



Caraka Samhita – Class 3

Dr Rekha Radhamony

What we learned so far?

History of Ayurveda

Definition of Ayurveda

Doshas, Dhatus, Pancamahabhutas

Sense organs, the mind and the soul

Good conduct

How to assess your prakriti?

Doshas in detail – qualities, seats, actions

Causes of diseases

Concept of Agni

Urges of the body and the mind

Let's revise...

Definition of Ayurveda

What are the characteristics of Vata, Pitta & Kapha?

Name the opposites

- Guru
- Manda
- Hima
- Snighda
- Slakshna
- Sandra
- Mridu
- Sthira
- Sookshma
- Vishada

Chapters Included

- Caraka Samhita Sutra Sthana Chapter 5:
Matrashiteeyam
- Ashtanga Hridayam Sutra Sthana Chapter 3:
Dinacharya



The Daily Routine

Introduction

Dina means day

Charya means regimen/routine

Dinacharya is key to prevention



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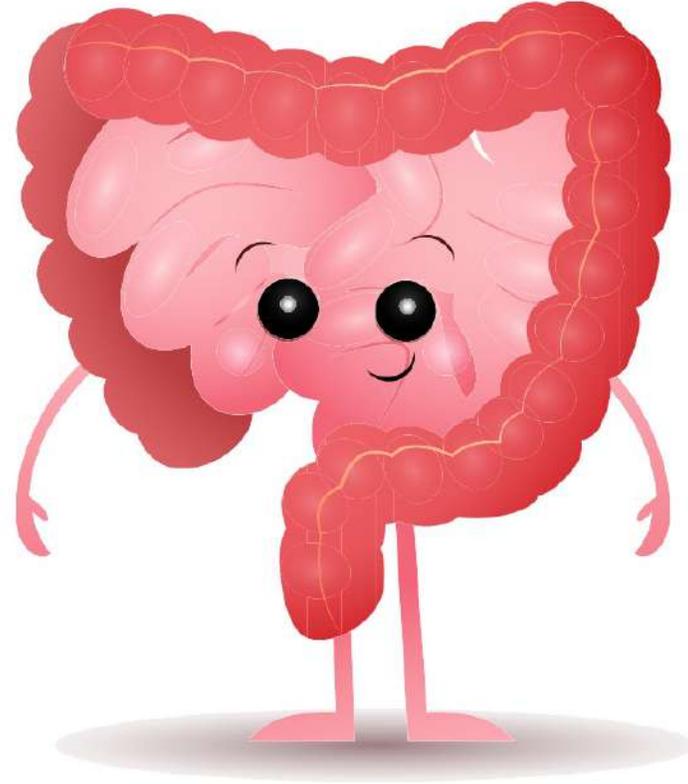
Waking up early

- One who wishes to have good health should wake up at Brahma Muhurta (1.5 hours before sunrise)
- Before dawn
- Night is called “triyama” means it has 3 yamas. The last 3 hours of the night from 3 am to 6 am is called Brahma Muhurta

“Brahme muhurte uttishteth swastho rakshartham ayusha:”



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Empty Bowels

- 
- The time before Sunrise is “Vata Kala” and hence you can instinctively pass bowels during this time (If you have constipation do take note).
 - Pass urine, empty bowels and clean well.



Brushing Teeth

Dantadhavana (Brushing Teeth)

- Taste of toothbrush
 - Katu - Spicy
 - Tikta - Bitter
 - Kashaya - Astringent taste
- By crushing the tip of the twig of trees
- One should not hurt the gums while brushing
- Brushing is advised twice : after waking up and after lunch (in A.H)



Dantadhavana (Brushing Teeth)

Benefits

- Removes bad smell
- Removes 'asya vairasyam' – tastelessness of the tongue
- Removes dirt from the teeth, tongue and oral cavity
- Improves taste perception

In the olden times, twigs of trees were used as brushes

Eg. Jasmine flower plant (pichakam), Brush cotton plant (Kakubham), Oleander (karaveeram), etc



