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## Bharat with its medicine

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### ABSTRACT

Bharat ,now known as India, by the world, is full of knowledge with advances since thousands of years. The nation has its own culture and healthy socio-economic life style since ancient time.. This review article is concerned with its medical facilities that were available since ancient time in this continent. Ayurved is special boon to all the world by Bharat.Ayurved is not only the system of medicine but is a science of life...a direction to live healthy and long life.

### Keywords:

Bharat,India,Ayurved,Hospitals,Tridosh.

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**Introduction:**

The word Bharat has its literary meaning as well .Bha means light-knowledge +Rata means engaged-devoted to.

Bharat is a nation devoted to knowledge. Ayurved is born and brought up in Bharat The word Bharat carries historical and geographical sense predominantly .Historical, because it is supposed to be belonging of the King Bharat. This Bharat was son of Dushyant and Shakuntala.But according to Bhagwat and Vishnu Puran,this Bharat was son of Rushabh in very early days when the un-inhabitable land between Himalaya and Vindhya Mountain was said to be Narak. This land were converted into Aaryavart after arrival of Ganga due to efforts of Bhagirath.

In Vedas ,Swah or Swar stands for Sukha or pleasure and Jyoti .Swarg was the nation where people lived in pleasure with knowledge. Swarg extended beyond Gaandhaar Pradesh(Afghanistan today)in west and up to Nag Pradesh in the east .Kailas area was ruled by Shankar and Indra ruled Trivishtap.(Now Tibet)

After arrival of Ganga,some mighty descended down in plains either due to mutual rift or to spread Aryan's faith and culture .They settled along Ganga and Kashi. Became most powerful centers to spread Aryan influence .According to Manusmriti, Aryawart extended from Mediterian Sea on the southwest to Pacific Sea on the east.

Dhanvantari was the first king of Kashi.who while chasing Daityas,reached upto Mediterian Sea crossing Gobi desert. Dhanw means desert. He was called as Dhanvantari because he crossed Gobi desert.

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Kashiraj Divodas was master in surgery.

Later on Ayodhya was also became as powerful center of Aryavart.In north ,Swarg was extending up to Caspian Sea-Kashyap sar ,later forming a part of Aryawarta.Considering the increasing population and decreasing morals, Aryawarta accepted the system of four Varnas and four ashrams.

Bharat was just a part (Khand) of Aaryawarta.It still quoted in Sankalp as,

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Mahabharata gives us vivid picture of Bharat and this was the last big episode for its crumbling culture.

**Materials and Methods:**

Medicine of this land and culture was developed much earlier when the word Bharat was not conceived .During Dev Lok ,it was headed by Brahma, Indra, Shankar and Ashwinikumar.

In Aryawarta, Ayurved chikitsa was the only medicine once and all the world over with its achievements in Chikitsa and Shalya- Shalakyia unparallel .Amrut of Devas and Sudha Of Nagas was not yet produced. Chanakya has correctly said,

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We lost all the knowledge of material and procedural details and found are only in broken fragments.

The original inhabitants of Bharat were recognized as Hindu.Surprisingly,the name Ayurved is found nowhere in Vedic literature.It is not found in Bramanas and Upnishadas also.But this doesnot mean that there were no diseases,no treatment .

The word BHISHAK means physician. and BHE-SHAJ means drug for treatment are found in Vedas. At the time of Chhandagyaopnishad, Bhootvidya is listed in 14 Vidyas.This bhootvidya is later absorbed in Ashtaang Ayurved .Ayurved is considered as Upaang of Atharv Ved by Sushrut and Upaved by Vrudha Vagbhat and Mahabharata.

Atharv Ved deals with number if personal, social and national subjects and dealing with diseases and their treatment is just a small part of it . Ayurved –the later development was linked with Atharveda,to make it look pious, thus acceptable to religious society.

Practice of medicine was quiet different than that of Sushrut and Charak kaal. According to Sayanacharya ,more stress was given on charms and enchantation stated by Koushik sootra. During Vedic kaal,no human activity was devoid of Mantras and enchantation. Mantras were involved everywhere including wars ,cultivation, social-family-personal affaires, diseases and their treatment. Aatharvani and Aangirasi treatment were done at that time. Aangirasi was used for destructive activities.

It was largely accepted that the words of mantras

could generate energy and individual could generate power by concentration, faith, practice. These trend ultimately gave rise to Tantra in Bharat.

Poorvamimansa which is actually means understanding Vedas threadbare, based on Jaimini sootra, later developed by number of scholars like Prabhakar, terminated in varieties of sacrifices .Brahman Granthas have all detail of sacrifices.

