

Caraka Samhita – Class 1 (Introduction)

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AYURVEDA

The first shloka of Caraka Samhita

“Adhato deerkhanjeevitheeyam
adhyayam vyakhyasyama:” |
Itiha smaha bhagavan atreya”

- Meaning: Adhato (Literal meaning: after this, implied meaning - here is the title) I am going to explain the chapter about long life.
- All chapters start with Adhato.
- All ancient books were written in Taliyola (palm-leaf manuscripts). Hence there was no name for specific volume or chapter.



The first shloka of Caraka Samhita (contd.)

- Adha also means auspicious
- The book is written in a way – Agnivesa was asking a question to his teacher Atreya and Atreya was answering it.
- The chapters were not named based on contents
- The chapters were named with the first 2-3 words of the first shloka of the chapter
- Other disciples were also present in the discussion – Cakrapani, Bhela etc
- Each one wrote their own Samhitas later

History of Ayurveda

Brahma

Daksha Prajapati

Aswini Kumaras

Indra (studied Ayurveda fully)

Sons of Atri

Agnivesa & his disciples

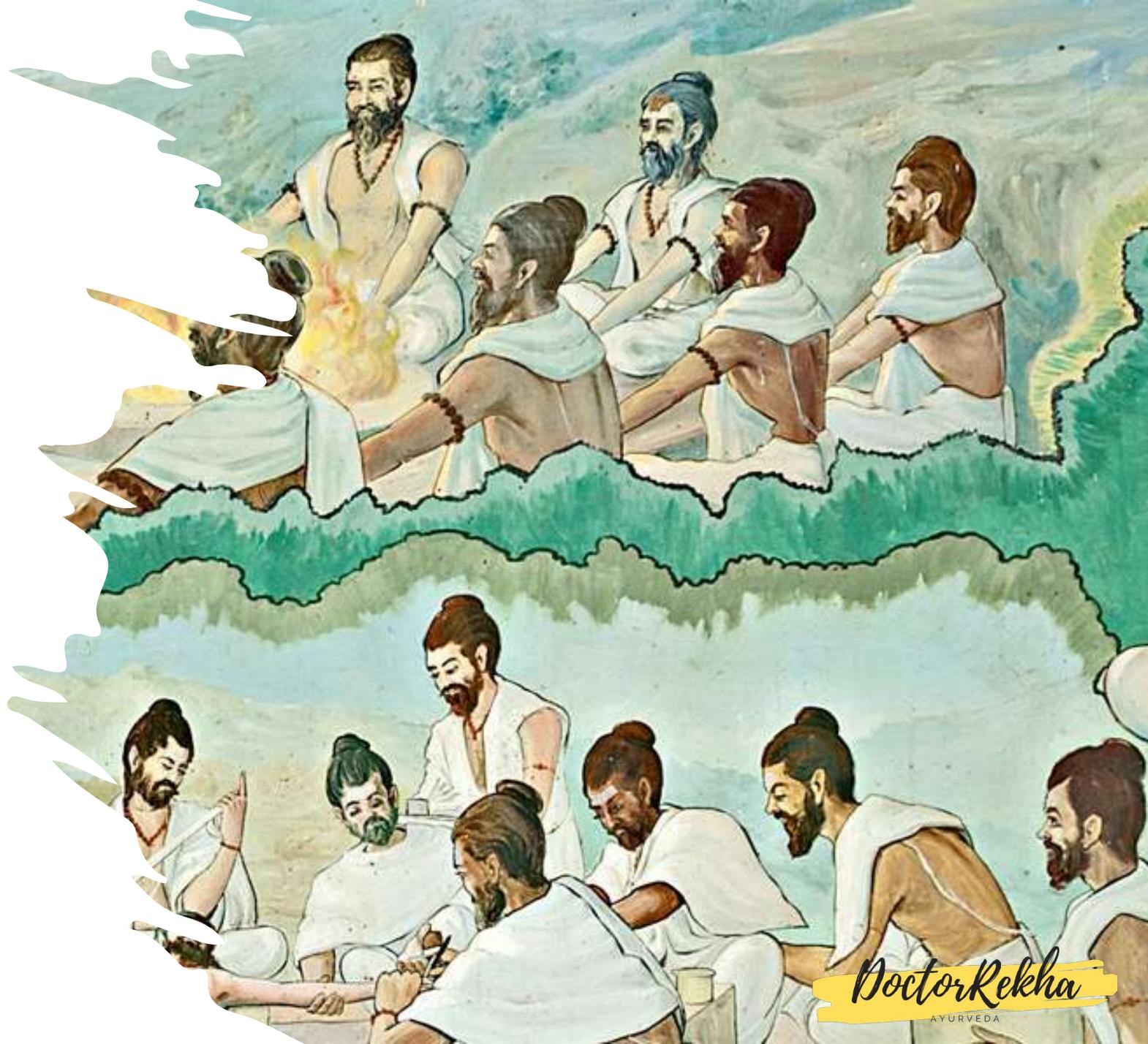
Each one created separate tantras

Why Ayurveda was created?

- Due to rogas (diseases), men could not focus on their duties like tapa (devotion), fasting, studying, brahmacharya (abstinence), and performing rituals.
- Hence a few good men – the sages, went to Himalayas and started discussing on how to tackle the situation
- A lot of sages participated (around 50)

Why Ayurveda was created? (contd.)

