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The *Harita Samhita* - A Literary Review on an ancient Ayurvedic text

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ABSTRACT

Harita Samhita is one of the classical work on Ayurvedic medicine, which is written in between 6th to 7th century AD. This book is written in conversation module, and the conversation was between *Maharshi Atreya* and *Acharya Harita*. *Acharya Harita* has proposed his own new concepts in his texts. The present text is divided into six parts, viz; *Prathamasthana*, *Dwitiyasthana*, *Chikitsasthana*, *Sutrasthana*, *Kalpasthana*, *Sharirasthana*. The *Harita Samhita* can be included under *Dravyaguna Shastra*. In present work the concepts of *Acharya Harita* were critically analyzed and elaborated systematically. Further scope of study is to critically analyze the work of *Acharya Harita* and explore his views to the Ayurvedic scholars.

Key words: Ayurveda, Acharya Atreya, Acharya Harita, Harita Samhita.

INTRODUCTION

Acharya Harita was the one of the disciple of *Maharshi Atreya*, who was renowned person in the history of Ayurveda. *Acharya Harita* had written his own text named as *Harita Samhita*. *Harita Samhita* is the conversation between the *Maharshi Atreya* and *Acharya Harita*. The *Harita Samhita* text is divided into six parts, viz; *Pratahamasthana*, *Dwitiyasthana*, *Chikitsasthana*, *Sutrasthana*, *Kalpasthana*, *Sharirasthana*. As the author was the devotee of Lord Shiva so the text starts with *Mangalacharana*, in the name of Lord Shiva and the discussion goes on which

is elaborated in the discussion part.

Pratahama Sthana^[1]

The *Harita Samhita* starts with *Mangalacharana* praising Lord Shiva.

- The first chapter named as *Pathana Vidhi Adhyaya*, deals with the conversation between *Maharshi Atreya* and *Acharya Harita* about the importance of Ayurveda, its branches and how this *Shatra* has to be studied.
- *Ayurveda Adhyayana Adhikari* - Explains who has to study the Ayurveda.
- *Pooja Yogya Vaidya Lakshanas* - *Dharmistha*, *Shanta*, *Pavitra*, *Shuddha Buddhi*, *Dhairya Sheela*, *Kushala*, etc. qualities.
- *Vaidya Swaroopa* - The *Vaidya* whose diagnose should be perfect. He must be able to eradicate the diseases of the *Rogi*.
- *Tyajya Vaidya Lakshana* - The one who is *Lobhi*, *Krodhi*, *Kathora*, *Madyapaayi*, *Alasi*, *Dharyaheena*, *Asthira Chitta*, *Dhanaheena* etc., such *Vaidya* should be avoided for the treatment.

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- **Vaidya Shastra Pathana Vidhi** - One should avoid *Pathana* by *Uccha Bhashana*, slow voice, trembling etc.
- **Anadhyaya** - One should not study the *Shastra* on the occasion of *Pratipada*, *Asthamai*, *Chaturdashi*, *Amavasya*, *Purnima*, *Akala*, *Durdina*, *Ghanagarjana*, *Digdaha*, *Bhuchala*, *Soorya* and *Chandra Grahana*. If one should study in these conditions will suffer from *Gurupeeda*, *Rajapeeda*, *Rashtra Peeda*, *Marana* etc.

The 2nd chapter named **Chikitsa Sangraha** deals with eight types of treatments.