Notes

- If you notice, there is no mention of sweet taste or sour taste here
- Sweet and sour tastes – can affect the health of the teeth, deteriorate the teeth and may cause gum diseases
- Traditionally used ‘umikkari’ – made from charcoal of rice husk (tikta and kashaya) + salt. Salt helps cleansing from the deep corners of the teeth and has a scraping effect (lekhana). Charcoal has carbon – removes dirt from the teeth





Jihwa Nirlekhana (Tongue Scraping)

Qualities of Tongue Scraper

Ideal tongue scraper should be made of the following:

- Gold
 - Silver
 - Bronze
 - Tin
 - Copper
 - Brass
 - Iron
- Should be bent in the middle
 - Should not be sharp
 - Tongue scraping is important to reduce mouth odour





Tamboola Sevana

Why Tamboola Sevana?

- Tamboola (betel leaf)
- Chewing betel leaf benefits:
- Cleans the mouth
- Imparts taste, good smell to mouth



How to make Tamboola?

Fold the below ingredients into a betel leaf and chew it

- Nutmeg
- Black pepper
- Areca nut – very little
- Cloves
- Star anise
- Cardamom



Notes

Both Caraka & Susruta does not mention about applying slaked lime on Betel leaf except Vagbhata

Tamboola is attached to the culture of Asia – India, Thailand, Bangladesh, Malaysia

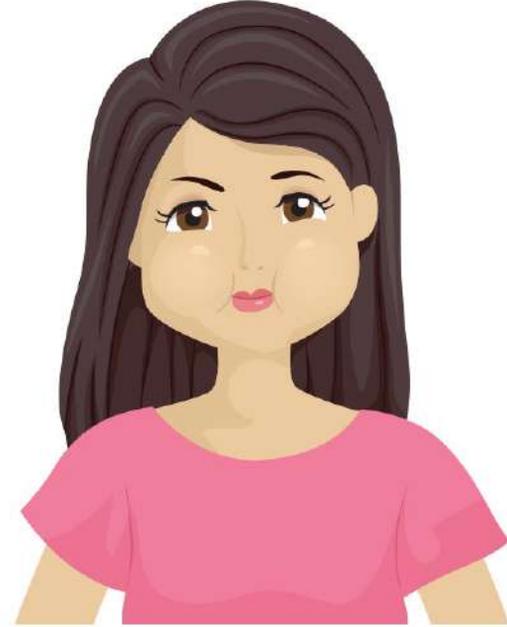
In Europe, 'over a cup of tea', in Vietnam 'over a betel leaf'

Betel leaves and areca nuts were offered as a first conversation starter to guests – in India & Vietnam

Offered at weddings & temples

Signifies love – betel leaf – male, areca nut – female

Pitta increasing



Taila Gandusha (Oil Pulling)

Benefits of oil pulling

- Strength of gums
- Clear, strong voice
- Strength of facial muscles
- Perception of 6 tastes
- Good taste
- Reduce cavities
- Helps reduce dryness of throat
- Prevents cracked lips
- Strengthens the roots of teeth
- Prevents tooth ache
- Prevents tooth sensitivity to sour foods, etc
- Strength of tooth to bite hard substances

Notes

- Sesame oil is the best and good for all doshas. Coconut oil is cold & drying. Unless you have extreme mucous, do not use coconut oil.
- Also done with ghee, honey, milk, water and other oils. Should be done until there is mucous formation in the mouth or until you get discharges from eyes and nose
- Oil pulling should be avoided if you have white coating on the tongue or indigestion
- Always to be done sitting



Anjanam (Applying Kajal)

Anjana

- Anjana is described after brushing in Ashtanga Hridaya
- Caraka does not give any particular order.