- What is the ultimate aim of human life – Dharma, Artha, Kama & Moksha
- Only a healthy body and mind can attain these
- Diseases cause destruction of prosperity and health
- The sages did Dhyana (meditation) and decided they should meet Indra and learn Ayurveda from him.
- They believed Indra could help them as he has learned Ayurveda fully.
- Sage Bhardwaja volunteered to go and meet Indra





Why Ayurveda was created? (contd.)

- Bharadwaja went and met Indra at his house. He was as attractive as a flame of fire.
- He asked Indra to advise something to help people prevent diseases.
- Indra happily taught Ayurveda Bharadwaja in a concised manner
- Based on 3 foundations
 - "Hetu linga oushadha jnanam" – to treat diseases (Tri sutra)
 - To preserve health of the healthy
 - "Nitya" & "punya" – for everyday use and as a blessing

Why Ayurveda was created? (contd.)

- The intelligent Bharadwaja learned all that Indra taught in a short time.
- He went back to Himalayas and taught other sages (while also using it in his own life helped him to live a 'sukha' life and a very long life)
- All the sages got 'Sukha' & long life
- Among the sages, there was a kind hearted sage who wished help the mankind suffering from diseases.
- He taught Ayurveda to his 6 disciples (Agnivesha, Blela, Jatukarna, Parasara, Hareeta, Ksharapani)





Why Ayurveda was created? (contd.)

- Atreya taught all his disciples the same thing. However Agnivesa was the smartest. He wrote the first book of Ayurveda
- Later each of the sages, wrote their own books
- The whole universe was happy ! 😊



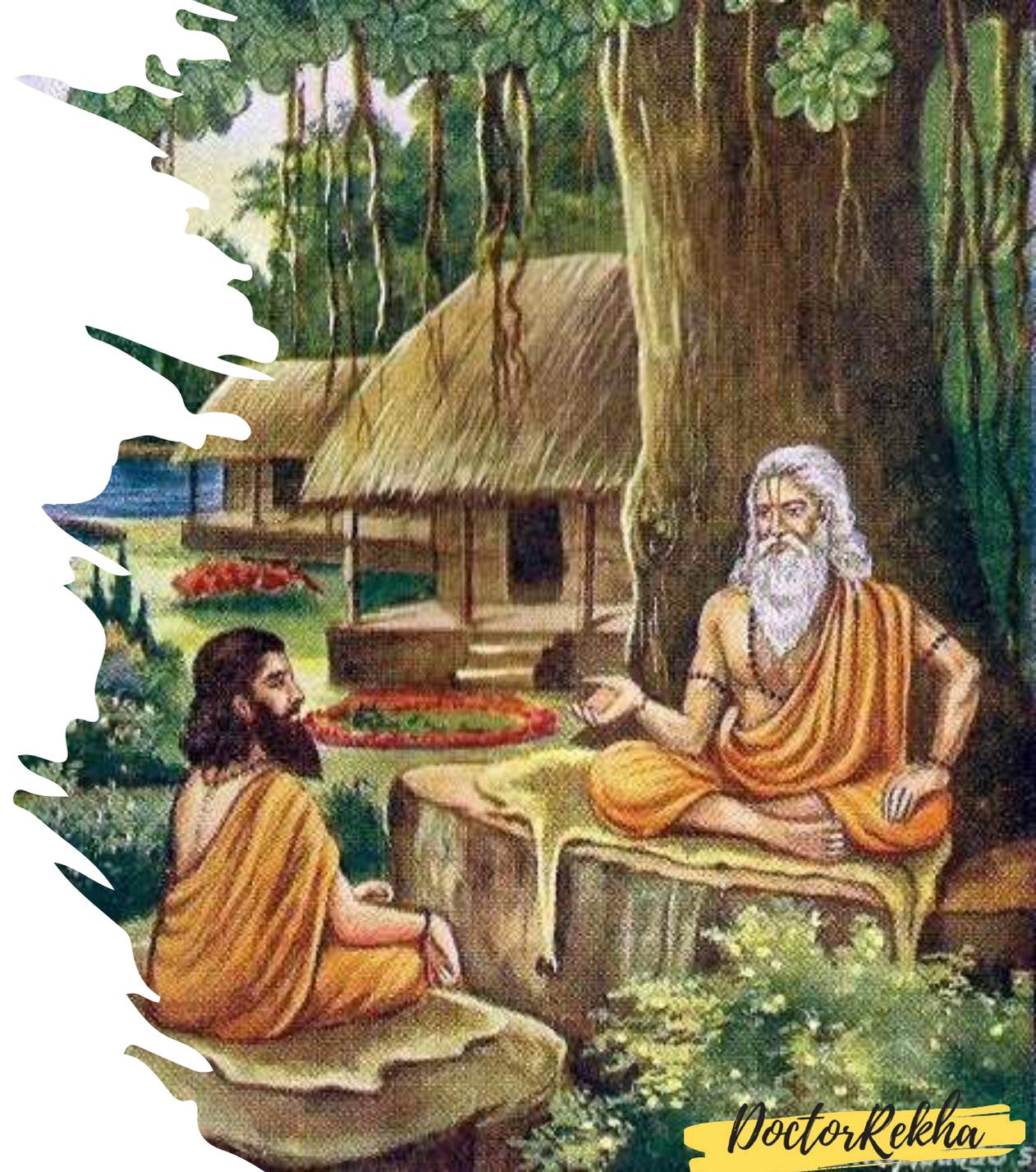
Who was Caraka?

