

The Concept Of Ayurveda In The Perspective Of Charaka Samhita: A Comparison With Yoga Philosophy

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Abstract:

From the ancient times all the Ayurvedic medicines play the most significant role. In India, the Ayurvedic methods of medication developed dynamically between 2500 and 500 BC. This system is basically derived from the Vedic concepts of health from the others philosophical schools like, Samkhya, yoga, upanishadic thoughts etc. The Charaka Samhita and Sushruta Samhita are the most famous work of Ayurveda. In Ayurveda There are five elements - air, water, ether, earth and fire. A combination of these elements make up three humors, which is called as constitutions or energies of the body. Constitution varies by individual, and per Ayurvedic philosophy, it may influence how well our body functions during specific times of the year. This paper tries to describe the origin of Ayurvedic system and the present situation and impacts of Ayurveda in India and some issues and suggestions for improving the status of Ayurvedic system for better future.

Keywords: Ayurvedic medicines, Veda, Yoga, Samhita, Upanishads.

Introduction:

Ayurveda is a very unique concept which is yet to be explained with modern scientific ways or methods. Now a days though it is related with modern scientific techniques, but its origin is related with the ancient period. In ancient

period it was found in the Vedas, Charaka Samhita, Susruta Samhita, Bhavaprakasa of Bhavamisra, Saragdhara Samhita, Chikitsasamgraha by Vangasena and also the others scriptures. Among the Samhitas, the Charaka (caraka) Samhita which was written by the great scholar Charaka is the unique and popular Samhita for Ayurveda. At first, the Gurus (teacher), the Vaidyas were usually using the Ayurvedic medicines for treatment. They use various types of roots, leafs, stems, hurbs etc. for medicines in that time.

The word Ayurveda is composed of two words, i.e. 'Ayur' which means indicating life, and 'Veda' which means to know. The 'Veda' word is originated from the Sanskrit root 'Vid'. Therefore the etymological meaning of the word 'Ayurveda' is 'science of life'. During the period of 2500 and 500 BC. Ayurveda system was flourished in India. We can found the Ayurvedic concept widely in the Charaka Samhita and Sushruta Samhita which was written by the great scholar Sushruta, also. In Ayurveda, Vyatyasa is one such concept described in Trisura Ayurveda, i.e. Hetu (causative factors), Lakshana (features), and Chikitsa (treatment) of Ayurveda. The word Vyatyasa means the opposite entities applied alternatively.

In the Charaka Samhita, it describes all the aspects of Ayurvedic medicines; on the other hand the famous Sushruta samhita describes the science of surgery. According to the Charaka samhita and Sushruta samhita, in Ayurveda, there are three basic humors, which are called as 'Tridoshas'- Vata dosha, Pitta dosha and Kapha dosha. These tridoshas are the responsible for the basic physiological functions of the body. The imbalance of these three doshas causes illness or disease in our body.

Objectives of the study:

The Ayurvedic system refers to traditional medical system in India. These days it has become a major concern in the world. The main objectives of this study are:

- To know and discuss about the Ayurvedic system of medicine.
- To know the origins and history of Ayurvedic system.
- To discuss about the possible benefits and impacts of ayurvedic system in India.
- To highlight some issues and suggestions to improve this system.

Methodology and Data Sources:

The study will be based on exploratory and analytical method. The study aims to explore the issues and importance of Ayurvedic system in India. Here we used secondary data in order to get an overall scenario of the above mentioned sectors.

What is Ayurveda?

Ayurveda is a medical system that created in India roughly 5,000 years ago. It is a traditional medical system from India that comes from the Sanskrit words “ayur” (life) and “Veda” (knowledge). So it means “knowledge of life”. It is most continuously and traditionally practiced system of medicine in India as well as in the world. The basis of Ayurveda is focused on living in harmony with the rhythms of nature. Without nature’s help we never exist in this practical world so always respect the nature. It includes eating with the seasons, sleeping with the sun and moon cycle. Ayurveda is a whole system of medicine that focuses on the precaution of disease and maintain a good health. It also works with the etiology and pathology of disease. All the Ayurvedic medicines are produced from the nature so these types of medicines are never produced without nature.