Notes

- One should use Souveeranjanam everyday and Rasanjanam on the 7th day (both not available today)
- Kajal should be applied in the morning
- Importance – eyes – Kapha related ailments. Hence it is important to drain kapha out from the eyes, to cleanse the naso-lacrimal duct, and to help with corneal circulation



(Dhumapana)
Medicated Smoking

Benefits of Dhumapana

- Head – heaviness of head, headache, rhinitis, migraine
- Ear – ear ache, pain around the eyes
- Respiratory conditions – asthma, cough, post nasal drip, sneezing,
- Mouth – weakness of teeth, halitosis, tooth ache, excessive mucous in the mouth, tastelessness, stiff jaws, itching, thick tongue
- Throat – hoarseness of voice,
- Skin – palour,
- Hair – hairloss, balding,
- Other – lethargy, atinidra (over-sleeping)

Benefits of Dhumapana (contd..)

- Doing dhumapana daily is beneficial for hair growth, strength of skull bones, clarity of sense organs, improves voice quality
- Subsides Vata-Kapha related diseases

Prayogika Dhumapana

- The one which is good for "swastha" (healthy)
- Good for Vata-Kapha ailments
- Best time – 8 kalas are mentioned
 - After shower
 - After food
 - After Vamana
 - After sneezing
 - After brushing
 - After Nasya
 - After Anjana
 - After sleep

By anyone who is 'atmavaan' – one who has control over the mind

This can be done once or twice a day

How to know if the Dhumapana was successful?

- Chest, throat, sense organs – feeling light and clean
- Lightness of head
- Subsiding of Kapha dosha

The aim of Dhumapana is to subside Kapha dosha and allow good movement of Vata through the nose and mouth.

If one does Dhumapana excessively, or not in the right way, Vata may aggravate. Has to be treated by sprinkling, pouring cold water or cold buttermilk on the face

Who cannot do Dhumapana?

Those who have undergone Virechana & Vasti

Bleeding diseases like Raktapitta

Visha (poisoning)

Anyone who is sad, pregnant, tired, giddy/angry, thirsty, injured, excessive dryness in the body,

One who has Pitta dosha and Ama dosha

After finishing a meal with milk, honey, curd or consumed alcohol

Cataract, head injury, diabetes, etc

Traditional Smoking Apparatus (Dhuma Yantra)



How to make dhumapana varti at home (Haridradi dhuma varti)

- Take a rectangular piece of cotton cloth (around 5x10 cm) Wash with hot water and dry in sunlight.
- Mix ghee & turmeric and make a paste and apply a thin layer over the cloth. Fold the cloth. Allow it to dry on the shade and use once it has dried completely



Procedure for Medicated Smoking (Dhumapana Vidhi)

No.	Procedure	Notes
Step 1	Has to be done during day time. Sit straight, attentive with mouth open	
	The medicated wick is lighted at the tip, wait for the flame to form properly & blow it off.	
Step 2	<ul style="list-style-type: none"> Inhale smoke through one nostril while closing the other nostril, exhale through mouth. Do this on each nostril alternatively Then smoke it through the mouth and exhale through mouth 	<p>Inhaling through the nose is ideal for doshas in the head, nose and eyes. If fumes are not coming properly, inhale through the mouth and then start inhaling through the nose.</p> <p>Inhaling through the nose first and mouth later is ideal for doshas of the throat. In case of throat diseases, if the fumes are exhaled through the nose first, it may lead to loss of vision.</p> <p>First do one nostril, then the second and then mouth.</p>
Step 3	Do this three times (3 inhalations & 3 exhalations)	<p>Snigdha dhuma – 3 x1</p> <p>Madhyama dhuma – 3x2</p> <p>Tikshna dhuma – 3 x3</p>
	Benefits	<p>The following diseases will not affect a person who does Dhumapana habitually</p> <ul style="list-style-type: none"> Cough, dyspnea, rhinitis Disorders of voice Loss of smell Disorders of the nose and mouth Discoloration of the skin of face Hair issues Disorders of the ears, mouth and eyes - discharges, itching, pain etc Stupor Hiccup

My 2 cents...

Smoke is an external substance – not native to human body.

