

DECLARATION

I, **MAMONI DEVI**, bearing PhD Registration No. **Ph.D/1806/2012**, dated **11-04-2012**, Department of Sanskrit, Assam University, Silchar, do hereby solemnly declare that I have duly worked on my PhD thesis entitled “**A STUDY ON THE SŪTRASTHĀNA OF THE CARAKA SAṂHITĀ**” under the supervision of Professor Snigdha Das Roy. I have not submitted this work to any other University or Institute for any other degree.

This thesis is being submitted to Assam University for the degree of Doctor of Philosophy in the Department of Sanskrit.

Dated, Silchar

(MAMONI DEVI)

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Date:

Place:

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Abbreviations

A.S.	Aṣṭāṅgahṛdaya Saṃhitā
Ass	Assamese
A.V.	Atharvaveda
C.S.	Caraka Saṃhitā
Cikitsā.	Cikitsāsthāna
ICMR	Indian Council for Medical Research
K.S	Kaśyapa Saṃhitā
Kalpa.	Kalpsthāna
R. V.	Ṛgveda
Skt	Sanskrit
S.S	Suśruta Saṃhitā
Śārīra.	Śārīrasthāna
Siddhi.	Siddhisthāna
Sūtra.	Sūtrasthāna
Vimāna.	Vimānasthāna
Y. V.	Yajurveda

Transliteration

अ	आ	इ	ई		
A	Ā	I	Ī		
उ	ऊ	ऋ	ॠ		
U	Ū	Ṛ	Ṝ		
ए	ऐ	ओ	औ		
E	Ei	O	Au		
क	ख	ग	घ	ङ	
Ka	Kha	Ga	Gha	Nga	
च	छ	ज	झ	ञ	
Ca	Cha	Ja	Jha	Ña	
ट	ठ	ड	ढ	ण	
Ṭa	Ṭha	Ḍa	Ḍha	Ṇa	
त	थ	द	ध	न	
Ta	Tha	Da	Dha	Na	
प	फ	ब	भ	म	
Pa	Pha	Ba	Bha	Ma	
य	र	ल	व		
Ya	Ra	La	Va		
श	ष	स	ह		
Śa	Ṣa	Sa	Ha		
अं	अः				
Ṁ	Ḥ				

PREFACE

The present work entitled –“A STUDY ON THE SŪTRASTHĀNA OF THE CARAKA SAMHITĀ” attempts to undertake a conceptual literary study on the basic rules of *Āyurveda* and the use of various plants as per *Caraka Samhitā*. *Caraka Samhitā* is one of the *Bṛhat Trayī*. The original work was written by great Ayurvedic scholar *Agniveśa* and latterly redacted by *Caraka* and composed this with his own edition. For the course of time, it has been found in an incomplete form. Then, *Dṛdhabala*, the brilliant and innovative mind has redesigned; of course with some modifications and some new editions made completed the work. This new completed form is available to us. This is a work of 1st century B.C.

Now human beings are very much worried about insecurities. Regarding the other fields such as social system, environment, foods etc. no need to say anything, as everyone knows. At present, it is a well discussed and sensitive matter about health security. People often get sick from different kinds of diseases. They go for treatment and get relief. But after a period it again relapses. There is need of such an effective treatment that can cure fully and without any side effect. Here, *Āyurveda* plays the significant role to alleviate the feeling of insecurity from human mind about health. For the excellence and authenticity, people are moving towards this system and feel secured under the umbrella of *Āyurveda*. *Āyurveda* gives stress on all round development of human life. Not only of treatment of diseases; but gives more emphasis on prevention of diseases and all kinds of sorrowness by following certain rules and regulations, by taking good food, exercises and so and so on that *Caraka Samhitā* indicates at the Commencement of the treatise.

Hitāhitam sukham duḥkham āyustasya hitāhitam |

Mānañca prauktañca āyurveda sa ucyate || (C.S. Sūtra. 1.41)

Many works are found in the field of *Āyurveda*. But for the significance and popularity three works are known as *Bṛhat Trayī* and they are *Caraka Samhitā* of *Agniveśa* (1st Century B.C.), *Suśruta Samhitā* of *Suśruta* (1st Century B. C.) and *Vāgbhata's Aṣṭāṅgaḥṛdaya Samhitā* (600 A. D.). *Mādhava Nidāna* by *Mādhavakāra* (7th Century A.D.), *Śārangadhara Samhitā* by *Śārangadhara* (13th Century A.D.) and *Bhāva Prakāśa* by *Bhāva Miśra* (16th Century A. D.); these three are together known as *Laghu Trayī*.