- The first known medical text-book in the world is Agnivesa Samhita
- Caraka was the disciple of Agnivesa
- Caraka rewrote Agnivesa Samhita and named it Caraka Samhita
- Written in 2nd century BC, near Kashmir
- Today, Caraka is known as the 'Father of Indian Medicine'
- His specialty was General Medicine
- Though the book is largely about general medicine, it also has a lot of influence of Indian philosophy

Definition of Ayurveda

“ Hitahitam sukham du:kham ayustasya hitahitam |
Maanam cha tacha yatrotam Ayurveda sa uchyate”
|

- Word meaning: hita = favourable, ahita = unfavourable, sukham = happiness, du:kham = sadness, ayu: = life, maanam= quantity, yatra uktam = where it is mentioned, uchyathe = called as.
- Life is of 4 types
 - Hita ayu: Favourable life
 - Ahita ayu : Unfavourable life
 - Sukha ayu : Happy life
 - Dukha ayu : Unhappy life
- That which describes about each of these 4 is called Ayurveda



Synonyms of Ayurveda

“Sareera indriya satwa atma samyogo dhari jeevitam | Nityaga scha anubandha sha paryayair ayuruchyate” ||

Ayu: (life) is the joining of the body, senses, mind, and the soul

Dhari = (wear), one which wears the body (holds up the body)

Nityaga : flows, goes on for long

Anubandha : Connects the body and the mind

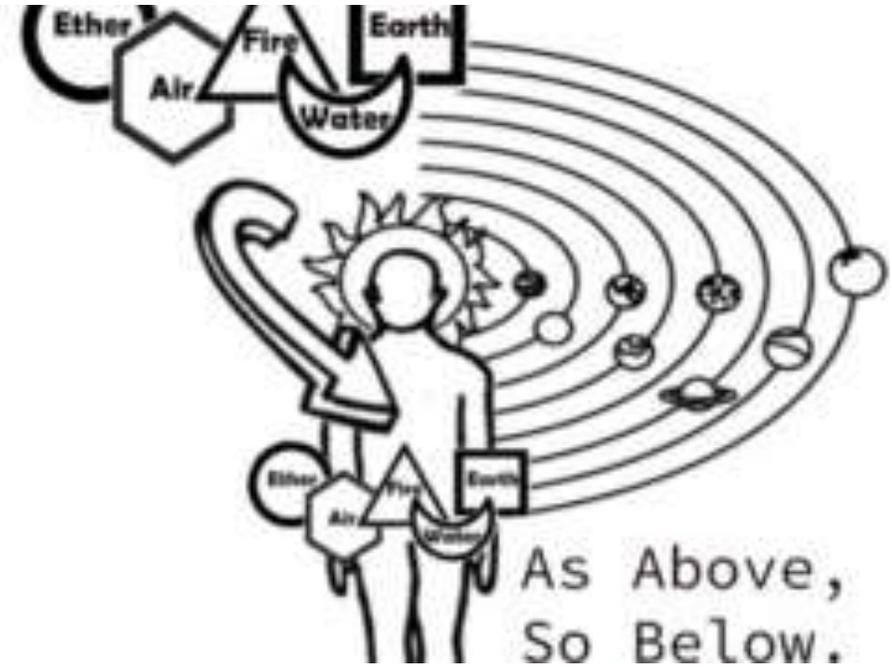
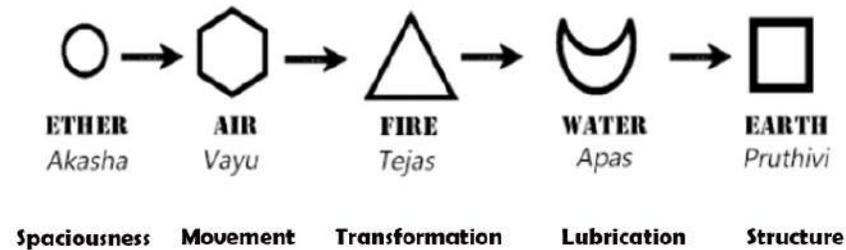
*Before we go
deep into
Caraka
Samhita,
some basics...*

What is Vata, Pitta, Kapha?

- Doshas – vikrita – diseases
- Doshas – avikrita - health

'THE 5 GREAT ELEMENTS'

[Panchamahabhutas]



Pancamahabhutas

“THE INDIVIDUAL IS THE EPITOME OF THE UNIVERSE” – CARAKA

Vata Pitta Kapha

- Subtle body (sukshma) : Invisible. Made of Panchamahabhutas
- Gross body (stula): Visible. Made of tissues & organs
- Body – creation, maintenance, destruction
- The gross body is perishable. But stays put together due to the presence of a “shaktivishesha” (energy) – V, P, K (creation, maintenance, destruction)
- Order – significance - strength

Vata



Space + Air

- Kinetic energy, movement
 - Nervous system
 - Circulates blood
- Controls elimination of waste
- Responsible for child birth
- When balanced, can foster enthusiasm, creativity, and positivity

Pitta



Fire + Water

- Kinetic and potential energy
 - Digestion, metabolism
 - Transformation of food and ideas
 - Responsible for visual perception and analytical thought
- When balanced, can create a sense of confidence, ambition, and decisiveness

Kapha



Water + Earth

- Potential energy
 - Stability
 - Source of immunity
- Lubricates joints and produces salivary secretion
- Supports, holds emotions
- Can be nurturing, patient, compassionate, and loving