However, the carbon in the smoke acts as activated charcoal and absorbs the excessive Kapha and helps with detoxification

Like fumigation done on injuries and ulcers. Since the germs have aversion to smoke – works in combatting the germs

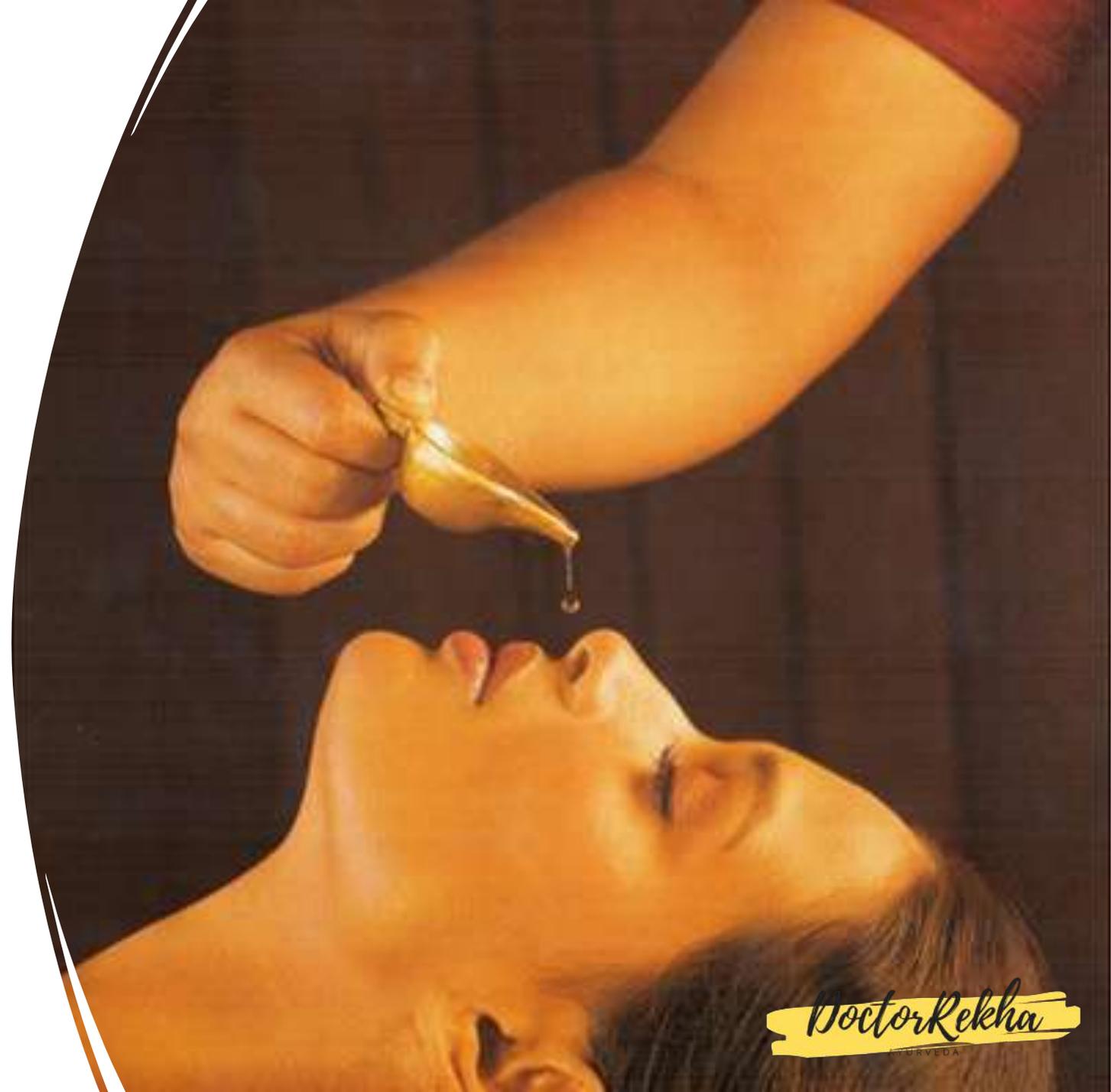
Do not overdo on Dhumapana (Vata, Pitta increase) - unless required (eg. Excessive mucous, after Nasya etc. In my practice I do not advise Nasya everyday. Overuse can affect eyes



Nasya (Nasal Drops)

What is Nasya

- Nasya- for the treatment of diseases of the parts above the shoulders.
- “Nasa hi shiraso dwaram”
Nose is the gateway to the head
- The nasal medication reaches all the parts of the head and neck and cures diseases thereo
- One must do Nasya in rainy season, winter and spring 3 times a day, when there are no clouds (gatamekhe nabhasthale)



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My 2 cents...

