

CRITICAL REVIEW ON SARANGADHRA SAMHITA***Dr. Vikas Chaudhary**

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ABSTRACT

Ayurveda is one of the traditional medicinal systems of Indian. The philosophy behind Ayurveda is preventing unnecessary suffering and living a long healthy life. Ayurveda involves the use of natural elements to eliminate the root cause of the disease by restoring balance, at the same time create a healthy life-style to prevent the recurrence of imbalance. In Sharangadhara Samhita author states about pharmaceutical Preparation of Various dosage form and also describe about the method to prepare medicine. Sarangadhara Samhita contains 32 chapters With 2600 verses In three Parts(Khandas). Pardhama Khandha consists of 7 chapters with 585 verses, Madhyama Khandas consists of 12 chapters and 1261 verses and utara khandha consists of 13 chapters with 682 verses.

KEYWORDS- Philosophy, Disease, Sharangadhara Samahita, Pharmaceutical Preparation, Khandha.

INTRODUCTION

Ayurveda is one of the most renowned traditional systems of medicine that has survived and flourished from ages till date. With the enormous knowledge of nature based medicine, the relationship of human body constitution and function to nature and the elements of the universe that act in coordination and affect the living beings, this system will continue to flourish in ages still to come. There are many avenues still to be explored by the researchers, practitioners and experts in the field who carry the responsibility of keeping the traditional systems of medicine (TSMs) alive and contributing to their growth in the future. However, due to many barriers such as lack of literature sources in different languages and

insufficiency of awareness about the basic principles and histories of the systems from different ethnic origins.

The author ends the literature with "People with short span of life and poor intelligence cannot read all the Samhitas, therefore, after reading all the Samhites (Treatise) for them, this book has been made as simple and concise as possible. Therefore, this book contains the essence of all the books, so everyone should practice it to protect their health. Sarangadhara samhita considered as main book for Pharmaceutical Preparation and also mentions about various Acharya i.e. Susruta and Charak. Sarangadhara mentions Pancvidha kashaya kalpana (Molik Kalpanas) similar as Acharya Charak.

Commentaries on Sarangadhara Samhita

1st Sanskrit Commentary- Bopa Dev (13th -14th cent. A.D)

2nd Commentary- Dipika By Vaidya Adamalla- Provides additional information about synonyms of Drugs.

3rd Commentary- Gudharha Dipika By Kashirama Vaidya (16th Cent. A.D)

4th Commentary- Ayurveda Dipika By Rudra Bhatta (17th cent. A.D)

Sarangadhara Samhita Literary Review

Pradhama Khanda

Pradhama Khanda starts with prayers to God Lord Shiva. First chapter of Pradhama Khanda describes about Paribhasha, its definitions, weights and Measures etc. Two Types of Measurement i.e. Magadha and Kalinga Mana are also described in first Chapter along with Anukta dravya grahana (unknown drugs). Even anukta dravya grahana is not mentioned in sloka then some follow basic principles of dravya collection's like-if time of drug is not mentioned then one should collect in Early in the Morning, Part not mentioned then root is preferred, if Proportion not mentioned then collect in Equal quantity, if Utensils not mentioned then earthen vessel used and in case of liquid water is used. In case of oils one should collect Tila tails.

Second Chapter

Second Chapter deals with administration of Medicines. In second chapter author mentions five aushdh kal i.e. partham (Sun rise), Dvitya (middle Meal), Tritya (Night meal), Chaturtha (frequently), Panchama (Night). Shad rasa and their panchabhautika constitution-

Rasa	Panchabhutika
Madhura	Parthvi +Jal
Amal	Parthvi+Agani
Patu	Jal+Aganj
Katu	Aakash+Vayu
Tikta	Vayu+Agani
Kashaya	Parthvi+ Vayu

Virya (Potency)

Virya	Type
	Ushna Shita

Vipaka(Post Digestive Effect)

Vipaka	Type
	Madhura Vipaka- Madhura, Lavana Rasa Amla Vipaka- Amla Rasa Katu Vipaka- Katu, Tikat, Kashaya Rasa