At the time of Uttarmimansa ,sacrificial bloodshed was rampant. So while treating any disease, drugs used were less and sacrifices done more. In such atmosphere, Buddha came to rescue Bharat with Ahinsa .He cut down the roots of bloodshed, Discussion on Vidnyanved Kshanved , Shoonyavedetc.are most scholarly and have reached to the perfection of Vedanta of Shankaracharya..Under influence of Buddha, medicine too got released from charms etc. and the properties of drugs independently recognized. It was first time ,the drugs were laid down in Mahavakya or Vanayppattika, for the use of monk without charm .

In India ,knowledge mostly progressed through discussions .Scholars of different school fiercely discussed with their opponents on the subject of philosophy .This intellectual battle spread enormously all over the country because it is through the victory in such battles,that scholars could secure their prestige,money and students.

People having scientific aptitude turned generally to Sankhya and Vaisheshik schools of philosophy and those having interest in occult, turned to Poorvamimansa and Tantras.Since diseases and their treatment were practical and scientific affairs ,they very much leaned on Sankhya and Vaisheshik .Medicines in India, gradually developing from prevedic era thus took thousands of years to reach the stage where it could coin an identity of itself as Ayurved and organized in eight sectors. Ashtaang Ayurved is first found in Mahabharat.

**Results and Discussion:**

It is interesting to know about the Hospital System in ancient time in Bharat. Since the antiquity to cure a patient has been considered as super most sacred deed ,chikitsa was given a prime importance. All the pursuits of life can be best achieved with good health. There are so many proofs of existence of hospitals in ancient time. There is reference from Skand puraan,

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The great epic of Mahabharat also refers the presence of Bhishak and Shalyaharta. There is description in Mahabharat that when Bheeshma was lying on the bed of arrows, surgeon was called to remove him but Bheeshma refused his service. This shows that there was military hospital. Sushrut, the great surgeon also described about military surgeons as,

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**Mental Hospital**

Charak has given nice description about mental hospital.

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That is if the patient continues to behave in irresponsible manner than he should be made stiff by soft and strong bandages and put in room free from metal and wooden articles moreover he describes,

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That having scourged the patient with light whips he may left secured with ropes in solitary confinement with such drastic measures in disoriented mind of man is restored to normality from the above verses it is clear that arrangement of mental hospital existed at ancient time.

**Military and surgical hospital**

The history is full of battles and military victories. Mil-



The root cause of any disease is vitiation of Doshas ,improper functioning of Dhatus and over stay of malas in the body.

Another important theory is,

PANCHMAHABHOOT SIDDHANT □□□□□□□□□□  
 □□□□□□□□□□ Like nature ,our body also possess  
 □□□□□□□□□□ EARTH, □□ WATER, □□□□ FIRE, □□□□  
 WIND, □□□□ SKY. All doshas dhatus and malas  
 have representative qualities of Panchamahab-  
 hootas. There are lot of theories and nyaya,vaad  
 ,tantrayukties to understand what Ayurved is.Still  
 the main principle of Ayurved is , □□□□□□□□□□  
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PREVENTION IS BETTER THAN CURE.

For the maintenance of health one should adopt rou-  
 tine measures as dincharya,rutucharya,proper diet  
 according to season,sadvrut palan ,aachaar rasay-  
 an.Dincharya includes ideal daily routine since morn-  
 ing till night.Rutucharya includes behavioral pattern  
 according to changing season. There are six rutues  
 in Bharat. While changing the season, we should  
 change our clothing, food ,behavior towards nature.

Aachaar rasayan includes all the steps which keep  
 the person away from Ills ,.A person who never speak  
 lie, never garb others things, who is not a slave of  
 senses ,respects the elders, always help other needy  
 ones does not receive any mental disease.

CURATIVE FACTOR

Curative factor includes all the methods of diagnosis  
 and treatment according to Prakruti, Desh and Kaal.

PROMOTIONAL FACTOR

According to Ayurved, use of Rasayan and Vajikaran  
 have curative, preventive and health promotional  
 value.

Rasayan helps to boost immunity against many dis-  
 eases, develops resistance power and checks early  
 old age. While, Vajeekaran helps to develop healthy  
 progeny as well as it promotes better sexual pleasure  
 and brings happiness to couple.

So, in a nutshell ,Ayurved is basic science of life  
 which is born and brought up in Bharat continent  
 giving health and peace to the society. Thousands  
 of years have passed now but the theories put forth  
 in olden texts and Granthaas are never changed but

they are reapproved day by day.

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