



A LITERARY STUDY ON DIFFERENT TREATMENT MODALITIES OF DHANWANTARI SAMHITA – A PART OF GARUDA PURANA

Dr. Manoj Kumar Sahoo

Ph.D Scholar, Govt. Ayurvedic College & Hospital, Balangir

Prof. (Dr.) P. K. Panda

Dean, Sri Sri College of Ayurvedic Science And Research Hospital, Cuttack

Dr. Itishree Sahoo

Asst. Professor, SSS Ayurvedic Medical College, Sahajahanpur, UP

ABSTRACT

Ayurveda indeed represents a holistic approach to health and well - being in India, encompassing various aspects of life and drawing from ancient texts like the Vedas, Upanishads, and Puranas. The Garuda Purana, specifically, is one of the eighteen Mahapuranas and is divided into three sections or kaandas: Achara Kaanda (dealing with conduct), Preeta Kaanda (funeral rites), and Brahma Kaanda (metaphysics and spiritual wisdom). Each kaanda addresses different facets of life, making the Garuda Purana a comprehensive guide to both mundane and spiritual aspects of existence according to Hindu tradition. The Achara Kaanda is also composed of three samhitas. These are a) The Agastya Samhita b) The Brihaspati Samhita (Nitisara) c) The Dhanwantari Samhita. In this context, the literary research has taken and concentrated on the Dhanwantari Samhita that is related to Ayurveda. The philosophical concept as well as Ayurvedic pathology of disease and treatment principles has been mentioned. The conversation of lord Dhanwantari and Acharya Sushruta has been quoted. This research article aims to review regarding origin, identification and similarities as well as dissimilarities between Garuda Purana and Ayurveda and the new materials present in Garuda Purana as well as the utility of Dhanwantari Samhita of Garuda Purana for the betterment of a healthy society.

KEYWORDS : Dhanwantari Samhita, Garuda Purana, Nidana

INTRODUCTION

Since the primitive period, the Veda has been accepted as the first encyclopedia by Aryan civilization. It is stated that Lord Brahma, the creator of all the creatures, is also author of Chaturveda. Initially, for a long period, the Veda was memorised by the intellectual mass, but gradually it became difficult for the people to understand the complexity of the Vedic doctrines. At that juncture period Maharshi "Vadarayana" took a step to simplify and analyse all the doctrines of Vedas to make it easy for the general people to understand. Later on, based on the doctrines of Veda the Upanishadas, Bramhana granthas and Maha Puranas etc. were inscribed by the sages and Acharyas. All the Mahapuranas are attributed to sage Veda Vyasa in the Hindu tradition. The history says there are 18 (eighteen) Mahapuranas and the first version of various Puranas was likely composed between the 3rd to 11th centuries CE. However, it is not possible to set a specific date for any Purana as a whole as the dates proposed by the scholars continue to vary widely. Garuda Purana is one among the eighteen Mahapuranas placed in serial no - 6 which indicates its importance among the Puranas. It contains 19000 verses. It is also an encyclopaedia of different topics.

Need For The Study

Ayurveda is such a science which is essential for individual in every steps of life. It is a matter to be astonished that every Indian, specially Indian mother has common knowledge of Ayurveda for which it is well versed that "every Indian mother is a doctor". So many treatises are there which are containing various aspects of Ayurveda, but it is in neglected form. Garuda Purana is also such a text which is containing so many Ayurveda related chapters and various philosophical descriptions which are out of the knowledge of general people. It is right time to bring out these hidden precious concepts of Ayurveda and philosophy of Garuda Purana to the lime light which will be helpful to some extent to the society. Keeping in view of these purposes the topic has been selected for the present study. "A Literary Study On Different Treatment Modalities Of Dhanwantari Samhita – A Part Of Garuda Purana."

A literary research was conducted from available literature of different diseases, text pertaining to Ayurvedic philosophical as well as treatment in Garuda purana. Informations was collected from Garuda purana and electronic media from open access journals.