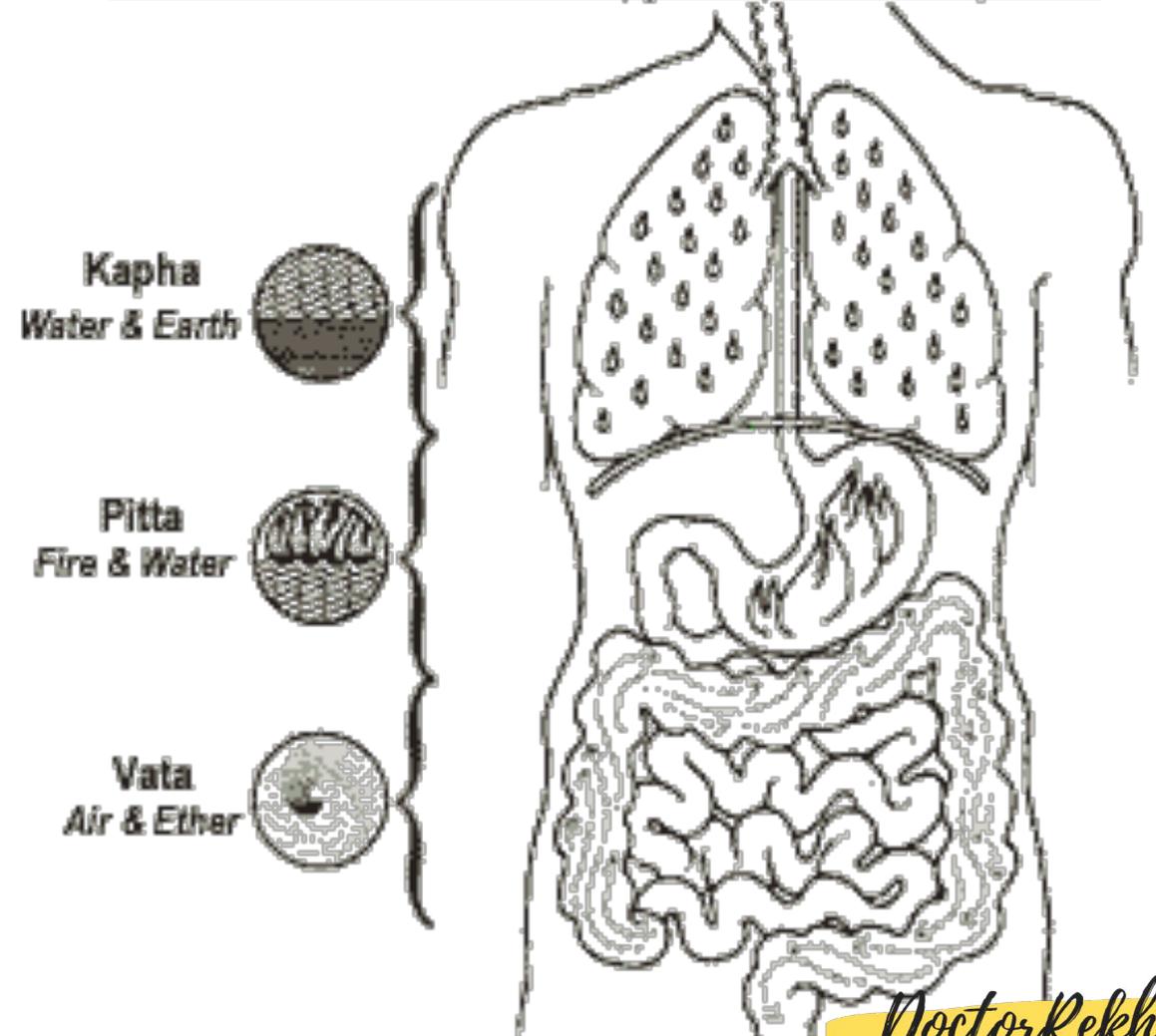
Vata is the hero, in fact the villain :-)

- **pittam pangu** (pitta is crippled)
kapham pangu (kapha is crippled)
pangavo mala dhatava: (even malas & dhatus are crippled) |
vayuna yatra neeyanthe, tatra gachchanti meghavat”
- (Ref – Sharangadhara Purva Khanda 5/43)
- Vata is the strongest - Vayu moves pitta & kapha; vata even moves the clouds!

The seats of VPK

- **te vyapino** (they are spread) **hrinnabhyoradho madhyordhwa samsraya** |
- Even if they are spread all over the body, the ashraya (seat) of vata, pitta, kapha are as below:
- Vata – below navel
- Pitta – between heart and navel
- Kapha – above heart

The Seats of Vata, Pitta, Kapha



The upside down tree

- Body is like a tree upside down!
- **urdhwa** (top) **moolam** (root)
ata shaakham (branches)
rishaya (wise sages)
purusham vidu (calls man)
||
- Roots above, branches below. VPK – creation, maintenance, destruction.