- The first part deals with *Annapana Sthana*, *Aristha Sthana*, *Chikitsa Sthana*, *Kalpa Sthana*, *Sutra Sthana*, *Sharira Sthana*.
- *Shalya*, *Shalakyas*, *Kaya Chikitsa*, *Bala Chikitsa*, *Agada - Visha Tantra*, *Bhuta Vidya*, *Rasayana* and *Vajikarana*.
- *Yantra Karma*, *Shastra Karma*, *Agni Karma*, *Aushadha*, *Swedana*, *Mardana*, these are the sub-types of *Chikitsa*.
- **Shalya Tantra** - The *Shastra* which deals to remove the *Shalya* like arrow, *Bhala*, *Trina*, *Panshu*, *Krimi*, *Puya*, etc. from the body.
- **Shalakyas Tantra** - The branch which deals with *Shira*, *Netra*, *Karna*, *Brukuti*, *Kantha*, *Shankha*, *Manya* etc. are known as *Shalakyas Tantra*.
- **Kaya Chikitsa** - Which deals with *Kwatha*, *Churna*, *Gutika*, *Snehana*, *Swedana*, *Vamana*, *Virechana*, *Basthi* etc. these all alleviates the *Kosthagata Doshas* and maintains the health.
- **Agada Nama** - The one which cures the *Guda* and *Basthigata Rogas*. The *Niruha Basthi*, *Asthapana Basthi*, and *Anuvasana Basthi* comes under *Agada Tantra*. This is the peculiarity of this book.
- **Bala Chikitsa** - In this *Garbha Upakrama*, *Sutika Upakrama* and *Bala Roga Shamaka* medicines are dealt.
- **Visha Tantra** - In this branch all the poisonous *Krimis*, *Vrischika*, *Sarpa* etc. are dealt with.

- **Bhuta Vidya** - *Griha*, *Bhuta*, *Pishacha*, *Shakuni*, *Dakini* and *Sooryadi Griha* their effects on the body are dealt.
- **Vajikarana** - In this the person who become very lean and suffering from aspermia or erectile dysfunction and *Dhatu Kshinata* etc. treatments are dealt.
- **Rasayana** - To achieve health of the healthy person like *Indiya Balakara*, *Dridhikara*, *Palitya*, *Khalitya* etc. are dealt.
- **Upanga Chikitsa** - *Chinna*, *Bhinna*, *Bhagna*, *Kshata*, *Picchita* and *Dagdha Vrana* treatment is dealt in this section.

The 3rd chapter named **Vaidya Shiksha Vidhanam** - This explains about the teaching module of the *Ayurveda Vaidya Shastra*.

- The first section deals with eligibility for treatment, then one should have the knowledge of *Desha*, *Kala*, *Vya*, *Jatharagni*, *Aushadha*, *Prakruti Samyata*, *Sharira*, *Mana*, *Bala*, *Vyadhi Avastha*.
- *Chikista Phalashruti*, *Vaidya's* eligibility criteria, Types of *Vaidya*, Types of treatment (*Shamana* and *Kopana*), *Vyadhi Sadhyasadyata*, *Upachara Phalashruti*, complications of *Doshas* which are inherent after treatment, *Apathya Haani* etc.
- *Langhana Yogya*, *Jatharagni Karma*, *Sama Nirama Lakshana*, *Punyartha Upachara Yogya Manushya*, Achievement during treatment, *Chikista Ayogya Purusha* and lastly the duties of the *Vaidya* are explained.

The 4th chapter named **Desha-Kala-Balabalam** - This chapter explains about the different climatic conditions viz;

- Types of *Desha* - *Anupa Desha*, *Jangala Desha*, *Sadharana Desha*.
- *Kala Jnana* - *Kala Swarooma*, *Utpadaka Kala*, *Kala Pravartaka*, *Kala Samharaka*, *Kala Sanatanatwa*, *Kala Nashaka Swarooma* etc.
- *Rutucharya*, *Uttarayana*, *Dakshinayana*.

- *Rutu sambadhi Vichara - Varsha, Sharad, Hemant, Shishira, Vasanta, Grishma.*

The fifth chapter deals with *Vaya Jnana*

- ***Madhyama Vaya***
- ***Prakruti Jnana*** - *Vata, Pitta, Kapha Prakruti Lakshanas.*
- ***Vayu Bheda*** - according to *Dishas* like *Purva, Uttara Disha, Agneya Disha Vayu Lakshanas* etc.
- **Types of *Vayu*** - *Tala Putra Vayu, Vyajana Vayu, Vayu Dishas* according to *Shad Rutu, Savisha Vayu, Vayu Prakopa lakshana, and Upashamana, Pitta Prakopa, Nidana, Kapha Prakopa Nidana, Sannipata Utpatti.*

The 6th chapter deals with *Shadrasa*

- *Vatadi Dosh Viruddha Rasa, Dosh Virodhi Rasa Varnana.*
- *Shadrasa Virya Vivechna.*

The 7th chapter deals with various types of water - *Jala Varga.*

- Various types of water like *Samudra Jala, Ganga Jala, Rutu Anusara Jala Varnana.*
- *Arogyadayaka Jala, Shitala Jala, Jala Vishayaka Vidhi* etc. are dealt.

