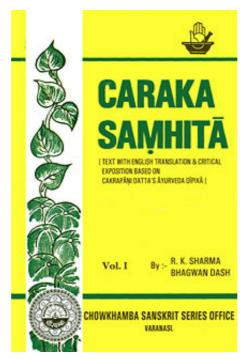
Sharma R.K. / Dash Bhagwan Caraka Samhita - 7 Volumes

Leseprobe

Caraka Samhita - 7 Volumes von Sharma R.K. / Dash Bhagwan

Herausgeber: Chowkhamba Sanskrit Series Office



https://www.narayana-verlag.de/b7927

Im <u>Narayana Webshop</u> finden Sie alle deutschen und englischen Bücher zu Homöopathie, Alternativmedizin und gesunder Lebensweise.

Das Kopieren der Leseproben ist nicht gestattet. Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern Tel. +49 7626 9749 700 Email <u>info@narayana-verlag.de</u> https://www.narayana-verlag.de



CONTENTS

Introduction by Alex Wayman		iii ♥
Preface		. xxi
LONGEV1TY(Dirghanjivitiya)		
LONGEVITI (Diighanjivinya)	Verse	Page
	Nos.	No.
Introduction	1-2	1
Bharadvaja's approach to Indra for study of Ayurveda	3	12
Chronology of the propounders of Ayurveda	4-5	15
Assembly of sages	6-15	16
Meditation in search of the Teacher	15-18	19
Teaching of Ayurveda by Indra to Bharadvaja	18-23	20
Three cardinal principles of Ayurveda	24	21
Bharadvaja's teaching of Aymveda to Sages	25-29	21
Six disciples of A trey a	30-31	23
Composition of medical texts	32-40	23
Definition of Ayurveda	41	25
Definition and synonyms of Ayus (life)	42	25
Excellence of Ayurveda	43	26
Definition of SamSnya (generic concomitance)	44-45	26
and visesa (variant factor)		-
Scope of Ayurveda	46-47	32
Enumeration and classification of dravya (matter)	48	33
Enumeration of gunas (qualities) and karmans (actions)	49	35
Definition of Samavaya (inseparable concomitance)	50	36
Definition of dravya (matter)	51 51	37
Definition of gwa (quality)	51 52	37 38
Definition of karman (action)	53	39
Object of Ayurveda	54	
Enumeration of the causes of diseases	34	39
Two types of substrata of diseases and the factor	55	40
responsible for maintaining positive health	55 56	
Definition of Atman (soul)	30	41
Enumeration of three dosas (pathogenic factors) of the body and two dosas of the mind	57	41
Factors responsible for the alleviation of dosas (pathogenic factors)	58	43
Qualities of vayu, pitta and s'lesman and factors resbonsible	59-61	43
for their alleviation Means of alleviating diseases Definition of rasa (taste) and factors responsible for its	62-63	44
manifestation	64	45

Enumeration of rasas	65	46
Rasas which alleviate different dosas	66	46
Classification of dravyas (matter) on the basis of their		
prabhdva (specific action)	67	47
Classification of dravyas (matter) depending upon the		
source of origin and their enumeration	68-74	49
Enumeration of dravyas (matter) having therapeutic		
excellence	74-76	50
Names and actions of sixteen drugs whose roots are		
used in medicine	77-80	51
Names and actions of nineteen drugs whose fruits are		
used in medicine	80-86	51
Enumeration of four snehas (fats)	86-88	53
Enumeration of five types of lavanas (salt) and		
their usage	88-92	53
Enumeration of eight types of urine and their usage	92-105	54
Enumeration of eight types of milk and their usage	105-113	55
Enumeration of three plants whose latex is used in		
medicine and their usage	114-115	57
Enumeration of three plants whose bark is used in		
medicine and their usage	116-119	58
Utility of the knowledge regarding names, morphology		
and usage of drugs	120-123	58
Dangers in ignorance about the names, morphology		
and usage of drugs	124-125	59
Responsibility of the physician	126-133	60
Definition of appropriate medicine	134	61
Accomplished physician	1?5	61
Summary	136-140	61
CHAPTER II		
DEHUSKED SEEDS OF ACHYRANTHES AS	PERA	
LINN. [Apamargatanguliya)		
Introduction	1-2	63
Drugs for sirovirecana (elimination of dosas from the head	1) $3-\overline{6}$	63
Drugs for vamana (emesis)	7-8	64
Drugs for virecana (purgation)	9-10	65
Drugs for asthapana and anuvasana types of enema	11-14	66
Administration of pancakarma (five specialised therapies)	15	67
Propriety in administration of drugs	16	68
Twenty eight recipae of gruel	17-33	68
Summary	34-36	72
CHAPTER III		
CASSIA FISTULA LINN. (Aragvadhya	a)	
Introduction	1-2	74
Vifteen recipae for the cure of obstinate skin diseases	3-17	7 4

Five recipae for alleviation ofvata	18-20	78
Three recipae for alleviation ofeatarakla (gout)	21-23	79
Two recipae for headache	23-24	80
Recipe for parsvaruk (pain in the sides of the chest)	25	80
Two recipae for alleviation of burning sensation	26-27	80
Recipae for alleviation of cold and poisoning	28	81
Recipae for reducing diaphoresis and correcting bad	_	
smell of the body	29	81
Summary	30	82
CHAPTER IV	30	
SIX HUNDRED PURGATIVES (fadvirecanas	cotocrithyo)	
	- 1	83
Introduction	1-2	83
Enumeration of the topics of the chapter	3	84
Six hundred recipae for purgation including emesis	4	84
Six parts of plants used in recipae	5	84
Five types of decoction	6	84
Five pharmaceutical processes	7	86
Fifty groups of important decoctions	8	88
Five hundred dedoctions	9-20	00
Discussion about the number between AgniveSa and		102
Atreya	21-22	102
Summary	23-29	103
CHAPTER V		
QUANTITATIVE DIETETICS(Matrasitiya)		
Introduction	1-2	105
Eating in proper quantity	3	105
Quantity of food and digestion	4	106
Quantity of food in relation to quality	5-7	106
Intake of food of proper quality	8-9	108
Unwholesome food	10-11	109
Wholesome food	12-13	109
Personal hygiene	14	110
	15-17	111
Time for the use of collyrium	18-20	112
Benefits of the use of collyrium	20-27	112
Smoking	27-33	114
Benefits of smoking	33-38	115
Schedule for smoking	38-39	116
Bad effects of improper smoking	39-40	116
Treatment of complications	41-46	117
Centra-indications for smoking	46-49	117
Routes of smoking	49-52	117
Size and shape of smoking pipe	49-32 52-56	119
Signs of proper and improper smoking	56-57	119
Use of nasal drops	57-63	120
Benefits of the use of nasal drops	31-03	140
r -		