Chapter 168

Cause of Vata dosha Prakopa

Cause of Vata Dosha prakopa mentioned same things present in Ayurveda Samhita (168/2-3) mind deviation present in Garuda Purana are that Vata Prakopa Rasaa or Kashaya, katu, Tikta and Amla. Amla Rasa is the extra-mentioned for Vata-prakopa.

Cause of Pitta Dosha-168/4-5

Same as Ayurveda Samhita.

Cause of Kapha Dosha Prakopa- Same as Ayurveda Samhita. In Sloka 168/8-9

Vataprakopa Lakshyan same as Ayurveda Samhita. Exception in that Anga Vislesha, Bada Vriddhi, Ayasa Vardhanam are the extra character for Vata Prakopa Lakshana.

Chapter 169

This chapter describes about the Hita, Ahita Ahara and Anupana vidhi vividly.

Lord Dhanvanatri said for the knowledge of what is good or evil, I said now discourse on the rules of food and drink. These are

- Rakta Shali rice (169/1)
- The rice of Raktashali subside tridosha and reduce meda, to reduce thirst.
- MahaShali Rice-It highly restorative.2
- Kalama Rice-reduces bithKapha and Pitta.2
- GauraSastika- The gauraSastikadhanya is guru,sheetavirya and to subside tridosha.2

Chapter – 170

This chapter describes about the treatment principle on

METHODOLOGY

different diseases are as follows -

- Jwara are of 8 types- Vatika, Paitika, Sleshmika, Vatapaitika, Vatasleshmika, Pittasleshmika, Sannipataja and Agantuja.1
- Water cooked with Musta, Parpata, Usira, Chandana, Udichi and Nagara subsequently cooled down should be given to a fever patient for the alleviation of heat and thirst.1
- A decoction of Nagaram, Devadaru, Dhanyakam, Brihati, Kantari should be given to Fever Patient.1
- A decoction of Aragvadhā, Mujsta, Tikta and Grantika proves efficacious in Sama Jawara with Shoola.3

Chapter 171

The chapter no.-171 describes the nature of the treatment to be adopted in case of NadiVrana, Upadmsha, Bhagna, Kustha, Amlapitta, Jwara, Agnimandya, Urdhwajatrugata roga etc.

- At first Nadi Vrana should be incised, after which remedial measures in connection with NadiVrana should be employed.1
- A medicated Ghrita cooked with Guggulu, Triphala, Vyosha cures Nadi dushta Vrana, Bhaghandara and Shula.2
- Vati consisting of 3 parts of Guggulu, 5 parts of Triphala and one part of Krushna prove curative in Sotha, Gulma, Arshas and Bhagandara.4
- Siravyadha at Dhvajamadhya cures Upadamsha Roga.5

Chapter 172

The chapter no.-172 describes the nature of the treatment to be adopted in case of Stree roga, Visha, rasayana, Ritucharya, Panchakarma etc.

- In all forms of yonivyapat, measures to be taken to subside the dearranged Vayu.1
- A compound of Vaca, Upakunchika, Jati, Kruna, Vasakam, Saindava, Ajamoda, Yavakshara, Chitrakam, Sarkara with water and well stitted and fried with Ghrita, alleviates pain in Yoni, Hridroga, Gulma and Arshas.2-3
- A medicinal Ghrita prepared with Panchapallava, Yasti, Arka, Malati, Kusuma heated under sun, removes Yoni dourgandhya and Asrigdhara.5

Chapter 173

The chapter no.-173 describes the Dravyas mentioned under different Rasas.

