



International Journal of Traditional and Complementary Medicine
(ISSN:2474-1361)



Review on Sharngadhara Samhita

Dr. Remya. A*, Dr. Divya Ravindran*, Dr. Aparna Sharma*, Dr. Anju Revi Kumar*, Dr. Abhaya kumar Mishra. M.D(Ayu), Ph.D.**

*PG Scholars & **Associate Professor, Department of Rasashastra and Bhaishajya Kalpana, Amrita School of Ayurveda, Kollam, Kerala.

ABSTRACT

Bhaishajya kalpana is a very well developed sub-discipline of Ayurveda entirely devoted to drug formulations. Sharangadhara Samhitha is an epitome of Ayurvedic literature of medieval India. Since the drug manufacturing part is elaborately dealt in this, it is considered as an authentic text book of Bhaishajya Kalpana. It is one pioneering work, aptly included in the list of Laghutrayi, the other two being Bhavaprakasha & Madhava nidana. Acharya Sharngadhara, son of Damodara is considered as the author of this text. Except giving out his name as the author at the commencement of the text, he has not furnished any information about himself or his other works. Sharngadhara Samhita composed of 3 parts or khandas in which 32 chapters and 2600 verses are explained. This book is designed in a simple and easy language to serve as a handbook and thus it shines in the pure hearts of Scholars and Practitioners.

Keywords:

Bhaishajya kalpana, Sharangadhara Samhitha.

*Correspondence to Author:

Dr. Remya. A
Emeritus Professor
Email: drremyaa@gmail.com

How to cite this article:

Remya. A, Dr. Divya Ravindran, Aparna Sharma, Anju Revi Kumar and Abhaya kumar Mishra. Review on Sharngadhara Samhita. International Journal of Traditional and Complementary Medicine 2016;1(1): 0013-0021.

Published 10/17/2016

eSciencePublisher
eSciPub LLC, Houston, TX USA.
Website: <http://escipub.com/>

Introduction

Sharngadhara Samhita is a Classical text book of Laghutrayi. It stands as a best example of Ayurvedic literature of medieval India. From the subject matter of the text, it has been found that author had followed mainly Charaka Samhita, Susruta Samhita and some Rasashastra granthas. Since the drug manufacturing part is elaborately dealt in this, it is considered as an authentic text book of Bhaishajya Kalpana. The aim of this text is to explain many useful formulations, which were therapeutically experienced by Physicians to cure diseases of different origin.

Authorship and Period

Acharya Sharngadhara, son of Damodara is considered as the author of this text. Different opinion exists among scholars about the author, as there is no personal information regarding this in the text. There are quotations in the first and last chapters of the text, which denotes that it has been written by Acharya Sharngadhara. Each chapter ends with a prose which proves the previous opinion.

Period: Sharngadhara Samhita is assigned to the early part of 14th century A.D.

Commentaries and Commentators

- 1st Sanskrit commentary: Bopadeva (14 A.D)
- Sharngadhara Deepika: Vaidya Adhamalla (14 A.D).
- Goodartha Deepika: Kasirama Vaidya (16 A.D).
- Ayurveda Deepika: Rudrabhatta (17A.D) - Available only for Madyama and Uthara khanda.

Translations

- English translation: Professor Srikanta Murthy.
- Hindi translation: 'Jivanaprada' – by Dr. Shailaja Shrivastava.
- Malayalam translation: 'Hridayapriya vyakhya' - Anekkaleelil.S.Gopala Pillai

Contents

Sharngadhara Samhita consists of 32 chapters and 2600 verses. It has 3 parts or khandas.

- ❑ Prathama khanda – 7 chapters and 585 verses.
- ❑ Madhyama khanda – 12 chapters and 1261 verses.
- ❑ Uttara khanda – 13 chapters and 682 verses.