Anu taila	63.71	120
Teeth brushing and tongue scraping	71-76	122
Chewing	76-77	123
Gargles	78-80	123
Use of oil on head	81-83	124
Dropping of oil in ears	84	124
Oil massage	85-87	124
Benefits of oil massage and unction	88-93	125
Bath	94	126
Use of clean dress	95	126
Use of scents	95	126
Use of ornaments	97	126
Cleaning feet and excretory orifices	98	126
Cutting of hair and nails	99	127
Use of foot wears	100	127
Use of umbrella	101	127
Use of walking stick	102	127
Vigilance for maintaining the physique	103	128
Choice of profession	104	128
Summary	105-111	128
CHAPTLR VI		
QUALITATIVE DIETETICS (Tasyas	silJya)	
Introduction "	" 1-2	130
Improtance of the knowledge of dietetics	3	730
Two solstics	4.5	130
Effects of adana and visarga kalas on body	6-8	132
Regimen for winter (hemanta and jisira)	9-21	135
Regimen for spring	22-26	138
Regimen for summer	27-32	139
Regimen for rainy season	33-40	140
Regimen for autumn	41-48	142
Salmya (homologation)	49-50	144
Summary	51	145
CHAPTER VII		
NON-SUPPRESSION OF NATURAL URGES (Na	vegandhdram	ya)
Introduction	1-2	146
Enumeration of urges	3-4	146
Diseases caused by the suppression of urges and their	5.05	1.46
management	5-25	146
Urges which should be suppressed	26-30	150
Exercise	31	151
Good effects of exercise	32	152
Bad effects of excessive exercise	33	152
Signs of correct exercise Things which should not be resoited to in excess	(1) 34-35	152 152
Centra-indications for exercise	(1-2)	153
Contra-mulcations for exciteist	(1-2)	1 3 3

Schedule for giving up addictions	36-38	153
frakrti (physical constitution)	39-40	154
Regimaii for persons of different types of prakrti	41	156
Excretory orifices and treatment of their disorders	42-14	156
Importance of proper regimen	45	157
Regimen for prevention of diseases	46-50	157
Extrinsic factors of diseases and their prevention	51-55	159
Unsuitable persons for company	56-57	160
Suitable peisons for company	58-60	161
Rules for using curd	61-62	161
Summaiy	63-66	162
CHAPTER VIII		
DESCRIPTION OF SENSE ORGANS (Indrig	yopakramaniya	a)
Introduction	1-2	163
Enumeration of topics of the chapter	3	163
Mind and its characteristics	4-7	164
Five sense faculties	8	166
Material constituents of sense organs	9	166
Five sense organs	10	167
Objects of five sense faculties	11	167
Five sense perceptions	12	167
Spiritual elements and their actions	13	168
Pancabhutas in five sense faculties	14	168
Principle of Psycho-pathogenesis	15-16	169
Prevention of Psychic disturbances	17-18	170
Code of ethics	19-29	773
Summary	30-33	181
, CHAPTER IX		
BRIEF CHAPTER ON THE QUADRUPLE OF	THERAPEUT	TICS (
Khudddkacatuspada)		
Introduction	1-2	183
Four aspects of therapeutics	3	183
Definition of health and ill health	4	184
Definition of treatment	5	186
Qualities of physician	6	186
Qualities of medicament	7	186
Qualities of medical-attendant	8	187
Qualities of patient	9	187
Importance of physician	1C-15	187
Quack	15-17	188
Definition of "a Saviour of life"	18-23	189
Duties of a physician	24-25	190
Four aspects of medical profession	26	190
Summary	27-28	191
·- ·- ·- ·- ·- ·- ·- ·- ·- ·- ·- ·- ·		

CHAPTER X

DETAILED CHAPTER OJF THE QUADRUPLE OF THERAPEUTICS (MaUcatypSda)

TIER II EO TIES (Wide eary pour	,	
Introduction	1-2	192
Dialogue between Atreya and Maitreya regarding the	2 (100
utility of medicines	3-6	192
Importance of prognostic considerations in the	7-8	196
management of a patient Classification of disease according to prognosis	7-8 9-10	196
Factors determining good and bad prognosis	9-10 11-20	197
Importance of thorough examination	21-22	300
Summary	23-24	200
2 ummung	-5	_00
CHAPTER Xi		
THREE BASIC DESIRES OF LIFE f Tiirai	sanlya)	
Introduction	1-2	20.
Three basic desires	3	202
Desire for longevity	4	203
Desire for wealth	5	203
Desire for happiness in future life	6	201
Life after death	7-16	203
Four-fold means of correct knowledge	17-26	210
Proofs of rebirth	27-33	213
Seven Triads	34 35	219 219
Three supports of life	33 36	219
Three types of strength Three groups of etiological factors	37-44	22/
Classification of disease	45-47	226
Three courses of the disease	48-49	225
Three types of physicians	50-53	230
Three types of therapies	54-63	250
Summary	64-65	235
Summary	0105	255
CHAPTER XII		
MERITS AND DEMERITS OF VATA (Vata	akalakallya)	
Introduction	1-2	234
Symposium on Vata	3	234
Qualities of Vata	4	255
Causes of aggravation and alleviation of vata	5-7	255
Functions of normal and abnormal vata	8-10	258
Functions of normal and abnormal pitta	11	240
Functions of normal and abnormal kapha	12	241
Presidential remarks by Punaivasu Atreya	13-15	242
Summary	16-17	242