- Dhanvantari said:
- Madhura Dravya: Madhuradi Dravya which has the Rogahara properties consist of Shali, Shastika, Godhuma, Kshira etc.
- Karma: This helpful in Murcha, daha Prashamana, Indriya Prasad
- Amla Dravya: Dadima, Amalaka, Amra, kapitta, Karmarda, Matulunga, Amrataka, badara, Tintidika Phala, Dadhi, Takra, kanjikam, Lakucha etc.
- Karma: Kledana, vatakrit, Vidahi, Anulomana.
- Lavana Dravya: Different types of Lavana, Yavakshara, Sarjakshara 10
- Karma: Sodhana, Pachana, Kledi, Slesmakara,
- Katu Dravya: Vyosha, Sigrū, mulaka, Devadaru, Kustham, Lasuna, Valguja-phala, Musta, Guggulu and langali. 12
- Karma: Dipana, Sodhi, cures Kushta, Kandu and Kapha, reduce Sthoulya, Alasya and Krimi, reduce Sukra and Medas in the body and produce Bhrama and Daha in the body.13
- Tikta Dravya: Kritamala, Karira, Haridra, Indrayava Swadu Kantaka, swadu vetra, two kinds of Vrihti etc.
- Karma: Chedana, Rochana, Dipana, Sodhana, Jwara Trishna hara, cures Murcha and Kantha Roga.17
- Kashaya Dravya: Triphala, Sallaki, Amra, Vata, Jambu, Tinduka, Bakula, Shal, Palanki, Mudga and Chillakam

Chapter 174

The chapter no.-174 describes the nature of the treatment to be

adopted in case of Sarva vata vikara, Smruti medhakara etc.

Cook 1 prastha of Ghrita with 1 Aksha of these drugs viz. Shankhapuspi, Vaca, Soma, Brahmi, Brahma, Suvarchala, Abahya, Guduchi, Atarusaka, Vakuchi in combination with 1 prastha of Kantakari Rasa and Dugdha. This is called as Brahmi Ghrita improves the intellect and memory (Shrutimedhakara).1-3

- Cook Ghrita with Triphala, Citraka, Bala, Nirgundi, Nimba, Vasaka, Punnarnava, Guduchi, two kinds of Vrihati and Satavari. This Ghrita is called as Triphaladi ghrita or Sarvaroga hara ghrita beneficial in all types of disease.4

Chapter 175

The chapter no.-175 describes the nature of the treatment to be adopted in case of different types of Jwara, Some important formulations are -

- Vataja Jwara
- Decoction of Musta and Guduchi proves effective in Vataja Jwara.3
- Decoction of Panchamula Group proves remedial.15
- Pittaja Jwara
- A decoction of Duralabha cures Pittaja Jwara.4
- A decoction of Shunti, Parpata, Musta, Valaka and Chandana prove remedial.4
- Kaphaja Jwara
- A decoction of Shunti and Durlabha taken with Ghrita proves curative in Kaphaja type of Jwara.5

Chapter 176

The chapter no.-176 describes the nature of the treatment to be adopted in case of khalitya, palitya etc. Some of the important yogas are -

- Hastidanta Ashes and Rasanjana with Ajadugdha applied on head for 75 days subsequently for the treatment of hair growth in Khalvat Rogi (Ganja).1
- Lepa of Pulp of Amraasthi increases a thickness to the hairs and prevent falling of hair.4
- Application of Freshly burnt Shanka Churna mixed with Sisa (lead) and water to the scalp imparts Snighdha and Raven like blackness to the hair.7
- Taila prepared with Saindhava, Vacha, Hingu, Kutha, Nagakesara, Sathapuspa, Devadaru and during its paka kala add 4 parts of Cowdung good for pain in ears.12-13

Chapter 177

The chapter no.-177 describes the nature of the treatment to be adopted in case of Netra vikara, Gala roga, Danta vikara, Mukha roga, Nasa roga, Jwara, Nidra nasa, Bhagna etc. Some of the important yogas described are -

- Combination of Sobhanjana patra rasa with madhu, instilled in eyes relieves Netraja Roga.1
- Kalka of Vibhitaki, Sankha, Manashila, Maricha and Nimba Patra with Ajamutra cures Timira, Patala and Ratriandhata (Night blindness).4
- A Kalka prepared with trikatu, triphala, Karnja phala, two types of Rajani and Saindava with Bhringaraja rasa and applied to the eyes cure all form of eye diseases.7

Chapter 178

The chapter no.-178 describes yogas to be adopted in case of manasa vikaras.

