

# Caraka Samhita – Class 2

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*Doctor Rekha*

AYURVEDA

History of Ayurveda

Definition of Ayurveda

Doshas, Dhatus, Pancamahabhutas

Sense organs, the mind and the soul

Good conduct

What we learned in the last class...

# What are we going to learn in this class...

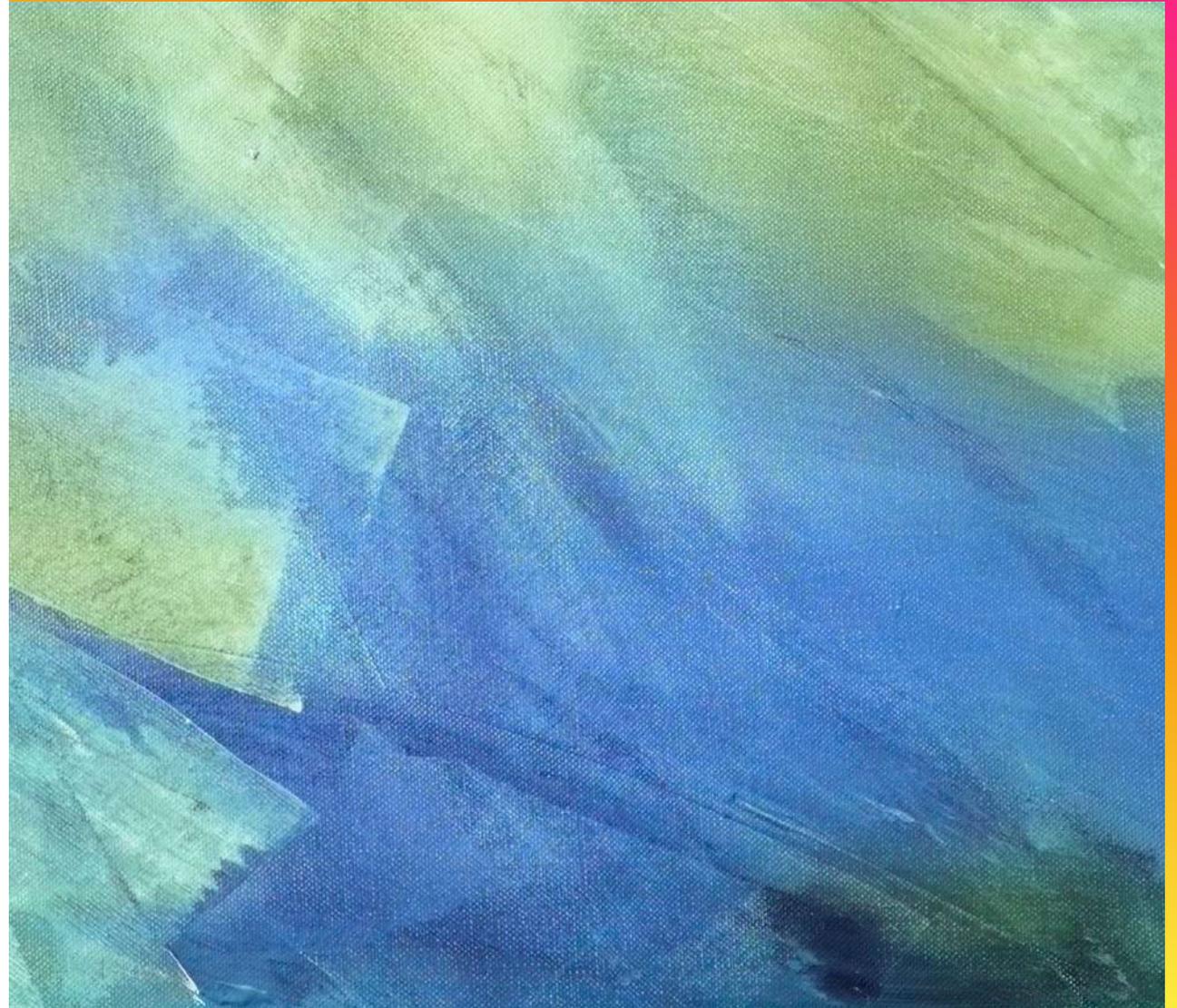
How to assess your prakriti?

Doshas in detail - qualities, seats, actions

Causes of diseases

Concept of Agni

Urges of the body and the mind



# Chapters included in this class

- + Caraka Samhita Sutra Sthana - Chapters 1 & 7
- + Ashtanga Hridayam Shareera Sthana – Chapter 164
- + Caraka Samhita Chikitsa Sthana – Chapter 15

# The basic theory of Ayurveda – 'Samanya Visehsa Siddhantam'

- + Like increases like
- + "Sarvada sarvabhavanam samanyam vriddhikararanam"
- + The basic principle of Ayurvedic treatment
- + Samanyam – general qualities, vishesham – special qualities
- + Eg. Amla – sour taste, but post digestive taste is sweet. So subsides Pitta (Vishesha)

“Satwam atmam shareerem  
cha trayam etat”

## The tripod of existence (Tridandam)

- + Every living thing in the universe is sustained by
- + 3 pillars –
  - Satwa (Mind)
  - Atma (Soul)
  - Shareera (body)

# Purusha

- + Purusha : a living human being
- + Purusha is formed due to the joining of Satwa, Atma & Shareera
- + When these 3 disintegrates, it leads to death
- + Satwa + Atma = Chetana dhatu (life)
- + Chetana + Body (made of Panchamahabhutas) = Shad dhatu Purusha
- + Shad = 6
- + Treatment is for shad dhatu purusha



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# Dravya Samgraha (Panchamahabhutas)

- + Kha, etc - space,  
etc , means  
Panchamahabhutas
- + Atma - Soul
- + Mana - Mind
- + Kala - Time
- + Disha - Direction



# Living & Non Living

- + Those beings with sense organs are called chetana dravyas
- + Those beings without sense organs are called achetana dravyas

Living things have the ability to perceive and act, non living things do not. Hence living beings are “karana dravyas”

Any other substance is called Karya dravya Eg. Hareetaki is karya dravya

Both are made of Panchamahabhutas



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# 3 Causes of Diseases (Roga Karana Samgraham)