Prabhava

Dhatri, Lakuca Both having similar Properties but Dhatri Tridosdhkark while lakuca Tridoshsaman. It shows Dravy having Similar Properties But Due to Special effects they works differently Is called Prabhava. In this chapter author divide seasons (Ritu) In the group of Two- Two According to Rashi(Zodiac Sign). In The last chapter ends with Yamadamshttra Kal i.e last 8 days of Karthika Masa(3rd week of Nov.) and First 8 days of Agrahayana(4th Week of Nov.). During this kal one should eats food in small Quantities.

3rd Chapter- Nadi Pariksha Vidhi(Pulse Examination)

Wrist Pulse - Signifies life Presence.

Dosh	
Vata	Sarpa
Pitta	Manduka
Kapha	Hamsa
Sannipata	Lava gati
Dwidosha Kopa	Some time slow some time Fast

In this chapter author also describe lakshanas of dutha, Good and bad omens along with their significance. In the last of 3rd chapter arishtha swapna lakshanas also described.

4rd chapter-Dipana Pacanadikathanam

- In this chapter definitions such as Dipana, Pacana, Samana, Anulomana, Sramsana, Bhedana, Recana, Vamana, Samsodhana, Chedana, lekha, Grahi Stambhana, Rasayana, Vajikara, Vikasi, Abhishyandi, Madakari, Visha are described in details with example.

5th Chapter- Kaladikakhayana Sariram (Anatomy & Physiology)

1. Kalas (Layers)- Seven
 2. Ashayas (Opening) -Seven
 3. Dhatus- Seven
 4. Tridoshas
 5. Sanyus- 900
 6. Sandhis- 210
 7. Sandhis- 300
 8. Asthis- 300
 9. Marmas- 107
 10. Siras- 700
 11. Rasavaha Dhamanis- 24
 12. Mamsa peshi - Males 500, Females- 520 (20 more in female)
 13. Kandas- 16
 14. Dwara- 9 (in males), 13(in Females)
- Dhatus :- Rasa, Rakta, Mamsa, Meda, Asthi, Majja, Sukra
 - Malas:- Kapha- Rasa, Pitta- Rakta, Kha(External Orifices)- Mamsa, Sewda- Meda, Nakha and Rom- Asthi, Netra Vit- Majja, Sneha Of Twak- Mala of Sukra.
 - Upadhatus:- Stanya & Raja upadhatus of Rasa and Rakta Respectively.
 - Ojas:- Ojas Possessing properties i.e Sita, Snigdha, Sthira, Bala, Pushti and Somatmakatav; present all over Body.
 - Twak seven Layer with their names and Significance.
 - Author also describe the niruktis of dosha, dhatus & Malas along with importance of all three dosha

6th Chapter:- Aharadi Kathanam(Digestion & Metabolism)

- This chapter includes references regarding Stage of Digestion, Aharasa, parinama.

- Rasa reaches Hridaya With the help of saman Vayu, Coloured by Pitta and become Rakta first describe in Sarangadhra Samhita.
- Rasa Chief Component of Digestion Process, and it convert to Sukra(Sperm) in 1 month is also firstly described in Sarangadhra Samhita.
- During sexual Intercourse, Skura(Semen) and Sonita(Ovum) are unite to form Garbha(embryo) this process done by the Yadhecha of God.
- Author also Describe Suitable procedures i.e Anjan, lepa, Abhyang, Vaman, Nasya acc. to age.

7th Chapter:- Rogagagana(Enumeration of Diseases)

Author Describe about total number of diseases- 78

Types of Diseases:- Jwara (Fever)- 25, Atisara- 7, Ajirana-3, Arsas- 6, Krimi- 20, Pandu-5, Raktapitta- 3, Kasa- 5, Agnivikara- 4, Swarabheda-6, Trishna-6, Murchna-4 etc. Respectively.

MADHYAMA KHANDA

In this khanda, Panchvidha Kashaya kalpanas(Pharmaceutical Preparation) and Upkalpanas are described.

