

Thursday, 14 November 2024

Increase & Decrease

vRddhiH samAnaiH 23598.

sarveSAM

viparItairviparyayaH||14||

Commentary

sa0- sarveSAM doSadhAtumalAdInAM CarIraACritAnAM, samAnaistulyasadbhAvaiH, vRddhiH svapramANAdhikyam| viparItairviCiSTatayA vyavasthitaiH, viparyayaH kSayah| ayanaM ayaH gatiH, viparItA gatirviparyayo~apacayaH| sAmAnyaviCeSairdravyaguNakarmabhedena triprakAro~adhigacchati| tathA cAhuH- "sarveSAM sarvadA vRddhistulyadravyaguNakriyaiH| bhAvairbhavati bhAvANAM viparItairviparyayaH"| dravyato yathoktam (saM.sU.a.19)- "raktamApyAyyate raktena, mAMsaM mAMsena, medo medasA, asthi taruNAsthna, majjA majna, CukraM CukreNa, tathA garbhaCcAmagarbheNa"| tatra raktena raktamityubhayamapyaudakam| mAMsena mAMsamiti pArthivam| tathA, salilAtmakam payastadAtmakameva CleSmANamabhivardhayati| tadvatkSIrajAtaM ghRtaM Cukram| tathA jIvantiAkolyAdayaH somAtmAno dravyaviCeSAH saumyadhAtvekakAraNani snehabalapuMstvajAMsi| marIcapaJcakolabhallAtakAdayo buddhimedhAgyAdIn saMvardhayanti| guNataH- cocamocakharjUrANI pArthivANI dravyato nirdiSTAnyapi CleSmANamudakAtmakamabhivardhayanti, snigdhaGuruCitAdiguNasAmAnyAt| karmApi trividhaM kAyavAGmanovyApArAtmakam| tatra kAyikAni- dhAvanalaGghanaplavanAdIni calatvasAmAnyAdvAyorvRddhayej vAcikAni--bhASyAdhyayanageyAdIni, mAnasAni-manovyApArACcintAkAmaCokabhayANI, tAnyapi manasaH kSobhaNahetutvAdvAyorvRddhikarANI| tathA santApakRttvasAmAnyAtkrodherSyAdi pittasya| svapnAlasyaCayyAsukhAdIni sthairyasAmAnyAtkaphasyeti| viparyayastu kSayAya| yathAha| dravyataH (saM.sU.a.14, ca.sU.a.25)- "gavedhukAnnaM karCanlyAnAm"| tatra vAtAtmikaya gavedhukaya pArthivAnAM mAMsAdInAM kraCimA kriyate| tathA taijasena kSAreNa CleSmaNaH| guNato yathA- AranAlamaudakaM CleSmANAM tadviparItairlaghurUkSoSNatIkSNaviCadaguNaiH kSapayati| karmataH- nidrAlasyasaumanasyANI saporispandaM vAtamaparispandasvabhAvatayA~apacinvanti| tathA parisparUpACcintAvyavAyavyAyAmA mandaparispandavaiparityAtkaphamiti|

Commentary2

A0 ra0- atha bahiraGgaM vyAcaSTe-doSadUSyavikRtyutpAdanadvAreNa yo vyAdhInAM kAraNaM, sa bahiraGgaH| sa ca dvedhA, vRddhihetuH kSayahetuCca| tatra vRddhihetumAha-vRddhiriti| sarveSAM doSadUSyANAM samAnaistulyadharmakairdravyairvRddhirbhavet| yathA rUKSAdiguNasya vAyoh, tatsamAnaguNaM CyAmAmAkAdi varddhanam| sasnehAdiguNasya pittasya tailAdij| snigdhaAdiguNasya kaphasya kSIrAdij| dUSyeCu svedaraktayoH pittavat vRddhihetuH| CeSANAM CleSmavat| vakSyati hi (sU.a. 11/26)-"tatrAsthani sthito vAyuh pittaM tu svedaraktayoH| CelSma CeSeSu tenaiSAMACrayACrayiNAM mithaH| yadekasya tadanyasya varddhanakSapaNauSadam| asthimArutayornaivam|" iti| kSayahetumAha- viparItairiti| sarveSAM doSadUSyANAM viparItairiruddhadharmakairdravyairvRddherviparyayaH kSayo bhavet|yathA- vAyorgodhUmadi kSapaNam| pittasya yavAdij| kaphasya kulatthAdij| dUSyeSu pUrvavat|

Vridhhi samānaiḥ sarveṣāṁ viparītaiviparyayaḥ

Increase happens through similarity, and by opposites, decrease occurs.

