

A Theoretical Approach to Discover the Hidden Knowledge of *Shalaky Tantra* in Treasury of *Harita Samhita* - A Review

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ABSTRACT

Shalaky Tantra is one of the Ashtangas of Ayurveda which deals with diseases above the clavicle. Even though Sushruta Samhita is considered as the main text book of Shalaky Tantra, there are many other Ayurvedic granthas where we get references about Urdwajatrugata vikaras which are still not known to many. One such Samhita is Harita Samhita written by Acharya Harita based on the teachings of his preceptor Punarvasu Atreya. Out of 103 chapters 7 chapters are fully dedicated for Shalaky vyadhis and its treatment. Hence an attempt is made to explore the hidden knowledge and formulations of Shalaky Tantra from Harita Samhita for the scope of further study and to explore the view of Acharya Harita about urdwajatrugata vikaras to the Ayurvedic Scholars.

Key Words *Harita Samhita, Shalaky Tantra, Urdwajatrugata vikaras, Punarvasu Atreya*

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INTRODUCTION

Harita samhita is one of the classical book on ayurvedic system of medicine. It was written by Acharya Harita. This text book is a conversation between Maharshi Atreya and Acharya Harita. The time period of harita samhita is between 10th and 12th century. It contains 6 sthanas mainly Annapana sthana(23 chapters), Arishta sthana(9 chapters), Chikitsa sthana(58 chapters), Kalpa sthana(6 chapters), Sutra sthana(5 chapters), Sharira sthana(1 chapter) and one extra chapter,

parishista adhyaya thus make it a total of 103 chapters. The reference regarding Shalaky vyadhis we will get it in Chikitsa sthana(40-46 chapters). The following is a detailed review of Shalakyatantra in Harita Samhita.

Tritiya Sthana:

40th chapter-Shiroroga Chikitsa

The adhyaya starts with the nidana of shirorogas followed by types, lakshanas and treatment.given in table no: 1.

Table 1 Classification of Shiroroga

Shiroroga	lakshanas	Treatment
Vataja	Ratri vyadha, vit vrishana vedana,	Swedana, Mardana

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Pittaja	Ushnata in shira, pain in shiras when person is exposed to tapa, in morning and night and when taken katu rasa ahara	Sheetopachara, siravyadha, swedana and pralepa with kokila, Tarkari, Katuki, Nimbapatra, Shophanjana patra. Lepana and Pariseka with yashti, chandana, kesara,matulunga.
Kaphaja	Trishna, teevra ruja, more pain during suryodaya and dinantha, bhrama, jadyata in shira	Nasya with maricha, haritaki, katphala and gomutra.
Raktaja	Raktasrava from nasa putaka, trishna, raktaksha,rakta varna in manya pradesha,	Siravyadha, pittaja shiroroga chikitsa
Tridoshaja	Peeta varna srava from nasa, vit jala sama durgandha srava from nasa, jatya, moha, shwasa, arti in shiras.	Nasya with vacha, madhooka sara and moola, girikarnika
Krimija	Atimatra toda in shiras, vibhajya(breaking type of pain) in mastaka,raktayukta pooya srava from nasa	Nasya with vandhya, karkataki moola and gomutra.
vataraktaja	Pain during atilekhana(excessive writing), patena(excessive studying), sookshma nireekshana, dooradrishti,pain in nasagra, vyadha in bhru, gala, person sees things as neela and Krishna, mastaka vedana	

VISHISTA YOGAS:

- a) **Bindutraya taila¹**- In Krimija shirashoola
- b) **Kushtadi ghrita-** for rakta pitta janya shiroroga
- c) **Lakshadi taila-** for kshyaja shiroroga
- d) **Kumkumadi ghrita²**- for pittaja shiroroga

41st chapter- Bhrudoshak lakshana

This chapter deals with nidana, samprapthi, lakshana and chikitsa of bhru dosha.

