

Vedic Health Science: Evaluating Alternative Medicine from the Perspective of Sushrut and Charak Samhita and Western World



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Abstract

The oldest written document 'Rigveda' is accepted by the world's learned community as an original and pure text, full of wisdom and spirituality. There are four Vedas; called Rigveda, Samveda, Yajurveda and Atharvveda. Basically the four the Vedas are discussed by post Vedic learned scholars are called Vedanga, Upnishad etc. where the time of Vedas is accepted II Century by the modern scholars, there the few scholars as Swami Dayanand accepts the time of Vedas 1 billion 97 million approx. Why I want to describe the time of Vedas? because the time of Vedic period which is established by the modern scholars can't make the continuity of Indian events serially, which took place at this secret place. So far a several flow of Indian events we first should make the appropriate time for all events of Vedic Period.

So the time management of Vedas which we can accept easily according to old text of Manusmruti is established by Swami Dayanand Saraswati. That is approx. 1 billion 97 million years.

The Riyveda tells about health in basic of medicines which are natural and gained in routine. The medical scholar can develop all medicinal practices upon them. Human anatomy according to Vedic perspective contain five basic elements. These are Agni (Fire), Vayu (Air), Jala (Water), Aakash (Sky), Prithvi (Earth), so these five elements are basic of human antonym by the appropriate balance of their five elements.

Charak Samhita explores roots buds, leaves, bark, pith, exudation, stalk juice, sprouts, alkalies, milk, fruit, flowers, ash oils, thorns pulps are known in medicine P-85 Charak Samhita, i 1.73 [2]. The description of therapeutic and other properties of substances of animal origin, the Charak Samhita describes 165 varieties of animals. Enumerating the different animals products used for medicines purpose. From the animal properties – Honey, Horns, Nails, Hooves, Hair, Gorochana are used for therapeutic purpose. The Charak Samhita also describes 64 minerals for this old therapy. Apart from thus Sustrut Samhita gives light of the use of therapeutic properties of different substances vary according to the Pharmacological processing and Preparation. The Charak Samhita speaks of Six Hundred Purgative and Five Hundred decoctions besides Eighty Four varieties of wines (P.88 Charak Samhita]

So the purpose of study is to establish effect and impact of this old medicinal practice in the prospective of modern study of medical science.

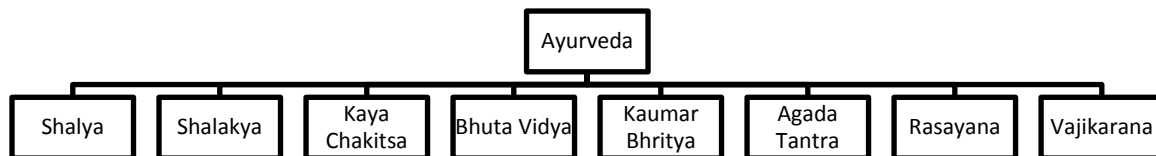
Keywords: Vedas, Rigveda, Ayurveda, Manusmruti, Charak Samhita.

Introduction

To understand the old text of medicine called Charaka Samhita, Sushruta Samhita and Ashtang Hridayam the available facts and resources more are enough to get exploration theoretical and practical. The route of Ayurveda and Vedic Health Science merely contained with Atharvaveda where we avail the factual basic interpretation about God, Human and Nature (Ishwar, Jiva, Prakriti) in all four Vedas there the specific wisdom about health in adhere with Atharvaveda. The time of Veda's is understood IInd century world scholars the Vedic Health Science is Subway of Atharvaveda as the technical term - Ayurveda. This fact is accepted commonly by scholars, but the routes of Ayurveda somewhere and accept

with Rigveda also. First Lecturer of Health Science was Brahma, the Indra spread out it in the world for

the welfare of creations¹. Brahma the first physician divided this into 8 parts.



There the eight parts of Ayurveda are divided by Brahma from the available facts from Vedas³.

