CONCLUSION-

1. Review of Literature regarding *Rasa-Dosha* Correlation is useful in various aspects like *Hetu-Linga-Aoushadha*.

2. *Rasa Atisevana* causes *Doshaprakopa*. This Association is found statistically significant as the P value is less than 0.01.
SUMMARY

This human body is maintained for lifetime by proper intake of proper food. Though this food exists outside the human body, but according to Panchabhattika theory it is also made up of Panchamahabhoota. This food is having some difference with human structure. But it gets assimilated into the human body by the action of Agni. Aahara maintains Prana in the body which is responsible for life.

Aahara sustains or maintains human body by its different attributes or Rasapanchaka. Rasa of specific Aahardravya is more important in this process. Being Panchabhattika in origin, this Aahaara has direct action on Panchabhattika components of the human body like Dosha-Dhatu-Mala according to Samanya-Vishesha theory as mentioned in Charaka. So for perfect Chikitsa, It is very important to know the main Rasa of each and every Aahardravya to define its exact action on specific Dosha. This relation between Rasa and Dosha is termed as Rasa-Dosha Sambandha or Rasa-Dosha correlation. It is very important to choose proper medicine for Chikitsa.

Correlation is a relationship in which one thing affects or depends on another. So the title ‘Rasa-Dosha correlation’ was chosen for this thesis to try and elaborate this concept. So main aim of this Literary and Survey type study was to compile references about Shadrasa and Tridosha from Bhritatrayi and to find the correlation between Shadrasa and Tridosha with the help of Ayurvedic principles.

Efforts have been made to draw a logical correlation between Shadrasa and Tridosha after analyzing references of Shadrasa and Tridosha. It is written in both Avasthavishesha-Swastha and Aatura. In Swasthavastha the correlation is drawn with the help of Dinacharya, Ritucharya, Prakruti. In Aaturavastha it is written according to the Nanatmaja Lakshana mentioned in Charaka, Sutrasthana adhyaya 20.

Retrospective survey study is done in 1000 Volunteers of age between 8 to 75. Present Lakshana of Sama-Heen-Mithya-Atiyoga of Shadrasa are observed in Volunteers to check any relation between Rasasevana and Doshalakshana. Chi squared test is applied to the observed data which shows significant result.