Chapter 1 - Manaparibhasha

- Manaparibhasha is explained elaborately in this chapter, with various terms and synonyms. 2 types of Mana are explained. (1) Kalinga (2) Magadha (best).
- Chaturguna mana is explained here. Masha, Tanka, Aksha, Bilwa, Kutava, Prasta, Adaka, Rasi, Goni and Khari are quadruples successively.
- Basic principles of Bhaishajya Kalpana (Adharabhuta siddhanta) explained for the first time in this samhita. Method for Kutava patra nirmana, Dravya sangrahana vidhi and shushka and ardra dravya parimana for the formulations etc are explained.
- Ardra shushka dravya parimana according to mana ❑table 1❑:
- Chandana grahana niyama is explained. i.e. Sweta Chandana is used for Churna, Sneha, Asavarishta, Avaleha and Gudika. But for Kashaya and Lepa Rakta chandana is used.
- Saveeryatavadi of kalpanas are explained elaborately. i.e. Raw drugs- 1 year, Choorna – 2 months, Gudika and Avaleha – 1 year, Ghrita and Taila – 4 months, Laghupaka oshadhi – 1 year and Asava, Arishta and dhatu – infinite.
- Anukta viseshokta grahana of materials are also mentioned here(Table 2):

Chapter 2 – Bhaishajyakhyana

- This chapter deals with the 5 Bhaishajya kalas and their indications (Table 3):
- Ritus and their corresponding Surya months, Chaya, Prakopa and Prasama of Tridoshas

etc are explained.

- **Yamadamshttra:** it is a period of 16 days, i.e. last 8 days of Kartika month and 8 days of Agrayana (marga sheersha) month. During this period one can be healthy, only if he is swalpabhukta.

Chapter 3 – Nadiparikshadi Vidhi

- This chapter deals with the examination of Nadi (pulse) in various physiological and pathological conditions of the body. Dhamani situated at the mula of angushta (i.e. wrist) is known as jeevasakshini (radial artery). Physician should recognize the health and ill health of a person from his Nadi.
- Subha and Asubha dhuta lakshanas and Swapna lakshanas are also mentioned here.

Chapter 4 – Deepanapachanadi Vidhi

- Definition of pharmaceutical terms like Deepana, Pachana, Shamana etc with examples are explained in this chapter.

Chapter 5 - Kaladikakhyana

- Description of Anatomy and Physiology of human body is given in this chapter. Kala, Aashaya, Dhatu, Mala, Upadhatu, Twak are 7 in number. 7th layer of twak is known as Stula. Term 'Tila' is mentioned instead of kloma, which is the mula stana of Jalavahi sira. Term 'Jeevaraktasaya' is used to denote Heart.
- Properties and Types of Doshas are explained, in which there is a difference in the names of 5 Kaphas. Malas and Upadhatus of Dhatus are also explained.
- Physiology of Respiration is explained with new terms like Vishnupadamrita and Ambara piyusha (both to mean Oxygen). Srishtikrama is also explained in this chapter.

Chapter 6 – Aharadi Gati

- Digestion and metabolism of food is explained in this chapter.
- Detailed description of posology is given in this chapter (Table 4):
- For kashaya, 4 times of the above dose

should be given.

- Loss of different biological factors according to the stages of life is described (Table 5):
- Age specifications for different kriyakramas are also explained in this chapter (Table 6):

Chapter 7 - Rogaganana

- Enumeration of almost all diseases are given in this chapter.
- While explaining Krimi, a special type known as Snayuka krimi of kapha rakta origin is mentioned.
- 3 types of Stri doshas are mentioned ; Adaksha purushotpanna, Saptni vihita and Daivaja.
- 4 types of Upadravas; due to Seeta, Ushna, Salya and Kshara.
- According to Sharngadhara, Nanatmaja rogas are of 4 types; i.e. Vataja-80, Pittaja- 40, Kaphaja-20 and Raktaja-10.

Madhyama Khanda

Chapter 1- Swarasaadi Kalpana

- Pancha vidha Kashaya kalpanas, Swarasa preparation methods and dose of both sagni and niragni methods are explained along with prakshepa dravyas and its dose to be taken.

Chapter 2- Kwathaadi Kalpana

- Method of preparation, synonyms, dose & time of administration, prakshepa drugs & their dose according to Doshas as well as individual doses are explained.
- 80 Kashaya yogas with indications are mentioned.
- Upakalpanas of Kwatha kalpana like Pramathya, Paniya, Ushnodaka & Ksheerapaka with examples and Anna kalpanas like Yavagu, Vilepi, Peya, Bhakta & Manda are also explained.

Chapter 3- Phanta Kalpana

- Method of preparation, dose, prakshepa drugs & their dose, 3 yogas of Phanta kalpana etc are explained.
- Mantha kalpana (Upakalpana of Phanta) with examples are also explained.

Chapter 4- Hima Kalpana

- Method of preparation, dose & some examples of Hima kalpana are explained.