Nidana :

Athi patana sheela(excessive reading)

Looking at sookshma vastu

Dooralokena

Ushna ahara vihara sevana

Samprapthi:

Due to nidana→rakta vatashrita dosha→pittena saha moorchita→vyadha in bhru and nasa vamshodbhava sira.

Aggravating factor:- sheeta rithu and greeshma rithu.

Chikitsa:

Swedana followed by sira vyadha

Shadbindu taila nasya

Devadaruaadi ghrita nasya

Tambula patradi avapeeda nasya

42nd chapter-Nasa roga lakshana

This chapter deals with types, lakshana and chikitsa of nasa roga

Types and lakshana:-

5 types- Vataja, pittaja, Kaphaja, Raktaja, Krimija

Lakshana and chikitsa: given in table no:-2

Table 2 Types, lakshana and chikitsa of nasa roga

Dosha	Lakshana	chikitsa
Vata	Shiro arthi , shoph	Guda shunti nasya
Pitta	Shoph	Sharkara ghrita yashti siddha nasya
Kapha	Ghana, sheeta	Surasa vasa rasa nasya
Rakta		Siravyadha, sira roga upakrama
Krimija	Rakta srava	Vidanga hingu magadhi siddha nasya

43rd chapter- Indralupta roga lakshana

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This chapter deals with types lakshanas and treatment of indralupta

5 types- vataja, pittaja, kaphaja, sannipataja, raktaja- given in table no:-3

Table 3 Lakshanas and chikitsa of Indralupta

Dosha	lakshana	chikitsa
Vata	Rooksha, pandura kesha	Dhavana(rubbing) with guda, tulsi, shunti mixed with matulunga rasa
Pitta	Rakta varna kesha with daha	Dhavana with dugdha, navaneeta, sitaphala and yashti. Shiro lepana with bringaraja rasa, ardraka rasa, souveeraka rasa and tila pishta. Dhavana with dugdha. Shiro lepa with patola patra, pichumantaka, malakya phala mixed with ghrita.
Kapha	Snigdha kasha	Dhavana with triphala and guda
Sannipata	Sarva lakshana	
Raktaja	Paka of kesha	

Other treatments:

Gharshana with kurabaka pushpa, japa kusuma.

Dhatturadi ghrita shiro lepana

Gajendra danta masi lepana with navaneeta

44th chapter- karna roga lakshana

This chapter deals with types, lakshanas and chikitsa of karna roga

Types and lakshana:

Vataja

Pittaja- person hears sound of megha, dhvani, danta shabdha, venu swana, associated with shola, daha and vyadha(pain) in sira.

Kaphaja- moorcha, megha swana³, shabdha

Sannipataja-sarva lakshana

Krimija- sa rakta pooya srava

Abhighata janya- teevra vedana

Kshata- pooya srava

Loota dosha utpanna karna roga- ruja

Chikitsa:

Table 4 Lakshanas and chikitsa of netra roga

dosha	lakshana	chikitsa
vata	Rooksha, kandu, toda, shushka sheeta ashru	Anjana with apamarga moola and dhathura moola. Phalatrikadi lepa(bidalaka)
pitta	Daha, rakta netra, ushna srava	Seka with shunti, tulsi, devadaru and kanjika
kapha	Sheeta jadya ⁴	Seka with triphala and gomutra. Lepana with navaneeta, yashti, nimba, triphala and guda. Shuntyadi anjana
sannipata	Sarva lakshana	

Bashpa sweda to ears followed by instillation of taila

Karna poorana with saindhava, samudraphena, and souveeraka rasa in vataja karna roga.

Madhuyashtyadi ghrita karna poorana in pittaja karna roga

Brahmi rasa, saindhava, vidanga, bringaraja souveera rasa along with ghrita karnapoorana for krimija karna roga.

Contra indications:- jala poorana(entry of water inside the ear) , dusting of choornas into the ear.

Pathya:- vata hara, vidahini, guruni ahara.

45th chapter-Netra roga chikitsa

This chapter deals with nidana, lakshanas and chikitsa of netra rogas.