- What happens if one does Nasya on cloudy days?
- With Nasya, the Kapha gets dislodged from its site. But due to the weather, the dislodged Kapha cannot be expelled.
- This blocks the channels
- May lead to giddiness, fainting, etc
- Not just Nasya, all kinds of Panchakarma has favourable results when the sun is shining bright

Benefits of Nasya

One who does Nasya everyday can prevent

- diseases of the eyes, nose and ears
- balding, hairfall and premature graying

Also helps in to grow hair thick

Subsides headache, migraine, Bels palsy, rhinitis, sinusitis, etc

Strenthens the nerves & blood vessels of the brain

Helps with glowing skin (face), clear voice, clear sense organs

Notes: Procedure of Nasya (Nasya Vidhi)

Step 1	Perform morning rituals - elimination of urine & feces & brushing
Step 2	Massage face with oil (Karpooradi oil or sesame oil)
Step 3	Mild sweating
Step 4	Lie down in a room without fan, A/C, wind. Face upwards, extend arms and legs
Step 5	Warm the medicine in hot water.
Step 6	Using a dropper or a piece of cloth, instill the medicine in alternate nostrills Instill the medicine to one nostril, keeping the other closed
Step 7	Massage soles, palms, neck, ears
Step 8	Turn to sides and spit out the medicine until the entire medicines comes out. (If patient feels discomfort or goes unconscious, sprinkle cold water on the face, avoiding head)
Step 9	After medicine comes out completely the patient should lie with face upwards, for a period of uttering one hundred syllables (for 100 seconds)
Step 10	Inhale smoke of medicated herbs
Step 11	Gargle the mouth with warm water many times to cleanse the throat
Step 12	Look for signs of successful Nasya - breathing without difficulty, good sleep in the night, waking up fresh in the morning & lightness of sense organs
	Benefits of Nasya <ul style="list-style-type: none">• Healthy glowing skin of shoulders, neck, face and chest• Imparts strength & clarity of sense organs• Disappearance of grey hair

My 2
cents...

“Nasa hi shiraso dwaram, tena tad
vyapya hanti tan” (A.H. Su 20/1)

Nasya is rasayana for urdhwa jatru
gata roga, sense organs & hair

Reduces brittleness of hair

Anutailam

- Dosage : half palm
- First apply oil, do steaming and then instill 2 drops in each nostrill
- Times 3
- Repeat after 3 days
- Total 7 days
- Anutailam subsides all 3 doshas, improves clarity of sense organs

Precautions

- Do not expose onself to cold winds
- Eat favourable food
- Do 'indriyanigrahana' – control the mind by constrolling sense organs



Shiro Abhyanga (Head Massage)

Benefits of head massage

Prevents head ache

Prevents hairfall

Prevents premature graying and balding

Improves strength of the head and skull

Helps hair grow long, dark and with strong roots

Imparts clarity to sense organs

Gives softness to facial skin

Helps to have a good sleep



Karna Tarpanam (Ear oiling)

Benefits of ear oiling

Prevents ear diseases due to Vata

Prevents stiffness of the neck and jaws

Prevents loss of hearing

Notes

- In my practice – good results for age-related hearing loss, neurological conditions leading to hearing loss, arthrosis of ear ossicles, etc.
- Also mentioned as a treatment of facial paralysis (Bels palsy) – helps as a decompressant of the facial nerve
- Not good in inflammatory conditions with involvement of Kapha & Pitta

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Abhyanga (Oil Massage)

Benefits of Abhyanga

- Just like the axle of a vehicle works better with lubrication, abhyanga helps the body to be strong, resistant to wear and tear and imparts flexibility
- Subsides diseases due to Vata
- Body becomes strong
- Helps to have beautiful healthy skin
- Helps reduce wear and tear of the body due to over-exertion, over-exercise, etc
- Increases endurance of the muscles and bones of the body

Benefits of Abhyanga (Contd.)