The Ayurvedic system probably started from ancient time and when Brahma provided the principles of Dhanvantari. At that time he was a physician to the gods. Its origin is related to the ancient system of Indian (Hindu) philosophy. While Ayurveda is considered the oldest system of medicine, it’s growing in popularity and is used not only India but also other countries.

The Ayurvedic Humors:

There are five elements of Ayurveda- air, water, space or ether, earth and fire. The combination of these elements make up the three humors, they are also called constitutions or energies, of the body. Constitution varies by individual, and per ayurvedic philosophy, it may influence how well our body functions during specific times of the year. Vata dosha (air and space) is associated with the cold, dry winter. Pitta dosha (fire) is associated with summer. Kapha dosha (earth and water) is associated with wet, rainy, muddy spring and fall. We can better realize our constitution through Ayurvedic medicine, and may then

make conscious changes to improve the balance of our doshas, thus potentially improving our overall health. But if we practically observe the history of Ayurveda, then most of the human beings in the world take much help from the Ayurvedic medicine. For instance, Harvel, Patanjali medicine of Ramdev etc. we know all about the positive impact of these kinds of medicines in our society and almost there is no side effect. "The Agneya Guna of pitta Dosha together with chala Guna of Vata Dosha is inflicting decreased motility, in Ksheena Shukra." 1(Contribution of Ayurveda in the Management of Ksheena Shukra Vikara with Special Reference to Asthenozoospermia: A Case Report, Mohan Manju. Punam, Sawarkar. Gaurab, Sawarkar, 12/07/2021).145.

Charaka Samhita:

The Charaka Samhita which was written by the great scholar Charaka, is the unique and popular Samhita for Ayurveda. The Ayurvedic literature Charaka Samhita in 700 BC. told about the various plants which were being used in preparation of medicines. The formation of the Charaka Samhita has been in four stages-

- (i) **Acharya Atreya Punarvasu:** It means the narrator. The available Charaka Samhita was narrated to the Acharya Agnivesha by Acharya Atreya. Because of this, the Acharya Atreya was the foundation of the greatest text of Ayurveda known as Charaka Samhita.
- (ii) **Acharya Agnivesha:** it means the primary author. Acharya Atreya and his famous disciple deliberate Chikitsa chatushpada (the four limbs of treatment) in the line of Upanishad and also the concept of wishes or desires is an indication of his might in the Ayurvedic knowledge.
- (iii) **Acharya Charaka:** It means the redactor. One of the stalwarts of Ayurveda who redacted the Agnivesha tantra and made into the Samhita form known as Charaka Samhita.
- (iv) **Acharya Dridhbala:** Dridhbala is the son of Kapilabali. In Charaka Samhita, the methodology is used by the Dridhbala is the selective and collective methodology called the Uncha and Shila vritti respectively.

The famous Charaka Samhita is classified into eight (8) steps or sthana, namely- Sutra, Nidana, Vimana, Shavira, Chikitsa, Kalpa and Siddhi Sthana respectively.

The eight Sthanas are stated in the following table –

Sl. No.	Sthana (sections)	Important point explained in sthana	Adhyaya(chapters)
1	Shloka Sthana/ Sruta	General principles	30
2	Nidana Sthana	Diagnosis of diseases	8
3	Vimana Sthana/ Mana	Specific determination of drugs	8
4	Sharira Sthana/ Ashraya	Anatomy including embryology	8
5	Indria Sthana/ Arishtha	Prognostic signs	12
6	Chikitsa Sthana/ Aushadha	Therapeutics	30
7	Kalpa Sthana/ Vikalpa	Pharmaceutics	12
8	Siddhi Sthana	Successful administration of panchakarma	12

Ayurveda and Yoga system:

In India, there are six traditional system of medicine based- Ayurveda, Unani, Siddha, Homeopathy, yoga and Naturopathy. Among these six systems, ayurveda is the most ancient, widely acceptable, practiced and flourished. Among these all six allied systems, the Yoga system has an important role. The yoga system is interrelated with Ayurveda. The Ayurveda recommend yoga to augment the effect of Ayurvedic medicines.