1st chapter

First chapter deals with general preparation and dose of Swarasa. The juice that is obtained by squeezing fresh juicy medicine brought after cutting or uprooting it in a cloth is called swaras.

Method :- For Dry Drug boiled in 8 times of water and reduce to quarter.

For Fresh Drug(leaves) directly by Squeezing through Cloth.

Dose:- 1/2 pala (24g) and 1 pala if it extracted after boiling.

Prakshepaka Dravya:- Honey, Ghee, Salt, etc.

Putapaka Vidhi also described by author for extracting juice from Hard Drugs.

Method of Putapaka Vidhi- Wet plant is made into coot, kalk and wrapped with leaves of gambhari, elder or jamun etc., two fingers or one thumb thick mud is applied on it, then placing the coated kalk ball in the bottom of the pot, the flame is lit. When the soil of the ball turns red, then it is removed by removing the soil and the leaf from above and squeezes its juice, if the plant is hard, grinds it in water or a suitable liquid and extracts the juice.

Dose:- 1 pala, Anupana-Honey (1 Karsha)

Example:- Vasa putapaka, Jambu putapaka

2nd Chapter :- Kwatha Kalpana (Decoctions)

Method of Preparation- One pala of coarsely powdered drugs is boiled in 16 parts of water in earthen pot, on mild fire reduce it around 1/8 Part is called Kwatha.

Synonyms- Srita, Kashaya, Niryuha

Precaution- Pot should not covered with a lid because doing this, Kwatha becomes heavy and not digest easily.

Prakshepaka Dravyas-

Sugur

Vata	1/4 parts
Pitta	1/8 parts
Kapha	1/16 parts

Honey

Vata	1/16 parts
Pitta	1/8 parts
Kapha	1/4 parts

Example- Giloy Kwath, Dasamula Kwath

3rd Chapter- Phanta Kalpana

Method of Preparation- One pala of Powdered drug and one kudava of hot water are kept in a mud pot, and filtered through cloth.

Dose- 2 pala

Synonym - Chrnadrava

Prakshepaka Dravyas -Sugar, honey, and Jiggery.

Example- Khajuradhi Mantha

4rd Chapter- Hima Kalpana (Cold Infusions)

Method of Preparation- One pala of Powdered drug is put into 8 palas of cold water and kept one night in Pot and next morning filtered through Cloth.

Synonym- Sitakashaya

Dose- 2 pala

5th Chapter- Kalka Kalpana

Method of Preparation- A Green or dry drug converted into paste form by rubbing it on stone by mixing little amount of water in drug.

Dose- One karsha

Prakshepaka Dravyas-

- Honey, Ghee, Sesame oil in double Quantity of kalka.
- Sugar and jaggery are added in equal Quantity.
- Liquid- Four times.

6th Chapter- Churna

Method of Preparation- Well powered drugs filtered through cloth is called Curna.

Synonym- Raja, Kshoda

Dose- One Karsha

Prakshepaka Dravyas-

- Jaggery- In Equal Quantity.
- Sugar, Honey, Ghee, Taila - Double
- Liquid- Four times

Anupana- Avelha and Gutika should be 3, 2, and 1 pala respectively for disease of Vata, Pitta, Kapha.

Example- Triphala Churna, Trikatu Churna

7th Chapter- Vataka Kalpana

Synonym- Vati, Modaka, Vatika, Pindi, Guda

Method of Preparation- Vati is prepared either by cooking the powder of drugs with jaggery, guggulu or without Cooking by macerating the powder with Liquid and rolling into Pills.

Prakshepaka Dravyas-

- Sugar- Four Times
- Honey & Guggulu- Equal Quantity.
- Jaggery & Guggulu- Double
- Dose- 1 Karsha

8th Chapter- Avaleha Kalpana

Method of Preparation- By Boiling the Kwath in more dense form is called Avelha Kalpana.