Chapter 5- Kalka Kalpana

- Method of preparation, synonyms, dose, prakshepa drugs with their dose and 17 Kalka yogas are explained.
- Vardhamana Pippali prayoga is mentioned here.

Chapter 6- Churna Kalpana

- Method of preparation of Churna, dose , prakshepa dravya matra and 53 Churna yogas are explained.
- Properties of Anupana, dose for Churnadi kalpanas, Bhavana pramana etc. are also explained.

Chapter 7 - Gutika Kalpana

- Method of preparation, dose, prakshepa drugs, 21 Gutika yogas etc are mentioned.
- Guda Chatushtaya prayoga is explained here. 1) Guda + Shunti – Ama; 2) Guda + Pippali – Ajeerna; 3) Guda +Jeeraka – Mutrakrichra; 4) Guda +Abhaya – Arsha.

Chapter 8- Avaleha Kalpana

- Method of preparation & anukta pramana of sweetening agents, Avaleha siddhi lakshanas, Anupanas & 7 Avaleha yogas are explained.

Chapter 9 - Sneha Kalpana

- Method of preparation, Kwatha preparation for sneha kalpana (depending on the nature & pramana of kwathya dravya) etc are explained.
- Sneha paka lakshanas, 3 Sneha pakas & their indications, amount of Kalka

according to the type of drava dravya, dose are explained.

- 16 Ghrita yogas & 33 Taila yogas are also explained.

Chapter 10 - Sandhana Kalpana

- Definition, method of preparation, difference between Arishtasavas, dose, anukta mana of ingredients of Arishtasavas, 13 Arishta & Asava yogas, etc are explained.
- Madya bhedas like Seedhu, Sura, Varuni, Shukta, Tushambu, Souveera, Kanjika & Sandaki are also explained.

Chapter 11- Dhatu Shodhana Marana

- Dhatus are enumerated as: 1) Swarna, 2) Thara, 3) Ara, 4) Tamra, 5) Naga, 6) Vanga, 7) Tikshnaka. Shodhana & marana of 7 dhatus are explained.
- Sapthopadhatus, their shodhana & marana methods are mentioned.
- Common Satwapatana method of Dhatus, shodhana & marana methods of Ratna, Mandura, Kshara kalpana etc are also explained.

Chapter 12- Rasadhyaya

- Shodhana of Rasa, Gandhaka & Darada, Hingulotta Parada nirmana, Mukhakarana of Parada, Gandhaka jarana, 4 methods Parada marana etc are explained.
- 9 dhatus & their relation with nava grahas, 9 Maha visha drugs & 7 Upavisha drugs, Jayapala & Vatsanabha shodhana etc are also explained in this chapter.
- 46 Rasa yogas are explained. Some of them are, Swayamagni rasa, Suchikabharana rasa, Anjana rasa, Vajeekarana yogas like Madanakamadeva rasa & Kandarpasundara rasa.

Uttara khanda

Chapter 1- Snehapana Vidhi

- 4 basic Types of sneha, their time of application, their mutual combinations, sneha yonis, best sneha among each

Mana	Ardra	Shushka
Gunja to kutava	Sama (equal)	Sama (equal)
Prasta to tula	Dwiguna (double)	Sama (equal)
Tula onwards	Sama (equal)	Sama (equal)

Table 1

Kala – Prabhata (Morning)	Anga – Jata (Root)	Bhaga - Samya (Equal)
Patra – Mrit Patra (Mud Pot)	Drava – Jala	Taila – Tila Taila

Table 2

SI No:	Bhaishajya kalas	Indications
1	Suryodaya (Prabha- ta)	<ul style="list-style-type: none"> • Pitta and kapha disorders, Vireka, Vamana, lekhana.
2	Divasa bhojana	<ul style="list-style-type: none"> • Apana vata disorders: before the meals. • Samana vata disorders and mandagni: in between the meals. • Aruchi: mixed with meals. • Vyana Vata disorders: after the meals.
3	Sayantana bhojana	<ul style="list-style-type: none"> • Hikka, Kampa and Akshepa: before and after the meals. • Udanavata disorders and Swarabhanga: grasa and grasantara. • Prana vata disorders: after the meals
4	Muhurmuhu	<ul style="list-style-type: none"> • Trit, Chardi, Hikka, Swasa, Gara
5	Nishi	<ul style="list-style-type: none"> • Urdwajatru vikara, lekhana, brimhana, pachana, shamana

Table 3

group, Indications and contraindications of Snehapana, Samyag Snigdha, Atisnigdha and Heena snigdha lakshanas and their Upakramas are explained.