The 8th chapter explains *Dugdha Varga*

- In this section various types of animals *Dugdha Vargas* are explained. Like cow, goat, camel, *Stree*, etc.
- Properties of milk which is consumed during day time and during night time.
- Various types of *Dadhi*, its consumption according to *Rutus* and day and night.
- Various types of buttermilk consumption and its properties.
- Various types of ghee and its properties are well explained.

The 9th chapter which deals with *Mutra Varga*

- In this various types of animals *Mutra Vargas* are explained. Like goat, cow, camel, donkey,

Naramutra, Prasuta and Aprasuta Mutra qualities are well defined.

The 10th chapter which deals with sugarcane called as *Ikshu Varga.*

- In this section all types of *Ikshu Varga*, Its juices expressed from various sources like machines, teeth, *Pakwa Rasa, Phanita.*
- Types of *Guda, Guda Khanda, Sadharana Khanda, Sharkara* and importance of *Guda* are enumerated.

The 11th chapter deals with qualities *Kanjika Varga.*

- Deals with qualities of rice water, *Tushodaka, Yava and Godhuma Kanji, Taila Yukta Kanji, Yugandhara Kanji* and importance of *Kanji.*

The 12th chapter deals with qualities of *Manda Varga.*

- Qualities of *Rakta Shali Manda, Sheta Shali Manda, Yava Manda, Godhuma Manda, Kshudranna Manda, Kodrava Manda, Kshudra Anna Kanji Guna* are explained.

The 13th chapter deals with *Yusha Varga.*

- Qualities of *Yusha, Kulattha Yusha, Haritaki Yusha, Mudga Yusha, Chanaka Yusha, Udada Yusha* etc. *Yusha Kalpanas* are explained.

The 14th chapter deals with *Taila-Vasa Varga.*

- Qualities of *Taila* like *Sarshapa Taila, Tila Taila, Eranda Taila, Kusumbha Taila, Narikela Taila* etc. has been explained.
- Importance of *Taila* and *Vasa Varga* are well enumerated.

The 15th chapter deals with various types of *Dhanya Vargas.*

- Qualities of *Shali Dhanya, Shali Dhanya Guna-Dosha, Kshudra Dhanya, Shyamaka, Kodrava, Yava Godhuma, Udada, Mudga, Tuvara, Kulattha, Masura* etc. cereals are explained.

The 16th chapter explains about different varieties of vegetables

- Vegetables like *Jeevanti, Jayanti, Chillaka, Ketaki, Methika, Shatapushpa, Changeri, Kusumbha* etc. are mentioned under *Shaka Varga*.
- Properties of *Amlika Kanda, Pindashaka, Aluka, Palandu, Hasthikanda, Varahikanda* etc. are well explained.

The 17th chapter deals with different types of fruits.

- In this *Varga* different types of fruits like *Amra, Jambu, Badara, Dadima, Matulunga, Nimbuka, Chinchu, Kharjura, Poogiphala, Kadali Phala, Draksha*, fruits etc. are explained.
- Properties of *Nagavalli, Khadirasara, Karpura* with *Shunthi* should be consumed mixed with *Churnka* are enumerated.

The 18th chapter deals with *Madhu Varga*.

- This chapter deals with different types of honey like *Bhramara, Saradha, Kshaudra*.
- Importance of *Madhu* and its general properties are enumerated.

The 19th chapter deals with alcoholic beverages.

- This *Varga* explains different types of *Madhya* and their properties.
- *Sidhu Madya, Gauda, Matsyandi, Madhivka, Madira, Paishthi Madira, Mahuva Madira, Taada Madira* and the importance of *Madhya* are well explained.

The 20th chapter deals with *Mamsa Varga*.

- In this *Varga* different types of *Sarisrapa, Anupa, Jangala, Jalachara, Grmchari Pashu Varga, Pakshi Varga, Chitranga Mansa, Chikkara Mamsa, Rakta Mriga Mamsa, Shukara Mamsa, Shasha Mamsa, Mushaka Mamsa, Go Mamsa* are dealt.

The 21st chapter deals with domestic use different types of *Mamsa Varga*.