Dose- 1 Pala

Prakshepaka Dravyas-

- Jaggery & Liquid- Double

- Sugur- Four Times

Aveleha siddhi lakshna- Thread like, sinks in water, fingerprints if rolled between fingers, give pleasant smell and also give good smell and taste.

Anupana- Milk, Sugur cane juice, Panchmula Kashaya.

9th Chapter- Sneha kalpana

Method of Preparation- By mixing one part kalka, four times ghrita/taila and four times of any kwath.

Prakshepaka Dravyas for Kwath-

- Soft Drugs- Four times
- Moderate Drugs- Eight Times
- Hard Drugs- Eight Times
- Very Hard- Sixteenth Times

Sneha siddhi lakshna-

- Kalka rolled in between Fingers.
- Assume Shape of Varti.
- If kalka thrown into fire then no cracking noise is produced.
- Good smell, colour and taste is obtained.

Types Of Sneha paka

- Mridu(Mild)
- Madhya(Moderate)
- Khara(Hard boiled)
- Dagdha(Over Burnt)
- Amapaka(Deficient Cooking)

Taila kalpana also describe in this chapter. One adhaka of laksha boiled in four adhaks of water and reduce it to quarter and filtered. One prastha of tila taila and one adhaka of mastu and kalka prepared with one karsha each of satapushpa, aswagandha, haridra, devadaru, katuki, renuka, etc. are cooked on mild fire and taila is prepared.

Indications- Vishamajwara, Kasa, Swasa, etc.

10th Chapter- Sandhana Kalpana

In this chapter author states about asava and arishta. Asava prepared by adding cold water without boiling the drugs, while arishta prepared by boiling the drugs.

Dose- Asava and Arishta having Same Dose by adding equal quantity of water i.e 2 Palas.

Anuktamana- Water- One Drona, Jaggery- One Tula, Honey- 1/2 of Jaggery, Churna Dravyas- 1/10 of jaggery

Madya Types Also explain in this Chapter.

11th Chapter- Dhatu Sodhanamarana

Dhatu- Gold, Silver, Brass, Copper, lead, Tin, Magnetic iron

Samanya Shodan- The Leaves of above mentioned metal's are heated on fire and immediately dipped into Buttermilk, Cow urine, Sesame oil etc.

Upadhātu- Makshika, Thutha, Abraka, Neelanjana, Manashila, Halaka, Rasaka, Two type of abrak marana method are explained by author along with one type of makshika marana method.

The pharmaceutical Preparation of kshara kalpana are also explained in this chapter.

12th Chapter- Rasadi Shodan Marana Kalpana

Rasadi Shodan Marana Kalpana includes Parad as rasendra, Suta, haraja, Sutuka, Rasa and Misraka.

Dhatus- Nine dhatus are used in Rasayana process are Copper, Silver, Brass, Lead, Gold, Tin, Steel, Bronze iron etc.

Jeypala and Visha shodana are explained in 12th chapter.

Uttara-khanda

Uttara-khanda includes different types of treatment in different Chapters.

It contains 13 chapters and start with Sneha adhyaya 1st and ends with Netraprasadana.

1st Chapter- Sneha Adhyaya

It includes two types of Sneha, and on the basis of mixture Sneha is of Two, Three, Four Types.

Dose- According to Digestion

One pala- For good digestion

Three karsha- Medium Digestion

Two karsha- Poor Digestion

According to Dosha

Ghee- In case of Pitta disease

Lavana - in Vata disease

Kshara- Kapha Diseases

Anupana according to Sneha

Ghee- Warm Water

Oil- Yusha

Manda- Vasa and Majja.

In case of sneha ajirna it treated with Hot water.

2nd Chapter - Sweda Vidhi

Four Types of Sweda are mentioned in Chapter i.e Fomentation, Steam Bath, Hot Poultices, Sudation.

3rd Chapter- Vamna Vidhi

It includes Vamna yogya and ayogya Indications along with Doses.

Vaman Parstha Mann- 13/1/2 Parstha

Vaman Ayog, Atiyog, Sayaka yog also Mentioned.