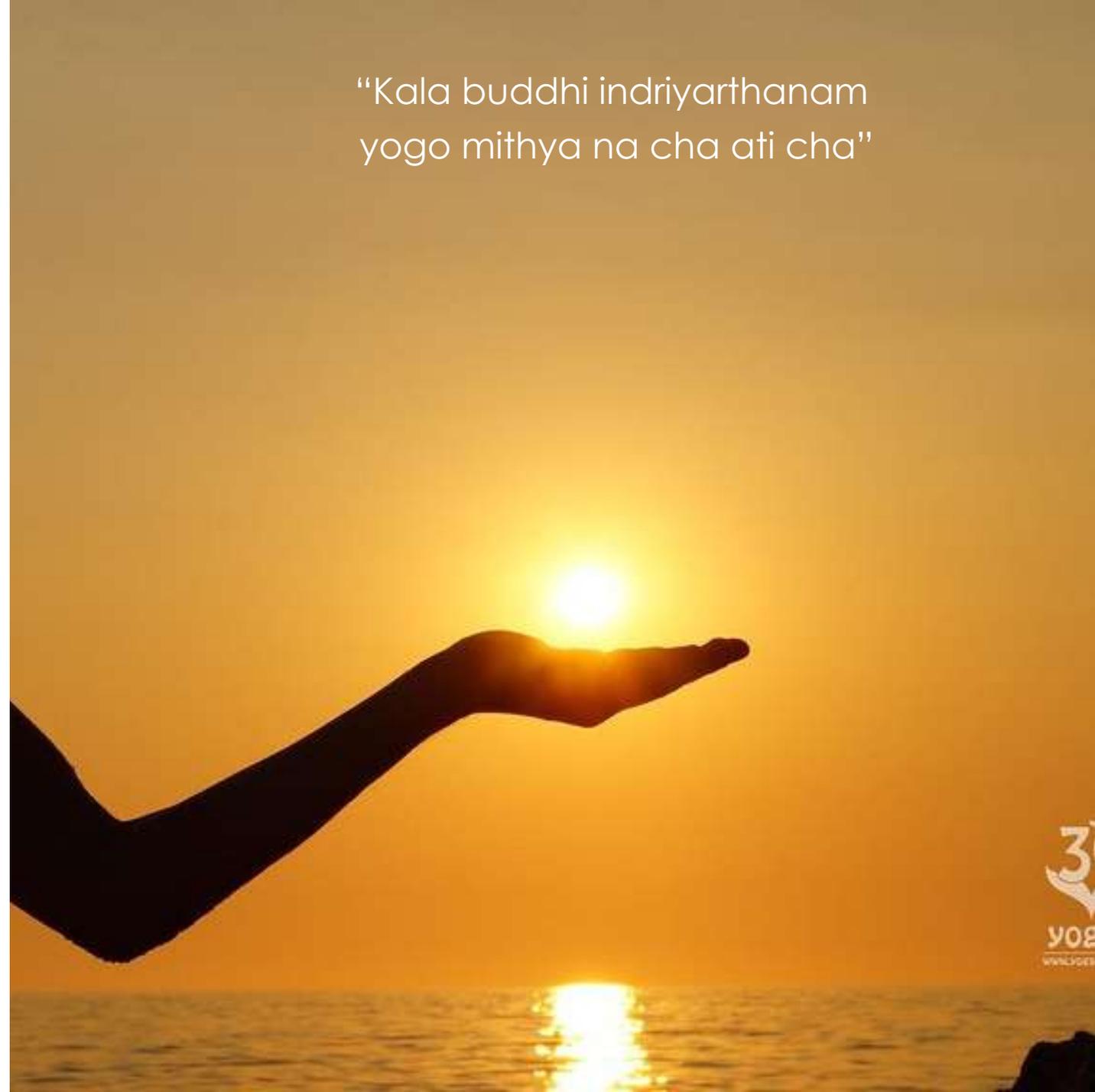
## Three types of Yogas (combinations)

- Atiyoga
- Mithyayoga
- Ayoga

## The reasons for diseases of the mind and body are

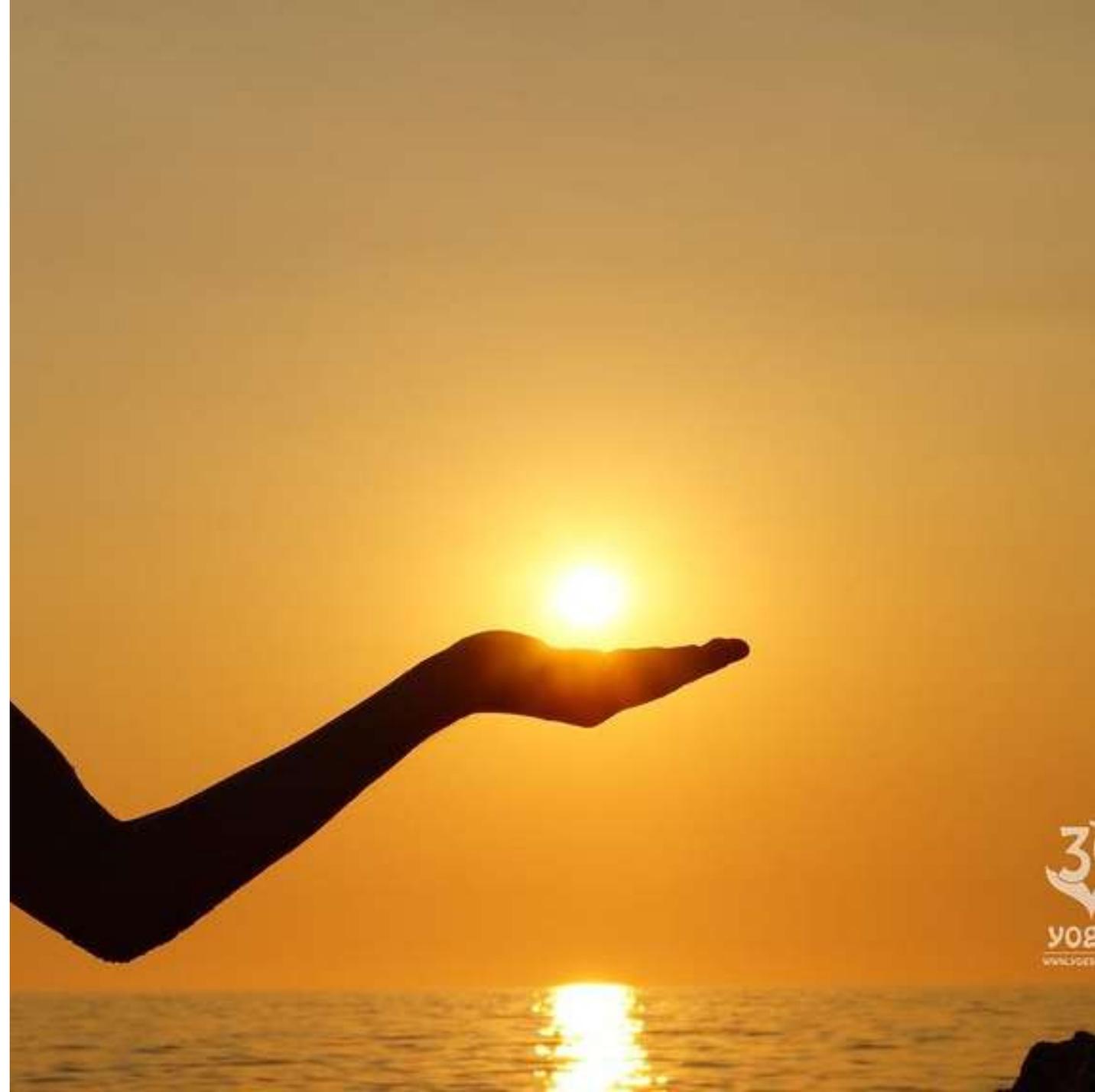
- Kalam : Time (seasons)
- Buddhi : Intellect (mind related)
- Indriyartha : Actions of sense organs