Modern Basic Health Sciences

1. Anatomy
2. Biochemistry
3. Biomechanics
4. Biostatistics
5. Biophysics
6. Cytology (Cells)
7. Embryology
8. Endocrinology
9. Epidemiology
10. Genetics
11. Histology (Biological tissues)
12. Immunology
13. Medical Physics
14. Microbiology
15. Molecular Biology
16. Neuroscience
17. Nutrition Sciences
18. Pathology
19. Pharmacology
20. Pathobiology
21. Bioradiology
22. Toxicology
23. (Ionising Radiation)

In the broader summary of Modern Medicine there are many different branches. In the UK, most medicinal specialties are Opt their own body or college and specific studies to get more specific results and authentic parameters of modern health science.

Ancient Ayurveda and Modern Western World of Medicinal studies can be compound with the comparative study of both specialties and facts that can comprise all study wells to get correction and after development at facts about the health science.

Time of Charaka is accepted by most scholars IInd Century BC⁴.

Methodology

Pancha Tatram is a Sanskrit term which describe to Mahabhuta - The five elements as explored and described within Hinduism, Buddhism,

Jainism and Sikhism this is called base of human anatomy and the balance of Pancha Mahabuta called 'Panchikaranam' which is based upon the Vedic Methodology to create the human race in this world, which philosophy is based upon the Vedic vision of Ayurveda. So the body science of Vedas is accepted Panchikaranam.

This research paper will be based upon this Vedic Methodology although the basis of human anatomy are called Panchatvam but the human creators on the basics of nature also the five elements give power to both organs sense and action.

A organ of sense⁵ an organ of action⁶ hence the both sense and action are called in the Vedic Literature serially Janendriya and Karmendriya. There are 10 in Vedic philosophy of health the great elements are fivefold-space, air, water and earth⁷ Mahabhuta is Sanskrit and Pali word for great or gross elements⁸.

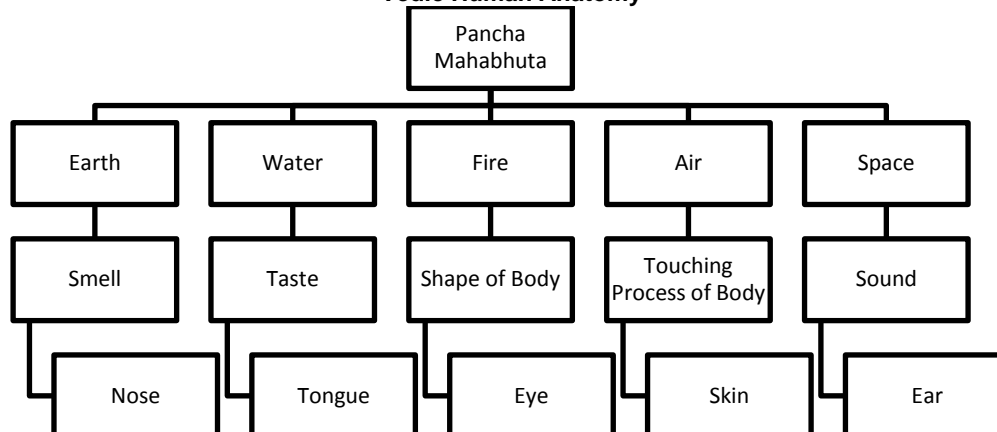
In the Buddhism 'Pali canon'⁹, the most basic elements are called as four in number but sometime of fifth and an even smaller extent and sixth element can be recognised.

In the old text of Vedic and Buddhism, the five & four great elements are causes to flow blood as water in body and flow water in the river. So the Vedic methodology contains internal for human body and external for outside the body.

Earth element represent solidity which is internally spread as head, hair, nails, teeth, skin, flesh, sinews, bone, organs, intestinal materials¹⁰, water element represents the liquidity of body which includes bile, phlegm, pus, blood, sweat, fat, tears, nayal, mucus, urine etc.

Five elements contains the quality of heat or energy, which includes those bodily mechanism which produces physical warmth, ageing, digestion and speaking process. Air (Vayu) element represents the quality of expansion or repulsive forces. It includes main functions of body- breathing the intestinal system (winds in the belly and bowels) space element includes bodily orifices such as the ears, nostrils, mouth, anas.