4th Chapter - Virechan Vidhi

It includes Virechan yogya and ayogya Indications along with Doses.

Virechan Kal- Sardha and Vasant

Virechan Ayog, Atiyog, Sayaka yog also Mentioned.

Virechan Dravya-

Mridu kostha- Daraksha, Milk, Arand Tail.

Madhyam Kostha- Nishoth, Kutki

Karur Kostha- Snuhi Milk etc.

5th Chapter - Basti Vidhi(Enema Therapy)

Basti types - Anuvasan and Niruhan Basti, Matra Basti.

Basti Matra-

Uttam bala- Six Pala.

Madhyam Bala- Three Pala.

Hin Bala- One and half Pala.

Matra Basti- 2 pala

6th Chapter - Niruhan Basti

Niruhan Basti yogya and ayogya Mentioned along with Age wise Dose.

Niruhan Basti procedure also Described.

7th Chapter- Uttar Basti

Uttar basti procedure mentioned along with Uttar basti guna and dosh.

8th Chapter- Nasya Vidhi

Nasya two types described along with its kal.

Nasya Kal- Vataj Kal -Aparahn

Pitaj Kal- Madhya

Kapha Kal- Paratya

Nasya Age- 8 to 80 Year's

Sirovirechan also explained by author in this chapter.

14 kal of Parti marsh nasya also explained in details.

9th Chapter- Duman Vidhi

Six types of duman are described.

Duman Age- 12 to 80 Age.

Duman Vidhi benefits are also explained.

10th Chapter- Gandhus- Kaval

Four types of gandhus are mentioned in Chapter.

Laksan of both gandhus and kaval are described.

Dose - Gandhus- One Kol

Kaval- One Karsha

11th Chapter- lep Vidhi

Aaleph described as basic application and most important because it lower pain in all types of Swelling.

Leph Dose- Doshghan- 1/4 thickness of finger.

Vishghan-1/3 thickness of finger.

Varnya- 1/2 thickness of finger.

12th Chapter- Sonitasrava Vidhi

Sonitasrava Mann- One Parsth(13- 1/2 Pal)

Rakat dusthi according to dosh are also explained in details by author along with Sudh rakta Lakshana.

Four types of Sonitasrava describe.

13th chapter- Netraprasadana Vidhi

Chapter starts with seven types of Netraprasadana are told by author.

Seven types of Netraprasadana explained in details with their procedures, kal, doses, samyak, ayog and atiyog of all seven types of Netraprasadana.

Last chapter of Uttara-khanda ends with verse with "People with short span of life and poor intelligence cannot read all the Samhitas, therefore, after reading all the Samhites (Treatise) for them, this book has been made as simple and concise as possible. Therefore, this book contains the essence of all the books, so everyone should practice it to protect their health.

DISCUSSION

1. Sharangadhara Samhita first Ayurvedic treatise which describe Nadi Pariksha and used as diagnostic tool to identify Diseases.
2. In Sarangadhra Samhita total number of 78 disease are explained but not explained their Nidan aspect.
3. Acharya Sarangadhra was first explained mechanism of respiration with the help of new terms like ambarapiyush, Vishnupadamritha.
4. Varna Basti firstly explained in Sarangadhra Samhita.
5. It includes 2600 verses along with their meaning.
6. Sarangadhra was first, who explain Yamadamshtra Kal.
7. Snayuga Krimi Rog also firstly explained in Sarangadhra Samhita.
8. Suchikabharana rasa prayog an artificial procedure by which drugs are directly injected into blood, firstly explained in Sarangadhra Samhita.

CONCLUSION

Definition of Pharmaceutical and Pharmacological terms are clearly mentioned in Sarangadhra Samhita and also method of Preparation of all types of dosage forms are described in details. Its uniqueness in explaining topic like Nadi Pariksha, Measurement, Kashaya kalpanas etc. Drugs like Opium incorporated into Ayurvedic materia medica also a uniqueness of this treatise. Sweda, danta, kesha and oja are named as Upadhatus.

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