



## Review Article

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### CRITICAL STUDY OF MANUSCRIPTVAIDYAKSAAR

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#### ABSTRACT

An unpublished manuscript “Vaidyaksaar” was collected from Anandashram, Pune. It was written by author named ‘Shankar’. Manuscript explained in five chapters. It elaborates methods of prognosis, panchkarma procedures, diagnosis & treatment of jvara (fever) etc. diseases along with various formulations & also pramanas. Along with curative aspect Vaidyaksaar also gives importance for protection of health of a healthy person.

**Key words:** Manuscript, prognosis, diagnosis, protection of health, Vaidyaksaar

#### INTRODUCTION

In olden days when technology of printing was not developed people use to preserve the knowledge by writing on papers, cloths, bark or leaves of trees, wooden or metal sheets. The presently available Ayurvedic literature like brihattryee, laghuttryee etc. was in manuscripts. When they got studied & published then only people becomes able to get knowledge of Ayurveda.

There is considerable Ayurvedic literature which is still in manuscript form & unpublished. Such manuscripts should be studied to know the views of other vaidyas in olden days other than brihattryee & laghuttryee.

One such unpublished manuscript named “Vaidyksar” (MSS VS) was collected from Anandashram, Pune. It contains five chapters among them three are titled and two are not. In first chapter ‘Dootadi Rog Lakshan’ methods of prognosis are explained with the help of doot (messenger), swed (sweating), naadi (pulse) & mutra pareeksha (urine examination). Also views of horoscope regarding the prognosis are given. In ‘Mardanadi Rog Lakshan’ chapter panchkarma procedures are briefly explained. Third chapter elaborates treatment of fever. Formulations for fever like *visham tridoshahar* & *s anipathar gan* are explained in fourth chapter.

Treatments for diseases like karnarog (disorders of ear), shirorog (disorders of head) etc. are explained in sarvarog chikitsa adhyaya. Rules regarding water intake for healthy person, usha pan & holding of water in mouth are also explained.

Hence, treatment of diseased & protection of health of a healthy person; both these objectives of Ayurveda are fulfilled by Manuscript “Vaidyksar” (MSS VS).

**About the manuscript Vaidyksar:** Manuscript is collected from Anandashram, Pune. (No – 19-14-134), Size 34 cm x 14

cm, Extent – 16 leaves 10 lines to a page, 44 - 46 letters to a line. It is on country papers, Devanagari characters, and hand written, clean, neat and distinct. Paper is old and musty, actual number of folios – 08. The text is written with sufficient space between the lines. Age – appears to be old, Author –Shankar

Study was done as follows:

Collection and study of manuscript “Vaidyaksaar”

Manuscript “Vaidyaksaar” was compared with brihattryee, laghuttryee and other related books.

#### Findings of manuscript Vaidyksar

**Manuscript Vaidyksar** is distributed in five chapters. Among them three are titled & two are not.

#### Dootaadi Rog Lakshan Adhyay<sup>1</sup>

First chapter deals with prognosis of patient where doot, swed, naadi & mutra pareeksha are explained.

A] Doot Pareeksha: MSS VS mentioned that when no. of alphabets in doot’s question are divided by three or eight; even no. indicates bad prognosis & odd no. indicates good prognosis. No such reference found in brihattryee.

B] Naadi Pareeksha: Three types of naadis are mentioned by MSS VS viz; abal, bhujanga, raudra. In brihattryee, Yogratnakar<sup>2</sup>, Sharangdhar<sup>3</sup> these types of naadis were not found.

C] Swed Pareeksha: In MSS VS prognosis is explained according to the area of sweating like sweating over forehead indicates good prognosis, over lower extremities indicates relief from disease & above forehead indicates disease is difficult to treat. Such reference was not found in brihattryee & other books.

D] MutraPareeksha

1. Color examination: Color of urine according to the predominance of doshas explained in MSS VS was compared with Yogratnakar & the findings are –

**Table 1: Color of urine according to dosha**

Dosha	Color of urine acc. to dosha	
	ManuscriptVaidykar <sup>4</sup>	Yogratnakar <sup>5</sup>
Vataj	Rakta (red)	Pandu (pale)
Pittaj	Peet (yellow)	Rakta
Kaphaj	Shwet (white)	Phenavukta (with foam)
Sannipataj	Krishna (black)	Krishna

2. Oil drop examination: In MSS VS oil drop examination is given according to the predominance of dosha along with prognosis of diseases. In urine vitiated by vata oil drop spreads & in pittaj urine bubbles appear indicating good prognosis where as in kaphaj urine oil drop spreads & sinks which indicates disease is difficult to treat. These observations of oil drop examination explained in MSS VS are different from Yogratnakar<sup>6</sup> except that of vataj urine.

### Mardanadi Rog Lakshan Adhyay<sup>7</sup>

MSSVS advices agnikarma (cauterisation) at sole of foot in agnimandya, vishuchika, vilambika & ajeerna. Nosuch reference found in SushrutSamhita<sup>8</sup> and also an article on agnikarma

named "Therapeutic extenet of agnikarma"<sup>9</sup>. MSS VS mentioned three formulations for vaman (emesis) as saindhav with dipya choorna, dipya choorna processed with latex of arka & odan made in milk. SushrutSamhita<sup>10</sup>, Charak samhita sutrasthan,<sup>11</sup> Charak samhita Kalpasthan,<sup>12</sup> Ashtang Hriday<sup>13</sup> have adviced saindhav for emesis but the formulations mentioned in MSS VS are entirely different as above.