Table
Vedic Human Anatomy



As the summary of the five elements collectively¹¹ are the base of human anatomy. An organ of sense¹² (इन्द्रिया) and an organ of actions¹³ are called and examined with the power of the five subtle and primary elements¹⁴ (पंचतन्मात्रम्) and progressive with five types of action¹⁵ a human can be protected from all diseases (रोग) by the physician (रोगहर्ता). When the cure of Alleviation of disease (उपशमः) with the help of direction of curative, medicinal and the science of medicines in the super guidance of physician (रोगहर्ता) after diagnosing the symptoms of a disease by drugs (रोगहा) Alleviation or use of disease can be completed in the Vedic Health Science.

Diagram of Five Senses Actions

Can be the base of all sensation and actions. An object of sense¹⁶ (बुद्धिः) and action¹⁷ are serially Shabda, Rupa, Rasa, Gandha, Sparsh¹⁸, which are called five subtle¹⁸ accepted. But the five actions of human body are comprised in the organism of actions.

1. Throwing upwards, lifting or tossing up (उत्क्षेपणम्)¹⁹
2. Throwing down (अवक्षेपणम्)²⁰
3. Bending Contraction, compression (आकुंचम्)²¹
4. Spreading (प्रसारणम्)²²
5. Going, motion (गमनम्)²³

The five subtle elements, hearing, touch, sight, taste and smell the five tanmatras corresponding to the five sense perceptions and five organs of sense. The Subtle collect in different routes to produce the great Mahabhuta (elements), earth, water fire, air and ether which build the universe perceived by the senses. All senses collect and pay their roles by containing the value of an object and adhere the impressions of them to the manas which receive and arranges them into perception²⁴.

An introduction of Sushrut Samhita shortly in more useful after Charaka. It is an Ancient old text on medicine and surgery. This is a base of historical importance because in contains all surgery equipments process and wisdom describing surgical training, instruments and procedures. The learned

scholar Rudolf Hoernle describe that author of "Shatapatha Brahmana" was aware of Sushruta doctrines. So the time of Sushruta is before Shatapatha Brahmana. It is very old text²⁵ which is estimated Sixth Century BCE. It is divided into 18th Chapters and contains descriptions of 1,120 illnesses, 700 medicinal plants, 64 preparations from mineral sources and 57 preparation based on animals sources.

Objectives of the Study

The first international congress on Ayurveda was held in the Milan, Italy in March, 2009 and it was the first scientific and speculative visionary moment in the history of Western World. As I directive before the contains of Vedic Sciences about Health should be approached by the Western Medicinal World. This conference was organised by SSIMA (Societa Scientifica Italiana di Medicina Ayurvedica) and School of Ayurveda, Milan, Italy and supported by Asthavaidayam Thrissur Thaikant Mooss SNA Oushadhasala India. Mainly it was organised to establish a bridge between Ayurveda and Western Scientific and biomedical thinking in order to expand the knowledge of health, courses of diseases and Alleviation of it.

Professor, BD Josephson 1973, Nobel Laureate in Physics (Department of Physics, University of Cambridge, UK delivered his inaugural speech and described the "Eastern Philosophy and Western Science" so the object of Study is also inspires with the availability of facts which should be considered for human welfare with the perspective of Vedic Health Science.

The Main Objects

1. Drugs used in Neuroscience
2. Effective Powder of Unguents
3. Thoughts about diets, scientific explanation of diets
4. Description of constituent of body by birth
5. preventive methods for disease
6. Aetiology of Endogenous and Mental Disease
7. Four basic factors of treatment
8. Diagnosis of Diabetes
9. Endogenous and Exogeneous Oedemas
10. 48 General Diseases
11. Eight Questions Regarding Foetus of Embryo

12. Care of Child just after delivery

Medicinal world now gives all solutions of diagnosis but the side effect of drugs is also speculative.

