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REVIEW ARTICLE

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## Guru and Shishya: A unique coordinate

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#### ABSTRACT

Ayurveda holds high the unique Guru and Shishya relationship. The entire treatise is written as the teachings of Guru to his disciple. This relationship is aimed at transforming the Shishya until he becomes alike the Guru. Author of Charaka Samhitha enumerates the qualities of a disciple eligible to learn the science and also who should be chosen as a Guru in Vimana-Sthana. In many other contexts too author has enumerated the qualities of Agnivesha, the best among his disciple along with the Ultimate Guru Punarvasu Atreaya. All read together gives us the understanding of what should be the conduct, discipline, trust and humility of a disciple towards his teacher and also about the unique coordinate between Guru and Shishya.

Key words: Guru, Shishya, Guna.

#### INTRODUCTION

The relationship between Guru and Shishya is called 'Parampara' because it's continues and unhindered chain of transmission of knowledge to the chosen one of next generation. Guru always holds the central position of this tradition and the bond between both is so unique that eventually Shishya ends up to be one alike Guru. Ayurveda is also one such tradition which holds Guru and Shishya relationship strong. In every context Atreya Punarvasu shows us how the student should behave and Acharya Agnivesha reflects a perfect teacher. Along with this, Shastra tell us what should be the mindset of a student towards the studies, whom should be chosen as a Guru in many a context. The entire treatise teaches you how a

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physician should be and what should be the conduct and behavior of a physician.

#### **REVIEW OF LITERATURE**

The whole treatise showcases the attitude and dignity the teacher and student hold while learning and teaching. There are many places which elaborate the mindset of the student before asking the question and also of the teacher while answering the doubt. Often they are ignored as the introduction to the chapter or one that needn't to be given much importance, but these instances teach us much about the underlying context and the approach a student need to adopt. This is to rightly place a question before the teacher, so that the student is benefitted the maximum. Our treatise also adopts 'Na Prushtata Guravo Vadanthi *Nyaya*'<sup>[1]</sup> which explains unless there is an inquisitive query by the disciple, Guru is never expected to expound any concept by himself. Unless Shishya finds the need to know some concepts and it is placed rightly before the Guru understanding the time and situation. Guru never reveals anything to the Shishya. Every chapter starts with such a query by the disciple and followed by the explanation by the Guru.

Ayurveda is a science which emphasizes the need to learn under the guidance of an able Guru; Charaka Samhitha elaborately explains the qualities of a teacher, and examination of the *Guru* before choosing him. The entire treatise mentions *Atreya Punarvasu* as the teacher clarifying all the doubts of the *Shishya* patiently. Thus, the text invariable shows us how should be the relationship between a *Guru* and *Shishya*.

Agnivesha has been portrayed as a person endowed with the following qualities in different contexts.

Qualities of the teacher as told in Vimanasthana <sup>[2]</sup>	
Paryavadaatashrutam	He should have clear idea of the subject
Paridrushtakarmanam	Theory and practical application
Daksham	Who is skillful
Shuchim	Pure
Jitahasta	Skillful in practical experience
Mupakaranavantham	Well equipped
Sarvendriyopapannam	Possessing all the senses in normal condition
Prakrutinjam	Who is conversant constitution curability of dosha and line of treatment
Pratipattijama	Who possesses special insight in to the science
Nupaskrutavidhyam	Who is free from self-conceit
Na-Ahankrutamana	Who is free from envy
Sooyakamakopanam	Who is free from anger
Kleshakshamam	Who is hardworking
Shishyavatsala	Fatherly to disciples
Madhyaapakamnjaapana- Samartham	Having qualities of good teacher and capable of infusing understanding