- **Vridhhi** means increase.
- **Sama** = similarity → **Samanaiḥ** = by similarity.
- **Sarvesham** = of everything.

Everything in the body increases through similarity. But what does "everything" mean? Let's break it into three key components:

- **Dravya (Substances):** The nine substances in Ayurveda: the five elements (earth, water, fire, air, ether), soul, mind, time, and directions.
 - **Guna (Properties):** 41 qualities such as heavy, light, dry, unctuous, mobile, stable, etc.
 - **Karma (Actions):** Physical, mental, and verbal activities.
-

Sāmānya: The Power of Similarity

"Similarity increases."

When a substance, property, or action in your body interacts with something similar, it enhances that aspect.

- **Dravya (Substances):**
 - Eating meat increases muscle mass.
 - Drinking bone soup nourishes bones, helpful for conditions like osteoarthritis.
 - Coconut, grown in water-abundant areas and rich in water, increases Kapha (cold and moist qualities).
 - Fertility is a Kapha trait. Consuming fertility-rich substances like plants or animals that produce abundant fruits or offspring enhances fertility.
- **Guna (Properties):**
 - Sweetness increases Kapha. For example, consuming sweets or water-rich foods like coconut augments Kapha.
 - Dry and bursting foods, like beans, mimic Vata qualities (dry and mobile), increasing Vata. This can lead to bloating or flatulence.
 - Substances resembling human skin (e.g., tree bark) can promote skin health.
- **Karma (Actions):**
 - Speaking increases Vata, as it is a mobile action.
 - Analytical thinking increases Pitta (intellect) and Vata (mobility).
 - Climbing plants (creepers) exhibit Vata's upward-moving action.
 - Surrounding yourself with positivity fosters positivity, as similarity augments similarity.

Daily Rhythms and Similarity

- **Morning:** Kapha increases naturally.
 - **Midday:** Pitta rises.
 - **Afternoon:** Vata intensifies.
-

Viparita: The Power of Opposites

"Opposites decrease."

When opposites interact, they neutralize or reduce the related property or action, bringing balance.

- **Dravya (Substances):**
 - Dry grains like barley reduce Kapha, which is heavy and moist.
 - Drinking water (cooling) reduces Pitta (heat). However, excessive water can suppress digestive fire (Agni). Always "ask your fire" before drinking water.
- **Guna (Properties):**
 - Heat counters Vata's coldness. Applying warmth reduces Vata.
 - Dry heat reduces Kapha's cold and wet nature.
- **Karma (Actions):**
 - Sitting still (asana) reduces Vata by countering its mobility.
 - Oil massage reduces Vata's dryness but increases Kapha due to its unctuous quality.

Examples of Healing with Opposites

1. **Kapha Imbalance:** Avoid applying oil (unctuous) as it increases Kapha. Instead, use dry heat to counteract Kapha's cold and wet qualities.
 2. **Vata Imbalance:** For a sprained ankle (caused by Vata's mobile nature), the treatment involves:
 - Oil Massage: Counteracts dryness.
 - Binding: Stabilizes mobility.
 - Rest: Restores balance.Without addressing the root cause (mobility), healing may not occur fully.
-

Practical Applications of the Sutra

- **Breastmilk Production:** If a mother has insufficient milk, drinking milk from an animal that produces abundant milk (e.g., cow) can enhance her own milk production. The similar molecules and hormones stimulate milk production.

- **Time and Doshas:**

- Kapha increases in the morning (cold and stable).
- Pitta peaks at midday (hot and intense).
- Vata intensifies in the afternoon (mobile and light).

Opposites in Elements

- Fire and water are antagonistic.
 - Space and earth oppose each other.
 - Air interacts uniquely depending on the context.
-

Core Principle

This sutra serves as a guiding framework in Ayurveda:

- **Similarity increases (Sāmānya):** Augments substances, properties, or actions in the body.
- **Opposites decrease (Viparita):** Balances and neutralizes excess qualities or doshas.

By understanding and applying these principles, Ayurveda offers personalized approaches to nutrition, lifestyle, and healing, ensuring harmony within the body and mind.

