CHARAK SAMHITA; AS REMARKABLE ANCIENT RESEARCH TREATIES: A REVIEW

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INTRODUCTION

Ayurveda the science of Indian medicine encompasses several treaties related to the ancient approaches of Indian medical system and Charak Samhita is such identities of Ayurveda. Charak Samhita explains path of research and methodology along with several theories related to the diseases and their treatment. Charak Samhita encompasses details information related to the study of Pramana, Dashvidh Parikshya and methods of proving i.e. Panchavayavi Vakya, etc. The present review highlights various fields of research including literary, fundamental, drug and clinical research in Ayurveda. The review further focuses to improve the research methodology for Ayurveda with main emphasis on the fundamental research. This attempt will enlighten the path of young researchers towards the field of basic Ayurveda research. Here Tantrayukti was used to understand science and Vadamargapad used to prove one’s view, etc. This article presented Charak Samhita as a very scientifically bound textbook for explaining various principles of Ayurveda.

KEYWORDS: Ayurveda, Charak Samhita, Anusandhan, Tantrayukti, Vadamargapad.

ABSTRACT

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INTRODUCTION

The research can be defined as “a quest for knowledge through diligent search or investigation or experimentation aimed at discovery and inter-relationship of new knowledge”. Ayurveda described research as succeeding process to find something new or to explore something with new ideas.[1-4] Ayurveda mainly focuses on the word “Anusandhan” with respect to research, that can be described as a “study of cause and effect relationship between Dravya, Guna and Karma after several observations and through various examinations”.

According to Charak Samhita the research was a continuous process in ancient time since ancient researcher examined or observed several issues and then proved them as logical theory or principle. Charak has given 36 Tantrayukti as guidelines for a treatise. They provide the system of frame work of theory and its practical application. Tantrayukti are considered one among the ancient Indian research methodology. Considering this aspect present article explores concept of research as per the Charak.[4-7]

Characteristics of Good Research

- Full knowledge of scriptures
- Reasoning
- Scientific Knowledge
- Memory/Calculative knowledge
- Repeated observation and experimentation
- Practical knowledge
- Repeated observation

Need of Research in the field of Ayurveda

- Research aims to finding out new facts or verifying old facts, which is directed to the solution of the problem.
- The ultimate goal of research is to discover cause and effect relationship
- Desire to absolute knowledge
- Desire of better standard of living
Finding out the new facts or verification of the old facts
To follow the appropriate knowledge

Objectives of the Ayurveda Research
1. Maintenance of health and treatment of disease are the main objects of the Ayurveda.
2. To study and understand specialties of Ayurveda and their utility.
3. To study the cause and effect of relationship for the proper understanding of ayurvedic concepts.
4. To explores importance of Ayurvedic Drug Research
5. To explores importance of Ayurvedic literary Research
6. To explores importance of Clinical Research in Ayurveda

Steps involved in research process of Ayurveda

1. Cause/Reason
   a. Independent Reason: Research Scholar
   b. Dependent Reason: Field of research
2. Methods/Methadology/Materials
   Drug/Instrument/Equipments: Materials and methods involved in research work.
3. Hypothesis
   Research statements
4. Proving Hypothesis
   Proving synchronization of statement
5. Conclusion/Result
   Acquiring satisfactory results with respect to the outcome, patient and physician satisfaction
6. Future & Long term result
   To establish a conclusion that can be proved for larger population for longer period of time, considered beneficial for society.
7. Institute/ lab /patients
8. Time
   The research outcome related to the particular time, season, year and month, etc.
9. Research attitude
   Dedication towards research work
10. Yukti
    Utilization of good technique for research purpose

Five Approaches of Ayurvedic Research Methodology
1. Pratigya (Hypothesis/ Proposition)
   a. It means what is to be proved
   b. Statement of problem
   c. That means first there is hypothesis and then establishment

Pratigya can be called as preposition or hypothesis. The confirmation (Sihaipana) of the hypothesis is done on the basis of various utilities/factors as depicted in Figure 1.

Figure 1: Utilities/factors used for the confirmation of research hypothesis.

2. Hetu
   The following Praman or tools considered as causes of knowledge:
   • Auptopadesha (Traditional knowledge/Authoritative statement)
   • Pratyaksha (Direct observation)
   • Anumana (Inference)
   • Aupamaya (analogy)

3. Drushtanta or Udahrana
   Drushtanta or Udahrana can also be called as universal truth, established work or active instance or example. It helps to support the validity of the statement.

4. Upanaya
   Upanaya is a relation between the two things; it can also be called as comparative study on the facts and figures to prove the hypothesis.

5. Nigman
   Nigman is conclusion which drawn through the logical sequence, examples and correlations. Nigman validates the Pratigya or hypothesis.\(^{[6.8]}\)

Literary Research
The aims of literary research are
1. Enlighten the available resources
2. Verify and validity of previous research.

Criteria for Ayurvedic literature research
a. Classification
b. Compilation
c. Critical study
d. Correlation
e. Assessment
Charak Samhita presented basis of Ayurveda literary research in concise format, Charak Samhita made literary research easy by mentioning some exposition methods. It comprises following research points:

- Explanation
- Detailed explanation
- Positive finding
- Negative finding
- Inference
- Logical correlation

Requirements for literary research in present era
- Self explanatory study and conclusion
- Behavioral phenomena
- Basic principle analysis

Clinical Research
Purpose of clinical research/ clinical trials
After testing drug in animal, if the drug is proved safe and effective to the extent so that it is safe for human then it is tested on human for its safety. Then it is ready for clinical purpose.

The three main aspects of clinical research are
a. Curative
b. Promotive
c. Preventive

Methods of clinical research
Detail examination of patients should be done for this one should collect exhaustive data regarding patient and disease he suffered. The response is noted and treatment should be planned. The clinical research involves essential role of physician, drug, nurse and patient, for the completion of study.

The method of disease examination
1. Method of direct observation
2. Indirect observation
1. Direct observation
Direct observation was done using various types of sense organs like ear and eye. Various types of sounds present in hollow organs like heart, lungs and intestine are examined with the help ear. Similarly colour / discoloration should be noted with the help of eye.
2. Indirect method
Indirect observation made with the help of reasoning and logical thinking. Various types of examination are made using observation of symptoms and analysis of phenomena.

DISCUSSION
Tantra means “Shastra” or treaties, and Yukti means “to unite or to concentrate or application” Tantrayukti is a scientific tool to be employed while composing a treatise. Tantrayukti are mainly two types; Vakya Yojana tantrayukti and Arthyojana Tantrayukti.

Those which correct and rearrange irrelevant sentences in the text or deny the wrong statement are called Vakya Yojana tantrayukti e.g., Yoga, Uddesha and Nirdrsha, etc.

Those which explore or search the hidden things and elaborate the exact statement in the text are called Arthyojana Tantrayukti i.e. Adhikaran and Padarth, etc.[8-10]

CONCLUSION
It can be concluded that the Tantrayukti play important role towards the understating of research facts. Researcher scholar should have the knowledge of Charak Samhita to understand fundamental concepts of various types of literary and clinical research. The treaties of Charak Samhita need to be explored for exploring concepts of Ayurveda research methodology.

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