CHAPTER XIII OLE AT ION THERAPY (Sneha)		
Introduction	1-2	244
Agniveia's queries about fats	3-8	244
Atreya's reply-sources of fats	9-11	246
Properties of sesamum and castor oil	12	246
Best unctuous substances	13	247
Properties of ghee, oil, muscle fat and marrow and	14-19	248
their use	20-21	250
Complications of untimely administration of fats	20-21	
Anupana		251
Preparations of fats	23-25	251
Administration of pure fat	26	252
Enumeration of preparations of fat	27-28	252
Dosage Indications for the administration of ghee, oil,	29-40	253
muscle fat and bone-marrow	41-52	255
Centra-indications	53-56	257
Signs of ufider oleation, proper oleation	57.50	250
and over oleation	57-59	258
Preparatory therapy	60-61	259
Regimens to be followed during oleation therapy	62-64	260
Oleation therapy for different types of bowel	65-69	260
Complications and their management	70-79	261
Post-therapeutic management Fat preparations and	80-81	263
their indications	82-95	264
Simile	96-97	266
Salt in oleation therapy	98	267
Routine of administration of pancakarma therapy	99	267
Summary	100	267
CHAPTER XIV		
FOMENTATION THERAPY (Sveda		
)		
Introduction		268
Introduction Effects of fomentation therapy		268
Factors responsible for effectiveness of the therapy		268
Fomentation over testicles, heart an eyes		270
Signs of proper fomentation and over fomentation		270
Contra indications Indications		271
Material used for different types of fomentation		272
Enumeration of thirteen types of fomentation therapy		273
Sankara sveda		276
Prastara sveda		276
Nadi sveda		276 277
		411

Pariseka sveda	44	275
Avagaha sveda	45	278
fentaka sveda	46	278
Asmaghana sveda	47-50	280
Karsu sveda	50-51	281
Kuti sveda	52-54	281
Bhu sveda	55	232
Kumbhi sveda	56-58	282
Kupa sveda	59-60	282
Holaka sveda	61-63	283
Other devices which work like fomentation therapy	64-65	283
Classification of fomentation therapy	65-66	284
Management before and alter fomentation therapy	67	284
Summary	68-70	284
CHAPTER XV		
REQUIREMENTS OF A PHYSICIAN (Upa	kalpanya)	
Introduction	1-2	286
A dialogue on the need for the storage of medicine	3-5	286
Hospital building	6	288
Attendants and other requirements for a hospital	7	289
Preparatory treatment	8-9	291
Administration of the therapy	10-12	292
Signs of proper and improper administration of Emetic		
therapy	13	294
After-care	14-15	295
Diet	16	296
Purgation therapy	17	297
Management of rich and poor patients	18-21	295
Effects of elimination therapy	22	295
Summary	23-25	299
CHAPTER XVI		
DUTIES OF A QUALIFIED PHYSICIAN (dkit	saprabhrtya)
Introduction	1-2	300
Need for a qualified physician	3.4	300
Signs of proper and improper purgation	5-10	301
Complications of over-emesis	11-12	302
Indications for elimination therapy	13-16	302
Effects of elimination therapy	17-21	303
Restorative measures	22-23	304
Management of cases where therapy was not properly		
administered	24-26	304
Natural homoeostasis	27-33	305
Definition and aim of treatment	34-38	307
Summary	39-41	308

CHAPTER XVII ENUMERATION OF DISEASES RELATING TO HEAD f Kiyantah s'irasiya)

f Kiyantah s'irasiya)			
Introduction	1-2	3/0	
Contents of the chapter	3-7	310	
Etiology of diseases of head	8-11	311	
Description of head	12	312	
Diseases of head	13-29	312	
Diseases of heart	30-40	315	
Sixty two permutations and combinations of dosas	41-61	317	
Characteristic features of vitiated and normal dosas	62	322	
Signs of vitiated dhStus and malas	63-72	324	
Ojas	73-75(i)	325	
Causes of emaciation	76-77	326	
Etiopathology of diabetes mellitus	78-82	327	
Carbuncles	83-89	328	
External and Internal abscess	90-100	329	
Prognosis	101-107	330	
Complications of carbuncles	108-111	332	
Different courses of dosas	112-118	333	
Preservation of health	119	334	
Summary	120-121	335	
CHAPTER XVIII			
THREE TYPES OF SWELLING (Trii	othlya)		
Introduction	1-2	536"	
Classification of swellings	3	336	
Etiology of swellings	4-6 7.15	336"	
Clinical features	7-15	335 341	
Prognosis	16.17	341 341	
Complications Localised swellings	18 19-36	341	
Prognostic considerations of diseases in general	19-30 37-41	341	
Innumerability of diseases	42-43	345	
Correct approach to management of diseases	44-47	345	
Functions of normal and abnormal dosas	48-53	346"	
Summary	54-56	348	
CHAPTER XIX EIGHT	J -1 -30	370	
ABDOMINAL DISEASES (Astodarija)			
Introduction	1-2	349	
Number of the various types of diseases	3	349	
Enumeration of the types of various diseases	4	350	
Role of dosas in etio-pathogenesis of diseases	5-6	356	
Exogenous and endogenous diseases	7	358	
Summary	8-9	358	

CHAPTER XX

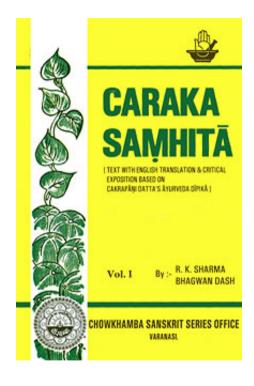
MAJOR CHAPTER ON DISEASES (Maharog	gadhyaya)	
Intioductk-i	1-2	360
General classification of diseases	3	360
Etilogical factors	4-6	361
Role of dosas	7	361
Location of dosas	8	361
Types of diseases	9-10	362
Eighty diseases caused by vata	11-13	363
Forty diseases caused by pitta	14-16	367
Twenty diseases caused by kapha	17-19	370
Importance of diagnosis in treatment	20-22	572
Summary	23-25	372
CHAPTER XXI EIGHT T	YPES OF	
UNDESIRABLE CONSTITUTION		
(Astauninditlya)		
Introduction	1-2	374
Eight undesirable constitutions	3	374
Etio-pathology of obesity	4-10	374
Etio-pathology and clinical features of emaciation	10-15	376
Corpulence vis a vis emaciation	16-17	377
Importance of good built	18-19	377
Management of obesity and emaciation	20-34	378
Physiology of sleep	35	381
Effect of sleep	36-38	381
Indications and centra-indications fot-day sleep	39-49	382
Effect of night awakening	50	384
Role of sleep in obesity	51	384
Measures to induce sleep	52-54	384
Causes of insomnia	55-57	385
Types of sleep Summary	58-59	385
	60-62	386
CHAPTER XXII		
REDUCING AND NOURISHING THERAPIES (Lang	ghanabimha	niva)
Introduction	1-2	387
Dialogue regarding Reducing and Nourishing therapies	3-8	S87
Definition and pharmacology of six therapies	9-17	388
fen types oilanghana therapy	18-24	389
Definition and indications for these therapies	25-43	391
Summary	44	394
CHAPTER XXIII		
REFRESHING REGIMEN (Santarpaniy	(a.)	
Introduction REFRESHING REGIMEN (Santarpainy	1-2	395
Disadvantages of taking excessive nourishing diet and	1-4	373
their management	3-26	395
mon management	5-20	373