Among these immense works *Caraka Samhitā* is the oldest and the most trustworthy compendium on this field. Though the work is on *Kāyacikitsā* (Internal medicine) has discussed

many more topics on human life from diet to sleep and cleanliness to treatment of different types of diseases. The students of medical field are well acquainted with this work.

In comparison to the other fields of study numbers of research works are rare in Ayurvedic studies; though some people are doing in the field of Ethno-medicine. Many works have been already done on *Caraka Samhitā*. As a pioneer treatise on Indian medicine, contains a large number of knowledge, contains 120 chapters divided into eight heads used by the technical term *Sthāna*. The first *Sthāna* is known as *Sūtrasthāna*. This portion consists of thirty chapters. Actually, this portion is a compact form of the whole treatise; providing the preliminary information on the basic principles of *Āyurveda*. This section is full of different types of knowledge which are applicable from many aspects. It gives acquaintance of day today life. And moreover, without knowing the basics it is hard to get inside and reach to the core in any subjects.

The *Caraka Samhitā* is a very voluminous treatise and topics of discussion are also very vast in number; containing 120 chapters under eight heads called *Sthānas* having 8414 ½ verses and 1111 paragraphs, all total 9529 ½ prose and verses. So, the researcher is taking the First *Sthāna* ‘*Sūtrasthāna*’, containing 1670 verses and 283 paragraphs. In this section of this work the fundamental rules are available in *Sūtra* form.

Ayurvedic medicinal drugs are predominantly herbal. Now people use many drugs. They are using them traditionally. Most probably they get the knowledge from their ancestors by mouth to mouth and using those medicines unquestioningly. The need of the society is to become acquainted with the real nature of the contents of the *Āyurveda*. The present research proposes to go into the matter with the letters of the text so more meaningful and beneficiary to the human wellbeing.

Significance of the work:

Now, people are moving towards this field. Doctors also prescribe herbal medicine and diet according to disease. *Sūtrasthāna* deals with diet in some extent. Herbal medicines are very effective and have no side effect. This section of the compendium deals with many plant drugs for the treatment of different types of diseases and some plants used in the daily lives. The uses of these are growing more day by day. These things are highlighted in this work. Ayurvedic

medicinal drugs are predominantly herbal. Now people use many drugs. By getting knowledge from their ancestors orally they are using them traditionally without making question. The need of the society is to become acquainted with the real nature of the contents of *Āyurveda*. The present research tries to go into the matter with the letters of the texts so more meaningful and beneficiary to the human wellbeing. Keeping these things in mind and getting inspiration from these, this literary study has done with following aims and objectives.

- The present study represents the basic aspects of *Caraka's Sūtrasthāna*.
- To bring out the knowledge about the use of plant drugs available in *Sūtrasthāna*.
- To examine the availability of those plants in contemporary period.

The hypothesis of the work is - *Caraka's Sūtrasthāna* provides for a better way for wellbeing of mankind. For the limitation of the period and extant of the work, more emphasis has been given on the uses of the medicinal plants for different purposes with their availability in current period.

This work is narrative and analytical based on the literary study of the primary work and the secondary materials available. For the identification of the plant different floras are also have been discussed and of course in some have been taken the help of the internet websites such as IPNI (International Plant Names Index). The main *Caraka Samhitā* is available in various editions edited by various writers. Here, the researcher is following mainly the edition of Ramkaran Sharma & Vaidya Bhagwan Dash, Charak Samhita of Agnivesa, Volume 1. Text with the translation and critical exposition based on Chakrapani Datta's *Ayurvedadipika*, Chowkhamba Sanskrit Series Office, Varanasi, 1999. ISBN-81-7080-012-9.

Another edition of Charak Samhita is also followed; which is with Hindi translation of Vaidya Jadavji Trikamji Acharya- *Charaka Samhita of Agnivesa* revised by Charaka and Dridhabala with the *Ayurveda-Dipika* commentary of Chakrapanidatta, has been published from Munshiram Manoharlal Publishers Pvt. Ltd. 1992, ISBN- 81-215-0204-4. Other materials from various sources also have been collected.

The present research work has been presented systematically under the following heads:-

1. Preface

2. Brief outline on *Caraka Saṃhitā* and Summary on *Sūtrasthāna*
3. Qualities and Importance of Physicians
4. Classification of plants
5. Uses of plants
6. Concluding observations

At last, Appendixes and Bibliography have been included.

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