- Snehapana matra can be decided based on the bala of Dosha, Kala, Agni and Vaya. i.e. for deeptagni – 1 pala, Madhyamagni – 3 karsha and Jaghanyagni -2 karsha
- Sadya sneha yogas, Snehajeerna lakshanas and upakramas, apathyas during sneha seva etc are explained.

Chapter 2 – Sweda vidhi

- Classifications, Indications and contraindications of Sweda, Procedures of 4 types of sweda, i.e. Tapa, Ushma, Upanaha and Drava swedas are given.

Chapter 3 - Vamana Vidhi

- Indications and contraindications of Vamana, dose of different Vamana dravyas, procedure and paschat karma of Vamana, Samyakvamita, Ativamita and Heena vamita lakshanas, Pathya apathyas after Vamana, benefits of Vamana are explained.
- 3 Vamana vegas: Uttama - 8, Madhyama – 6 and Avara – 4.
- In cases of Vamana, Virechana and Sonitamoksha, Prasta mana is considered as 13 ½ pala.

Chapter 4 - Virechana Vidhi

- Indications and contraindications of Virechana, doses of Virechana dravyas are explained.
- Samyak virikta , Durvirikta and Ativirikta lakshanas and their remedies, Benefits of Virechana and some Virechana yogas etc are explained.

Chapter 5 – Basti Vidhi

- Indications and contraindications of Anuvasana basti, Basti yantra , Basti

netra, procedure of Anuvasana basti etc are explained.

- Anuvasana Basti matra: Uttama -6 pala, Madhyama-3 pala and Heena-1 ½ pala.
- Samyak Anuvasita lakshanas, Paschat karma, Benefits, Vyapat and Chikitsa, Pathyapathyas of Anuvasana etc are also explained.

Chapter 6 - Niruha Basti Vidhi

- Indications and contraindications, preparation of Basti dravya, procedure of Niruha basti, Suniruda and Durniruda lakshanas etc are explained.
- Niruha Basti matra: Uttama – 1 ¼ prasta, Uttama – 1 ¼ prasta and Heena – 3 kutava.
- Different types of Bastis are explained like Dosha hara vasti, Sodhana vasti etc.

Chapter 7- Uttarabasti Vidhi

- Uttarabasti administration method, uttarabasti netra pramana, sneha matra for uttarabasti, indications and contra-indications of uttarabasti etc are explained in this chapter.

Chapter 8 - Nasya Vidhi

- 2 Types of Nasya; 1. Rechana (karshana), 2.Snehana (brimhana)
- Virechana nasya matra:- Uttama: 8 Bindu, Madhyama: 6 Bindu & Adhama: 4 Bindu.
- Indications & contraindications of nasya, samyak, heena & ati suddha lakshanas of nasya.
- Some nasya yogas with indications are also explained. For eg: Kumkuma nasya, Mashadi nasya, Marichadi nasya etc.

Chapter 9 - Dhumapana Vidhi

- Types of Dhumapana; 6 types: 1) Shamana 2) Brimhana 3) Rechana 4) Kasaghna 5) Vamana 6) Vranadhupana.
- Indications & contraindications of Dhumapana, Dhuma nadi & its length for each type of Dhumapana, Dhuma varti nirmana method & Methods of Dhumapana are explained.

Age	Dose (kalka and churna)
1 month	<ul style="list-style-type: none"> 1 ratti (with ksheera, kshoudra, sita and ghrita)
2 nd month onwards - 1 st year	<ul style="list-style-type: none"> Increase by 1 ratti (monthly)
1 st year	<ul style="list-style-type: none"> 1 masha
Upto 16 years	<ul style="list-style-type: none"> Increase by 1 masha (yearly)
16 – 70 years	<ul style="list-style-type: none"> 16 masha
Above 70 years	<ul style="list-style-type: none"> Decrease by 1 masha (yearly)

Table 4

Balya – 10 yrs	Vridhhi – 20 yrs	Chavi – 30 yrs
Medha – 40 yrs	Twak – 50 yrs	Drishti – 60 yrs
Shukra – 70 yrs	Vikrama – 80 yrs	Budhi – 90 yrs
Karmendriya – 100 yrs	Chetana – 110 yrs	Jeevita – 120 yrs

Table 5

Kriya krama	Age
Anjana, Lepa, Snana, Abhyanga, Vamana, Pratimarsa	From birth itself
Kavala	after 5 yrs
Nasya	after 8 yrs
Virechana	after 16 yrs
Maidhuna	after 20 yrs

Table 6

Chapter 10 – Gandushadi Vidhi

- Types of Gandusha and Pratisarana, Hinayoga and Atiyoga of Gandusha, some Gandusha, Kabala and Pratisarana yogas etc are explained.

