



Conceptual Foundation of

# Vaad in Ayurveda

(Padarth Vigyan - as per NCISM Syllabus)

Dr. Pranita Prashant Pehekar  
Dr. Sai Sachin Patil

**CONCEPTUAL FOUNDATION OF  
VAAD IN AYURVEDA**  
(PADARTH VIGYAN - AS PER NCISM SYLLABUS)

**Editors**

**Dr. Pranita Prashant Pehekar**

Assistant Professor,  
Samhita Siddhanta Department,  
Ashokrao Mane Ayurvedic Medical College and Hospital,  
Vathar Tarf Vadgaon, Hatkanangale, Kolhapur.

**Dr. Sai Sachin Patil**

Associate Professor and HOD, Samhita Siddhanta Department,  
Ashokrao Mane Ayurvedic Medical College and Hospital,  
Vathar Tarf Vadgaon, Hatkanangale, Kolhapur.

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## ABOUT THE EDITORS

**Dr. Pranita Pehekar, MD** (Samhita Siddhanta), is a dedicated scholar and educator in the field of Ayurvedic Samhita Siddhant. She is working as Assistant Professor at Ashokrao Mane Ayurvedic Medical College and Hospital, Vathar Tarf Vadgaon, Kolhapur. With a strong academic background and extensive research in philosophical concepts of Ayurveda, she has contributed significantly to the understanding of Swabhavoparamvada, Satkaryavada, Arambhavada, Pilupakavada, Pitharapakavada etc.

Her expertise lies in Samhita Adhyayan and Padartha Vigyan, where she simplifies complex philosophical theories for Ayurveda students, making them more accessible and applicable in clinical practice. Passionate about Ayurveda education, she has authored books and research papers.

**Dr. Sai Sachin Patil, MD (Ayu)**, is an esteemed Associate Professor in the Samhita Siddhant department, specializing in the foundational principles of Ayurveda. With deep expertise in Padartha Vigyan, she has dedicated her academic career to exploring the philosophical aspects of Ayurveda and their practical applications in the modern era.

Dr. Sai Sachin Patil has contributed significantly to Ayurvedic philosophy, simplifying intricate concepts of Ayurveda. Her scholarly approach bridges traditional Ayurvedic wisdom with contemporary understanding, making her a respected figure in the field.

As an educator and author, Dr. Sai Sachin Patil's work reflects her commitment to preserving and propagating the fundamental principles of Ayurveda, ensuring their relevance for future generations.

## **PREFACE**

The ancient Indian subcontinental medical system known as Ayurveda (Devanagari: आयुर्वेद) or Ayurvedic medicine. Millions of people in China, Tibet, India, Nepal, Sri Lanka, and Pakistan currently use it on a daily basis. In European nations, it is currently used for healthcare. "Ayurveda" is a tatpuruṣa compound of the words "ayus," which means "life" or "life principle," and "veda," which means "knowledge" system.

One of the most ancient and widely recognised traditional medical systems (TSMs) is Ayurveda. There is still much to learn about this traditional medical system's ancient wisdom. Aside from the other barriers to the development of plant-based medications, the main obstacle to their convergence is a lack of knowledge about the distinctions and similarities between the theoretical doctrines of these systems. This would help the upcoming academics, researchers, and practitioners understand traditional medical systems more thoroughly, strengthen their similarities, and get past obstacles to their international acceptance and harmonisation.

The foundation of all human endeavours to learn is this "cause and effect" theory. Ayurveda came into being on Earth as a result of this same quest. Great Ayurvedic seers had excellent vision, which allowed them to see a variety of natural phenomena and attempt to decipher their underlying logic. Actions or phenomena are referred to as Kārya in Ayurveda, while the factors that cause them are called Kāraṇa. The first accepted principle in Ayurveda, upon which the entire system of Ayurveda is based, was the unavoidable, unexceptional (Nirapavada) relationship between Kāraṇa and Kārya. Ayurveda has attributed its success to the development and assessment of six Kāraṇa Dravyas, which have been referred to as Shat Padarthas in other Darshana Shastras. Although these two terms are essentially interchangeable, Ayurvedic science differs from Darshanas in terms of its practical application.

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## ABOUT THE AUTHORS



**Dr. Pranita Prashant Pehekar**

Assistant Professor,  
Samhita Siddhanta Department,  
Ashokrao Mane Ayurvedic Medical  
College and Hospital, Vathar Tarf  
Vadgaon, Tal-Hatkanangale,  
Kolhapur-416112.



**Dr. Vishwanath Bhagwan Kakde**

Associate Professor,  
Department Of Sanskrit,  
Sardar Patel Ayurvedic Medical  
College and Hospital Dongariya,  
Balaghat-481331.



**Dr. Sai Sachin Patil**

Associate Professor and HOD,  
Samhita Siddhanta Department,  
Ayurveda Samhita, and Siddhanta,  
Ashokrao Mane Ayurvedic Medical  
College and Hospital, Vathar Tarf  
Vadgaon, Tal-Hatkanangale,  
Dist-Kolhapur-416112.



**Dr. Milind Malgundkar**

Professor,  
Samhita Siddhanta Department  
Shreeyash Ayurved College &  
Hospital Research Centre,  
Ch.Sambhajinagar,  
Maharashtra-431010.



**Dr. Swapnali Dadaso Patil**

Associate Professor,  
Samhita Siddhanta Department,  
Dr. Vijay Ayurveda Medical College,  
Bhandaha Kala, Kaithi Varanasi,  
Uttar Pradesh-221116.



**Dr. Ganesh Shreerang Salvi**

Professor,  
Samhita Siddhanta Department,  
Milestone, Delhi Mathura Highway,  
Tehsil-Chhata, Semri,  
Uttar Pradesh-281401.



**Dr. Neha Raichurkar**

Senior Research Fellow,  
Bharti Vidyapeeth  
(Deemed to Be University),  
College of Ayurveda,  
Katraj-Dhankawadi,  
Pune-411043.



**Dr. Vishal Vitthalrao Jagtap**

Associate Professor,  
Samhita Siddhanta Department,  
Bhartiya Ayurvedic Medical College,  
Amroha, Uttar Pradesh-244235.



**Dr. Soniya Gupta**

Assistant Professor,  
Samhita Siddhanta Department,  
Shreeyash Ayurveda College and  
Hospital Research Centre Prem  
Nagar, Chhatrapati Sambhaji  
Nagar-431010.



**Dr. Swapnil Gahininath Pandhare**

Associate Professor,  
Sanskrit Samhita Siddhanta  
Department, Pradip Patil Ayurvedic  
Medical College,  
Khutalwadi-416213.



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