

**GRAVITY OF SAMHITA IN EXISTING CONDITIONS**Ruby Jain<sup>1\*</sup>, Krishna Kumar Tiwari<sup>2</sup>, Shailesh Jain<sup>3</sup> and Deepak Singh Yadav<sup>4</sup><sup>1</sup>PG Scholar,<sup>2</sup>Associate Professor,

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**ABSTRACT**

The word 'ayu' here means the life. The ayu is composed of sharira (body), indriya (sense organs), satva (mind) and atma (soul). Ayurveda is not merely a medical science; rather it is the art and science of life. Ayurveda is a rare and real conglomeration of sociology, ecology, psychology, botany, medical science, Samhita is the oldest and the most authentic treatise on Ayurveda and is the ancient medical science of India. Apart from giving information on medical conditions and their treatment; it also gives valuable information on geographical, social, and economic conditions of India. Samhitas possess the oldest keen knowledge of healthcare, cure and life science. Samhitas always illuminate our path like sun. Ayurveda samhitas are based on principles which remain same and valid in all phases of life. There are so many concepts described in Charaka Samhita, Sushruta Samhita, Ashtanga Hridayam and Sangrah, Sharangdhar Samhita, Bhava Prakasha and Madhava Nidanam – which are widely applicable in various fields but viewing these from a single window of medical field makes the importance of those principles diffuse.

**INTRODUCTION**

The question of research arises when there is a doubt regarding the veracity of a statement. It has been proved time and again that the basic principles of Ayurveda are purely scientific and have remained unchanged through the generations. A science having such a strong foundation cannot be challenged just like the classical Vedas. The conduction of research in Ayurveda is a difficult.

If someone is not suffering from a disease, he is called healthy. Health is not merely being free from diseases. Ayurveda describes health as a state of being physically, mentally, socially and spiritually fit or in a balanced state. A person is called swastha or healthy when his dosa, dhatu, agni and mala are in normalcy or in balanced state and he is in a state of mental, sensorial, spiritual calmness and happiness. Samhitas is not only an interesting source of ancient medical practices, it also may be a source of valuable information on ecological, social, and economic conditions in ancient India.

**Importance of various samhitas****Gravity of charak samhita**

✓ Charaka, also known as Charaka Muni or Agnivesa, was an ancient Indian physician and scholar who made significant contributions to the field of

Ayurveda. Ayurveda is a traditional system of medicine that originated in India more than 5,000 years ago.

- ✓ Charaka is believed to have lived during the 4th century BCE, although the exact dates of his birth and death are uncertain. He is considered one of the principal contributors to the Charaka Samhita, an ancient Ayurvedic text that is one of the foundational texts of Ayurvedic medicine.
- ✓ The Charaka Samhita is a comprehensive treatise on various aspects of medicine, including etiology, diagnosis, treatment, and ethical considerations. It covers a wide range of topics, including anatomy, physiology, herbal medicine, surgical techniques, and the use of minerals and metals in medicine.
- ✓ Charaka's approach to medicine was holistic and focused on understanding the body as a whole. He emphasized the importance of maintaining a balance among the three doshas (vata, pitta, and kapha) and believed that disease resulted from an imbalance in these doshas. His treatments aimed to restore this balance through dietary changes, herbal remedies, lifestyle modifications, and therapies such as massage and detoxification.
- ✓ Charaka's contributions to Ayurveda were not only medical but also scientific. He emphasized the importance of observation, experimentation, and

logical reasoning in the practice of medicine. He classified diseases based on their etiology and symptoms, and his diagnostic methods included examination of the pulse, urine, and other bodily fluids.

- ✓ A comprehensive regimen of life has been advocated in Ayurveda in view of preserving health. This regimen has been described in terms of dinacharya, ratricharya and ritucharya.
- ✓ It includes getting up early in the morning, attending natural calls, cleaning and dressing up of the body properly, an appropriate meal and doing occupational work. Physical exercise in accordance to respective physical stamina and seasonal conditions has been considered important in