The Yoga system, founded by the great sage Patanjali, deals with physical, mental and also the spiritual state of a person. The yoga is originated in India in the ancient time. The yoga is based on the meditative exercise (meditation) and life style management to obtain tranquility and improve the health condition. The term yoga means 'to connect'. The great sage Patanjali, in Yoga system, refers to eight (8) systems or limbs of yoga. Each of these steps offers guidance on to live a meaningful and purposeful healthy life. These eight steps are called as 'Astangayoga'. These steps are-

- ❖ Yama (practice of renunciation)

- ❖ Niyama (aspects of personal conduct)
- ❖ Asana (yoga postures)
- ❖ Pranayama (breath control)
- ❖ Pratyahara (withdrawal of the senses)
- ❖ Dharana (concentration)
- ❖ Dhyana (meditation)
- ❖ Samadhi (absorption)

Like Astangayoga, given by patanjali in Ayurveda also there is 'Astanga Ayurveda' (eight disciplines). These are-

- ❖ Kayachikitsa (internal medicine treatment)
- ❖ Kaumar Bhritya (pediatric treatment)
- ❖ Bhootavidya (treatment of psychological disorders)
- ❖ Rasayana (study of geriatrics)
- ❖ Vajikarana (treatment through aphrodisiacs and eugenics)
- ❖ Shalya (surgical treatment)
- ❖ Shalakya (otorhinalaryngological and ophthalmological treatment)
- ❖ Agada tantra (toxical studies)

The Yoga system is a traditional Indian science and a way of our life that brings the relaxation and balanced our mental state. The technique of yoga consists of physical postures (asanas), voluntarily regulated breathing (pranayamas), meditations and philosophical principles. These help us to balance our mental state. The Ayurveda which is very closely related to traditional Indian discipline, it provides the knowledge of our health. In Sanskrit Ayurveda means 'the science of life'. The yoga system is the sister science of Ayurveda.

Ayurveda is system of health science that focuses on healing the mind and body, and the Yoga is its sister science. It is about the practices of relaxing and balance the mind and body of an individual. Where Ayurveda is about the healing the body, the Yoga is focusing on the purification of the mind and body. So we can say that both Ayurveda and Yoga system focuses the common factor that the good health of a body is directly proportional to the balance generated by a healthy mind. Both the Ayurvedic and yoga includes the cleaning practices, a good diet plan, good nutrition, attitude, regular exercise, hygiene, and also the spiritual practice or meditation and so on.

The Ayurveda and Yoga both are originated from the Vedas and both accepted the panchamahabhoota theory. They both has 8 branches – astanga yoga and astanga ayurveda. The Ayurveda give emphasis on the physical health and yoga emphasize on the spiritual, mental and emotional well being. Ayurveda includes the all six of the schools of philosophy. Including the Yoga sutras of Patanjali and Vedanta also. The Ayurveda and yoga use the cleaning methods for the body for removing the waste products and toxins of the body. Ayurveda has panchakarma(five cleaning actions) and the yoga system uses Shat karma (six purification measures). We need to synchronize the benefits of both Ayurveda and Yoga to experience better results during the process of purifying the mind and healing the body naturally.

Possible Benefits of Ayurveda:

While there are many possible benefits of practicing Ayurvedic medicine, it's important to keep in mind that it has been around for thousands of years. Through the use of diet, lifestyle changes, exercise and movement, as well as yoga and breath work, Ayurveda enhances our body's resilience against stress and illness. The goal is to create an inner experience of composure and confidence that allows us to be able to handle stress like water rolling off your back. The Ayurvedic lifestyle allows us to go through the day preventing stress in life of the alternative, which is breaking our body down and then recovering. If we practically observe a man who use the Ayurvedic medicines then he can be more active, strong etc. Most of the persons of the world getting suitable benefits by using the Ayurvedic medicine because practice of morning walk, run, physical exercise, yoga are all involved in the Ayurveda. For instance many celebrities are getting so many benefits by practicing yoga.

