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AYURVEDA IN RAMAYANA



Medical Practice.

King Dasharatha advised queen Kaikayi to take suggestion of Raajvaidyas (Royal Physician) for getting relief which shows medical profession already existed in those days.

Transplantation of Organs.

Sage Gautama castrated the testicles of Indra. In place of that Ashwins transplanted the testicles of goat. He was therefore called Meshavrushana.

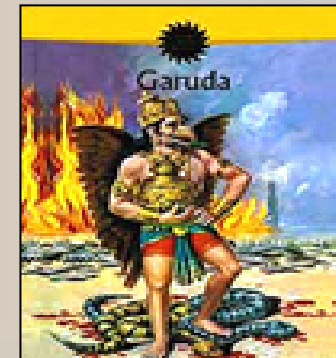


Toxicology.

Since Dasharatha rejected to fulfill the desires of queen Kaikayi she said that “If you install Rama as the king of Ayodhya, I am going to die by taking poison” which shows that the use of poisonous substances were existed.

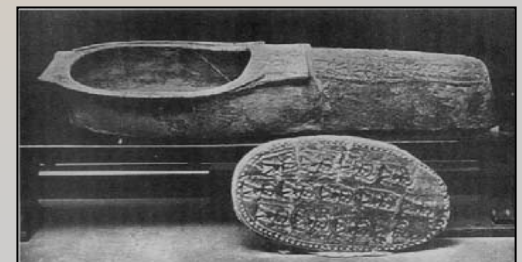


When Ram & Lakshman were injured due to the Sarpaastra of Indrajeet, Hanumaan sent Garuda for their treatment.



Preservation of Dead Body.

The dead body of the king Dasharatha was preserved in “ Taila Droni” till the arrival of Bharat.





Amputation.

Sita sent message to Rama conveying her miseries that if Rama does not come soon, Ravana will amputate my body with sharp instruments. This shows that the procedure of amputation exist like surgeon amputated the parts of a body situated in the womb.



★ Description of Herbs.

Many plants and trees have been described in Ramayana at different places.

★ Kutaja

★ Arjuna

★ Kadamba

★ Nimba

★ Saptacchada

★ Ashoka

★ Asana

★ Saptaparna

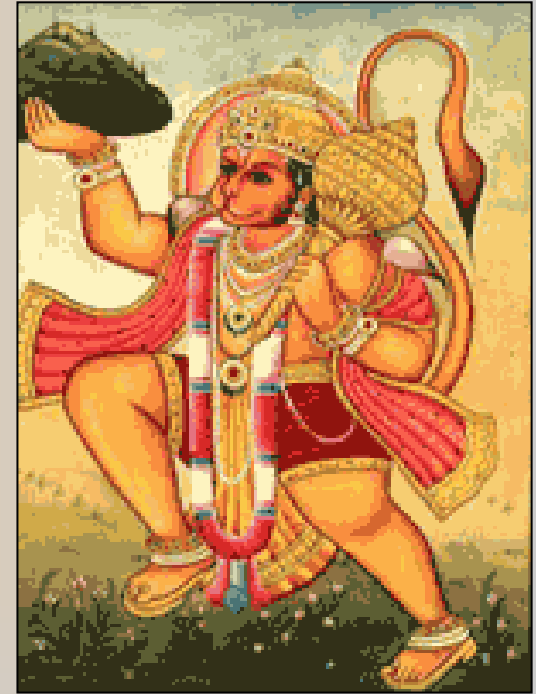
★ Koviara



Aushadhi Parvata.

In Ramayana there is a description of Aushadhi parvata, Kanchan parvata and the peak of Kailasa. This Aushadhi parvata to Lanka contains.

- ★ Mritasanjivani - which revives the dead.
- ★ Visalyakarani - which frees trouble or anxiety.
- ★ Savarnyakarani - which impart original colour.
- ★ Sandhanakarani - which joins the fractured bones.





Examination of the dead & alive.

When Lakshmana became unconscious in the war by an arrow, Rama declared him as dead. But vaidya Sushen explained him the signs & symptoms of the alive person:

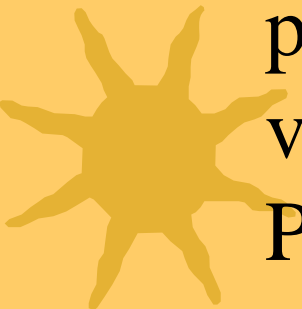
- ★ His face has not changed,
- ★ His face has not blackened,
- ★ His face has not become charm less but is full of light,
- ★ His palms are like lotus,
- ★ His eyes are clear.