“Kala buddhi indriyarthanam  
yogo mithya na cha ati cha”



# 3 Causes of Diseases

- + The basis of diseases is the body, the soul and the mind
- + This is the basis of happiness and sadness
- + When Kala, Buddhi, Indriyartha becomes favourable – sukha
- + When Kala, Buddhi, Indriyartha becomes unfavourable – du:kha





# Concept of Paramatma (The source)

- + Nirvikara (diseases, sukha, du:kha doesnt affect)
- + Nitya : forever
- + There is a consciouness in you (chaitanyam), body, mind
- + Consciousness shines in the body
- + Consciousness is not a part/ product of your body and mind
- + Modern science – consciousness, mind are products of the brain
- + Consciousness pervades and illuminates the mind and body, it helps its function
- + It is not limited to the body
- + It is known in the fuctioning of mind of body
- + Without mind and body, consciousness cannot be known

# Doshas of the Mind & Body



VAYU PITTA KAPHA -  
DOSHAS OF THE BODY



RAJAS AND TAMAS -  
DOSHAS OF THE MIND

# How to subside the doshas of the mind & body

- + Body doshas : by treatment – medicines, etc
- + Mind doshas : Jnanam (knowledge), Vijnanam, Dhairyam, Smriti, Samadhi
- + Jnanam – Adhyathma Jnanam (Knowledge of the consciousness)
- + Vijnanam – Sastra Jnanam (Knowledge of the sciences)
- + Dhairyam – Courage
- + Smriti – Memory
- + Samadhi – Retracting mind from the senses

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Guru (heavy to digest) X Laghu (light to digest)

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Manda (slow) X Tikshna (sharp like agni shastradi/fast)

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Hima (cold) X Ushna (hot)

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Snighda (oily/unctuous) X Rooksha (dry)

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Slakshna (clear like a mirror, smooth) X Khara (rough)

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Sandra (dense, solid) X Drava (melting, liquidy)

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Mridu (soft like silk) X Kathina (hard)

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Sthira (stable at one place) X Sara (spreading)

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Sookshma (subtle/ minute, can go through minute channels) X Sthoola (gross, big)

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Vishada (clear, not slimy) X Picchila (slimy)

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# The 20 Gunas

Rukhsha : Dry

Lakhu : Light

Seetha : Cold

Khara : Hard

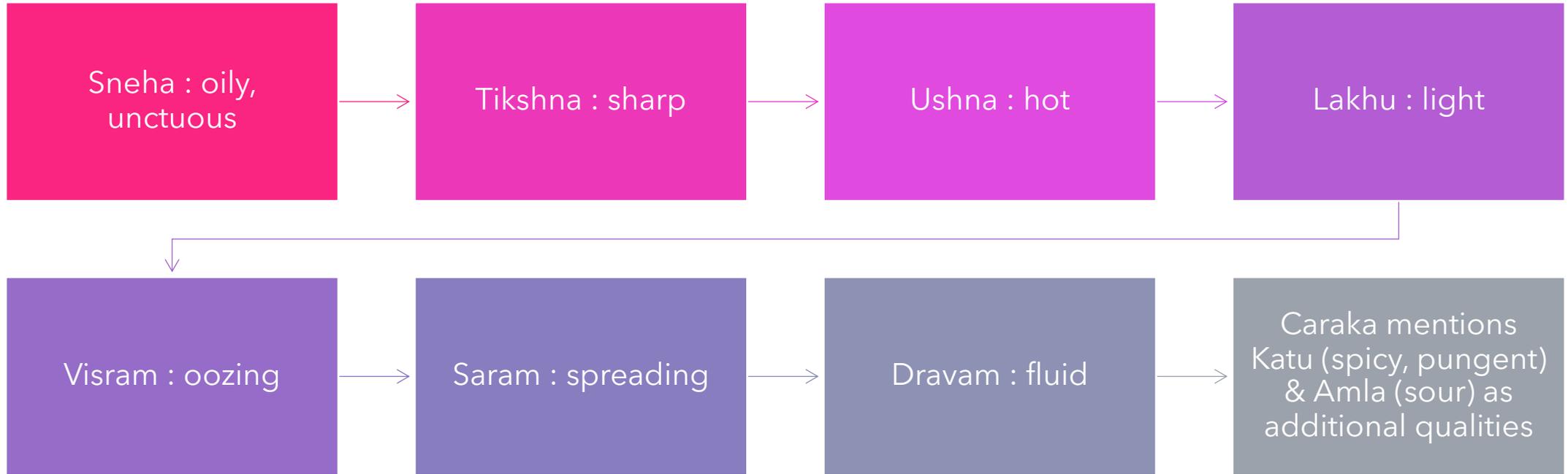
Sookshma :  
Minute (can  
penetrate minute  
channels)

