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Abhineet Kumar Srivastava
Senior Research Fellow
Sanskrit Deptt, Faculty of Arts
Banaras Hindu University,
Varanasi

The description of Āyurveda as the science of life

Abhineet Kumar Srivastava

Abstract

Āyurveda and Veda have a great connection. Āyurveda is not an only therapeutic framework. It is a hallowed study of life. It helps the individual to lead an upbeat existence with unadulterated body and brain. Vedas are antiquated precepts of extraordinary learning on earth. Vedas are accumulations of mantras. It mirrors the living propensities for antiquated individuals, their idea, traditions and so on. Vedas likewise contain the techniques and measures, embraced for human services and medicines. "Āyurveda" originates from the Sanskrit word "Ayur" signifying "life" and "Veda" signifying "knowledge"⁴. Āyurveda signifies 'the study of life', and is a medicinal framework which is rehearsed in India, Sri Lanka and Nepal. It bargains extravagantly with measures for solid living through the whole traverse of one's life. Āyurveda is viewed as the "Upaveda" of the Atharvaveda, which is the primary Hindu content on prescription and is the fourth book of the Vedas. The four Vedas are the world's most established abstract records in an Indo-European dialect. Strikingly, Āyurveda's legendary beginnings are ascribed to the Indo-European Aświns, twin doctors of the divine forces of the old Indo-European pantheon. Four thousand year old references to the Nasatya are found in the now wiped out.

Keywords: Āyurveda, Veda, Upaveda, Atharvaveda, Medical

Introduction

One of the creation myths is Kshīra sāgara medan (ksheera implies milk, sāgar implies sea and madan implies stirring). In this story the divine beings and evil spirits beat for "mixture" (nectar of immortality) and from this agitating of the sea of milk such a variety of things developed:

- Kāmdhenu [a holly cow],
- Kalpavṛksha [sacred tree],
- Goddess Lakshmi [goddess of prosperity],
- The Moon,
- Poison (Halāhala) and
- A god called "Dhanvantri" with the nectar in his grasp.

Dhanvantri is the lord of Āyurveda. He holds the Āyurvedic portrayals and a few herbs with his hand⁵.

Though Kshīra sāgara medan is dealt with as a myth, the devotee of Dhanvantri, called as "Charaka", is understood to the world. We can even now get his insight from a book called "Charakasamhitā" composed by Charaka. Alongside this book, the books Sushruta Samhitā [deals with Śalya chikitsā = surgery] and Aśṭāṅga Hridayam are likewise extremely renowned books in Āyurveda. Āyurveda truly signifies "Art of life and life span." Āyurveda is one of the customary frameworks of India. It is the finished learning for long life¹. It is the most established awesome science depicts the wellbeing and sicknesses. It likewise depicts medications, eating routine and controls, which advances positive wellbeing and cures maladies. Plus, managing standards for support of wellbeing, it has likewise built up an extensive variety of helpful measures to battle disease. These standards of positive wellbeing and restorative measures identify with physical, mental, social and otherworldly welfare of people. The psalms, the mantras and the therapeutic data contained in the Vedas were commitments of Ṛṣis and Munis or sages, over a timeframe. A number of these sages were found out holy people who dedicated their life to comprehension the world. It is that information of life which bargains extravagantly and finally with conditions useful or

Correspondence
Abhineet Kumar Srivastava
Senior Research Fellow
Sanskrit Deptt, Faculty of Arts
Banaras Hindu University,
Varanasi

generally to the mankind, and, to components helpful for the satisfaction, or in charge of wretchedness or distress other than showing measures for fortifying living for full traverse of life. As indicated by the old books of information, wellbeing is considered as an essential for accomplishing the incomparable closures of life comprising of exemplary nature, riches, masterful qualities and otherworldly opportunity. Preventive and remedial parts of maladies are considered as essential segments of the idea of positive wellbeing. Āyurveda gets to be one of the most established frameworks of social insurance managing both the preventive and corrective parts of life in a most extensive manner. A scrutiny of its few traditional treatises demonstrates nearness of two schools of Physicians and Surgeons and eight claims to fame. These eight controls are for the most part called "Ashtanga Āyurveda" which recorded beneath:

- *Kāya Chikitsā* - Internal Medicine
- *Kaumar Bhṛtya* - Paediatrics
- *Bhūt Vidya* - Psychiatry
- *Śālākya* - Otorhinolaryngology and Ophthalmology
- *Śalya* – Surgery
- *Agad Tantra* - Toxicology
- *Rasāyana* – Geriatrics
- *Vajikarana* - Eugenics and aphrodisiacs

Āyurvedic solution advanced in India, and is thought to be the world's most seasoned medicinal services framework. It is named for the Sanskrit word Āyurveda, which means the "art of life."