#### Importance of sushrut samhita

- ✓ The Sushruta Samhita acts as a training manual and educative text for surgery, and enabled a move away from the more primitive forms of surgery practiced beforehand. Many procedures and methods of surgery were described and in some way acts as a basic manual from which surgery in the modern day has grown from.
- ✓ Sushruta is the father of surgery. If the history of science is traced back to its origin, it probably starts from an unmarked era of ancient time. Although the science of medicine and surgery has advanced by leaps and bounds today, many techniques practiced today have still been derived from the practices of the ancient Indian scholars.
- ✓ Sushruta has described surgery under eight heads: Chedya (excision), Lekhya (scarification), Vedhya (puncturing), Esya (exploration), Ahrya (extraction), Vsraya (evacuation), and Sivya (suturing).
- ✓ All the basic principles of surgery such as planning precision, hemostasis, and perfection find important places in Sushruta's writings on the subject. He has described various reconstructive procedures for different types of defects.
- ✓ His works are compiled as Sushrutaa Samhita. He describes 60 types of upkarma for treatment of wound, 120 surgical instruments and 300 surgical procedures, and classification of human surgeries in eight categories.
- ✓ To Sushruta, health was not only a state of physical well-being but also mental, brought about and preserved by the maintenance of balanced humors, good nutrition, proper elimination of wastes, and a pleasant contented state of body and mind.
- ✓ For successful surgery, Sushruta induced anesthesia using intoxicants such as wine and henbane (*Cannabis indica*).
- ✓ He treated numerous cases of Nasa Sandhan (rhinoplasty), Oshtha Sandhan (lobuloplasty), Karna Sandhan (otoplasty). Even today, rhinoplasty described by Shushruta in 600 BC is referred to as the Indian flap and he is known as the originator of plastic surgery.
- ✓ He described six varieties of accidental injuries encompassing all parts of the body. They are described below:
  - Chinna - Complete severance of a part or whole of a limb
  - Bhinna - Deep injury to some hollow region by a long piercing object
  - Viddha Prana - Puncturing a structure without a hollow
  - Kshata - Uneven injuries with signs of both Chinna and Bhinna
  - Pichchita - Crushed injury due to a fall or blow
  - Ghrsta - Superficial abrasion of the skin.
- ✓ Besides trauma involving general surgery, Sushruta gives an in-depth account and a description of the treatment of 12 varieties of fracture and six types of dislocation. This continues to spellbind orthopedic surgeons even today. He mentions the principles of traction, manipulation, apposition, stabilization, and postoperative physiotherapy.
- ✓ He also prescribed measures to induce growth of lost hair and removal of unwanted hair. He implored surgeons to achieve perfect healing which is characterized by the absence of any elevation, in duration, swelling mass, and the return of normal coloring.
- ✓ Plastic surgery and dental surgery were practiced in India even in ancient times. Students were properly trained on models. New students were expected to study for at least 6 years before starting their training. Before beginning the training, the students were required to take a solemn oath. He taught his surgical skills to his students on various experimental models. Incision on vegetables such as watermelon and cucumber, probing on worm-eaten woods, preceding present-day workshop by more than 2000 years are some instances of his experimental teachings. He was one of the first people in human history to suggest that a student of surgery should learn about human body and its organ by dissecting a dead body.
- ✓ Sushrutaa Samhita remained preserved for many centuries exclusively in the Sanskrit language. In the eight century AD, Sushrutaa Samhita was translated into Arabic as "Kitab Shah Shun al -Hindi" and "Kitab - I - Susurud." The first European translation of Sushrutaa Samhita was published by Hessler in Latin and in German by Muller in the early 19<sup>th</sup> century; the complete English literature was done by Kaviraj Kunja Lal Bhishagratna in the three volumes in 1907 at Calcutta.
- ✓ Sushruta was also known as a medical authority in Tibetan literature.
- ✓ Sushruta considered surgery the first and foremost branch of medicine and stated that surgery has the superior advantage of producing instantaneous effects by means of surgical instruments and appliances and hence is the highest in value of all the medical tantras. It is the eternal source of infinite piety, imports fame, and opens the gates of heaven to its votaries. It prolongs the duration of human

existence on earth and helps human in successfully completing their missions and wearing a decent competence in life.

### Importance of ashtang sangrah

- ✓ Ashtanga Hridaya contains about 7120 poetic verses. Mainly focussing on kayachikitsa, Ashtanga Hridaya also discusses in detail about various surgical treatments. The kapha subtypes are first listed and described in this samhita, with exhaustive explanation of vata, pitta, and kapha along with their five subtypes. This text is considered as a combined form of both the Atreya and Dhanwanthari schools. Many of the ayurvedic medicines are prepared through the methods described in Ashtanga Hridaya.
- ✓ Ashtanga Hridaya Samhita is divided into sutra, nidana, sharira, chikitsa, kalpa, and uttara sthana, and was also written by Vagbhata. It contains 120 chapters and the author quotes Charaka, Susruta Bhela, Nimi, Kasyapa, Dhanvantari and other earlier authors and their works; the chief source, however, is Ashtanga Samgraha. It is a complete but concise description of Ayurvedic medicine.
- ✓ Ashtanga Hridaya Samhita has catalogued, a systematized text of human illnesses. It is the third major treatise in Ayurveda. Ashtanga Hridaya focuses more on the physiological aspect of the body rather than the spiritual aspects of it.
- ✓ Ashtanga Samgraha and Ashtanga Hridaya, particularly the latter, indicate advancement in knowledge over the two samhitas of Charaka and Susruta. This is particularly noticeable in the new drugs and some of the new surgical procedures that have been introduced

### CONCLUSION

The conviction or faith in the science is acquired only after reading of Samhita, comprehending and implementing the science. In Samhitas every word has been explored after rigorous observations and thereafter fundamental principles are compared which are the universal facts of science thus conviction is to be built through observation, inference and also by realizing the wisdom of authoritative personalities. An apta who is beyond the influence of manasika dosha is never self-centered. Knowledge thus delivered by them is devoid of any errors & is valid in all phases of time as their vision is always directed towards compassion over creatures. Thus Samhita is extraordinary considering their depth of wisdom. Principles of Samhita originated & practiced in India for more than 5000 years. It is as useful and fresh to human today as it was in ancient times yet more relevant and applicable in these modern times. Its use provides a holistic approach to one's life.

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