VPK based on age

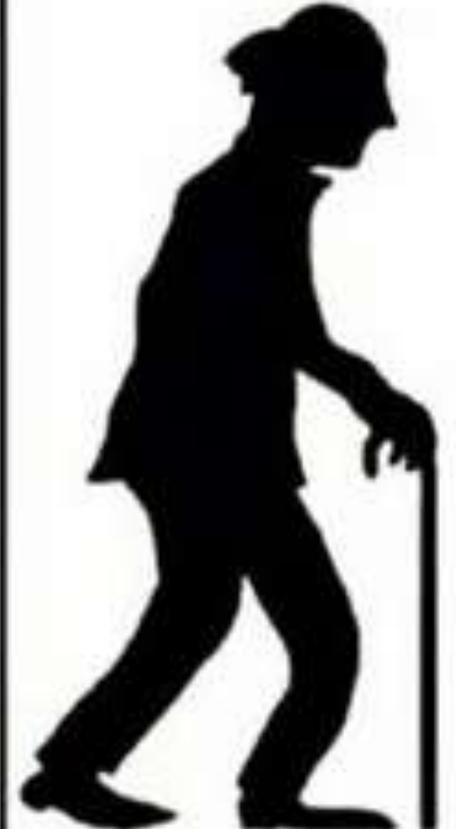
Kapha



Pitta



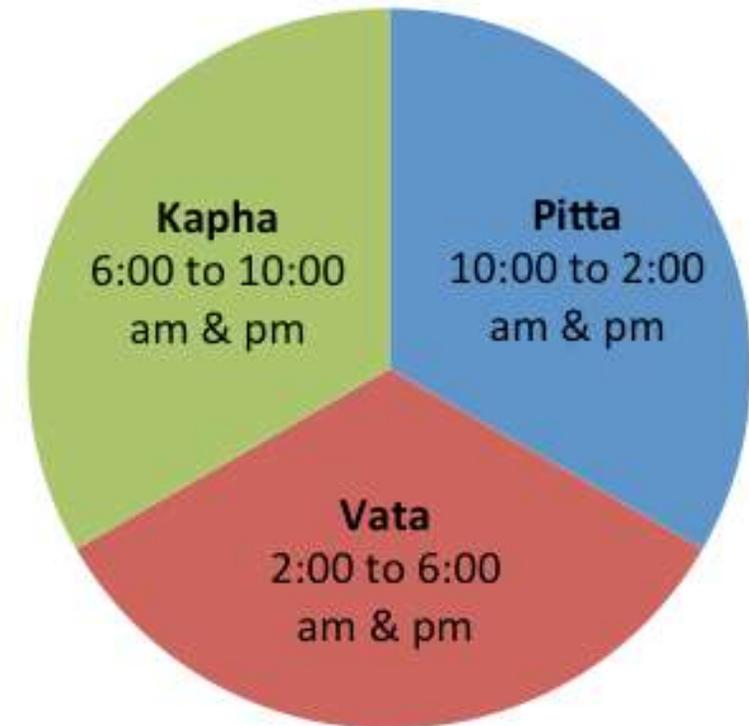
Vata



VPK based on time of the day

- If the hours of the day divided into three
- 8 hours – Vata
- 8 hours - Pitta
- 8 hours - Kapha

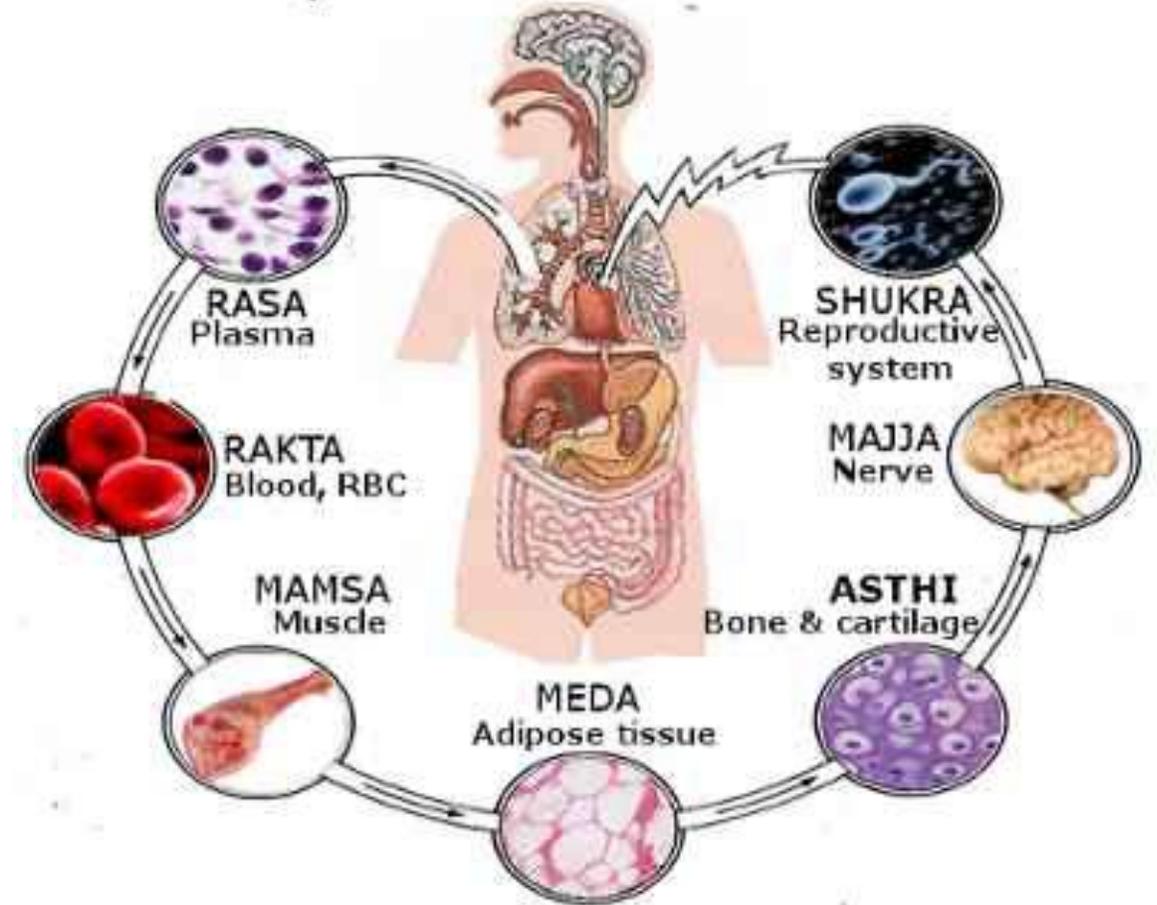
Times of Day



The 7 Dhatus (tissue systems)