On the off chance that that sounds like a sweeping definition, it is. Āyurvedic solution is completely all encompassing. Its followers endeavor to make congruity between the body, psyche, and soul, keeping up that this parity averts sickness, treats intense conditions, and adds to a long and sound life. Āyurvedic solution (otherwise called Āyurveda) is India's essential medicinal services framework. More than 90 percent of the continent's population utilize some type of Āyurvedic treatment, including taking after its dietary standards, rehearsing conventional or "grandmother's drug," or looking for expert assistance from prepared Āyurvedic specialists. In the United States, Āyurveda is viewed as a reciprocal social insurance choice, with numerous Americans utilizing Āyurvedic components, for example, back rub, contemplation, or purifying treatments.

Āyurveda in Vedas: The genuine history of Āyurveda begins from the season of the Holy books, the Vedas. Old mythology battles that the idea and substance of Āyurveda was uncovered by the maker of the world himself – Lord Brahma. There are four Vedas. They are:

- *Ṛg Veda*
- *Yajur Veda*
- *Sāma Veda*
- *Atharvana Veda*

Every Veda has an Upa-Veda of its own order:

- *Ṛg Veda* - *Dhanur Veda* (Deals with Archery)
- *Yajur Veda* – *Gandharva Veda* (Music Science)
- *Sāma Veda* – *Stapatya Veda* (Architecture)
- *Atharvana Veda* – *Āyurveda* (Science of Life)

The customs of paying respect to the five awesome components are clarified in Ṛgveda in light of the fact that these were the divine beings that ought to deal with the

universe [2]. In Yajurveda, the systems were laid out. In the event that there was change in the five incredible components, for example, dry spell the general population of that age knew how to initiate change by going to the Rain God, the Fire God. They comprehended and paid respect to the significance of Fire. In Sāmaveda every one of the stanzas and Ślokas were composed down. These were the supplications they used to serenade. All Indian traditional music originates from this Veda. They saw the singing (Achamana) affected prosperity and it is the thing that we see today as vibrational pharmaceutical. In Atharvaveda, there is more specify of the therapeutic employments of the plants. A considerable lot of these plants were offered to the Gods, for example, Brahmi which is useful for the brain. They were utilizing these plants and comprehended what every plant was useful for. They comprehended the infection procedure. They likewise knew inward life structures of the set of all animals. From this data they saw how physiology is identified with our life systems. Atharvaveda contains the standards of mending on which Āyurveda is based. The doctors of antiquated India were knowledgeable in human life systems, as well as knowledgeable in life systems of goats, steeds, and elephants. References about small scale life forms (krimi) are accessible in all Vedas. Arrangement of a few herbs in light of their morphology and therapeutic properties has been seen in the Vedas. Characterization of metals and minerals has additionally been specified. A few medications and their uses are additionally seen in Vedas.

The Vedic writing conations different depiction about medication and their uses a few arrangements found in Vedas are as under. Soma Rasa is the principal ever Swarasa removed juice kalpana. About Soma the ninth area of Ṛgveda is completely committed in its applause however nothing is composed about the planning of Soma Rasa in Ṛgveda the comment 6-68-10 depictions of various alcohols is found. The procedure of arrangement is not given. There are different depictions about the sustenances grains oats, the milk arrangements and that's just the beginning. For instance dhāna (broiled sustenance grains) saktu (flour of cooked nourishment grains), parivāp (simmered nourishment grains), dadhi (curd), amiksha (bubbled and coagulated milk) are a portion of the arrangements. A few arrangements like kshīra pāka (sedated milk), takra (curd milk) navaṇita (spread), payasya (cheddar), tokama (sprouted paddy grains), madhu (nectar) are additionally found in the Vedas.