- Skin has predominance of Vata. Hence one should do Abhyanga to prevent diseases of Vata
- If one practices abhyanga daily, minor ailments will not affect him
- Gives soft skin with improved sensitivity to touch
- Gives strong, beautiful and attractive body with well-formed bones and muscles
- One who does Abhyanga daily looks good even in old age. They will have reduced appearance of wrinkles.

Notes

- “abhyangam acharet nityam sa: jara srama vataha | shira sravana padeshu tam visheshena sheelayet ||” (Ashtanga Hridayam)
- One should focus especially on head, ears and sole of the feet
- Vata – Mahamasha Taila
- Pitta – Ksheerabala Taila
- Kapha – Not adv (Kolakulathadi powder massage)

After abhyanga, herbal powder can be used to wash the oil off made of Triphala, Vilwa & Green Gram



Pada Abhyanga (Foot Massage)

Benefits of Pada Abhyanga

- Reduces hardening of the sole of the foot
- Reduces dryness, tiredness of the feet
- Imparts strength, beauty, and stability to the feet
- Great for improving vision
- Subsides diseases due to Vata like Sciatica

Notes

- In my practice, Pada Abhyanga is given for people suffering from insomnia (A.H), DVT, neurological diseases of the lower limb (sciatica), etc.



Parimarjjanam (Body Scrubbing)



Benefits of Body Scrubbing

- Helps reduce body odour
- Helps reduce stiffness and tiredness of the body
- Reduces itching
- Cleanses the skin
- Reduces issues due to over-sweating

Notes

- Traditionally body scrubbing has been practiced since time immemorial
- With greengram powder or Gulmohar tree bark powder





Notes

- After Abhyanga, Ashtanga Hridaya mentions Vyayama (exercise)
- “laghavam karmasamarthyam deepto agnir medasa: kshaya: | vibhakta ghana gaatratwam vyayamad upajayate |”
- Benefits of EXERCISE
 - Lightness to the body
 - Improves strength of the body to perform tasks
 - Helps improve Agni
 - Reduces medas (fat)
 - Helps to have well shaped body



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Notes (Contd.)

What happens due to overexercise?

- Excessive thirst
- Emaciation/ weakness
- Severe dyspnoea
- Can lead to bleeding disorders
- Exhaustion
- Debility
- Cough
- Fever
- Vomitting

Don't be a lion pulling an elephant. Do exercise based on your capacity

Notes (contd.)

- Exercises can be done by people with good strength and who eats a diet with good fats added.
- In the months of Hemanta (late autumn) Sisira (winter) & Vasanta (spring) one should exercise to half the capacity (cold - kapha months – to reduce kapha)
- In the other seasons, one should exercise very little/ slowly (mandam)
- At the end of exercise, one should do mild massage (pressing/ rubbing the body softly) (stretching after exercise)



Snanam (Taking Bath)

Benefits of taking bath after oiling etc

- Cleanses and strengthens the body
- Improves libido
- Longevity
- Reduces tiredness and lethargy
- Improves vitality (Ojus)
- Improves 'sandhanam'

Notes

- For body, always take shower with warm water. This highly enhances strength of the body
- Do not use warm water for head bath as this may reduce the strength and health of hair and eyes



Suddha Vastram (Clean Clothes)

Benefits of wearing clean clothes

- Increases attractiveness, fame and longevity
- Reduces 'alakshmi' (inauspiciousness)
- One who wears freshly laundered clothes receives respect from other
- Gives happiness, positivity



Perfumes & Ornaments

Benefits of using perfumes and ornaments

Wearing perfumes:

- Improves attractiveness (attention from opposite sex)
- Improves strength, happiness, longevity

Wearing jewels:

- Improves prosperity, attractiveness, happiness, longevity, fame, ojus
- Reduces du:kha

Notes: One of the primary stimulants for sex is smell. Smell of perfumes stimulates the limbic system of the brain through the olfactory nerve endings.