RASA RAKTA MAMSA MEDO
ASTHI MAJJA SUKLANI

Ayurveda Seven Dhatus



The 3 Malas
(waste
products)

Sweat (swedam)

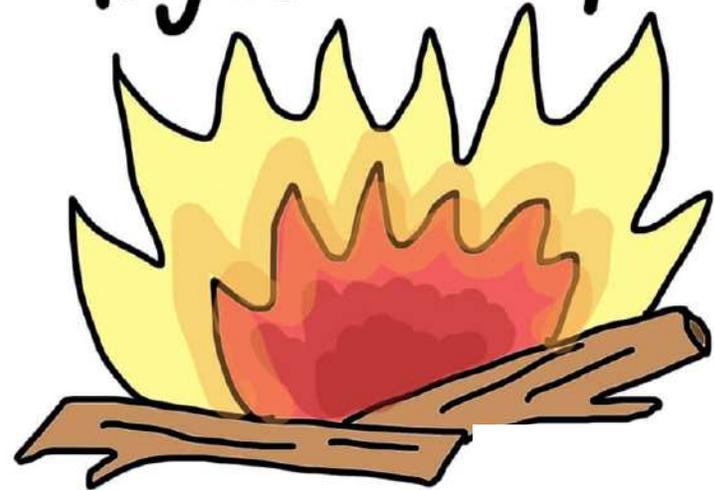
Urine (mutram)

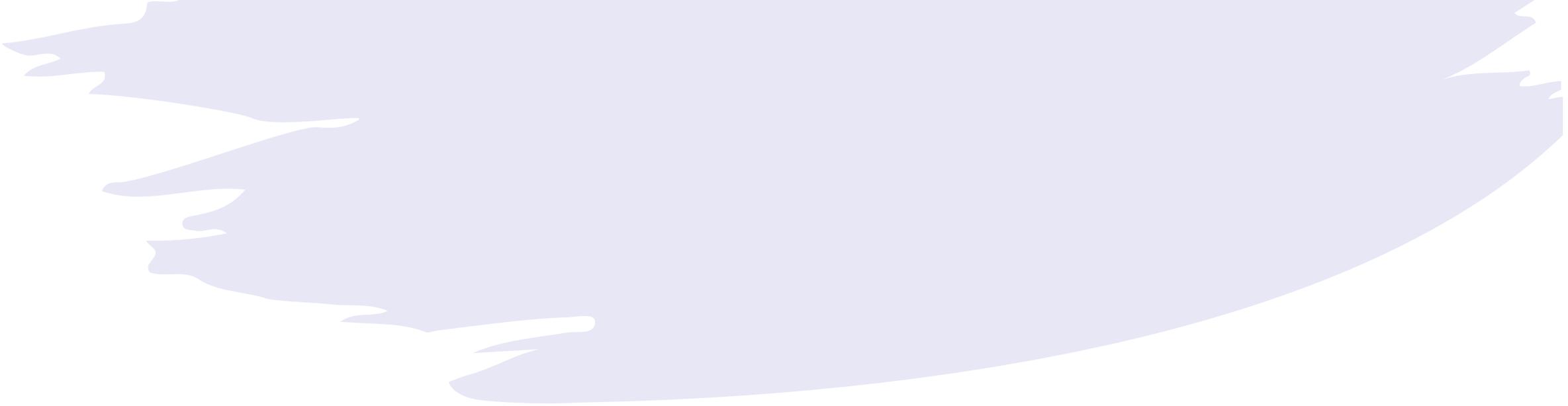
Feces (pureesham)

Types of Agni (digestive fire) based on VPK

- Due to VPK, Agni is of 3 types
- Vishama – Vata (Sometimes high sometimes low agni)
- Teekshna – Pitta (Sharp agni)
- Manda – Kapha (Slow/low agni)