Chala : Moving

Caraka explains  
one more  
'vishada' (clear,  
not slimy)

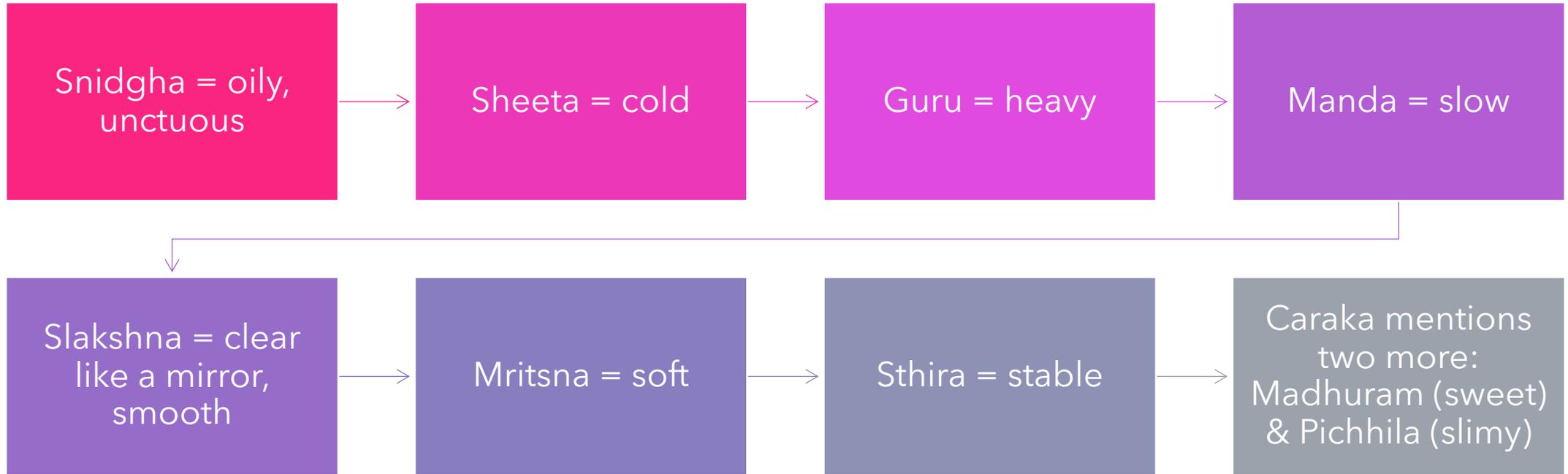
# Vata

“Tatra ruksho lakhu sheeto khara sookshma chalo anila” (A.H)



# Pitta Dosha

“Pittam sasneha tikshnoshna lakhu visram saram dravam” (A.H)



# Kapha

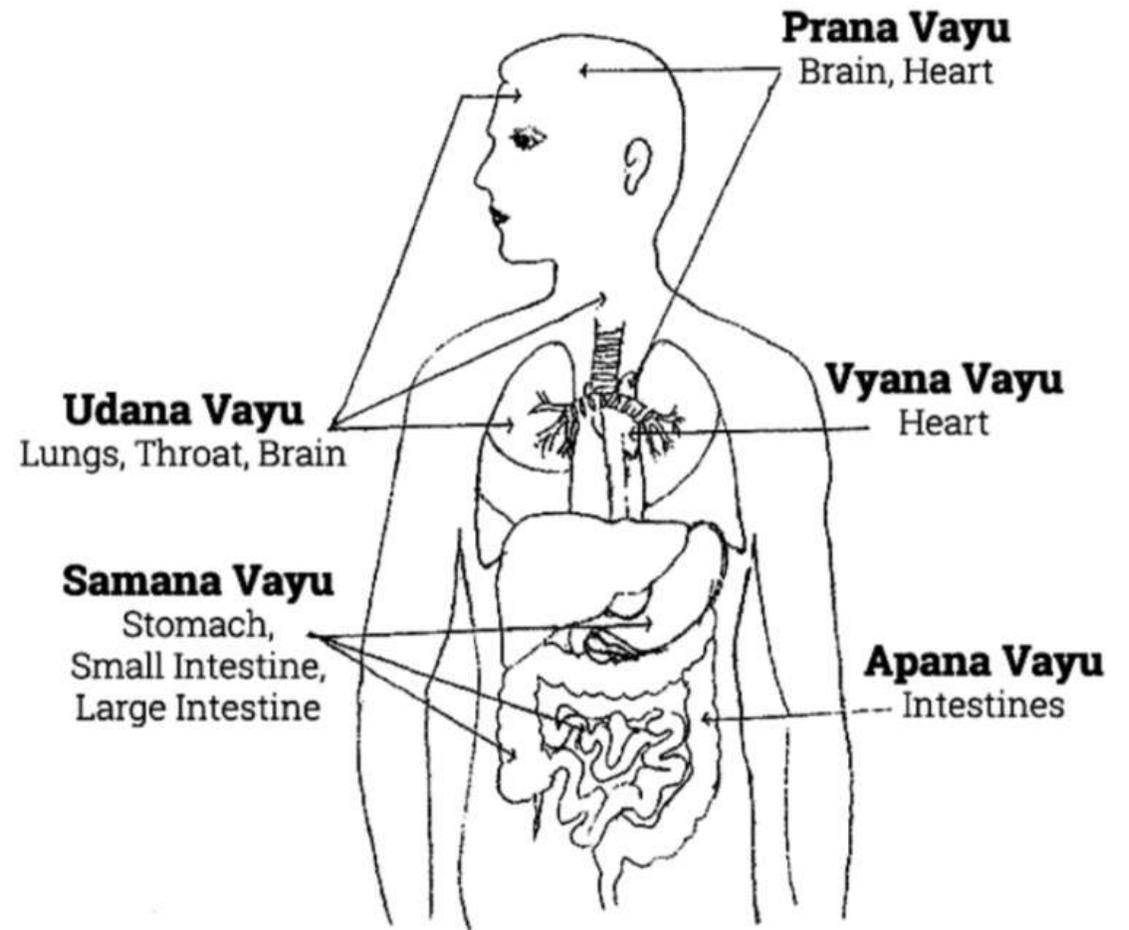
“Snigdha sheeto guru manda slakshna mritsna sthira kapha”