Soucham (Washing)

Washing feet & private parts

One should wash feet and private parts often

Improves dharana (retention-memory)

Improves cleanliness & longevity

Reduces 'alakshmi'

Reduces 'kalahavanccha' (tendency to pick fights)



Kshoura

(Trimming hair & nails)

Benefits

Trimming hair, nails and moustache to be done every 5 days

Gives strength, improves libido, longevity and beauty

One may wonder how?

Trimming hair, nails and moustache improves presentability, personality and confidence. This makes mind happy and hence improves health and overall wellbeing. Happiness of the mind improves sukla and longevity



Padatra Dharanam (Wearing footwear)

Benefits of wearing comfortable footwear

Good for the eyes

Good for the skin of the foot

Helps walking easy

Improves strength of the feet

Improves libido





(Chatra Dharanam)
Using an Umbrella

Benefits

- One should use an umbrella while stepping out
- Protects from sun, wind, dust, birds, and rains
- Also it is mentioned to use a walking stick for walking for protection



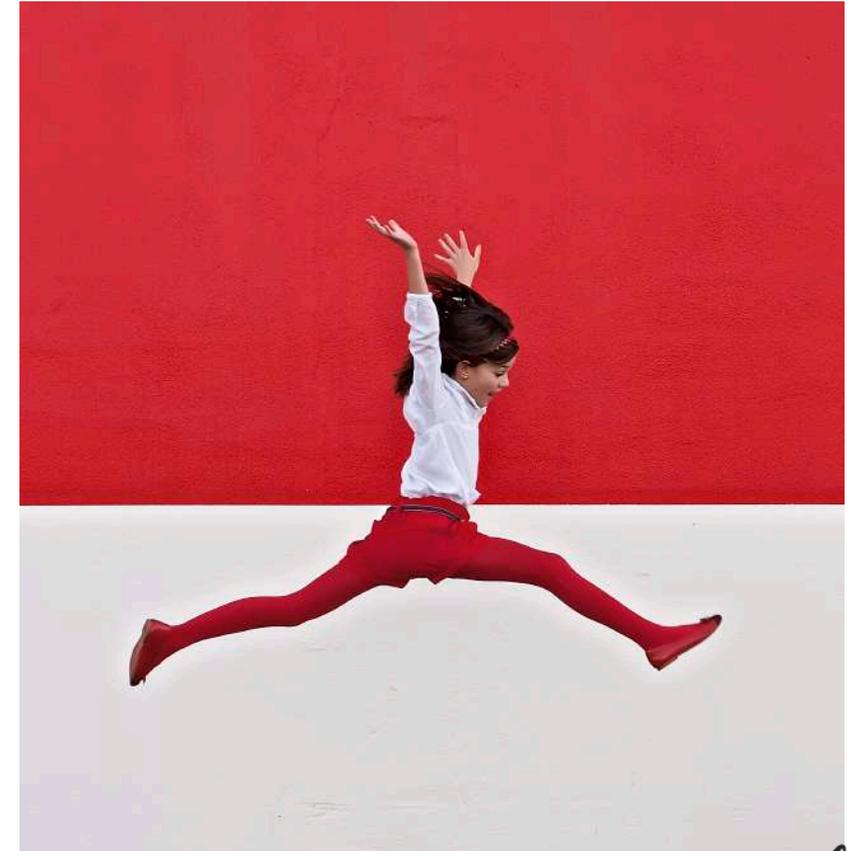
Why taking care of the body is important?

- Just like a driver takes care of his car, just like a king takes care of his people, one has to take care of his body.
- One should do activities hita for the body
- One should perform his duties by not affecting his dharma
- One who does Dinacharya gets peace, and sukha

Notes

If one practices Dinacharya daily one will have long life, good health, prosperity, respect, and achieves everything he desires” (A.H)

“Ayurarogyam aishwaryam yasho lokamshcha sashwatan”



Q+A