Nidana: intake of ushna, katu, ati kshara bhojana, abhigata, sookshma nireekshana.

Types:-vataja, pittaja, kaphaja, sannipataja.

Given in table no:-4

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Maha vibhitaki anjana-for netra patala lakshanas.

Katphaladi anjana-netra patala lakshanas

Contra indications:-dhooma, vata, rooksha ushna bhojana, katu amla ahara, vyavaya.

46th chapter- mukha roga chikitsa

This chapter deals with lakshanas and chikitsa of oshta roga, danta roga, jihwa roga, galaganda roga and gala shuntika roga.

Table 5 Lakshanas and chikitsa of danta roga

doshas	lakshana	chikitsa
Vata	Krishna,chala danta	
Pitta	Pittavahascha danta mamsa	<ul style="list-style-type: none"> • Yavani and vacha danta dharana at night. • Dharana with navaneeta and sharkara.
Kapha	Shopha and sweta varna of danta	Guda haritaki prayoga
Raktaja	Kandu, rakta srava, sarakta danta puta	Lavana sarshapa gharshana
krimija	Danta moola chidra, shola, danta mamsa visheerna	Vidanga, hingu saindhava vacha choorna gharshana

Other chikitsa-

Vachadi kwatha gandusha

Vacha saindhava shunti gharshana at dantamoola.

Gandusha with khadira kwatha, yavani kwatha and nimba moola kwatha.

Table 6 Lakshana and chikitsa of jihwa roga

dosha	lakshana	chikitsa
Vataja	Ruja, Krishna varna of jihwa	Jihwa gharshana with vacha, abhaya, vidanga, shunti, sauvarchala,pippali and ghrita
Pittaja	Daha	Gandusha with kanjika or takra. Jihwa lepa with yashti, chandana, musta, pippali and madhu. Gandusha with dugdha.
Kaphaja	Ghana, shweta varna	Lodradi kwatha gandusha Marichadi choorna gharshana
sannkipataja	Sarva lakshana	Rakta visravana Lepana with guda and madhu

d) Galaganda roga:

Dosha:-kapha rakta

Sthana: jihwa moole kanta sandhi

Lakshana:-aasya shosha, jadyata, jwara, aruchi, tantra, sira peeda

Chikitsa:- vimlapana, nidhapana with vacha, maricha and Krishna choorna

a) Oshta roga:

Types- vata, pitta, rakta

Chikitsa:- lepna with madhu and navaneeta

Lepana with dadhi and sharkara

Raktavasechana in raktaja oshta roga along with pralepa of dhava, arjuna, kadamba.

b) Danta roga:

Lakshanas and chikitsa –given in table no:- 5

c) Jihwa roga:

Types: vata, pitta, kapha, sannipataja. Given in table no:-6

Mardana in kanta pradesha

Dhanyakadi kwatha swedana

Gandusha with dhanyakadi kwatha

e) Galashuntika⁵ roga

Dosha:- kapha rakta

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Lakshana:- vardhana of gala pradesha, asya marga avarodha, netra srava, shiro arthi, swasa, kasa, jwara

Chikitsa:- chedana with shastra followed by vimlapana.

Pippalyadi kwatha swedana

Kanta desha mardhana

Sidharthakadi choorna kanta lepa

Jwara roga pathya

Contraindication: - pichila bhojana, taila sevana.

CONCLUSION

Even though Harita samhita is a well known classical textbook of Ayurveda, the detailed knowledge of this samhita is still unknown to many students and practitioners. Hence an attempt is made to explore the hidden knowledge and formulations of Shalaky Tantra from Harita Samhita for the scope of further study and to explore the view of Acharya Harita about urdwajatrugata vikaras to the Ayurvedic Scholars. After the review of this samhita, it was observed that this samhita has mentioned some very important clinical aspects of Shalaky tantra which are very helpful for students, scholars and practitioners to treat any urdwajatrugata vikaras.

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