- Let a woman administer a compound of Brahmadandi, Vaca, Kushta and Nagakesara with a prepared betel leaf to a man she loves by repeating the Mantra, "OM NARAYANI SWAHA". The man to whom such betel is given becomes the slave of its beautiful giver and after giving let the woman recite the Mantra "OM, HARI, HARI, SWAHA." 1-2
- Churna of dried Khanjarita's flesh with madhu should be applied as a lepa to her own reproductive organ during the menstrual period (Ritukala) is sure to enslave her love.5

- By fumigating one's body with Agar, Guggulu, Nilotpala and Guda, one can become favourite in a royal court.6

Chapter 179

The chapter no.-179 describes the nature of the treatment to be adopted in case of Danta, Karma roga, yoni dosha etc. Some of the formulations described are -

- Rinse the Danta with Triphala Kwatha and then apply lepa of oil mixed with Haratala, Yavakshara, Patranga, Raktachandana, Jati puspa, Hingula and Laksha to the teeth which will turn the colour of teeth into white.1-2
- Cook the Mulakam in mandagni and pour its rasa to the ear which tends to arrest the discharge from the ears.3

Chapter 180

The chapter no.-180 describes some of the important diseases with their treatment are as follows-

- Fumigation with varti prepared out of Vaca, Jatamamsi, Viva, Tagara, Padmakaesara, Nagapuspa, Priyangu churna to the whole body helps the patient to walk with a new hope.1
- Lepa prepared out of Devadaru churna and Karpura with Madhu applied to the male reproductive organ is sure to fascinate a woman during an act of sexual congress.2-3
- Vati prepared out of Sankhapuspi, Vaca, Jatamamsi, Somaraji, Phalgukam, Mahisha Ghrita imparts a firmness to vaginal muscles and again prepare vati adding Kamala nala and Ghrita, insert it in vagina of mother helps in producing progeny even after delivering 10 children.6-8

Chapter 181

The chapter no.-181 describes the nature of the treatment to be adopted in case of Kasa, Swasa, Hikka, Kesha and Loma shatana etc.

- Tambula, Ghrita, Madhu, Lavana with milk rubbed well in Tamra Patra and apply to the eyes relieve the aching pain in eyes.1
- Apply Vibhitaki seeds, Haratalam, Manashila with Aja dugdha to the eyes as Anjana cures all types of netravikara.2
- Apply Malati Puspha lepa to the eyes instantaneously cures the form of eye disease.3
- Leha prepared out of haritaki, Vacha, Kustha, Vyosha, Manashila, Hingu mixed with ghrita with Madhu cures Kasa, Swasa, Hikka.1

Chapter 182

The chapter no.-182 describes yogas to be adopted in case of different diseases and diggerent formulaytions are as follows -

- Dadhi should not be taken in Sharat, Grishma and Vasanta Ritu. It is best to take in Shishir, varsha Ritu.1
- Navanita and Sarkara taken after meal will improve the intellect.2
- Kwatha prepared out of Hingu, Souvarchala, Shunti cures Parinama Shula and Ajirna.6
- Make a paste of Dhataki Puspa with Somaraji Kshira, by taking this medicine a emaciated person gains weight and strength.7
- Prashan of Sarkara, Madhu with Ghrita and later drink milk which will make Kshaya rogi to improve his health and intellect.8

Chapter 183

The chapter no.-183 describes -

- Decoction of Maricha, Sringavera, Kutaja and Tvacham, internally administered, cures Grahani.1
- A Lepa consisting of Pippali, Pippalimulam, Maricham, Tagara, Vaca and Patha with milk and Devadaru Rasa proves in cases of Atisara.2
- An anjana composed of Maricham and Tila pushpa to the eyes cures Kamala.3
- Haritaki and Guda, taken in equal given with madhu, acts

as a good virechana.4

- Decoction of Triphala, Chitraka, Citra, Katurohini does virechana and cures Urustambha.5
- Kwatha of Haritaki, Sringavera, Devadaru, Chandana and Apamarga mula with Aja Dugdha and taken for a week, cures urustambha.6