These are the signs of alive person.



★ Use of alcoholic preparations: -

In the enumeration of 'Madhushala' of Ravana, different types of Asavas, wines, meat & their preparations according to the principles laid down in Ayurveda, several varieties of Sura, Sharkarasava, Madhvika, Pushpasava, Phalasava etc. & the vessels made up of gold, silver, quartz, etc. are also described.



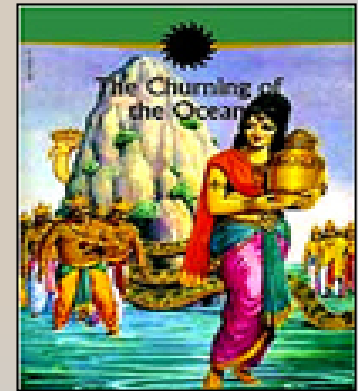
★ Death of Ravana :-

Ravana had died because of injury to his Naabhimarman due to arrow of Ram. This is the reference of 107 marman which were known at that time.

★ Kshira samudra manthan :-

In 41st adhyaya of Balkand, Ramayana, there is a reference of churning of ocean for the Amrut. 14 gems were come out of the ocean in which 'Dhanvantari holding Amrutkalasha' was also included.

In this way there are many references concerning Ayurveda in RAMAYANA.





AYURVEDA IN MAHABHARAT

- ★ Mahabharat of Vedavyasa occupies 2nd position among the greatest epics of Indian literature.
- ★ Subject matter related to ayurveda & various types of medical, surgical treatments can be seen in Mahabharat.
- ★ Description of eight branches of Ayurveda is also seen.





★ Practice of medicine

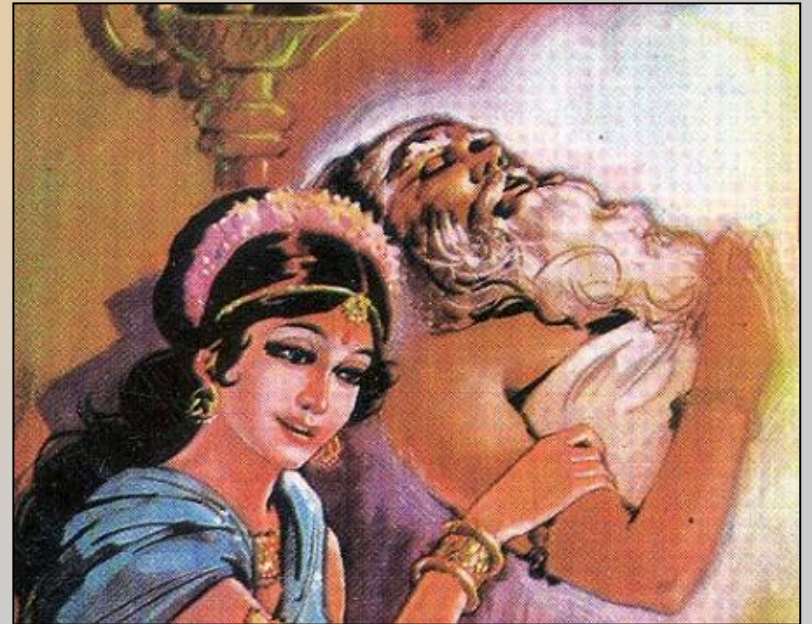
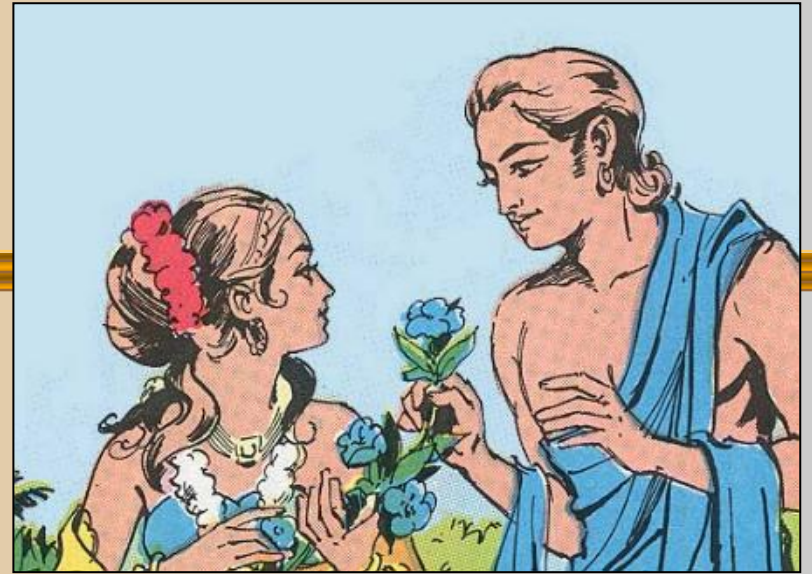
Once Narada Maharshi went to Yudhishtira and made enquiry about his health, which shows that the practice of medicine already existed in those days.