# Usage of medicines

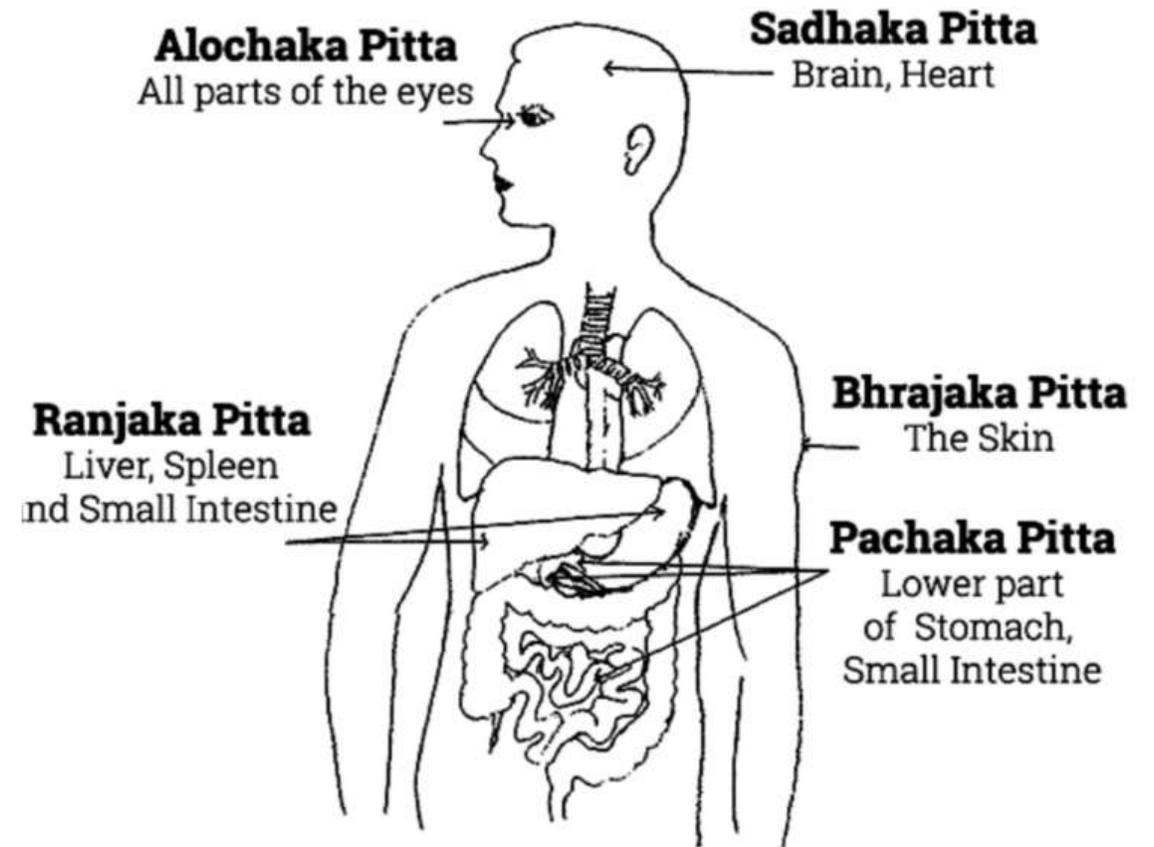
- + Medicines are not given for asadhya rogas (diseases with no cure) and to those patients showing near-death-symptoms (rishta lakshana)
- + Medicines should be given based on
  - Kala – time, seasons
  - Matra – adequate quantity
  - Desham – place, environment

# Types & Seats of Doshas

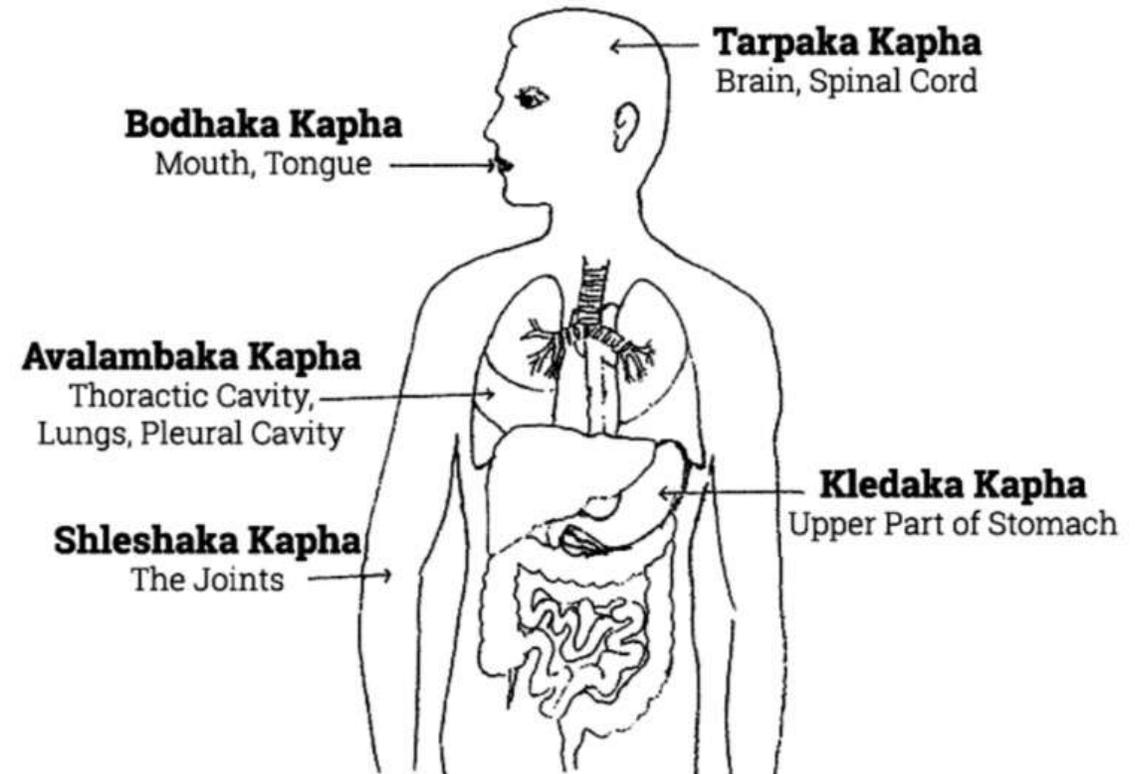
# Vata – Types & Seats



# Pitta – Types & Seats



# Kapha - Types & Seats





# Prakriti

# Prakriti

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Vata Pitta and Kapha are always present in everyone's body