Old text perspective about the disease

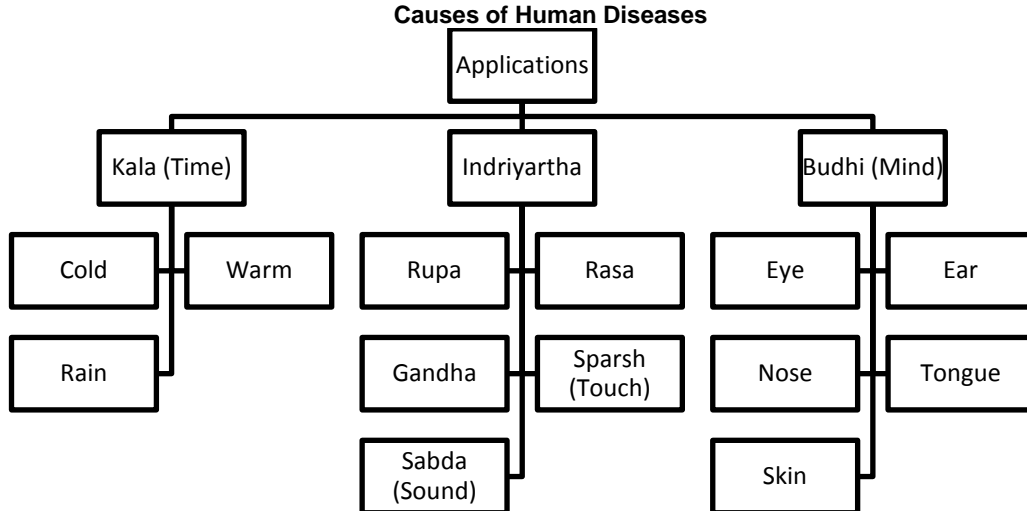
How and why? Are the symptoms of a proper diagnosis according to Sushrut in the old text are describe cause of disease

काल बुद्धीन्द्रियार्थानां योगो मिथ्या न चाति च द्रव्याश्रयाणां व्याधीनां त्रिविधो हेतु संग्रहः।

Charak Samhita Ch. 1-54

An instrumental or practical perspective of causes of disease in clearly describe in this.

By Charak Samhita we can see



1. Mithya Yoga – Wrong use of applications²⁷
2. Ayoga – Non Application for misapplication of Remedies²⁸
3. Atiyoga – Long use of an application²⁹

Charak Samhita generates an appropriate scientific opinion to search the causes of diseases. The wrong use of applications, misapplication of remedies and unlimited use of the applications are the causes of being unhealthy.

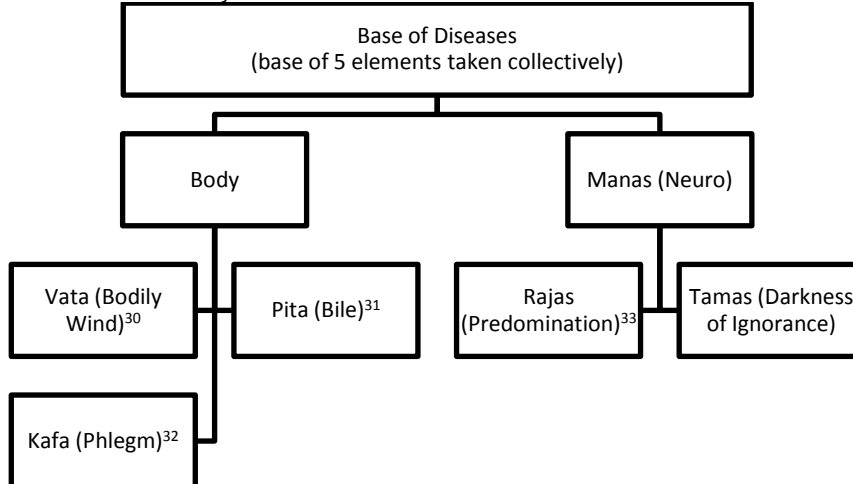
वायुः पित्तं कफश्चोक्तः शारीरो दोष संग्रहः।

मानसः पुनरुद्दिष्टो रजश्च तम एव च

Charak Samhita Ch. 7-59

Charak Samhita Establishes two base of disease in human one-body, Sharira (great five elements base of human body) Second-Manas... We can illustrate this.