Diseases caused by improper use of emaciating regimen		
and their management	26-38	399
Recipe for nourishing therapy	39	401
Summary	40	401
CHAPTER XXIV BLOOD		
FORMATION AND THE REGIMEN THEREI	FOR	
(Vidhiionitya)		
Introduction	1-2	403
Factors responsible for normal haemopoiesis	3	403
Function of normal blood	4	403
Causes of vitiation of blood	5-10	403
Diseases caused by vitiated blood	11-17	401
Principles of treatment for the diseases of blood	18	406
Care during blood-letting	19	406
Features of vitiated blood	20-21	406
Features of pure blood	22	407
Diet after blood-letting	23	407
Features of men having normal blood	24	407
Pathogenesis of psychic disorders	25-29	408
Signs of Madaroga.	30-34	408
Signs of MurchS	35-41	409
Differential diagnosis and treatment of coma	42-53	410
Management of Mada and Murcha	54-58	412
Summary	59-63	413
CHAPTER XXV		
ORIGIN OF MAN AND HIS DISEASES (Jajj	ahfuruslya)	
Introduction	1-2	414
Seminar on Purusa and diseases	3-25	414
Pnnarvasu Atreya's concluding remarks	26-29	418
Dialogue on diet	30-37	419
Most wholesome and unwholesome dietetic articles	38-39	422
Most important drugs and regimen	40-47	425
Alcoholic preparations	48-50	439
Summary	51	444
CHAPTER XXVI DISCOU	JRSE	
AMONG ATRETA, BHADRAKIPTA ETC., (Atreyabhadrakaptya)		
Introduction	1-2	445
Participants in the seminar on dietatics	3-7	445
Views on rasas (tastes)	8	446
Concluding remarks by Chairman	9	448
Classification of matter	10	451
Physical properties ofpaiicamahabhutas	11	452
Therapeutic utility of all matter	12	453
Pharmacodynamics of drugs	13	453
i narmacouynamics of drugs	13	433

(xviii)