Application for raktaj disorders: MSS VS advices Juice of ashwatha leaves with 1/6<sup>th</sup> part of bol choorna & two parts of honey when blood is seated in heart. No such reference found in brihattryee.

### Tritiya Adhyay<sup>14</sup>

MSS VS explains water intake according to the type of fevers:

**Table 2: Type of water that should be in taken according to type of fever**

Type of fever	Type of water			
	MSS VS <sup>15</sup>	Charak Samhita <sup>16</sup>	Ashtang Hriday <sup>17</sup>	Yogratnakar <sup>18</sup>
Vataj	Boiled & reduced half to its quantity	warm	warm	Boiled & reduced one part of its quantity
Pittaj	Boiled & cooled	Boiled with tiktarasa (bitter taste) herbs & cooled	shadangodak	Boiled & reduced half to its quantity
Kaphaj	Boiled & reduced 1/4 to its quantity	warm	warm	Boiled & reduced 1/4 to its quantity

MSS VS explains person should avoid cold water, day time sleep, heavy food & sex indulgenc eafter remission of fever because by not following these rules he may suffer from complications like hikka (hiccough), gaurav (heaviness) & vitiation of vata respectively. Charak Samhita<sup>19</sup> & Ashtang Hriday<sup>20</sup> also explained the same but the complications are not mentioned.

Regarding pachan, MSS VS explained that avoiding water intake for six days i.e. occurrence of fever, its mid stage & at the end when person becomes free from fever; is pachan. Acc. to Charak Samhita & Ashtang Hriday langhan, svedan, kal& yavagu made in tikta rasa are pachan<sup>21</sup>.

### Chaturtha Adhyay<sup>22</sup>

There is visham tridoshar yog in MSS VS which contains Guduchi, Kiratatikta & Shunthi& indicated for pachan in all types of jvaras (fevers). Charak Samhita<sup>23</sup> & Ashtang Hriday<sup>24</sup> explained similar formulation but they advised it particularly for tritiyak jvara. MSS VS explained a formulation 'Bhargyadi' which is useful in all types of jvaras & especially in jeerna jvara. Charak Samhita advised Pippalyadi & Vasadi ghruta for jeerna jvara.<sup>25</sup> In MSS VS 'sannipatahargana' is explained which contains Rasna etc. 18 herbs. No such reference found in brihattryee.

### Sarva Rog Pratikar Adhyay<sup>26</sup>

MSS VS explained rules regarding water intake for healthy person. To become free from all diseases one should take water in the early morning. Also within whole day up to the sunset, hundred pots of water should be in taken but at night even a

drop of water should be avoided. No such reference found in brihattryee.

Bhavprakash only mentioned method of drinking water during food intake<sup>27</sup>. Usha pan mentioned in MSS VS is similar to Bhavprakash<sup>28</sup>.

Acc. to MSS VS to have good eyesight & to become free from all eye disorders one should hold cold water in mouth three times in a day. Bhavprakash advices the same for oral hygiene, repeatedly in a day<sup>29</sup>.

MSS also explains praman viz. -kwathardha - 9tanks; 1 tank - 10 valla; 1valla- 3 gunja; 1gunja - 2 yava. Among these first two pramanas are different but rest two are similar to kalingmaan<sup>30</sup>.

### CONCLUSION

In the 1<sup>st</sup> chapter we found that prognosis is explained with the help of doot, swed, naadi & mutra pareeksha. Doot pareeksha is different from presently available books. Also trividh naadi explained in MSS VS is entirely different. Swed pareeksha mentioned in MSS VS is not used for prognosis in any samhita. In mutra pareeksha, colors of urine according to dosha predominance explained in MSS VS & Yogratnakar are totally different. Oil drop examinations of urine for vata dosha are similar to Yogratnakar but pitta & kapha dosha examinations are different. In 2<sup>nd</sup> chapter MSS VS mentioned agnikarma at foot region for visuchika etc. diseases but Sushruta did not advise such agnikarma. Among the formulations of emesis advised in MSS VS, saindhav & milk are advised by samhitas also but not in the way which MSS VS advices. Also use of dipya choorna & arka latex is different from brihatrayee. While discussing 3<sup>rd</sup> chapter we found that MSS VS explained types of water to be

taken according to the predominance of dosha in the fever which is not similar to Charak Samhita, Ashtang Hriday & Yogratnakar. MSS mentioned don'ts for person who is becoming free from fever along with its complications. In Brihatrayee only don'ts are mentioned but complications are not mentioned. For panchan in jvara MSS VS only advised to avoid water for six days whereas Charak Samhita advises langhan, svedan, kal & tikta rasa or panchan. In 4<sup>th</sup> chapter visham tridoshhar yog is mentioned in MSS VS which is similar to Charak Samhita & Ashtang Hriday but MSS VS advised it for panchan in all types of fever whereas samhita advised it only in tritiyak jvar. MSS VS mentioned Bhargyadi Kwath in jeerna jvara but Charak Samhita advised Pippalyadi & Vasadi ghritha for same. Sannipat hargana explained in MSS VS is different from Brihatrayee. While discussing 5<sup>th</sup> chapter we found that the formulation for fumigation therapy of fever advised in MSS VS is different from Ashtang Hriday. MSS VS explained how the water should be taken within whole day for healthy life style but Bhavprakash only mentioned the rules of water intake at the food times only. MSS VS advised holding of cold water for good eye sight whereas Bhavprakash advised it for oral hygiene. First two pramanas mentioned by MSS VS viz. kwath – 9 tank & 1 tank – 10 valla are different from samhitas but rest two pramanas are similar to kalingamaan. So, we can conclude that along with treatment of diseases it also gives importance for protection of health of a healthy person.

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