



# Ashtang Hridaya

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Compiled by

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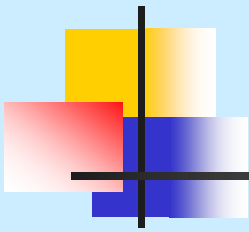
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# INTRODUCTION



- ASHTAG HRIDAY can be considered as sum & substance of two most important samhitas of Arsha Kal.
- It is a compilation of the best from Charak Samhita & Sushrut Samhita.

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- It is in a consised form. All the topics are explained in such a manner that it will not be too short or not too lengthy.
  - Because of its consised form & poetic presentation it is very popular.
  - It is translated into almost all Indian languages.

# About The Author



- Author of ASHTANG HRIDAY is
- Vagbhat Dwitiya or Laghu Vagbhat, Son of Shri Vaidya Pati Simha Gupta, grand son of Vriddha Vagbhat.
- According to available evidences Time period of Vagbhat can be fixed between 4<sup>th</sup>, 5<sup>th</sup> century AD.

# Infrastructure of ASHTANG HRIDAY

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- This Treatise has 120 Adhyayas(chapters) divided into 6 Sthanas (sections)as follows-

■	Sutra Sthana -----	30 Adhyayas
■	Sharir Sthana-----	06Adhyayas
■	Nidan Sthana -----	16Adhyayas
■	Chikitsa Sthana-----	22Adhyayas
■	Kalpa Sthana-----	06Adhyayas
■	Utter Sthana-----	40Adhyayas



## Commentaries on ASHTANG HRIDAY

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- Sarvanga Sundar written by Arun Datta, a great scholar of Ayurveda as well as of Sanskrit.
- Ayurved Rasayan written by Hemadri, a great scholar of Ayurveda & Dharma Shastra.