

Sanskrit-Vaidyakiya Subhashitani

Compiled By

Vd.Manisha G. Dunghav

Reader

Dept. of Sanskrit, Samhita & Siddhant

What is Vaidyakiya Subhashitam Sahityam ?

- This is a literature relating to Ayurved which include sayings, verses & Subhashitas which are arranged in chapters according to the various subjects they belong to.

Objectives of the subject

- It aims at making everyone understand the various concepts of Ayurveda in a very simple way.
- To increase the enthusiasm and interest to study more of Sanskrit Literature in students as well as in lectures.
- To make the new doctors who are inclined to western medicine aware and show them that ancient Literature and the Vaidyaka Shastra are very closely related.

- It states the various diseases about the sufferings from it and the ways for its prevention and cure.
- Thus the main objective of this is that, the various things stated here must be applied in our daily life and thus be hale and healthy.

● By learning this book , one gets introduced to Sanskrit Literature and also attains entertainment,knowledge about Ayurveda, novelty in the method of treatment, broadness of mind and other benefits,.

Chapter- 1

वैद्यकशास्त्र विज्ञान

● In this chapter, medical aspects of Ayurved have been dealt.

Ayu is divided in to 4 types –

● हिताहितं सुखंदुः खमायुस्तस्य हिताहितम् |

मानं च तच्च यत्रोक्तमायुर्वेदः स उच्यते ||

Ayu is classified in to four types-

Hitayu

Ahitayu

Sukhayu

Dukhayu

Among these which is conducive to prosperity of life and which is not?

What is limit of this Ayu?

Knowing these aspects in detail is Ayurveda.

सद्यःफलति गांधर्व, मासमेकं पुराणकम् ।
वेदाःफलन्ति कालेषु ज्योतिर्वैद्यौनिरन्तरम् ॥

The enjoyment we get by music is instantaneous.

The happiness will be there for a month by listening mythology or Purana.

Vedas yield happiness after long time, but studying ज्योतिष्शास्त्र and वैद्यशास्त्र gives happiness forever.

The productivity & usefulness of studying Ayurved is eternal.