AGNI
fueling the
digestive fire





Indriyopakramaneeyam

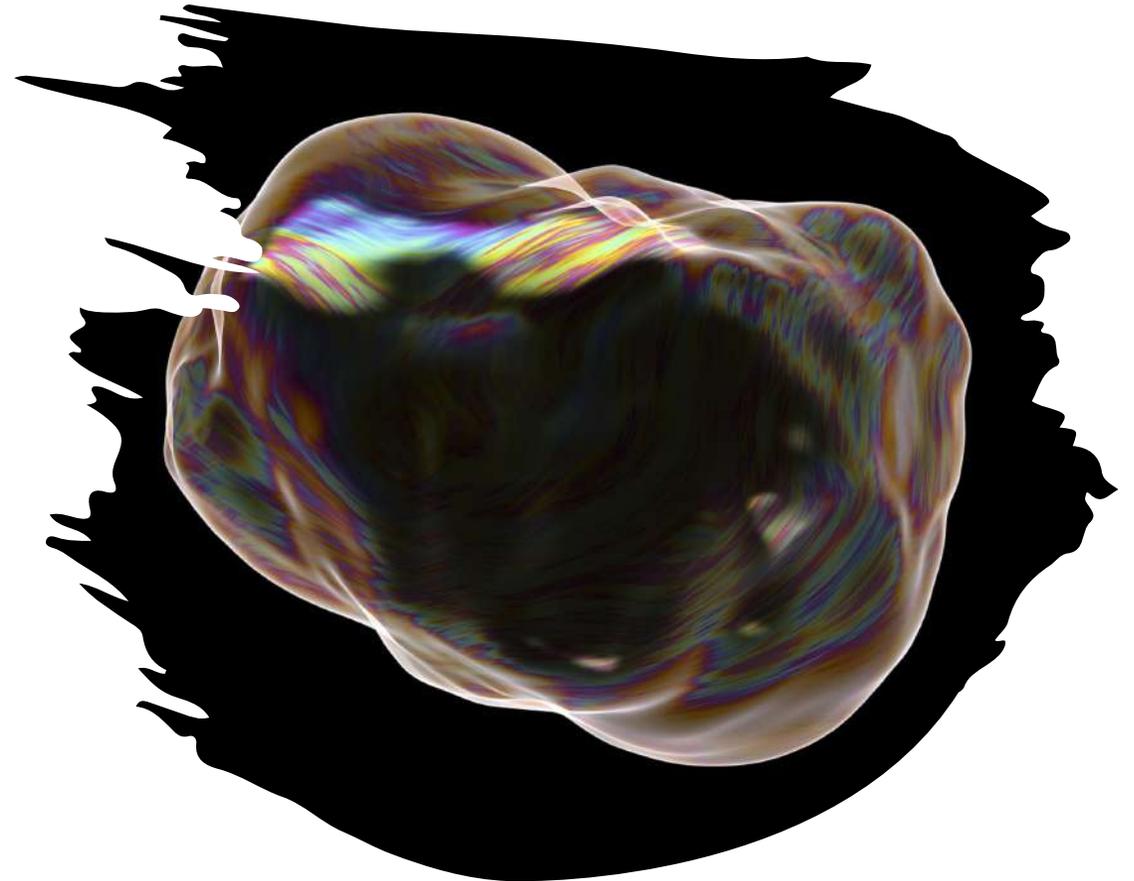
Pancha panchaka (The five fives)

- 5 Indriyas – 5 senses
- 5 Indriya dravya – 5 elements
- 5 Indriya adhishtana - 5 seats/ locations
- 5 Indriyarthas – 5 actions
- 5 Indriya buddhi (nischayatmika budhi) – 5 knowledge

Sense organ	Element (Indriya dravya)	Seat (Indriya adhishtana)	Action (Indriya atrtha)	Knowledge (Indriya buddhi)
(Chakshu Indriya) Vision	Fire	Eyes	Sight	Knowledge of sight
(Shrotra Indriya) Hearing	Ether/ Space	Ears	Sound	Knowledge of sound
(Ghrana Indriya) Olfaction	Earth	Nose	Smell	Knowledge of smell
(Rasana Indriya) Taste	Water	Tongue	Taste	Knowledge of taste
(Sparsana Indriya) Touch	Air	Skin	Touch	Knowledge of touch

Importance of sense organs

- As human beings we constantly interact with the outside world.
- How do we do that? Through our sense organs! Known as Indriya!
- The sense organs connect the individual to the universe!
- The whole world is made of 5 elements (Panchamahabhutas)
- So is human beings.
- So, for each sense organ, there is a specific element assigned.
- In modern science, all these senses are registered in the cerebral cortex, in Ayurveda, it is said to be in the mind!



Importance of sense organs

How does one remember what the mind has registered? Through the soul (Atma)

In modern science, it is the thalamus or limbic system that helps with memory.

Memory is attributed to physical body in modern science. But physical body is perishable.

But Ayurveda attributes memory to Atma, which is non-perishable.



The mind

Mind does not belong in sense organs

But mind excels (better than) all the other sense organs

Mind controls all sense organs

Mind is always busy working when it is involved in the actions of sense organs

So the mind is called a superior sense organ “atindriya mana”

Mind is also called ‘Satwa’ or ‘Cheta:’

Mind joins with the soul and does its actions

Action of sense organs is due to the action of the mind

The mind controls the sense organs like an commander leading his soldiers

Karma (actions) of the mind



Chintyam - Thinking



Vicharyam - Expansion of thoughts



Oohyam - Imagination



Dhyeyam - Concentration



Sankalpam - Planning

Functions of the mind

1. To do its actions (chintyam, vicharyam, oohyam, etc)
2. To help sense organs perform their actions
3. To stop its own action.
(‘Indriyabhigrah: karma manasa: swasya nigraha’). The mind can do all its functions only when it is associated with the soul

Characteristics of the mind

- Anu : Minute (subtle)
- Eka : Only one
- Think of seeing food in front of you. You see, hear, smell and taste the food. You feel the mind is into all of these thoughts at the same time. It is not.
- Even if we feel the mind is invested in multiple sense organs at a time it doesn't. Just like *ulpala shatadala soochi vedha nyayam*



Satwa, Rajas, Tamas

- Every individual has 3 mental states
- The intensity of each of these vary based on life circumstances, body type (prakriti), genetic predisposition etc.
- But we indentify people with the qualities (rajas, tamas, satwa) they have the most.

Adhyatma Dravya Guna Samgraham

- Mind
- Actions of the mind (thoughts, etc)
- Budhhi – intellect, ability to differentiate right & wrong
- Soul (Atma)

What happens when you over-use your sense organs?

- Sense organs + mind leads to actions
- Over use of sense organs (eg. taste) + mind leads to disturbances in the knowledge (of taste) = diseases
- Normal use of sense organs + mind = right knowledge & health



Sadvrittam (The good conduct)



The mind + sense organs has to be put to good use for good health



How to put this to good use?