Other causes of Disease body and Mind



Bodily wind, bile and phlegm are by the different use of applications based on Human body. But two neurological diseases cause of all mental diseases are predomination (Rajas) and darkness of ignorance. So the Vedic text accepts that human psychology is also a main function of being ill.³⁵

Western World – While the introduction of all Vedic health science is not a cardinal tense to establish the fact that the 18th century was a revolutionary era for the Vedic text. Western World

was attracted towards and inspired to get understand this with the help of translation of Vedas and other old Sanskrit text, comprising all the medicine books also. Prof. Monier William, AB Keeth, Maxmullar and Mc Donald etc. All the learned scholar's of Western world were involved with this interdisciplinary subject called Sanskrit. Why the facts of this Wisdom were not understand because the connection of this wisdom was already in touch before and after of the invention of the medicine world.

Western World and Vedic Health Sciences

The Greece and Indian Medicinal Process was similar and well known. We found both accepted theory of humorous (f=nks"k) imbalance of them causes illness, fever and other diseases which we can explain to diagnofy the symptoms and prescriptions.

The Medium as Rain, warm, cold either dry or oily, Hippocrates philosophy of Prognosis oaths of physician and morality or objectivity was already taken or given by these two nations³⁶. Embrio science twins, diabetic, heart disease, orthopedic, genecology were the topics which were similarly discussed. The governance of Britain was spread out World Wide and the facts of all Indian Vedic text were reached to East India Company to Victoria Government but at least Wisdom which is delivered in the text mandatlly requires a bridge of these two medicinal philosophies that bridge will be based on the methodology and practical of natural sciences.

योगश्चितवृत्ति निरोधः

The yoga Philosophy of Acharya Patanjali which entirely occupies the all over world with the opted Path of Asanas body posture can only relates that wisdom of Vedic Health Science which Enormously was spread for not Indian but for human.

Indian Medicinal world of Ayurveda and Western World

Vedic Health Science spreads from the east to west and grasps new era of cultural and several biases³⁸. Several Paradigms of Vedic Health Science have been reached with trade of spices and immigrants to different parts of the world. Colonial British Period and American States, Greece and Germany are the main places where the Vedic Health System or old text of Ayurveda reached through the invention of translation of Vedic Text or the practices of trade or immigrants to these countries. Professor K.B. Keeth Alan Davidson Keith (1885-1928) guides us. In his world fame book "History of Sanskrit Literature" that Buddhism was also affected with a rich connection to old Ayurveda, where the "Jivaka" physician was a learned about Ayurveda "Vinaya Pitaka" and other Buddha Traditional Books were inspired by the old Ayurveda where the Surgery was main function, available in their routine day to day³⁹. So this therapy was spread out with Buddhism to other countries where the half part of world adopted the education of great Buddha. Second the Arab world was also connected with this therapy. "Bower Manuscript" in an early birch bark document dated to Gupta era between the 4th and 6th Century. It is written in Sanskrit Manuscript (Late Bharahmi script) some part in Prakrit also. One of the oldest manuscript available now in this era and was discovered near a ruined Buddhist Monastery near Kuchar in Chinese Turkestan.⁴⁰

It is a written available document which classes the evidence that the cultural, educational or Ayurvedic medicinal practices were spread out and shared in ancient times between India-China and Central Asia. Mr. Rudolf Hoernle (1910) had expressed his views that the text of the manuscript contains experts of the Bheda Samhita on Indian Medicine and based upon Charak and Shushrut

Samhita. The Translation of Sushrut Samhita was available in Arabic Language also.

Conclusions

The conclusive statement about Vedic Health Sciences covered with Autharveda to Charaka and Shushruta was world wide spread out because of its scientific process. Although nowadays Yoga as a part of Vedic Health Science taking place in the heart of World Wide people and the other practices as the naturopathy and well care centre of traditions, spa etc. In the last- we should not forget the worlds of Professor BD Josephson 1973 Nobel Laureate in Physics, University of Cambridge (UK) considered the problems with "Objective reality" That is central to quantum theory, sincere reality in too complex to be reduced to a formula in General. There are also a number of well attested phenomena that seem difficult to accommodate within conventional approaches and there are also suggestion, originating in the work of Niels, Bohr that bio-systems demand the use of complementary descriptions.⁴²

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