★ Mrita sanjivani vidya

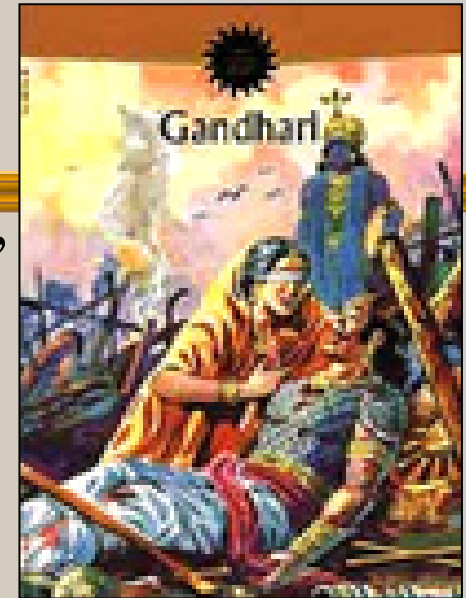
The story of 'Kacha-Devayani' tells that Brihaspati sent his son Kacha to Shukra, to learn Mrita sanjivani vidya.



Test tube baby:

- ★ During her pregnancy, Gandhari beat herself on her abdomen which resulted in abortion. The pieces were kept separately, one in each earthen pot containing ghee for a period of ten months. As a result engendered one child from each piece.
- ★ The zygotes formed in the uterus of Kadruva & Vinata were kept in earthen pots containing ghee gave birth to children.

By this, we can infer that the formation of test tube baby was already in practice.





Influence of mother's feeling on the baby :

- ★ As Ambika closed her eyes out of fear at the time of intercourse, she gave birth to blind Dhritarashtra.
- ★ Similarly, she gave birth to severe anemic child, Pandu raja, as she had sorrowful face at the time of intercourse & also during pregnancy.

One can infer that the feelings of the mother reflect over the progeny.



Practice of surgery:

When Bhishma was wounded & was lying on the bed of arrows during Kurukshetra war, Duryodhana called the experienced & skilled surgeons to treat Bhishma.

This suggests that military surgeons & practice of surgery also existed in those days.



Toxicology:

- ★ Practice of divine therapy in toxicology was also seen in Mahabharata.
- ★ When Parikshit Maharaj was affected by snakebite, he called the physicians who were expert in toxicology.
- ★ Once Duryodhana gave poisonous food to Bhima who became unconscious & was thrown into the river. Due to the serpent bite he was revived. It suggests that Jangam Visha might have acted as antidote for Sthavara Visha.
- ★ In Mahabharata, various types of serpents have been described.
- ★ Lord Brahma taught the toxicology to Kashyapa.



Diseases, causative factors & treatment:

- ★ Ashwins treated the blindness of Upamanyu, which was caused due to the consumption of Arka leaves.
- ★ Atriputra suffered from Rajyakshma (Pratiloma Kshaya) caused due to excessive copulation & was revived by getting treatment.
- ★ In Santiparva of Mahabharata, the psychosomatic disorders & their clinical picture were described along with the influence of Trigunas on the body & mind.



Origin of Dhanvantari:

- ★ During the churning of ocean 14 gems were come out in which the 6th gem was Lord Dhanvantari with Amrutakalasha in his hands.

This reference is found in the Adiparva of Mahabharata.

In this way there are many references concerning Ayurveda in Mahabharata.

