materials as sometimes, these need be thrown out

Sites of Origin

- At the time of conception, predominance of Vata, Pitta and Kapha determine the constitution / *Prakriti*
- Spreads all over the body, in every cell
- Produced in the Alimentary Canal; During the process of Digestion

Digestion & *Tridosha* Production _____

1. Kapha – During the first 1/3rd of digestion process
2. Pitta – During the second 1/3rd of digestion process
3. Vata – During the last 1/3rd of digestion process

Forms the basis for Panchakarma Detox

Kapha Production



MOUTH CAVITY AND
STOMACH



A LOT OF SALIVA AND
GASTRIC JUICES



DULL, COLD & HEAVY
PROPERTIES

Special sites

Vata - Colon, Bladder, Pelvis, Bones, Legs, Skin and Ears

Pitta – Stomach, Intestines, Plasma, Blood, Sweat, Skin & Eyes

Kapha – Thorax, Head, Joints, Fatty Tissue, Stomach, Nose & Tongue

Pitta Production

Small intestine

Gets a lot of chemical secretions flowing in

Hydrochloric acid

Bile

Pancreatic juices

Succus Entericus

An increase in fiery activities; The Unique Property of Pitta

Vata Production



Large intestine



Reabsorbs excessive water, making the stool drier



The Unique Property of Vata

Actions of Tridosha



Vata – Movement



Pitta – Transformation



Kapha - Lubrication and Stability

Contd...

Vata - The nervous system functioning

Pitta - The chemical processes; enzymes, hormones etc.

Kapha - Nutrition, immunity, strength and the anabolic system

Qualities of Vata

DRY

COLD

LIGHT

SUBTLE

MOBILE

CLEAR

ASTRINGENT

Actions of Vata

- Respiration
- Zeal
- Action
- Expulsion of Waste
- Control of Sense Organs & Nervous System
- Helps Metabolism
- Governs Mind
- Feelings and emotions as nervousness, fear, anxiety, pain, excitement, over joyfulness, instant reactivity etc.

Qualities of Pitta



OILY



HOT



SHARP



LIGHT



LIQUID



FLOWING

Actions of Pitta

Transformation

Digestion

Absorption, assimilation & nutrition

Metabolism

Body temperature

Skin coloration

Vision

Intelligence and understanding, happiness, anger, hate and jealousy, bravery, will power etc.

Qualities of Kapha

HEAVY

COLD

SOFT

UNCTUOUS

STABLE

STICKY

SWEET

Actions of Kapha

Lubricates the joints

Provides moisture to the skin

Strength, vigour and stability

Memory retention

Sexual Potency

Immunity

Attachment, dullness, greed, possessiveness, accumulation, relations, calmness, forgiveness and love.

Prakriti / Your Body Mind Types



Body Types – 7; from *Tridosha*- V, P, K, VP, VK, KP, VPK



Cf – Ayurgenomics Study; P5 (precision, Predictive, preventive, personalized and participatory) Medicine <https://www.nature.com/articles/nindia.2014.40>



Weight, Skin, Habits, Sleep, Digestion; 10-200 Questions to assess



Mind Types – 3; from *Satwa, Rajas, Tamas*; DIY Test