

Ayurved in `Harsha charit' Novel

- Harsha charit means “The Deeds of Harsha .
- This is the biography of Indian Emperor Harsha written by Banabhatta who was an outstanding Sanskrit writer of 7th century.
- He was the ‘Court poet’ of king Harsha.
- Harsha charit ranks as the first historical biography in Sanskrit.
- Harsh or Harshavardhan (590-647) was an Indian emperor who ruled northern India for over forty years.

References about Ayurved

- ◆ Rasashastra - The famous Rasasidha physician named 'Vihangam' is mentioned.
- ◆ Chinese traveller Young Chang visited India ,he completed his study in Nalanda University. He quoted his experiences and rules of Harsha's on civilization during his journey .

Ayurved in Grammar of Panini

Ashtadhyayi of Panini is an excellent Sanskrit text. It has 8 chapters. Every chapter has 4 divisions which is written in 'Chatushpad' Rachana Shailee. Every division has 38-320 verses.

It means that Ashtadhyayi has 8 chapters, 32 divisions and 3,155 verses.

Later on Katyayan improved the work of Panini. Patanjali wrote a commentary 'MAHABHASHYA' on the sutras of Panini.

Panini, Patanjali & Katyayan these 3 sages were known as 'TRIMUNI'.

References about Ayurved

- ◆ Classification of plants, i.e. **Aushadhi and Aushadh.**
- ◆ Aushadhi means medicinal plant or herb.
- ◆ Aushadh means the finished product.
- ◆ Medicinal plants are described under various ganas. Eg. Haritakyadi gana, Plakshadi gana, Bilwadi gana.

- ◆ Plants like Som, Munja, Vrihi, Kasha, Darbha, Khadir, Amra, Ikshu, Yava, Sali, Mudga, Masha etc. are described in Ashtadhyayi.
- ◆ Anatomical references like Shakha (Extremities), Yakruti (Liver), Basti (Urinary Bladder), Hriday (Heart) etc are found in different contexts.
- ◆ Diseases like Kushthi (affected with leprosy), Unmadi (affected with madness or psychological disorders), Atisarakhi (affected with diarrhea) etc.

- ◆ दिग्दिभ्यो यत् - दिश्यम् These are directions useful to build houses, to store plants, to treat the patient.
- ◆ नक्षत्रेण युक्तःकालः - Auspicious time in Pushya Nakshatra.
- ◆ जनपदे लुप् -जनपदे वाच्ये चातुर्थिकस्य

Charak has described in जनपदोद्ध्वंस अध्याय that the epidemic disease eliminates large chunk of population . Causative factors which commonly affects several human beings of a locality by vitiating the air, water, land and season is described in this chapter.

- ◆ गोश्चपुरीषे-गोःपुरीषं-गोमयं

Cowdung is used for diseases like Apasmar and Unmad.