We will talk about that in "Sadvrittam"

Social Good Conduct

- If you observe social good conduct, you can gain health & control your sense organs
- Respect the gods, teachers, cows, priests, elderly and enlightened beings
- Take shower twice a day
- Always clean the feet and wash after elimination.
- Every 5 days, one should trim hair, moustashe and nails
- Everyday wear fresh clean clothes

Social Good Conduct – (contd.)

- Start everyday with a happy mind
- One should smell good everyday
- Wear clothes that are socially acceptable
- Hair should be kept well and combed
- Everyday apply oil on the head, ears, nose and feet
- Do dhumapana (medicated smoking) everyday
- When you meet someone, greet him and talk politely
- Help the underprivileged

Social Good Conduct – (contd.)

- One should give offerings to the poor (danam)
- Respect and treat well the guests who come to your house
- Offer prayers, last rites and rituals to the departed souls
- Talk sweetly, talk hita (favourable), talk less, and talk at the right time.
- Perform one's duties with righteousness (dharma)

Social Good Conduct – contd...

- If faced with a bad situation, do not get scared
- Do not look sad or depressed all the time
- One should be shy (towards doing wrong), intelligent, smart, industrious, patient, with strong values and god fearing
- One should respect people with more intelligence, humility, knowledge, and age.
- One should carry an umbrella, cover the head, and wear footwear while going out.
- One should look far (2 meters) when walking on the road.
- Do not walk into a burial ground

Social Good Conduct – contd...

- Stop exercise before you start feel tired
- Treat all plants and animals around us with love
- One should pacify someone who is angry or frightened
- Be truthful and kind
- Do not react to harsh words by others

Personal Good Conduct

- Do not lie
- Do not accept money and property from others
- Do not wish for other women (other than your wife)
- Do not wish for someone else's wealth
- Do not hold grudge or carry baggage
- Do not commit sins; do not commit sins even to the sinners
- Do not gossip – talk about someone's fault
- Do not try to find the secrets of others



Personal Good Conduct (contd.)

- Do not travel in an unmaintained vehicles
- Do not sit on chairs which are not as high as knees
- Do not walk on uneven roads, or sleep on uneven surfaces
- Always cover the mouth when yawning

Personal Good Conduct (contd.)

- Do not look at the sun directly
- Do not clench or bite teeth
- Do not start a fight
- Do not take shower when tired or wear the same clothes after shower

Ahara Vidhi

- Eat food after taking shower, wearing good clothes, after feeding the guests, parents and servants etc
- Eat after washing mouth, hands and feet
- Do not eat facing North
- Do not eat food served by servants who are hungry, unclean and without love
- Do not eat food at the wrong time, in a crowded area
- Do not eat curd in the night

Good Conduct - Body

- Maintain good posture while sneezing, eating and sleeping
- Don't hold the urges



Good Conduct

- Do not disrespect women
- Do not have sex with women other than wife and in unnatural ways
- Do not have sex at dusk
- Do not have sex during full moon and new moon days
- Do not have sex in public
- (Ayurveda does not support Kamasutra)

Rules about reading/ studying

- Do not study when there is lightning without rain
- When there is extreme cloudiness or darkness
- During fire, earthquake, eclipse,
- Do not read study at dusk
- Do not study without a guru
- Do not study silently
- Do not break down shlokas at the wrong place
- Neither slow, nor fast, not too much, not less, not high pitch, not low pitch



Additional reading – by Cakarapani on Good Conduct

- Do not break traditions & rules
- At dusk – do not eat, study, copulate or sleep
- Do not engage in drinking excessively, gambling and prostitution

A close-up photograph of a small, fluffy yellow chick being held gently in a person's hand. The chick is looking to the left. The background is dark and out of focus. A white, torn-edge graphic overlay is positioned in the lower right, containing text.

Additional reading – by Cakarapani

- Do not hit animals with a stick
- Hold close friendships with relatives, people who love you, someone who has helped you when you needed the most, and who knows all the secrets about you ☺
- Do not enjoy all by yourself. Share the joys!
- Trust people who are close to you; do not trust everyone; do not doubt everyone

Actions – Good Conduct

Do the right thing at the right time

Do not get into anything before testing the waters first

Do not let the mind hover around like a directionless kite

Do not take decisions when you are overjoyed or angry

Do not hold on to sadness for a long time

Always believe in this – the results will be based on what you work hard for

Let go of feelings of hatred

How to take shower?

*“Agnirme napagache shareerat
vayurme pranaan adadhatu
vishnurme balam adadhatu
indro me veeryam
shiva maam pravishathu
aapa aapohishteth”
(Rig Veda 10/9-1)*

- Always recite snana mantra before shower
Agni should not leave from my body
Let vayu (air) give me Prana
Let vishnu give me bala (strength)
Let Indra give me virya (potency)
Let the water that falls on me be good for me
- Touch the water only after reciting the mantra
- First wash the mouth and feet, then wash the the 7 orifices of the head.
- Then wash the chest and head

Good conduct

- Overall, one must be interested in Brahmacharya (abstincence), gaining knowledge, helping the poor, good friendships, kindness, happiness, detachment and peace.
- Anyone who does service and helps people and has a good conduct, he will achieve great heights in his life and will be acceptable to all living beings around him.
- When one who does good deeds dies, he will be remembered for his good deeds.
- Hence everyone should follow Sad Vrittam

In a nutshell...

Evil and suffering, in the ultimate analysis – result from errors of judgement and imprudent conduct (Prajnaparadha)

Good conduct in Caraka's view, implied the avoidance of overuse and underuse and misuse of the senses and the mind.

A healthy life, in Caraka's view, has to be a righteous life.

Q+A