Chapter 184

The chapter no.-184 says about the following yogas -

- Lepa of Rajani and Kadali Kshara cures Siddhma.1
- 1 part of Kushta and 2 parts of Pathya taken with hot water relieve Katishula.1
- Abhaya, Navanita, Sarkara, Pippali taken internally cures Arsha roga.2
- Ghrita prepared with Atarusha patra beneficial in case of Arshoroga.3
- Triphala with Guggulu cures Bhagandhara.4

Chapter 185

The chapter no.-185 describes -

1. By reciting 1008 times tie the tuft of hair into a knot, one is sure to get victorious in Vivada and to be a favourite with kings.2
2. Who will recite it 100 times in a day will become favourite among societies.2
3. Put the Krishna Tila in ghrita with reciting the mantra 1008 times becomes mastery over the minds of Raja within 3 days.3

Chapter 186

The chapter no.-186 describes some important formulations such as -

- Guduchi Sara with Madhu cures all form of Meha.1
- Kwatha of Gohalika mula and Tila taken with Dadhi and Ghrita tends to set flow the suppressed urine. The same kwatha taken with Sauvarchala Lavana.2
- Goraksha and Karkati mula pasted with sitajala and taken for 3 days in succession relieves caries of teeth and Danta sarkara.3

Chapter 187

The chapter no.-187 describes some of the rasayana yoga formulations -

- Intake of Hastikarna Palasha Patra with Dugdha for 1 week cures all types of diseases and also make Shrutidhara and his power, movement will like that of Simha. Matra -1 pala.1-2
- If taken with milk for 16 days imparts good complexion and make old person young.3
- If taken with Ghrita and madhu, increases Ayu of that person.4
- If taken with Madhu enable him to live for a thousand years, make him Shrutidhara.5
- If taken with Dadhi make his body strong like that of Diamond, increases hair growth.5

Chapter 188

The chapter no.-188 describes some formulations -

- Wound absent of pus is filled up by Ghee so that the ulcer healed quickly
- The juice prepared from the roots of Acaranthes aspera hands and applied on the ulcerated wound so that immediate blood letting stopped.
- The pest of langalika root and hingula root is applied over foreign body intact wound, the foreign body present inside the wound remain comes out automatically. The foreign body present inside the wound remain long times it also comes out smoothly.

Chapter 189

The chapter no.-189 describes -

- Sweta Aparajita puspa Rasa into the eyes tend to cure the eye disease named Patala Akshiroga.1

- By chewing Gokshura Mula, a man may destroy the krimi present in the teeth and get rid of tooth ache in consequence.2
- Vrischika mula with water kept over night and given to the fever patient instantaneously removes the Jwara and Daha from the body.6

Chapter 190

The different yogas described in chapter 190 are as follows -

- Aparajita mula with Gomutra cures Gandamala.1
- Indravaruni mula, Sukasimbi, Eranda rasa prepare a paste with cold water given asa nasya cures pain in Bahu and Griva.2
- Intake of Aswagandha, Pippali, Vacha, Kushta with Navanita of Mahisha alleviates pain in the male reproductive part and urethral canal.3
- Kushta, Nagabala churna with Navanita apply to the breast acts as a good breast developer and imparts a graceful contour to the breasts of youthful lady.4

Chapter 191

Description found on Visha chikitsa in chapter no. 191 are as follows -

- Serpant doesnot remain at home and round him if he takes Punarnava roots kalka with water during Pushya nakshatra. 1
- Image of Garuda with bear's teeth is made and kept in the body makes the person keep away from snake.2
- Intake of Shalmali Vriiksha mula kalka with water collected at Pusya nakshatra, makes one self away from snake .3
- By tying Lajjalu mula or by smearing Lajalu kalka, a man is enabled to catch hold of snakes without harming his life.4

Chapter 192

The chapter no.-192 describes formulations on different herbal compunds are as follows-

- Chitraka Suranadi Modak, Bilwa Agnimanthadi Taila, Chandana Kummkumadi Taila, Yamani Chitrakadi ghruta, Patola patradi lepa, Swarabrdhaka Yoga, Ketakyadi Anjana, Badhira Nashaka Yoga, Asrigdara Nashaka Yoga, Vrana ropaka Yoga etc.