Sixty three types of rasas 14-27 454 Rasa and anurasa 28 459 Attributes of drugs 29-37 459 Pancamahdbhautika origin of rasa 38-41 462 Action of drugs having different tastes 42-57 465 Vipdka 57-63 473 Virya 64-66 476 Piabhava 67-73 477 Characteristics of six tastes 73-79 480 Dialogue on unwholesome diet 80-106 481 Summary CHAPTER XXVII PROPERTIES OF DIET AND DRINKS 1-2 490 Introduction 3 490 Importance of wholesome food 4 491 Action of various types of food 5-7 4√3 Classification of food articles 8-22 493 Sukadhanya (corns with bristles) 23-34 497 Pulses 35-88 499 Meat of animals 88-124 509 Vegetables 125-165 515 Fruits 166-177 522 Harita (Plants used in salad form) 178-195 524 Alcoholic drinks 196-216 527 Different types of water 217-236 533 Milk and milk products 237-242 538 Sugar cane and its products 243-249 510 Honey 250-285 542 Food preparations 286-308 550 Adjuvants of food 309-310 555 Choice of grains 311-312 556 Choice of grains 311-312 555 Choice of grains 311-312 556 Factors determing the qualities of dietetic 345-351 564 Factors determing the qualities of dietetic 345-351 564 Factors determing the qualities of dietetic 345-351 564 Factors determing the qualities of dietetic 345-351 566 Food-intake, a form ofyajna 500 DRINKS 1-2 566 Food-intake, a form ofyajna 567 DRINKS 1-5 567 DRINKS 1-5 567 DRINKS 1-5 567 DRINKS 1-5 567 Digestio "• and nourishment 6,7 573			
Attributes of drugs Pancamahdbhautika origin of rasa	Sixty three types of rasas		
Pancamahdbhautika origin of rasa 38-41 462 Action of drugs having different tastes 42-57 465 Vipdka 57-63 473 Virya 64-66 476 Piabhava 67-73 477 Characteristics of six tastes 73-79 480 Dialogue on unwholesome diet 80-106 481 Summary CHAPTER XXVII 107-113 488 PROPERTIES OF DIET AND DRINKS 1-2 490 Introduction 3 490 Importance of wholesome food 4 491 Action of various types of food 5-7 4^3 Classification of food articles 8-22 493 Sukadhanya (corns with bristles) 23-34 497 Pulses 35-88 499 Meat of animals 88-124 509 Vegetables 125-165 515 Fruits 166-177 522 Harita (Plants used in salad form) 178-195 524 Alcoholic drinks 196-216 527<			
Action of drugs having different tastes Vipdka Virya 64-66 476 Piabhava 67-73 477 Characteristics of six tastes Dialogue on unwholesome diet Summary CHAPTER XXVII PROPERTIES OF DIET AND DRINKS Introduction Importance of wholesome food Action of various types of food Classification of food articles Sukadhanya (corns with bristles) Pegtables Truits Fruits Harita (Plants used in salad form) Alcoholic drinks Different types of water Alcoholic drinks Milk and milk products Different types of food Adjuvants of food Choice of grains ChaPTER XXVII Prode Types of FOOD AMD Primary function of food Primary function of food Primary function of food Primary function of food Digestio "• and nourishment 42-57 46-6 47-73 473 473 480 107-113 488 489 11-2 490 11-2	Attributes of drugs		
Vipdka 57-63 473 Virya 64-66 476 Piabhava 67-73 477 Characteristics of six tastes 73-79 480 Dialogue on unwholesome diet 80-106 481 Summary CHAPTER XXVII 107-113 488 CHAPTER XXVII PROPERTIES OF DIET AND DINKS 1-2 490 Introduction 3 490 Importance of wholesome food 4 491 Action of various types of food 5-7 4/3 Classification of food articles 8-22 493 Sukadhanya (corns with bristles) 23-34 497 Pulses 35-88 499 Meat ol animals 88-124 509 Vegetables 125-165 515 Fruits 166-177 522 Harita (Plants used in salad form) 178-195 524 Alcoholic drinks 196-216 527 Different types of water 217-236 533 Milk and milk products			
Virya 64-66 476 Piabhava 67-73 477 Characteristics of six tastes 73-79 480 Dialogue on unwholesome diet 80-106 481 Summary 107-113 488 CHAPTER XXVII PROPERTIES OF DIET AND DRINKS Introduction 3 490 Importance of wholesome food 4 491 Action of various types of food 5-7 4√3 Classification of food articles 8-22 493 Sukadhanya (corns with bristles) 23-34 497 Pulses 35-88 499 Meat ol animals 88-124 509 Vegetables 125-165 515 Fruits 166-177 522 Harita (Plants used in salad form) 178-195 524 Alcoholic drinks 196-216 527 Different types of water 217-236 533 Milk and milk products 237-242 538 Sugar cane and its products 243-249 5	Action of drugs having different tastes		
Piabhava 67-73 477 Characteristics of six tastes 73-79 480 Dialogue on unwholesome diet 80-106 481 Summary CHAPTER XXVII 107-113 488 CHAPTER XXVII PROPERTIES OF DIET AND DRINKS 1-2 490 Introduction 3 490 Importance of wholesome food 4 491 Action of various types of food 5-7 4^3 Classification of food articles 8-22 493 Sukadhanya (corns with bristles) 23-34 497 Pulses 35-88 499 Meat ol animals 88-124 509 Vegetables 125-165 515 Fruits 166-177 522 Harita (Plants used in salad form) 178-195 524 Alcoholic drinks 196-216 527 Different types of water 217-236 533 Milk and milk products 237-242 538 Sugar cane and its products 243-249 510 </td <td>Vipdka</td> <td></td> <td></td>	Vipdka		
Characteristics of six tastes 73-79 480 Dialogue on unwholesome diet 80-106 481 Summary CHAPTER XXVII 107-113 488 CHAPTER XXVII PROPERTIES OF DIET AND DRINKS 1-2 490 Introduction 3 490 Importance of wholesome food 4 491 Action of various types of food 5-7 4^3 Classification of food articles 8-22 493 Sukadhanya (corns with bristles) 23-34 497 Pulses 35-88 499 Meat ol animals 88-124 509 Vegetables 125-165 515 Fruits 166-177 522 Harita (Plants used in salad form) 178-195 524 Alcoholic drinks 196-216 527 Different types of water 217-236 533 Milk and milk products 237-242 538 Sugar cane and its products 243-249 510 Honey 250-285 542 </td <td>Virya</td> <td></td> <td></td>	Virya		
Dialogue on unwholesome diet 80-106 481 Summary CHAPTER XXVII 107-113 488 CHAPTER XXVII PROPERTIES OF DIET AND DRINKS 1-2 490 Introduction 3 490 Importance of wholesome food 4 491 Action of various types of food 5-7 4^3 Classification of food articles 8-22 493 Sukadhanya (corns with bristles) 23-34 497 Pulses 35-88 499 Meat ol animals 88-124 509 Vegetables 125-165 515 Fruits 166-177 522 Harita (Plants used in salad form) 178-195 524 Alcoholic drinks 196-216 527 Different types of water 217-236 533 Milk and milk products 237-242 538 Sugar cane and its products 243-249 510 Honey 250-285 542 Food preparations 286-308 550 <t< td=""><td></td><td></td><td></td></t<>			
CHAPTER XXVII PROPERTIES OF DIET AND DRINKS 1-2 490 Introduction 3 490 Importance of wholesome food 4 491 Action of various types of food 5-7 4^3 Classification of food articles 8-22 493 Sukadhanya (corns with bristles) 23-34 497 Pulses 35-88 499 Meat ol animals 88-124 509 Vegetables 125-165 515 Fruits 166-177 522 Harita (Plants used in salad form) 178-195 524 Alcoholic drinks 196-216 527 Different types of water 217-236 533 Milk and milk products 237-242 538 Sugar cane and its products 243-249 510 Honey 250-285 542 Food preparations 286-308 550 Adjuvants of food 309-310 555 Choice of grains 311-312 555 Choice of meat <td>Characteristics of six tastes</td> <td></td> <td></td>	Characteristics of six tastes		
CHAPTER XXVII PROPERTIES OF DIET AND DRINKS 1-2 490 Introduction 3 490 Importance of wholesome food 4 491 Action of various types of food 5-7 4^3 Classification of food articles 8-22 493 Sukadhanya (corns with bristles) 23-34 497 Pulses 35-88 499 Meat ol animals 88-124 509 Vegetables 125-165 515 Fruits 166-177 522 Harita (Plants used in salad form) 178-195 524 Alcoholic drinks 196-216 527 Fuits 166-177 522 Harita (Plants used in salad form) 178-195 524 Alcoholic drinks 196-216 527 Fuits 217-236 533 Milk and milk products 237-242 538 Sugar cane and its products 243-249 510 Honey 250-285 542 Food preparations	Dialogue on unwholesome diet		
