



CHARAK SAMHITA; AS REMARKABLE ANCIENT RESEARCH TREATIES: A REVIEW

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ABSTRACT

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 Vadmarginapad 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, Vadmarginapad.

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]

कार्यकारणभवस्यः द्रव्याणुगुणकर्मणो ।

परीक्ष्यस्थापन सम्यक् अनसंधानमुच्यते ॥

अन्वेषणं पर्येषणं गवेषणमथ च ।

शोध इत्यादि पर्यायैः लोके समभिधीयते ॥

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.

सिद्धान्तो नाम स यः परीक्षकैर्बहुविधं परीक्ष्य हेतुभिश्च साधयित्वा स्थाप्यते निर्णयः ।

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 explore importance of Ayurvedic Drug Research
5. To explore importance of Ayurvedic literary Research
6. To explore importance of Clinical Research in Ayurveda

Steps involved in research process of Ayurveda

ज्ञानपूर्वकं हि कर्मणां समारम्भं प्रशंसन्ति कुशलाः। च.वि.8/68
जो व्यक्ति तथ्यों का पूर्ण ज्ञान के पश्चात कार्य प्रारंभ करता है, तथा उसकी कुशलता से पूर्ण किए कार्य की जगत में प्रशंसा होती है।

1. Cause/Reason

- a. Independent Reason: Research Scholar
- b. Dependent Reason: Field of research

2. Methods/Methodology/Materials

Drug/Instruments/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 (*Sthapana*) 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:

- *Aptopadesha* (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 treatises, 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 treatises of *Charak Samhita* need to be explored for exploring concepts of Ayurveda research methodology.

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