

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



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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How to cite this article:

SHIVANI SANJEEV GAVANDE. Bharat with its medicine-A Review. International Journal of Traditional and Complementary Medicine 2016;1(1): 0009-0013.

Published 10/16/2016.

eSciencePublisher@ eSciPub LLC, Houston, TX USA.

Website: http://escipub.com/

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 Manusmruti, 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,

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- Shalakya unparallel .Amrut of Devas and Sudha Of Nagas was not yet produced. Chanakya has correctly said,

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 Vedik literature. It is not fond 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 Vruddha 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 Uttarmimmansa ,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 fiercelydiscussed 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 scholers could secure their prestige,money angd students.

People having scientific aptitude turned generally to Sankhya and Vaisheshik schools of philosophy and those having interest in occult, turned to Poorvamimaansa 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 cold 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 pursuit.

	 	
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The great epic of Mahabharat also refers the presense 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-

itary science was an important branch of education in later period of Takshashila there were hundreds of Princes, so it is clear that India had developed great art of surgery at quite early time. Sushrut Samhita has vast knowledge of surgery refers complete chapter on military surgery by name of Yukta seniya adhyay.

Veterinary hospital

Ayurved is of merely to treat diseases of man of every living creature of universe. Charak has given some references in siddhi sthana.

In Harit Samhita,

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The fever that affects all creatures like horses, buffaloes, camels, deer's are noted at charak samhita.

Shalihotra the father of veterinary medicine namely Hay Ayurved (\(\bigcup \

Maternity hospitals

Bhavpraksh has given good description about maternity hospital particularly about labor room.

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The labour ward must be 8 cc long and 4 cc broad attractively built with entrance facing east or north. Charak has given same description he says that before commencement of nine month of pregnancy physician get erected line in room full of sand free from broken urban vessels. The □building should be well built well plastered. It should have all facilities like laboratories kitchen, bathrooms fire places and water storages.

Chanaakya in Arthshastra gave description of emergency ward, maternity ward, general ward. He narrated clearly about physician attending case of food poisoning. He said that if patient of poisoning comes to physician secretly it is duty of physician to inform concern authorities, Otherwise both of them are liable for punishment. He has mentioned the duty of Physician, medicine, medical attendants and patients.

Attendants should be endowed with good conducting behavior and cleanliness devotion and sympathy. He should have art of nursing and good enough administering the therapies. He should be obedient.

According to Sushrut surgeon intending operation should keep following materials ready.

All yantra and shashtra probes fire quivery leeches swab honey ghee and oil etc.

Sushrut had given description of bed of patient. So there are different names for different types of hospitals as below

Going through all documentary proofs, we can say with proud that hospital system in ancient Bharat was well developed.

Now about few basic concepts of Ayurved.

TRIDOSH SIDDHANT

Our body elements are made up of 3 doshas ,7 dhatus and 3 malas.

Vaat ,Pitta and Kapha are three doshas. They are called Doshas because when they are in equilibrium state ,they carry all the functions of body in healthy manner, but when they get vitiated they produce disease.

Seven dhatus are RAS,RAKTA ,MAANS,MED, AS-THI, MAJJA & SHUKRA.All these constitute our actual body .Malas like MUTRA, PURISH & SWED are the excretory products which stay in our body little while & then thrown out of the body.

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
OOOOOO EARTH, OO WATER, OOO FIRE, OOOO
WIND, DDDD 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.Stil
the main principle of Ayurved is , $\square\square\square\square\square\square\square\square\square\square\square$

PREVENTION IS BETTER THAN CURE.

For the maintenance of health one should adopt routine measures as dincharya, rutucharya, proper diet according to season, sadvrutt palan , aachaar rasayan. Dincharya includes ideal daily routine since morning 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 diseases, 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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