PROPERTIES OF DIET AND DRINKS 1-2 490 Introduction 3 490 Importance of wholesome food 4 491 Action of various types of food 5-7 4^3 Classification of food articles 8-22 493 Sukadhanya (corns with bristles) 23-34 497 Pulses 35-88 499 Meat ol animals 88-124 509 Vegetables 125-165 515 Fruits 166-177 522 Harita (Plants used in salad form) 178-195 524 Alcoholic drinks 196-216 527 Different types of water 217-236 533 Milk and milk products 237-242 538 Sugar cane and its products 243-249 510 Honey 250-285 542 Food preparations 286-308 550 Adjuvants of food 309-310 555 Choice of grains 311-312 555 Cheat soup and ils qualities 316-318 556	Summary	107-113	488
DRINKS 1-2 490 Introduction 3 490 Importance of wholesome food 4 491 Action of various types of food 5-7 4^3 Classification of food articles 8-22 493 Sukadhanya (corns with bristles) 23-34 497 Pulses 35-88 499 Meat ol animals 88-124 509 Vegetables 125-165 515 Fruits 166-177 522 Harita (Plants used in salad form) 178-195 524 Alcoholic drinks 196-216 527 Different types of water 217-236 533 Milk and milk products 237-242 538 Sugar cane and its products 243-249 510 Honey 250-285 542 Food preparations 286-308 550 Adjuvants of food 309-310 555 Choice of grains 311-312 555 Choice of meat 316-318 556 Meat soup and ils q			
Introduction 3 490 Importance of wholesome food 4 491 Action of various types of food 5-7 4^3 Classification of food articles 8-22 493 Sukadhanya (corns with bristles) 23-34 497 Pulses 35-88 499 Meat of animals 88-124 509 Vegetables 125-165 515 Fruits 166-177 522 Harita (Plants used in salad form) 178-195 524 Alcoholic drinks 196-216 527 Different types of water 217-236 533 Milk and milk products 237-242 538 Sugar cane and its products 243-249 510 Honey 250-285 542 Food preparations 286-308 550 Adjuvants of food 309-310 555 Choice of grains 311-312 555 Choice of meat 312-315 556 Meat soup and ils qualities 316-318 566	PROPERTIES OF DIET AND	1.0	400
Importance of wholesome food 4 491 Action of various types of food 5-7 4^3 Classification of food articles 8-22 493 Sukadhanya (corns with bristles) 23-34 497 Pulses 35-88 499 Meat ol animals 88-124 509 Vegetables 125-165 515 Fruits 166-177 522 Harita (Plants used in salad form) 178-195 524 Alcoholic drinks 196-216 527 Different types of water 217-236 533 Milk and milk products 237-242 538 Sugar cane and its products 243-249 510 Honey 250-285 542 Food preparations 286-308 550 Adjuvants of food 309-310 555 Choice of grains 311-312 555 Choice of meat 312-315 556 Meat soup and ils qualities 316-318 556 Unwholesome vegetable preparations 319-328 557<			
Action of various types of food Classification of food articles Sukadhanya (corns with bristles) Pulses Sukadhanya (corns with bristles) Sukadhanya (corns with bristles) Pulses Sukadhanya (corns with bristles) Sukadhanya (corns with suballya 497 Suballya 499 Suballya 499 Suballya 499 Suballya 497 Suballya 497 Suballya 497 Suballya 499 Suballya 497 Suballya 499 Suballya 499 Suballya 499 Suballya 497 Suballya 499 Suballya 499 Suballya 499 Suballya 497 Suballya 499 Sub	Introduction		
Classification of food articles 8-22 493 Sukadhanya (corns with bristles) 23-34 497 Pulses 35-88 499 Meat ol animals 88-124 509 Vegetables 125-165 515 Fruits 166-177 522 Harita (Plants used in salad form) 178-195 524 Alcoholic drinks 196-216 527 Different types of water 217-236 533 Milk and milk products 237-242 538 Sugar cane and its products 243-249 510 Honey 250-285 542 Food preparations 286-308 550 Adjuvants of food 309-310 555 Choice of grains 311-312 555 Choice of meat 312-315 556 Meat soup and ils qualities 316-318 556 Unwholesome vegetable preparations 319-328 557 Drinks 329-330 559 Reason for brevity 331-344 560 Factors determing the qualities of dietetic articles 351-352 565		-	
Sukadhanya (corns with bristles) 23-34 497 Pulses 35-88 499 Meat ol animals 88-124 509 Vegetables 125-165 515 Fruits 166-177 522 Harita (Plants used in salad form) 178-195 524 Alcoholic drinks 196-216 527 Different types of water 217-236 533 Milk and milk products 237-242 538 Sugar cane and its products 243-249 510 Honey 250-285 542 Food preparations 286-308 550 Adjuvants of food 309-310 555 Choice of grains 311-312 555 Choice of meat 312-315 556 Meat soup and ils qualities 316-318 556 Unwholesome vegetable preparations 319-328 557 Drinks 329-330 559 Reason for brevity 331-344 560 Factors determing the qualities of dietetic 345-351 564 articles 565 565 Food-i			
Pulses Meat ol animals Vegetables Fruits Harita (Plants used in salad form) Alcoholic drinks Different types of water Alcoholic drinks Different types of water Different types of water Sugar cane and its products Food preparations Adjuvants of food Choice of grains Choice of meat Meat soup and ils qualities Unwholesome vegetable preparations Drinks Reason for brevity Factors determing the qualities of dietetic articles Food-intake, a form ofyajna Summary CHAPTER XXVIII VARIOUS TYPES Of FOOD AMD DRINKS Introduction Primary function of food Digestio "• and nourishment 312-315 567 573 572 572 573 572 573 574 575 575 575 575 575 575 575 575 575	Classification of food articles		
Meat ol animals 88-124 509 Vegetables 125-165 515 Fruits 166-177 522 Harita (Plants used in salad form) 178-195 524 Alcoholic drinks 196-216 527 Different types of water 217-236 533 Milk and milk products 237-242 538 Sugar cane and its products 243-249 510 Honey 250-285 542 Food preparations 286-308 550 Adjuvants of food 309-310 555 Choice of grains 311-312 555 Choice of meat 312-315 556 Meat soup and ils qualities 316-318 556 Unwholesome vegetable preparations 319-328 557 Drinks 329-330 559 Reason for brevity 331-344 560 Factors determing the qualities of dietetic articles 351-352 565 Food-intake, a form ofyajna 351-352 565 Food-intake, a form ofyajna 3	Sukadhanya (corns with bristles)		
Vegetables 125-165 515 Fruits 166-177 522 Harita (Plants used in salad form) 178-195 524 Alcoholic drinks 196-216 527 Different types of water 217-236 533 Milk and milk products 237-242 538 Sugar cane and its products 243-249 510 Honey 250-285 542 Food preparations 286-308 550 Adjuvants of food 309-310 555 Choice of grains 311-312 555 Choice of meat 312-315 556 Meat soup and ils qualities 316-318 556 Unwholesome vegetable preparations 319-328 557 Drinks 329-330 559 Reason for brevity 331-344 560 Factors determing the qualities of dietetic 345-351 564 articles 565 565 Food-intake, a form ofyajna 1-2 566 DRINKS 3 566 <t< td=""><td></td><td></td><td></td></t<>			
Fruits 166-177 522 Harita (Plants used in salad form) 178-195 524 Alcoholic drinks 196-216 527 Different types of water 217-236 533 Milk and milk products 237-242 538 Sugar cane and its products 243-249 510 Honey 250-285 542 Food preparations 286-308 550 Adjuvants of food 309-310 555 Choice of grains 311-312 555 Choice of meat 312-315 556 Meat soup and ils qualities 316-318 556 Unwholesome vegetable preparations 319-328 557 Drinks 329-330 559 Reason for brevity 331-344 560 Factors determing the qualities of dietetic 345-351 564 articles Food-intake, a form ofyajna Summary CHAPTER XXVIII VARIOUS TYPES Of FOOD AMD 1-2 566 DRINKS 1-2 567 DRINKS 1-3 567 Drimary function of food 4-5 567 Digestio ** and nourishment 6,7 573			
Harita (Plants used in salad form) Alcoholic drinks Different types of water Milk and milk products Sugar cane and its products Honey Food preparations Adjuvants of food Choice of grains Choice of meat Meat soup and ils qualities Unwholesome vegetable preparations Reason for brevity Factors determing the qualities of dietetic articles Food-intake, a form ofyajna Summary CHAPTER XXVIII VARIOUS TYPES Of FOOD AMD DRINKS Introduction Primary function of food Digestio "• and nourishment 1178-195 524 178-195 524 178-195 527 178-195 527 178-196 217-236 533 333 343-249 510 243-249 510 243-249 510 309-310 555 542 Food 309-310 555 555 542 Food 309-310 555 556 311-312 555 556 311-312 556 316-318 556 316-318 556 319-328 557 564 311-312 566 567 568 Food-intake, a form ofyajna Summary CHAPTER XXVIII VARIOUS TYPES Of FOOD AMD DRINKS Introduction 7573			