Major Āyurvedic classics: Brhatrayi

Charak Samhitā by Charaka: Charak Samhitā, which goes back to roughly 800 BCE, is a noteworthy summary of Āyurvedic medicinal hypothesis and practice that Charaka, an internist at the University of Taxila, aggregated in Sanskrit. Exhibited as verse, Samhitā contains more than 8,400 verses in its 120 sections. Cutting edge Āyurvedic doctors still utilize Samhitā in their restorative preparing, and the content has been broadly interpreted. The most generally prescribed interpretation is one by Dr. P.V. Sharma, which contains broad supplements and a rich record.

Sushruta Samhitā by Sushruta: This surgical content, which goes back to roughly 700 BCE, contains fundamental substance, for example, the Āyurvedic meaning of wellbeing, data on blood, and the portrayal of five subdoshas of Pitta and the marma focuses. This volume likewise incorporates spearheading strategies in skin uniting and reconstructive surgery.

Aṣṭāṅga Sangraha and Aṣṭāṅga Hridaya by Vāgbhata: Aṣṭāṅga Sangraha and Aṣṭāṅga Hridayam, going back to around 400 CE, were composed by a Āyurvedic doctor from the Sindh area of India. The Sangraha is principally composed in verse, while The Hridayam is exhibited as composition. These writings characterize the five subdoṣas of Kapha and underline the material estimation of life. The Hridaya is still profoundly viewed as an essential Āyurvedic medicinal course reading; Srikantha Murthy's interpretation is suggested for English scholars.

Minor Āyurvedic classics: Laghutrayi

Sarangadhar Samhitā by Sharṅgadhara: This content was composed in the thirteenth century CE, and is esteemed for its clarification of the Āyurvedic idea of materia medica, and in addition for its pharmacological details. It is likewise viewed as the first content on heartbeat conclusion.

Bhāv Prakāś Nighantu by Bhāvamisra: This sixteenth century content contains roughly 10,278 verses of shifting meters and spotlights on home grown depictions, nourishment, the remedial utilization of follow metals, and restoration treatments. Data on sexually transmitted illnesses, especially syphilis, is additionally included.

Mādhava Nidān by Mādhava Kara: This content was composed between 700 CE and 1100 CE, and is esteemed for its exact order of ailments and malady etiology, especially in the fields of bāla (pediatrics) and toxicology. Mādhava Nidān is viewed as the Bible for Āyurvedic clinical diagnosis³.

Conclusion: Āyurveda is the science, which advises about the ways and measures to be embraced for maintaining and expanding the range of life. As per the antiquated books of information, wellbeing is considered as an essential for accomplishing the incomparable finishes of life comprising of nobility, riches, masterful qualities and profound flexibility. Preventive and remedial parts of infections are considered as essential segments of the idea of positive wellbeing. These standards of positive wellbeing and restorative measures identified with physical, mental, social and profound welfare of individuals. In this manner Āyurveda got to be one of the most seasoned frameworks of solution managing both the preventive and healing parts of life in a most far reaching way.

An exemplary Āyurvedic content that parallels the time period of the Atharvaveda, is the Charaka Samhitā. Written in the Indus Valley region around 1000 B.C.E. (Prior to the Common Era) in Sanskrit, it is a treatise on general solution. This emphatically recommends the likelihood that Āyurveda, however of skillet Indo-European inceptions prior, had started to develop into an unmistakable substance inside the subcontinent by the main thousand years B.C.E.

Āyurveda's enduring impact in the non Indo-European circle started after the ascent and spread of Buddhism in the sixth century B.C.E. Buddhist ministers acquainted Āyurveda with China, Tibet, Korea, Mongolia and Sri Lanka, leaving an enduring legacy in their therapeutic frameworks.

All the more as of late, the German interpretation of a Āyurvedic content that goes back to under 1000 B.C.E., the Susruta Samhitā, added to cutting edge prescription the control of plastic surgery. Susruta notice eight branches in Āyurveda - General prescription, Surgery, ENT and Eye sicknesses, Toxicology, Psychiatry, Pediatrics, Gynecology, Sexology and Virility.

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