Chapter 11 – Lepadi Vidhi

- 3 types of Mukha Lepas and their Pramanas (thickness) are explained; Doshaghna- $\frac{1}{4}$ Angula, Vishaha- $\frac{1}{3}$ Angula and Varnya- $\frac{1}{2}$ Angula.
- Many Lepa yogas for different diseases are explained; eg: keedaghna lepa, lepas for Palita, Indralupta etc.
- 4 types of Murdha Taila explained; i.e. Abhyanga, Parisheka, Pichu and Basti.
- Detailed description of Sirobasti vidhi and Karnapurana vidhi etc are given.

Chapter 12 - Shonitavisrava Vidhi

- Quantity of blood to be let in Raktamoksha is 1 prasta / $\frac{1}{2}$ prasta / $\frac{1}{4}$ prasta.
- Shuddha and Dushta rakta lakshanas, indications and contraindications, various methods for Raktasrava according to Doshas etc are also explained.

Chapter 13- Netra Prasadana Karma

- 7 Netra kalpanas are explained in this chapter. They are Seka, Aschotana, Pindi, Bidalaka, Tarpana, Putapaka and Anjana.
- Indications, contra indications, dosage, time and duration all netra karmas along with examples are explained.

Specialities

- Nadipareeksha vidhi is explained for the first time in this text as a method for diagnosis of diseases.
- It is the first book describing method of Respiration mentioning special terms like Ambarapeeyusha & Vishnupadamrita.
- Detailed description of Saveeryatavadi formulations are given in Prathama khanda.

- Pharmacological terms are clearly defined in Deepanapachanadi vidhi adhyaya.
- Enumeration of diseases are done in a systematic manner in the Rogaganana chapter. Raktaja nanatmaja vyadhis are explained for the first time here. Snayuka krimi roga has been recognised for first time in this text.
- Chronological kshaya of different biological factors like Balya, Vriddhi etc in different decades of life are explained in systematic manner.
- Detailed description of different kalpanas are seen in madhyama khanda.
- Drugs like Ahiphena, Akarakarabha, Jatiphala, Bhanga etc are incorporated into Ayurvedic materia medica.
- Sookhikabharana Rasa prayoga - a new mode of administration of drug directly into blood stream through an artificial wound is explained.
- Frequent use of visha dravyas like Vatsanabha, Vishamushti, Jayapala etc in therapeutics.
- Parshni daha in Vishuchika, Agnikarma in Andakosha vriddhi, stanika dahana karma in Yakrit & Pleeha disorders are explained.
- 7 methods of Anagni Swedas (Niyudha, Margagamanam, Gurupravaranam, Ksudha, Chinta, Vyayama & Bhara) are given.
- 1 Prasta is considered equivalent to 13 $\frac{1}{2}$ palas in the context of Vamana, Virechana and Rakthamokshana.
- Virechana yogas like Abhayadi modaka, Shadrithu virechana yogas etc are explained.
- 14 Pratimarsa nasya kalas and 7 Netra kalpanas are also explained.

Conclusion

Collecting many precious stones from the ocean of Ayurveda, Acharyas like Agnivesa, Susruta, Vagbhata, Harita etc composed various samhitas. Acharya Sharngadhara collected few efficient formulations from these Samhitas and prepared this treatise.

tise. As Goddess Lakshmi dispels poverty, likewise many efficient formulations of this treatise destroys diseases. This Samhita is mainly written for the men who have short life span and poor intelligence, by which they can't understand the whole literature of Ayurveda.

Acknowledgement

The authors are thankful to Dr.K.Unnikrishna Pillai, Professor & HOD, Dept. of Rasashastra & Bhaishajya Kalpana, Amrita School of Ayurveda, Kollam, Kerala.

Reference

- 1.Acharya Sharngadhara, Sharngadhara Samhita, with Dipika commentary of Adhamalla and Gudhartha Dipika commentary of Kasirama, Edited by Pandit Parashuram Shastri Vidyasagar, Chaukambha Krishnadas Academy Publications, Varanasi, Edition Reprint- 2013.