Alcoholic drinks Different types of water Different types of water Milk and milk products Sugar cane and its products Honey Food preparations Adjuvants of food Choice of grains Choice of meat Meat soup and ils qualities Unwholesome vegetable preparations Reason for brevity Factors determing the qualities of dietetic articles Food-intake, a form ofyajna Summary CHAPTER XXVIII VARIOUS TYPES Of FOOD AMD DRINKS Introduction Primary function of food Digestio "• and nourishment 1196-216 527 533 196-216 527 533 533 542 543 243-249 510 309-310 559 542 542 549 510 540 309-310 555 542 542 545 545 542 546 549 549 549 549 549 549 549 549 549 549			
Different types of water 217-236 533 Milk and milk products 237-242 538 Sugar cane and its products 243-249 510 Honey 250-285 542 Food preparations 286-308 550 Adjuvants of food 309-310 555 Choice of grains 311-312 555 Choice of meat 312-315 556 Meat soup and ils qualities 316-318 556 Unwholesome vegetable preparations 319-328 557 Drinks 329-330 559 Reason for brevity 331-344 560 Factors determing the qualities of dietetic articles 351-352 565 Food-intake, a form ofyajna 555 565 Food-intake, a form ofyajna 1-2 566 DRINKS 3 566 Introduction 3 566 Primary function of food 4-5 567 Digestio "• and nourishment 6,7 573	,		
Milk and milk products 237-242 538 Sugar cane and its products 243-249 510 Honey 250-285 542 Food preparations 286-308 550 Adjuvants of food 309-310 555 Choice of grains 311-312 555 Choice of meat 312-315 556 Meat soup and ils qualities 316-318 556 Unwholesome vegetable preparations 319-328 557 Drinks 329-330 559 Reason for brevity 331-344 560 Factors determing the qualities of dietetic articles 351-352 565 Food-intake, a form ofyajna Summary CHAPTER XXVIII VARIOUS TYPES Of FOOD AMD 1-2 566 DRINKS 3 566 Introduction 3 566 Primary function of food 4-5 567 Digestio "• and nourishment 6,7 573			
Sugar cane and its products Honey Food preparations Adjuvants of food Choice of grains Choice of meat Meat soup and ils qualities Unwholesome vegetable preparations Drinks Reason for brevity Factors determing the qualities of dietetic articles Food-intake, a form ofyajna Summary CHAPTER XXVIII VARIOUS TYPES Of FOOD AMD DRINKS Introduction Primary function of food Digestio "• and nourishment 243-249 510 243-249 510 243-249 510 243-249 510 542 542 542 542 543 542 542 543 542 543 542 543 542 543 542 543 544 545 546 547 548 549 549 540 540 540 540 540 540 540 540 540 540			
Honey			
Food preparations Adjuvants of food Adjuvants of food Choice of grains Choice of meat Meat soup and ils qualities Unwholesome vegetable preparations Drinks Reason for brevity Factors determing the qualities of dietetic articles Food-intake, a form ofyajna Summary CHAPTER XXVIII VARIOUS TYPES Of FOOD AMD DRINKS Introduction Primary function of food Digestio "• and nourishment 286-308 550 309-310 555 311-312 555 556 312-315 556 319-328 557 319-328 557 319-328 557 319-328 557 319-328 557 319-328 557 564 311-312 566 319-328 557 3	-		
Adjuvants of food Choice of grains Choice of meat Meat soup and ils qualities Unwholesome vegetable preparations Drinks Reason for brevity Factors determing the qualities of dietetic articles Food-intake, a form ofyajna Summary CHAPTER XXVIII VARIOUS TYPES Of FOOD AMD DRINKS Introduction Primary function of food Digestio "• and nourishment 309-310 309-310 311-312 555 311-312 556 316-318 556 319-328 557 329-330 559 331-344 560 345-351 564 345-351 565 567 566 7573			
Choice of grains Choice of grains Choice of meat Meat soup and ils qualities Unwholesome vegetable preparations Drinks Reason for brevity Factors determing the qualities of dietetic articles Food-intake, a form ofyajna Summary CHAPTER XXVIII VARIOUS TYPES Of FOOD AMD DRINKS Introduction Primary function of food Digestio "• and nourishment 311-312 555 312-315 556 316-318 319-328 557 331-344 560 345-351 564 351-352 565 566 756 757 757 7573			
Choice of meat Choice of meat Meat soup and ils qualities Unwholesome vegetable preparations Drinks Reason for brevity Factors determing the qualities of dietetic articles Food-intake, a form ofyajna Summary CHAPTER XXVIII VARIOUS TYPES Of FOOD AMD DRINKS Introduction Primary function of food Digestio "• and nourishment 312-315 556 316-318 319-328 557 3319-328 557 3319-328 557 331-344 560 345-351 564 351-352 565 566 351-352 566 3566 4-5 567			
Meat soup and ils qualities Unwholesome vegetable preparations Drinks Reason for brevity Factors determing the qualities of dietetic articles Food-intake, a form ofyajna Summary CHAPTER XXVIII VARIOUS TYPES Of FOOD AMD DRINKS Introduction Primary function of food Digestio "• and nourishment 316-318 556 319-328 557 319-328 557 329-330 559 331-344 560 345-351 564 351-352 565 565 566 351-352 566 356 3566 3566 3566 3566 3566 35			
Unwholesome vegetable preparations Drinks Reason for brevity Factors determing the qualities of dietetic articles Food-intake, a form ofyajna Summary CHAPTER XXVIII VARIOUS TYPES Of FOOD AMD DRINKS Introduction Primary function of food Digestio "• and nourishment 319-328 557 329-330 559 331-344 560 345-351 564 351-352 565 565 566 351-352 566 3566 3566 4-5 567 573			
Drinks Reason for brevity Reason for brevity Factors determing the qualities of dietetic articles Food-intake, a form ofyajna Summary CHAPTER XXVIII VARIOUS TYPES Of FOOD AMD DRINKS Introduction Primary function of food Digestio "• and nourishment 329-330 329-330 559 331-344 560 345-351 564 351-352 565 565 566 351-352 566 3566 4-5 567 573			
Reason for brevity Factors determing the qualities of dietetic articles Food-intake, a form ofyajna Summary CHAPTER XXVIII VARIOUS TYPES OF FOOD AMD DRINKS Introduction Primary function of food Digestio "• and nourishment 331-344 345-351 345-351 3564 351-352 565 566 351-352 566 3566 4-5 567 573	9 1 1		
Factors determing the qualities of dietetic articles Food-intake, a form ofyajna Summary CHAPTER XXVIII VARIOUS TYPES Of FOOD AMD DRINKS Introduction Primary function of food Digestio "• and nourishment 345-351 3564 351-352 565 564 351-352 565 566 4-5 667 573			
articles Food-intake, a form ofyajna Summary CHAPTER XXVIII VARIOUS TYPES OF FOOD AMD DRINKS Introduction Primary function of food Digestio "• and nourishment 351-352 565 566 351-352 566 351-352 566 367 566 567 573			
Food-intake, a form ofyajna Summary CHAPTER XXVIII VARIOUS TYPES Of FOOD AMD DRINKS Introduction Primary function of food Digestio "• and nourishment THE PROPERTY OF THE			
CHAPTER XXVIII VARIOUS TYPES OF FOOD AMD DRINKS Introduction Primary function of food Digestio "• and nourishment CHAPTER XXVIII 1-2 566 3 566 4-5 67 573		331-332	303
CHAPTER XXVIII VARIOUS TYPES OF FOOD AMD DRINKS Introduction Primary function of food Digestio "• and nourishment CHAPTER XXVIII 1-2 566 3 566 4-5 67 573	Food-intake, a form ofyajna		
VARIOUS TYPES OF FOOD AMD DRINKS Introduction Primary function of food Digestio "• and nourishment 1-2 566 4-5 567 6,7 573			
DRINKS Introduction Primary function of food Digestio "• and nourishment 1-2 300 3 566 4-5 67 573	CHAPTER XXVIII		
DRINKS Introduction Primary function of food Digestio "• and nourishment 3 566 4-5 567 6,7 573		1-2	566
Primary function of food Digestio "• and nourishment 4-5 6,7 567 573	DRINKS		
Digestio "• and nourishment 6,7 573	Introduction		
Digestio - and nourishment	Primary function of food	_	
-	Digestio "• and nourishment	6,7	573