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They have their own qualities (guna), quantity (pramana) and functions (karma)

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2 Types

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Prakriti

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Vikriti

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Prakriti - 7 types

# Prakriti

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Prakriti is "Janmasahakalajam" -  
fixed at the time of birth

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All 3 doshas are present in each  
individual

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However, Prakriti is decided on  
the predominance of Dosha

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When 2 Prakritis are combined -  
Sankara Parakriti (VP, VK, PK)

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V, P, K in same proportion -  
Samadosha Prakriti

# Vata Prakriti



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Ruksha body

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Alpa danta, nakha, roma, netra, swara (Less, inferior, (not the best) teeth, nails, hair, eyes, voice)

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Seetadwishta - Does not like cold

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Udbadhapindikan - Calf muscles cramps, short and hard calf muscles

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Sa shabda sandhi gami - produces sounds from joints when walks

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Seekhrarambha - quick to start something new

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Vismaranan - forgets easily

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Chala - walks fast

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Asthira (unstable) - intellect, vision, friendships

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# Vata Prakriti

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Jealous, competitive

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Difficult to control emotions (sense organs)

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Loves music, story telling, sensory pleasures, laughter, picking fights, travelling

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Snighidhoshna kamksha - Loves oily food, and hot foods more

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Also loves sweet, sour, salty food and drinks & feels better with it

---

Sleep disturbances, less sleep

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Lifespan, money lesser

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Strength of body and mind is less

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Visible veins in the body

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## Vata Prakriti (contd..)

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Durbhagan - not the best - prosperity, fame, name etc

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Ati bahu bhuk - Eats a lot of different kinds of food

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Bahu Bhashi - Talks a lot

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Nastikan - Doesn't believe in god

---

Brittle hair and nails

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Sleeps with a not so pleasant face (durmukha)

---

Has unnecessary fears

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Snores

---

Bites teeth while asleep

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Dreams of dry rivers with scanty water, sky, and mountains

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## Vata Prakriti (contd..)

# Pitta Prakriti



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Hot body

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Has guara varna (pale skin)

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Brownish, coppery tinge in the eyes, nails, tongue, palms, sole,

---

Unstable joints and muscles

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Hair - brownish, scanty hair, soft hair

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Madhya bala - medium strength

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Madhya ayu - medium longevity

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Alpa suklam - not the best, inferior reproductive ability

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Alpa maidhunam - less sex drive

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Alpa sandathi - less children

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# Pitta Prakriti

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Shooran - Adventurous, fighter, warrior

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Proud, feels high of oneself

---

Early greying of hair

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Early balding

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Early wrinkles on skin

---

Excessive hunger and thirst

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Buddhiman - Sharp intellect

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Loves cold food & drink

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Loves sweet, bitter and astringent tastes

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## Pitta Prakriti (contd..)

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Interested in ornaments, decoration and makeup

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Satcharitan - Good conduct

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Shuddhan - Pure, innocent, doesn't wish harm for anybody

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Takes care of people who seeks help

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Has enough money, intellect

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Adventurous

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Dislikes heat

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Sweats more

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## Pitta Prakriti (contd..)

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Has unpleasant body odour

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Uses strong/ sharp words

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Gets angry easily

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Interest in eating and drinking

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Dreams of trees, meteors, lightning, sun, fire etc

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Pitta Prakriti (contd..)

# Kapha Prakriti



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Colour of karuka, indeevaram

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Body looks beautiful, symmetrical, well built, well formed

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Large forehead

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Eyes very clear - the black and white of the eyes clearly separated

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Eyes are long, broad, with prominent lashes

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Voice like lion, mridanga, clouds

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Can stand heat, hunger and thirst well

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Great sex drive

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Can have more progenies

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# Kapha Prakriti

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Strength and vitality is high (Ojus)

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When applies a paste, pack on the body, it gets longer to dry

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Satyavadi - believes in honesty

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Good memory, intellect

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Doesn't cry much even as a baby

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Loves food with astringent, pungent, bitter tastes