Qualities of the teacher as	told in other different contexts.
Vivikta	Free from disorders <sup>[4]</sup>
Shantam-Aasinam	Seated calmly in a lonely place <sup>[5]</sup>
Agani-Varchasam	Having fire-like brilliance <sup>[6]</sup>
Sarvaprajanam-Pitravath- Sharanam	The father-like savior of all beings <sup>[7]</sup>
Punaravasu-Bhuta- Bhavishya-Disha	Master of the past and the present <sup>[8]</sup>
Siddha Varishta	The best among the professors <sup>[9]</sup>
Nirmohamaanam- Anushaya-Yooniraasha	Devoid of confusion, conceit, anger and attachment <sup>[10]</sup>
Gyana-Tapo-Vishalha	Great in knowledge and penance <sup>[11]</sup>
Buddhi-Smriti-Gyana- Tapo-Nivasah	The abode of intellect, memory, knowledge and penance <sup>[12]</sup>
Pranabratam-Sharanam	Savior of living beings <sup>[13]</sup>
Udharakirti	Wide fame <sup>[14]</sup>
Paramarthavith	Having knowledge of the highest ideas <sup>[15]</sup>
Bishakvarishtam	The best among physicians <sup>[16]</sup>
Surasiddhajushtam	Accompanied gods <sup>[17]</sup>
Munindram- Aatreyatmajam	Accomplished personsand the lord of sages <sup>[18]</sup>
Ayurvedavidam- Shrashtam	The best among the knower of Ayurveda <sup>[19]</sup>
Bishagavidhya- Pravartakam	Founder of medicine <sup>[20]</sup>
Jeetatmanam	Self-controlled <sup>[21]</sup>

Sakshadarmam- Evasthitam	Embodiment of virtue <sup>[22]</sup>
Asinammunimvygramkrit- Japam	Sitting quiet having finished his prayers leisurely <sup>[23]</sup>
Krithakshanam	Concentrated <sup>[24]</sup>
Rishi-Utamam	The best among the sages <sup>[25]</sup>
Veda-Lokartha- Tatvagyanm	The knower the essential meanings of Veda and Lok <sup>[26]</sup>
Tapasa	Endowed with the highest penance <sup>[27]</sup>
Yashasa	Fame <sup>[28]</sup>
Drityadeeya	Restrain and Knowledge <sup>[29]</sup>
Kritahinakam	Finished his daily routine <sup>[30]</sup>
Hutaagnihotra	Offered oblation to fire <sup>[31]</sup>
Yashasvinam	Full of renows <sup>[32]</sup>
Brahmtapodyutibhyam	Illumined by the luster of spiritual knowledge <sup>[33]</sup>
Jwalantam-Agni-Araka- Samaprabhava	Penance, having influence like that of the fire <sup>[34]</sup>
Para-Avaranj-Amatreyam	Knower of the best of the best and the worst <sup>[35]</sup>
Gatamanamadavyatham	Devoid conceit, ego, and sufferings <sup>[36]</sup>
Shria-Parmaya-Bramhaya- Parayachtapaha-Shriaya	Endowed with highest splendor of intellectual attainments and penance <sup>[37]</sup>
Dhee	Wisdom, intellect <sup>[38]</sup>
Dhriti	Restrained <sup>[39]</sup>
Smriti	Memory <sup>[40]</sup>
Vigyana	Understanding <sup>[41]</sup>

Gyana	Knowledge <sup>[42]</sup>
Kirti	Eminence <sup>[43]</sup>
Kshamalyam	For bearance <sup>[44]</sup>
Tantra Vidhaha	The knower of scriptures <sup>[45]</sup>
Sarvaprajanam-Hitha– Kamyayedam	Follow for the well-being of the people <sup>[46]</sup>
Udarasatvam	Magnanimous mind <sup>[47]</sup>
Shruti	Learning <sup>[48]</sup>
Vigyanasmrudham- Atrijam	Endowed with wisdom <sup>[49]</sup>

Agnivesha, who defines the best disciple in the entire treatise shows the right kind of enthusiasm and humility with which the quest has to be put forth before the teacher. His submission to the teacher is so evident that the teacher himself decides to pour the entire wisdom to Agnivesha. The obedient and the best of the disciples who qualifies to be the one writing the treatise knows and understands his Guru and thus submits his query after understanding the time and situation.

Agnivesha has been personified with various qualities in different contexts as follows.