Diseases caused by the vitiation of dhdtus etc., Management of diseases caused by imporper food Latent disease Wholesome regimen Summary CHAPTER XXIX	8-22 23-30 31-33 34-44 45-48	575 575 580 581 583
TEN RESORTS OF LIFE (Dasnpranayalarvya)		
Introduction TEN RESORTS OF LIFE (Dashpranayara	1''2	585
Ten repositories of life	3-4	585
Types of physician	5- 4	585
Qualities of a good physician	6-7	586
Characteristics of a bad physician	8-13	589
Summary	14	591
CHAPTER XXX		
TEN VESSELS HAVING THEIR ROOTS IN THE		
HEART		
(Arthedas'amahdmuliya)		
Introduction	1-2	592
Synonyms and importance of heart	3-6	592
Heart, the seat ofojas	6-14	593
Best of the regimens	15	596
Proper study of Ayurveda	16-15	597
Debatable points on various aspects of Ayurveda	20	597
Source of Ayurveda	21	598
Definition of Ayus	22	598
Definition of Ayurveda	23	599
Different aspects of life	24	599
Determination of the span of life	25	600
Objects of Ayurveda	26	600
Eternity of Ayurveda	27	601
Eight disciplines of Ayurveda	28	603
Eligibility for the study of Ayurveda	29	603
Examination of physicians	30	604
Synonyms & scope of Ayurvedic text	31-32	604
Sections of the text	33-34	605
Scope of each section	35	606 606
Enumeration of chapters in various sthanas	36-68 60.71	614
Query and its scope	69-71 72-85	615
Utility of debates	/2-85 86-89	618
Summary	80-89	018



Sharma R.K. / Dash Bhagwan

Caraka Samhita - 7 Volumes

3496 Seiten, geb.



Mehr Bücher zu Homöopathie, Alternativmedizin und gesunder Lebensweise www.narayana-verlag.de