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Loves warm foods

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Talks less

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Eats less

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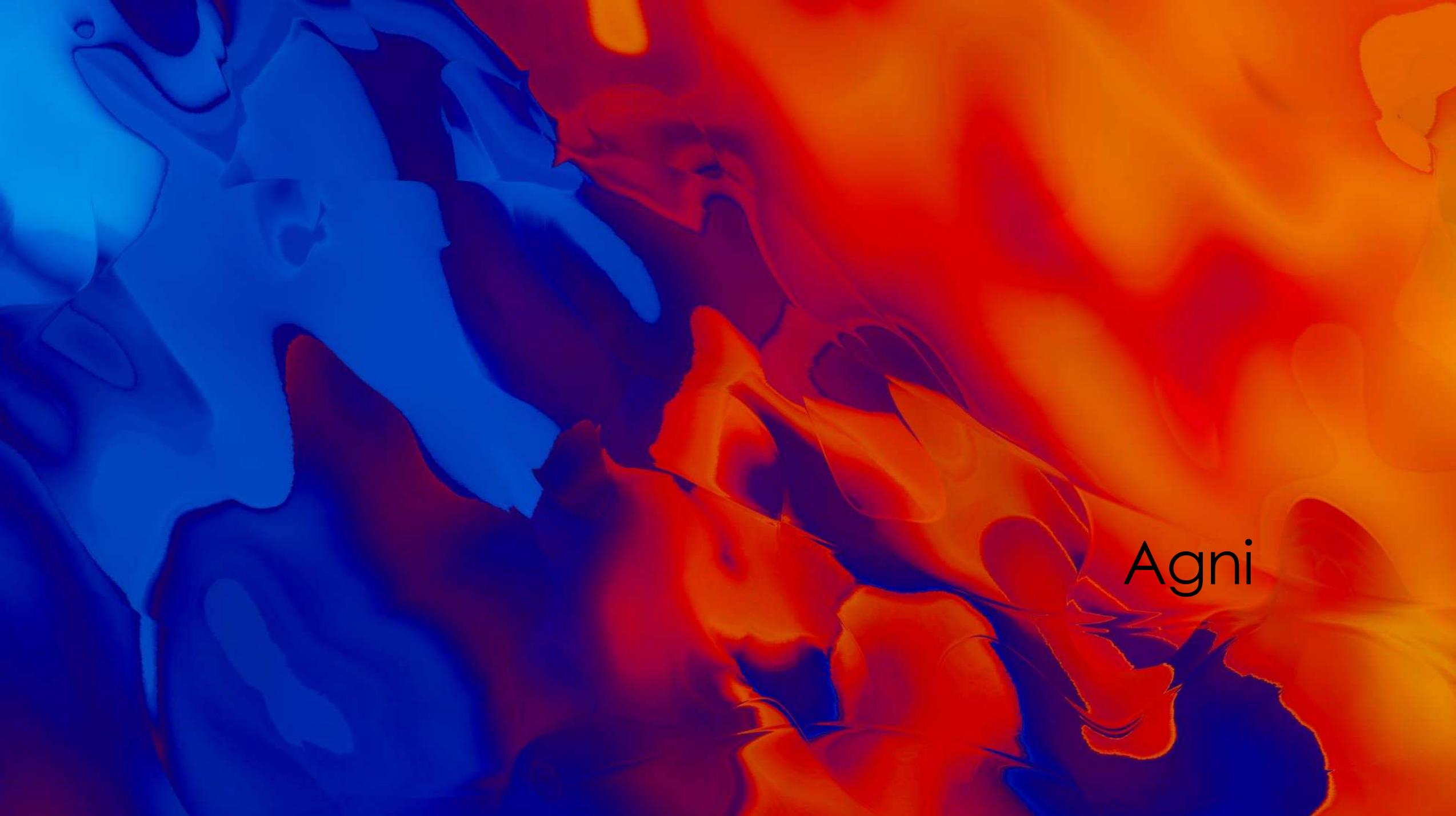
Works less

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## Kapha Prakriti (contd..)

# Kapha Prakriti (contd..)

- + Long life and lots of money
- + Always thinks of future, thinks long-term(deerkhadarshi)
- + Talks politely and softly (mridubhashi)
- + Respects everyone
- + Doesn't not show outside what is going inside (non-expressive)
- + Generous, patient, respectable, thankful, learned, shy, respects gurus and lovable
- + Sleeps a lot
- + Dreams of water, waterbodies with birds and flowers, sky, etc



Agni



## Functions of Dehagni or Jatharagni (Digestive Fire) - C. Chi. 15

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Longevity

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Varna - colour, complexion

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Bala - strength

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Swastya - good health

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Utsaha - zest

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Upachaya - growth of the body

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Prabha - luster, glow

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Ojus - vitality, immunity

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Tejas - temperature

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Prana - breath, vital breath?

Why is Agni  
said to be the  
root cause of  
health and  
disease

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When Agni is no more, the  
individual is no more

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Good Agni = Good Health

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Bad Agni = Diseases

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“Moolam agni” - Agni is  
the root cause

# Importance of Agni

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Even if you eat the right food, that can nourish the dhatus (tissues), foods that promote Ojus, Bala, Varna, if you don't have good agni, you will not get nourishment

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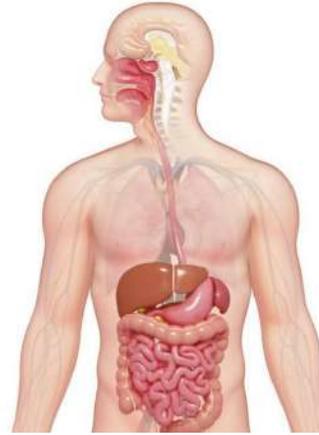
In the absence of agni, dhatus cannot be formed (blood, digestive juices etc) or nourished



# The Process of Digestion



Vata  
(Prana)



GI Tract  
(Koshta)

Vata (Samana)  
intensifies the Agni  
and helps with  
digestion  
  
(Only if – eaten on  
time and adequate  
quantity)



Produces/  
Nourishes Dhatus



Saara (the liquid  
part)

Kitta (the hard part)



Goes to elimination

The order of  
creation/nourishment  
of Dhatus

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Rasa (Digestive fluids)

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Rakta (Blood)

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Mamsa (Muscles)

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Medas (Fat)

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Asthi (Bone)

