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A Concept of Comprehension of Rasa (TASTES)

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ABSTRACT:-

Rasa are the tastes; there are of six types according to Ayurveda i.e. madhura (sweet), amla (sour), lavana (salty), katu (spicy), tikta (bitter) & kaśāya (astringent). Ayurveda is the ancient medical science; there are some concept which still not known to common people; rasa is one of them.

Ayurveda:-

“Heetaaheetam sukham dukkham ayusthasya heetaaheetam I

Maanam cha taccha tatroktham ayurvedah sa yuchate II” Ch. Su. 1/41

The science is designated as Ayurveda, where advantages, & disadvantages as well as happy & unhappy state of life along with what is good & bad for life, its measurement & life itself are described.

Rasa (tastes):-

Rasa is defined as; it is type of the sensory perception i.e. taste which is predominately perceived by the special organ i.e. tongue. In Ayurveda it is said, as there are six types of rasa; these rasa are having involvements of panchabhuta i.e. akāśa, vāyu, agni, jala & pruthvi. All type of the six rasa are basically derived from the predominance of the two mahābhuta i.e. pruthvi & jala mahābhuta.

In Ayurveda, applied aspects the rasas are very much important; because to obtain normalcy in the body someone have to maintain the dośa at equilibrium state. If the dośa are not their normal state, in fact in their vitiated state they manifest various disorders. Vitiated dośa could be managed by taking rasa of opposite qualities of dośa. For example vitiated vāta dośa is pacified by madhur, amla & lavana rasa & so on.

Key words: - Rasa, taste, Ayurveda, perception of the taste, comprehension of rasa, applied aspect of rasa etc.

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