Qualities of the student as told in <i>Vimanasthana</i> <sup>[50]</sup>		
Kalya	Healthy	
Krutakshana	Attentive all the time	
Praataruthaayopavy usha	Who wakes up early in the morning	
Krutva- Avashyakamupaspru shyodaka	One who bows down to god, sages, brahmanas, guardians, elders, accomplished persons and the teacher	
Same Shuchou Deshesukhaupavisht a	Sitting comfortable in clean and even place	

Manapurasaraabhir vaagbhi	Who has the presence of mind and is attentive	
Sutramanukramaan	Recites in the same order	
Punaraavartayeth	Recites the sutra with clear voice attentively	
Budhvasamyaganup ravishyaarthamswa doshaparihaaraarth amparadoshaprama anaartham	Understanding their import fully, in order to correct his own faults of reading and to recognize the measure of those in the reading of others	
Avammadhyamdiny eaparahaneratrochs hashvataparihapyan adhyanamavyasyat	In this manner at the noon, in the afternoon and in the night, ever vigilant the student should apply himself to study	
Qualities of the student as told in other context.		
Kritanjali	With folded hands <sup>[51]</sup>	
Deeman	Agnivesha the intelligent <sup>[52]</sup>	
Shishyaavarene	The best of the disciples <sup>[53]</sup>	
Shishyagana	A group of disciples <sup>[54]</sup>	
Vinyanvita	With all humility <sup>[55]</sup>	
Vinayadidam- Abraveeta	Respectfully submitted <sup>[56]</sup>	
Sanshyam-	Put up his doubt to his teacher <sup>[57]</sup>	
Pariprishtvan		
Pariprishtvan Prishtvan	Submitted and asked <sup>[58]</sup>	

#### **DISCUSSION**

The *Guru-Shishya Parampara* starts from *Brahma*, who remembered Ayurveda at a time which cannot be taken an account of. From then the knowledge is transmitted unaltered and undiluted to the every next generation till today standing up to you and me. The teaching constructs, methodology and intend of schooling has undergone incredible change till the online classes but still the content remains same.

Guru played the central position in every teaching scenario. Guru transformed the Shishya a like to Guru which is why different Sampradaya like Atreya-Sampradaya, Dhanwantari - Sampradaya and Kashyapa - Sampradaya etc. prevail. The expertise of the Shishya is nothing but the reflection of the unbound intimacy of the selfless and generous Guru. Shishya was chosen with utmost care, because a wrong Shishya with less of intend and consolidation will hamper the further chain of transmission of knowledge.

Guru is also called Apta for his depth of knowledge in the science and his expertise and conduct. The Shishya first comes in contact with the Guru for the quest of knowledge. Gradually he is exposed to the patients and different treatment methodology after Guru feels the Shishya is ready. It is for the same reason Aptopadesha is accepted as the first Pramana.

Shishya Gunas are plenty but one Guna which stays constant throughout the treatise is the undoubted submission and humility towards the Guru. Guru is the contended soul and the knower of worlds and ultimate truth showers his disciple with the boundless wisdom. The two main constants in a relationship between a Guru and a Shishya are the surrender of the Shishya and the intimacy of the Guru. This unique give and take process is so impartial and unique. The real teaching is believed to occur when the disciple is in tune with the wavelength of the Guru. Beyond a level this teaching and learning reaches a level that when the Guru remembers, Shishya perceives it passively. This entire journey is a cascade of transformation until the Shishya becomes alike the Guru.

Ayurveda advices that a teacher should be approached with utmost respect just like that to a fire, god, King, Father and mother. And also he should make continues efforts for firmness of his knowledge and enhance the power of speaking.

#### **CONCLUSION**

The *Guru-Shishya Parampara*, the sequence of transmission of wisdom, is very unique in Indian

tradition and Ayurveda too holds this high. Atreya Punarvasu shows us how the student should behave and Acharya Agnivesha reflects a perfect teacher in entire Charaka Samhitha. Along with this, Shastra tell us what should be the mindset of a student towards the studies, whom should be chosen as a Guru and the need to evaluate the time and convenience of the Guru before placing the query. When all these are set right the disciple is benefitted best and the wisdom can be used for the benefit of this world.

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