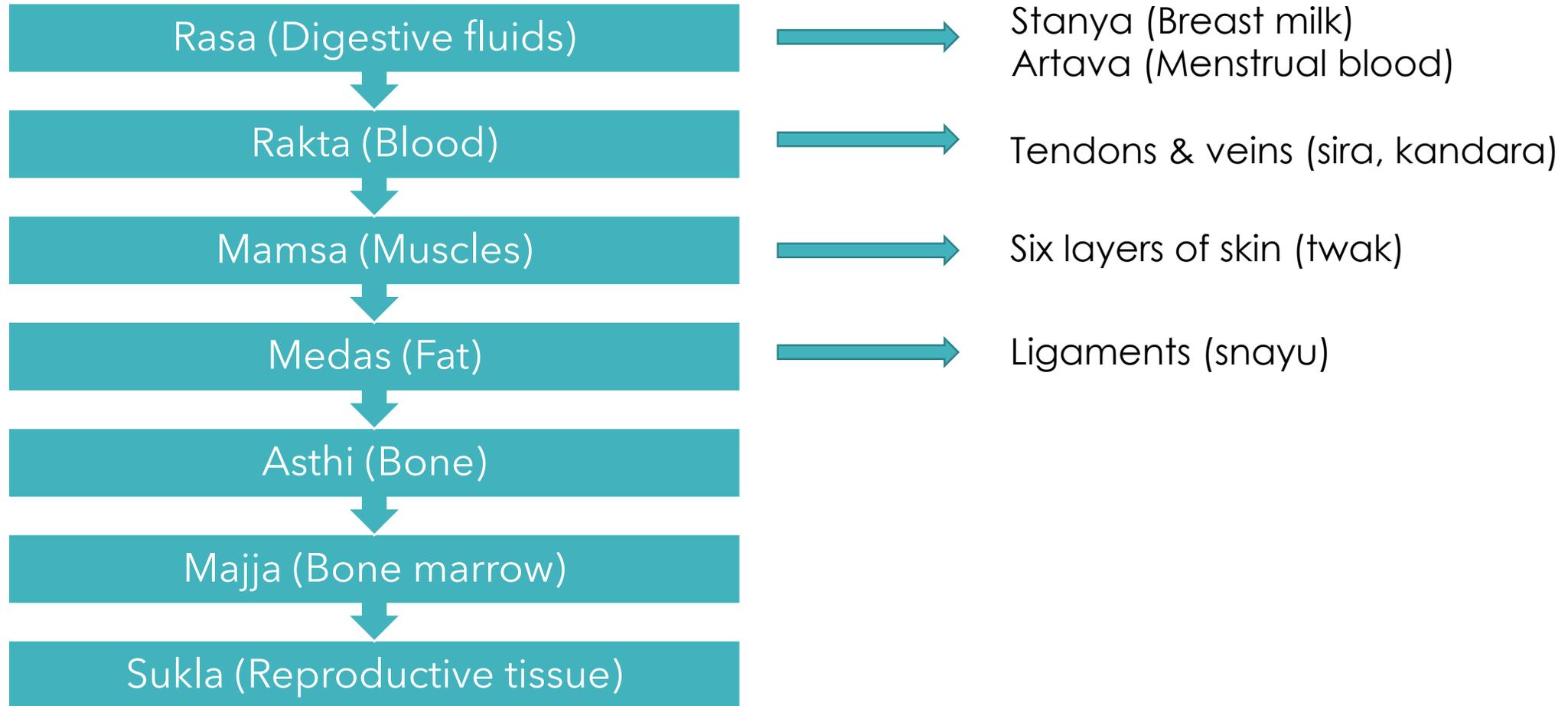
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Majja (Bone marrow)

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Sukla (Reproductive tissue)

# Upa- Dhatus (sub-tissues)





# Na Vegan Dharaneeyam

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“Na vegan dharayet dheeman”

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A wise person should not hold his urges

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What are natural urges? Those urges the body is trying to let out

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There are mental and physical urges

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These should not be forced out or suppressed

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Urges that  
should not be  
suppressed

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Urination

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Defecation

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Ejaculation

---

Vata (gas)

---

Vomitting

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Sneezing

Urges that  
should not be  
suppressed  
(contd.)

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Belching

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Yawning

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Hunger

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Thirst

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Tears

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Sleep

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Palpitation

Urge	Symptoms	Treatment
Urination	Pain in the urinary apparatus, headache, dysurea etc	Sitz bath, abhyanga, sweating, etc
Feces	Pain around the intestines, bloating headache, gas retention, flatulence	Sweating, abhyanga, Sitz bath, medicated enema (vasti)
Ejaculation	Pain around the penis, testes, body pain, urine retention	Sex, abhyanga, Sitz bath, consuming alcohol, chicken, red rice, milk
Vata (gas)	Retention of urine and feces, bloating, stomach pain, lethargy	Abhyanga, swedana, suppositories, etc
Vomitting	Itching, rashes on skin, tastelessness, face looks tired, swelling, fever, etc (ama lakshanas)	Give food and induce vomiting, dhumapana, fasting, exercise, consumption of alcohol, virechana

# What happens when urges are suppressed?

# What happens when urges are suppressed? (contd.)

Urge	Symptoms	Treatment
Sneezing	Neck pain, headache, facial paralysis, migraine, loss of clarity of sense organs	Neck and above – abhyanga, sweating, dhumapana, nasya. Give food and then give ghee.
Belching	Hiccup, tastelessness, tremor, chest pain	Treatment of hiccups – fomentation of chest and neck with sesame seeds, black gram and wheat; dhumapana; horse gram/ green gram soup
Yawning	Body bends inwards, numbness, vata issues, tremors (it is believed that yawns happen when prana vayu is less in the body). In modern science, yawning is a function of midbrain – extra pyramidal pathway. Hence diseases that can be caused when the midbrain is affected is mentioned.	All vata subsiding treatments

# What happens when urges are suppressed? (contd.)

Urge	Symptoms	Treatment
Hunger	Body becomes thin, weakness, palour, body pain, tastelessness, giddiness	Oily light food
Thirst	Dryness of throat, mouth etc, hearing loss, lethargy, chest pain	Nourishing liquid foods, cold potenzi foods
Tears	Cold, eye diseases, heart diseases, tastelessness, giddiness	Sleep, alcohol, make the patient listen to pleasant words, stories
Sleep	Yawning, body pain, laziness, lethargy, diseases of the head, heaviness in the eyes	Sleep, give comfort (petting :))
Palpitation	Ascitis, heart disease, stupor	Rest, vata subsiding practices

# Mental urges that should be suppressed

- + One who wishes to have a pleasant life, should avoid unfavourable words, unfavourable actions of the mind and the body
- + If you have the urge to express the following, it should be suppressed
- + Lobham - greed
- + Shokam – sadness
- + Bhayam – fear
- + Krodham – anger
- + Manam – bad pride, ego
- + Nirlajja – unashamed
- + Irshya – jealousy
- + Atiraaaganam – excessive emotions

# Mental urges that should be suppressed

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Abhidhya - jealousy

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Using strong/ hard words

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Talking too much

---

Gossiping

---

Lying

---

Not talking according to the situations

Urges of the  
body that  
should be  
suppressed

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Raping

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Stealing

---

Killing other beings

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All three cause parapeeda - pain/  
difficulty to others. Called aavega.  
Happens due to negative thoughts

# Thank You!

Q+A