

Q) What is called रस ? write a note on various kinds of रस.

Ans: रस which is in simple term called taste is indeed the object of <sup>rasana</sup> ~~रसना~~. Its material substances are respectively of ~~प~~ 'water' and prithvi (earth) i.e. these two itself constituted the substratum for the <sup>o</sup> ~~o~~ manifestation of रस. In other words रस can manifest itself primarily through water and earth.

Ans: The other basic elements namely आकाश, वायु and तेजस, being again responsible for both manifestation and differentiation of रस are indeed positive causative factors. These three elements have <sup>their</sup> ~~their~~ effects jointly and severally leading to their various kinds like sweet, sweeter,

and sweetest by the process of permutation and combination.

रस is six fold, viz, namely:  
स्वादु (sweet), अम्ल (sour), लवण (saline), कटुक (purgent), तिक्त (bitter), ~~कषाय~~ कषाय (astringent).

For the given classification, स्वादु (sweet) occupies the first position as much as it plays an important role in the diet of living being.

All these six kinds of रस,

स्वादु, अम्ल and लवण are capacitated to alleviate "वात" (वायु) स्वादु, कषाय, स्वादु and तिक्त to cure "पित्त" and again कषाय, कटुक and तिक्त to win over 'कफ'.