- This *Varga* dealt with *Lava* birds *Mamsa, Tittiri Mamsa Guna, Kapota Mamsa, Krikara Mamsa,*

Chakora Mamsa, Krauncha, Kokila, Vaivrutaksha etc. birds *Mamsa* are explained.

The 22nd chapter deals with *Jalachara Mamsa Varga*.

- Properties of *Hamsa, Sarasa, Kanka, Bhasa, Aadi Mamsa, Krauncha Pakshi Mamsa, Makara Mamsa, Shringi Matsya, Kacchapa, Karkata Mamsa* are dealt.
- In this *Varjaniya Mamsa* and importance of *Mamsa* are explained.

The 23rd chapter deals with *Annapana Varga*.

- In this *Varga* different types of *Bhaksha Padarthas* are explained. Viz; *Manda, Aprasadhita Bhakta, Yavagu, Payasa, Khichadi, Daal, Khala, Dadima, Parpata, Sandaki, Masha, Shikhirini, Mantha, Mamsa Siddha Veshavara, Mamsa Pradhanata, Bharjita Mamsa, Purika, Apupa, Somalika, Pheni, Visthambi, Abhinna Vishtambi, Modaka, Polika* are dealt.
- ***Bhojana Vidhi*** - One who is tired, cold food, different sitting posture during *Bhojana*, intake of water during *Bhojana, Achamana, Vyayamadi Vivechana, Jirna Ahara Lakshanas, Diwaswapna Vivechana* are well enumerated.

Dwitiya Sthana*^[2]*The 1st chapter**

- This chapter deals with *Karma Vipaka, Papadosha Parikara* and if the diseases are not subsides one should adopt *Prayaschit Karma* to get rid of the *Asadhya Vyadhis*.

The 2nd chapter

- In this different types of *Swapna* and their interpretation have been explained.

The 3rd chapter

- In this different types of *Aristha Lakshanas* are explained, viz; *Swastharistha, Dhruvada Aristha, Karna Dosha Aristha, Mukhasheasadi Aristha* etc. are dealt.

The 4th chapter

- In this various types of *Vyadhi Aristha Lakshanas* are dealt, viz; *Atisara, Gulma, Raktapitta, Arsha, Vidhradhi, Bhrama, Kamala, Panduroga,*

Bhagandara, Ashmari, Mudhagarbha, Apasmara, Prameha, Kustha, Unmada, Vatavyadhi Arishta Lakshanas are explained.

The 5th chapter

- The *Panchendriya Vikara* are explained i.e. *Indriyas Ayoga* and *Mithya Yoga* are dealt.

The 6th chapter

- This chapter deals with *Nakshatra Jnana, Mrutyu Yoga Suchakas, Amruta Yoga, Krura Yoga, Nakshatra* and their effects on the body, *Kastha Sadhya Nakshtras* are briefly introduced.

The 7th chapter

- In this the *Homa Vidhi* and its effects, The *Shanti Karmas* are dealt.

The 8th chapter

- The *Dhoorta Pariksha, Varjya Dhoorta, Shubha Dhoorta, Lakshanas* were explained.

The 9th chapter

- The various types of *Shakuna* were enumerated, viz; *Shubha Shakuna, Ashubha Shakuna, Dustha Shakuna, Mrugadi Shakuna, Shikhi Shakuna, Kaka Shakuna, Jahashasha Shakuna, Gamana Samaye Padarth Darshana Shakuna* are explained.

The *Tritiya Sthana*^[3]

The 1st chapter - *Aushadha Parijnana Vidhana.*

- Deals with *Utpatti* of different *Vyadhis* due to fever, their causative factors, diseases due to *Diwaswapna, Mahabhayankara Rogas, Sarva-Vyadhi Hetus, Vatadi Dosha Pachanakala, Dhatugata Dosha Pachana Kala, Apakwa Dosha Aushadha Nishedha, Langhana Vichara, Types of Langhana*, different types of *Kwatha, Aushadha Sevana Kala, Uttama Kwatha Lakshhanas, Heena Kwatha Lakshanas, Pathya Vivechana, Kwataha Paana Vidhi* are enumerated.