CHAPTER-193

- In this chapter 2 formulation for Medhya rasayana and other formulation for maniska vikara (unmada & Apsmara) has been mentioned.
- A few Formulation has been mentioned.

CHAPTER-194

- In this chapter mantra for Lord Vishnu has been mentioned.

CHAPTER – 195 (Sarava kama prada Vidya mantra)

CHAPTER – 196 (Vishnu Dharma Nama Vidya varnana) also mantra chikitsa.

CHAPTER – 197 (Garudi Vidya Varnana)

- In this Chapter Daivya Vyapasya & Yukti Vyaparsya chikitsa has been mentioned.

CHAPTER – 198 (Jwala Mukhi Vidya Varanana)

CHAPTER – 199 (Dwajadi Niraya Varnana)

Different Flag symbol for victory has been described.

CHAPTER – 200 (Vaya jayadi Varnana)

Different function of Vayu for different loka has been mentioned.

CHAPTER – 201 (Aswa & gaja Ayurveda) in this chapter Aswa

and gajayurveda has been mentioned.

CHAPTER – 202(Ausadhi Nama Varnana) There are 450 medicinal herbal with their Sanskrit Name has been mentioned in this chapter and advised for use in different diseases.

DISCUSSION

The Garuda purana is sub-divided in to three Kaandas , These are,

- Achar Kanda
- Preeta Kanda
- Brahma Kanda

Achara Kanda is also sub-divided in to three different Samhita .These are ,

- Agastya Samhita
- Brihaspatya Samhita and
- Dhanwantari Samhita

Mostly the ayurvedic materials and darshan tatwas has been incorporated in Achara kanda.Out of them Dhanwantari Samhita is one of them.It manily contains Pancha Nidan and Nidan as well as treatment principles of different diseases like jwara raktapitta swasa,hikka, rajayakshma etc.The pathogenesis ,causative factor,treatment principle as well as and instucted ayurvedic medicine yogas has been discussed and instructed by Lord Dhyawantri to Susuhruta. In Garuda Purana many diseases has been advocated by Lord Dhanwantri to Sushruta with specific treatment therapy. The Dhanwantri Samhita part is mentioned from 146th chapter at Achara Kand and ends with 287th Chapters. These 35 chapters, literally and comprehensively studies and entitles the important Ayurvedic materials present in it but absent in Charak,Sushrut etc. The technical discussion at the Dhanwantri Samhita text is woven with its theories on the therapeutic as well as mythological analysis and curative significance.

CONCLUSION

The chapter 168 to 202 of Garuda Purana describes about different formulations to be used for different diseases. Depending on the availability of the drugs the medicines are to be prepared accordingly and used for the benefit of the patients. Many Rasayan yogas and Vajikaraka yogas are been described. Diseases related to Head, Ear, Nose, Throat, Eye etc. are described such as Lepa yogas, Nasya yogas, Anjana, Herbal decoctions, Rasakriya, Application of oil, different ghees are to be used in different dose according to the age of the patients. Mantra chikitsa has been emphasized in different diseases. Many visha nashaka yogas have been described. Kustha nashaka yogas (skin disease) are also found scattered in different chapters.

REFERENCES

1. Garuda Purana' by Dr. Shree Krishna Jugnu, Krishnadvaipayana Maharshi Vyas virachitam, 2nd edition 2018, chaukhamba Krishna das academy, varanasi