Some issues of Ayurveda:

The basic underpinnings of Ayurveda being in balance and harmony with nature and the rhythms of nature can be practiced by anyone of the world. Ayurvedic practices will focus on prevention, self care, and daily and seasonal living routines, which are all safe. It involves eating more foods that are in season going to bed earlier and waking up closer to the sunrise, and properly timing meals to support our

metabolism and digestion (like a larger lunch, followed by a smaller dinner and, ideally, no snacking before bed). Ayurveda also involves incorporating spices and herbal teas into our diet, which is generally safe when used in normal amounts in cooking and consuming. Herbal preparations should only be used when recommended by a certified Ayurvedic health counselor or practitioner. These herbal formulations, such as triphala, ashwagandha, and pippali, are readily available to purchase in most healthy food stores but can be potent and harmful to some people depending on underlying health conditions. Almost there is no side effects of Ayurveda so it is called so safety and healthy for human being.

Ayurvedic medicine industry and its impact: past, present and future:

Traditional system of Ayurvedic medicines are used by us when it comes to meeting the worldwide health care needs. Ayurveda, one of the oldest form of medicine in India. Its Materia Medica contains resources in the form of drugs derived from plant, animal, metal and mineral sources, the use of which has been advocated in varied pathological manifestations. These raw materials have also been made in to play-herbal, herb-mineral and metallic compound formulations by the seers, who have documented their clinical experience and have passed on the knowledge to further generations by way of recording them in texts. In ancient times, the ayurvedic tradition of clinical diagnosis, therapeutics and manufacturing of medicinal formulations was typically passed on through the Guru-Shishya tradition and very often through familial inheritance with the ayurvedic exponent of Vaidya imparting his knowledge to sons, kin and a few select disciples. Ayurvedic exponents had established dedicated Gurukuls for imparting theoretical and practical knowledge of all aspects of Ayurveda and these schools sustained and flourished under the patronage of the benevolent kings and emperors. Ayurvedic medicine manufacturing was almost always a family run activity with the details of manufacturing process being closely guarded for efficient quality management. It was in form of cottage industry aimed at catering to the needs of individual patients.

Although, Ayurveda as system of medicine has been in practice in India for thousands of years but its

growth as an industry commenced only a few decades back. Earlier growth of this industry took a back-seat mainly due to lack of initiative by its practitioners, industry and even the subsequent Governments. The Ayurveda fraternity till late had been non-receptive and reclusive of modern techniques and advancements that have occurred in the modern pharmacy industry. The tradition of preparation of medicines by Ayurvedic practitioners themselves has now almost come to an end. Now we find a much organized and commercial production of ayurvedic medicines in big factories. India is called “Botanical Garden of the World” as it is the largest producer of medicinal herbs. These herbal products are preventive, protective, nutritive and curative. Attention now being shifted from relief to prevention and cure. “Indulgence with Sheeta and Ushna diet/drugs/environmental factors leads to the pathological progression where doshas get relatively stagnant and the genesis of kushtha disease commences.” 2(CONCEPT OF VYATYASA IN AYURVEDA, Khuntia, Bharat Krushna, 22/05/2017)203

Conclusion:

From the ancient times, all the Ayurvedic medicines play the most significant role in India. Now a days though it is related with modern scientific techniques, but its origin is related with the ancient period. Charaka Samhita is the most unique and popular Samhita for Ayurveda. The yoga system also interrelated with Ayurveda. The Ayurveda recommend yoga to augment the effect of Ayurvedic medicines. There is a very good relation between them; one is not fully completed without the other. According to the Ayurvedic text, Charaka samhita and Sushruta Samhita identified yoga is essential part of a person to maintain his health. In the conclusion we can say that the Ayurveda not only teach us to live a healthy life but also to love our nature and live with the nature. Only the nature protects us from any situation. So the unconditional love for Ayurveda will give life to the individual as well as the environment.

Most of the human beings are got benefits by using this medicine from the ancient time, in our present time it has also great impact in our society and it will helpful in our future life also. We should give importance to developed this medicine and reducing all the issues of it.

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