The 2nd chapter

- This chapter deals with *Jwara Chikitsa, Ku-Vaidya Ninda, Vaidya Lakshanas, Vaidya Shastra Pathana* importance, *Vyadhi Hetu, Roga Pariksha, Rog Sadhyasadhyata, Upadravas, Rogmukti*

Lakshanas, Ookshmaroga Vivechana, Types of Vyadhis, Jwara Vyapakatwa, and its treatment aspects are widely elaborated.

The 3rd chapter

- This chapter deals with *Atisara, Grahani Rogas*, their *Lakshanas*, types and treatment with different medicinal *Yogas*.

The 4th chapter

- This chapter explains about *Gulma Chikitsa*. Its types, *Lakshanas*, different medicinal preparations along with *Pathya*.

The 5th chapter

- This deals with types of *Krimis*, their effects on the body and treatment measures.

The 6th chapter

- In this chapter there is explanation of *Mandagni Nidana* and its treatment is seen.

The 7th chapter

- The seventh chapter explains about *Shoola Prakarana*, its types and treatment aspects.

The 8th chapter

- In this *Pandu Roga*, its types and various *Yogas*, treatment aspects are enumerated.

The 9th chapter

- *Kshaya Roga* its causative factors, types, *Dhatugata Kshaya, Vardhamana Pippali Rasayana, Rajayakshma* and their treatment, *Pathyapathya* aspects are mentioned.

The 10th chapter

- *Raktapitta Nadana* and *Chikitsa* aspects are enumerated.

The 11th chapter

- It deals with *Arsha Rogas*, its types, symptoms, treatment aspects, *Bhallataka Yogas, Pathyapathya* are explained.

The 12th chapter

- This chapter explains about *Kasa, Chardi Roga*, types, symptoms, *Sadhyasadhyata, Pathyapathya* and *Chikitsa*.

The 13th chapter

- In this chapter the *Trishna* and *Talu Shosha* its *Samprapti*, types, symptoms, various *Yogas*, and treatment aspects are dealt.

The 14th chapter

- This chapter deals with *Murcha Roga*, Its types, symptoms and treatments are explained.

The 15th chapter

- Peculiarity of this chapter is it explains about the treatment of *Nidra*.

The 16th chapter

- *Madatyaya Chikitsa* is explained in this section.

The 17th chapter

- Treatment of *Daha*, its *Samprapti*, treatment is mentioned.

The 18th chapter

- This section deals with the *Apasmara Roga*, Its types, *Lakshanas* and treatment is mentioned.

The 19th chapter

- It explains about *Unamada Roga*, *Nidana*.

The 20th chapter

- This chapter explains about the *Vata Vyadhi*, and 16 types of *Shirigata Pranavayu Prakopa Lakshanas* and their treatment.

The 21st chapter

- It explains about *Amavata*, Its *Lakshanas*, medicines used in this *Roga*, and *Pathyapathya*.

The 22nd chapter

- In this chapter the *Nidana* and *Lakshana* and treatment of *Gridhrasi Vata* is explained.

The 23rd chapter

- This section deals with the treatment of *Vata Rakta*, its *Nidana*, *Lakshanas*.

The 24th chapter

- This chapter explains about *Amla Pitta Rogas*.

The 25th chapter

- In this section the *Shopha Chikitsa* is enumerated.

The 26th chapter

- *Gulma Nidana*, types, *Lakshanas*, and treatment aspects are dealt.

The 27th chapter

- This chapter deals with *Jalodara*, its *Nidana*, *Lakshanas*, and treatment is explained.

The 28th chapter

- In this *Prameha*, its types, *Lakshanas*, *Sadhyasadyata*, treatment aspects are dealt.

The 29th chapter

- In this *Mutra Krichra Chikitsa* is explained.

The 30th chapter

- This chapter explains about *Mutra Rodha Nidana*, and its treatment.

The 31st chapter

- In this section the *Ashmari Roga* and its treatments aspect is explained.

The 32nd chapter

- *Vrishana Chikitsa* is explained in this chapter

The 33rd chapter

- *Visarpa Roga Chikitsa* is explained.

The 34th chapter

- In this section four types of *Upasarga Chikitsa* is mentioned, viz; *Kshudraka*, *Atanka*, *Ghora* and *Masurika*,

The 35th chapter

- *Vrina Chikitsa* and the *Jyatyadi Ghrita* is explained

The 36th chapter

- *Shlipada Roga Nidana*, *Lakshana* and *Chikitsa* is enumerated.

