

Darshanic Influence on Charaka Samhita

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Abstract: *Charaka Samhita – the unique book of Ayurveda – is an authentic treasure of knowledge of both art and science of life, by which one can attain the real positive health. It is not only a reference text of medicine but also an ideal text of philosophy. There are various instances which shows the influence of different philosophies in Charaka Samhita. This work is to find out few such instances, where Charaka Samhita is showing its root to be emerged from various Indian philosophies and classics.*

Keywords: chatushka, atharvaveda, moksha, padartha, manusmriti

Charaka Samhita – the unique book of Ayurveda – is an authentic treasure of knowledge of both art and science of life, by which one can attain the real positive health. The great physicians of Ayurveda like Sri.Vaidyabhooshanam K. Raghavan Tirumulpad and the Great doctors of Allopath, who accepts and understands the magnitude of Ayurveda, like Dr. M. S. Valyathan, gives due importance in understanding the veiled meanings of Charaka Samhita.

Charaka Samhita is not only a reference text of medicine but also an ideal text of philosophy. There are various instances which shows the influence of different philosophies in Charaka Samhita. Its my humble effort to find out few such instance, where Charaka Samhita is showing its root to be emerged from various Indian philosophies and classics.

Charaka Samhita followed the pattern of Chatushka methodology in the Sutrasthana. The seed of Chatushka methodology is in vedic literature . The Vedas are four in number and each Veda is having an Upaveda and among those, Ayurveda is the Upaveda of Atharvaveda. Each Veda consists of 4 parts regarding their presentation viz;-Samhita, Vidhi, Aranyaka, and Upanishad. The Chatushka methodology can also be seen in Patanjali Yoga Sootra and Panini's Ashtadhyayi.

Charaka Samhita is said to be originated in the period of Manusmriti and this might be the reason for accepting the Chaturvidha Purusharthas- explained and elaborated in Manusmriti, as the ultimate aim of life. Without being deviated from the subject matter Acharya Charaka said that, for the attainment of Purusharthas, arogya (health) is the base¹.

The reference of *shad padarthas* are explained in first chapter of *Charaka Samhita Sutrasthana*, reveals the influence by the *Vaiseshika darshana*. The first verse of *Vaiseshika sootra* by *Mahrashi Kanada* is the explanation about *Dharma* and attainment of *moksha* by the understanding of *shad padarthas*². The order of *shad padarthas* are changed in *Charaka Samhita*. *Samanya* and *Visesha padarthas* are given due importance and placed first, as they are the main factors for maintenance of health and curing of disease by treatment.

The word *dosha* which is the key word of *Ayurveda* might be borrowed from *nyaya darshana*, where *dosha* is explained as one among the 12 *prameyas*. *Dosha* is defined

as that which initiate to work³.The word *dosha* has given same meaning in *Ayurveda* also. The *doshas* are the basic factors which allows body to work. The *nyaya darshana* is also having the name *pramana sastra* . *Pramana* is used in *Ayurveda* for getting knowledge.

The concept of *sadvritha* and *sadachara* makes clear that the text draws heavily from *Manusmriti*. *Manusmriti* is one of the oldest book of Hindu religion and culture, focused on subjects like *sadvritha* and *sadachara* and adopted the term *Vyavahara padas* ie. 'The eighteen titles of law'. The *sadvritha palana* is aimed at the attainment of *sukha*, *arogya* and *moksha*, and these are the aims of both philosophies and *Ayurveda*

In the final chapter of *Charaka samhitha*, *Acharya Dridhabala* quoted that, "Whatever knowledge present here is present everywhere, and whatever is not present here is not present anywhere⁴." This makes us remember about the same text explained in *Mahabharatha*- Great epic of India. All these proves that, *Charaka samhitha* is a book of complete knowledge, and it is one such book where there is assortment of Indian philosophy, culture and medicine and it is the book which is crowning Indians and *Ayurveda* to the epitome of the world.

References

- [1] Charaka Samhita sootra sthana 1/25
- [2] Vaiseshika sootra 1/1/4
- [3] Nyaya sootra 1/1/18
- [4] Charaka Samhita sidhi sthana 12/54

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