

Vipaka

Vipaka is one of the fundamental principles of Dravyaguna Vigyana. It represents the post-digestive effect or transformation of a substance after digestion. Along with Rasa, Guna, Virya and Karma, Vipaka helps in understanding the overall effect of a Dravya on the body.

Concept of Vipaka

Vipaka is related to the process of Paka and explains the final effect produced after digestion. During Paka, two stages are described: Avasthapaka and Nishtapaka.

Types of Vipaka

Different classifications of Vipaka are described in Ayurvedic literature. The principal classifications include Shadvidha, Panchavidha, Trividha and Dwividha Vipakavada.

Trividha Vipaka

Vipaka	Associated Rasa	General effect
Madhura	Madhura, Lavana	Nourishing and anabolic tendency
Amla	Amla	Promotes digestive and metabolic activity
Katu	Katu, Tikta, Kashaya	Reduces Kapha and supports drying/catabolic action

Dwividha Vipaka

Classification	Vipaka
Two-fold view	Madhura and Katu

Clinical Relevance

Vipaka helps in understanding the post-digestive action of medicinal substances and their therapeutic effects. It is useful in assessing the action of a Dravya and selecting medicines according to the required therapeutic purpose.

Vipaka Taratamatwa

Like Rasa, Vipaka may show Alpa, Madhya or Bhuyishta Lakshanas due to differences in Guna among different Dravyas. Thus, Vipaka provides an important link between digestion and the subsequent action of medicinal substances.

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