The 37th chapter

- *Arbuda Roga Chikitsa* is seen in this section.

The 38th chapter

- In this *Loota* its seven types and the *Gandamala Chikitsa* is explained.

The 39th chapter

- *Kustha Samanya Bheda, Lakshana*, types, and its treatment is mentioned.

The 40th chapter

- This section deals with the ENT diseases, In this *Shiro Roga*, and its treatment is explained.

The 41st chapter

- In this *Bhru Dosha Lakshana* and its *Chikitsa* is explained.

The 42nd chapter

- In this *Nasa Roga Lakshana* and its treatment is explained.

The 43rd chapter

- *Indralupta lakshana* and treatment is explained.

The 44th chapter

- *Karna Roga Lakshana* and its treatment is highlighted.

The 45th chapter

- This chapter deals with the diseases of eyes their *Lakshanas* and treatment aspects.

The 46th chapter

- *Mukharoga* includes *Daanta Roga, Jivha Roga, Galaganda Roga, Galashundika* and their treatment is explained.

The 47th chapter

- This chapter deals with *Vajikarana* which includes *Shukravridhikara Upayas, Vidaryadi* medicines and *Pathyapathya Vivechana*.

The 48th chapter

- This chapter deals with *Vandhyatwa Roga*, its *Lakshana*, and remedies.

The 49th chapter

- In this *Garbhopachara Vidhi* is explained.

The 50th chapter

- The *Chalita Garbha Chikitsa* is enumerated in this chapter.

The 51st chapter

- In this section the complications of *Garbha* and its treatment is explained.

The 52nd chapter

- *Mudha Garbha* and its *Lakshanas*, treatment is highlighted. Also some *Raksha Mantra* and *Yantra* are explained.

The 53rd chapter

- In this chapter *Sutika Roga* and some galactogauge treatment is mentioned.

The 54th chapter

- This chapter tells about *Balaroga Nidana, Lakshana* and treatments are mentioned.

The 55th chapter

- This specific chapter exclusively related to *Bhuta Vidya, Griha Dosha* and *Bhuteshwara Mantra* is explained.

The 56th chapter

- This section is exclusively for *Visha Tantra, Visha Bandhana Mantra, Lepa* are enumerated.

The 57th chapter

- This chapter deals with *Bhagna* and *Bhinna* treatments.

The 58th chapter

- This chapter explains about burns i.e. *Agnidagdha* and its treatment.

The *Chaturth Sthana*^[4]

The 1st chapter

- This chapter deals with weights and measurements

The 2nd chapter

- *Taila Paka Vidhi* is enumerated in this chapter.

The 3rd chapter

- *Niruha Basthi* measures are explained.

The 4th chapter

- In this total seven types of fomentation are mentioned, viz; *Lostha, Bashpa, Agnijwala, Ghati, Jala, Phala, Valuka Sweda*.

The 5th chapter

- In this chapter types of *Rakta Mokshana* and *Rakta Lakshana* is explained, viz; *Shira, Tumbi, Shringa* and *Jalauka*.

The 6th chapter

- The application of leech, leech types are explained.

The 5th Kalpa Sthana^[5]**The 1st chapter**

- In this *Haritaki Kalpa*, is mentioned.

The 2nd chapter

- Preparation of *Triphala Kwatha* and its uses are explained.

The 3rd chapter

- In this section the *Haritaki* and its types are enumerated.

The 4th chapter

- *Rasona* and its formulation is mentioned.

The 5th chapter

- This chapter deals with *Guggulu Kalpa* and its applications in various disorders.

The 6th Sharira Sthana^[6]**The 1st chapter**

- It explains about *Sharira*, its *Utpatti, Napumsakatwa, Garbha Varnana, Apatya Yugma*.

Parishishtha Adhyaya^[7]

This part explains about the importance of the *Harita Samhita* book.

CONCLUSION

The present work can be considered as one among the *Dravyaguna Shastra*. This text covers complete *Ayurveda Shastra*. Some diseases along with treatments. The present work was critically analyzed and elaborated systematically. Further scope of this study is to critically analyze the work of *Acharya Harita* and explore his views to the Ayurvedic scholars.

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