

VAIDYA RATNA BHASHA- A BOOK REVIEW

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ABSTRACT

Vaidya Ratna Bhasha is a classical book composed by Shree Swami Janardan Bhatta which focuses on chikitsashastra. This book comprises of 5 Prakash which include discussion about Naadi Pariksha, Rasyogas, Virudha ahara, and diseases like Jwara, Galagand, and Amlapitta etc. This review focuses on presenting rare procedures and Yogas included in the book for the benefit of mankind. This book is written in Hindi, shloka's are beautifully written by the author in the form of chanda. Author tried to cover all the aspects of treatment to make a good compilation of Ayurvedic yoga. The ms is entirely based on *Ayurvedic lakshan & Rasyogas*. The references used in ms vary in number and variety but the authenticity of references is justified. The collection of *yogas* in book is very useful in a variety of diseases which will prove to be very fruitful for upcoming vaidyas and society as a whole.

KEYWORDS - Prakash, Rasshastra, Jwara, Galagand, Amlapitta, Naadi Pariksha.

INTRODUCTION

There is no doubt that History of India in regard to science has been prestigious. Where on one side many great sages through their Sadhana have shared knowledge about topics like Aatma, Parmatma, Moksha, Brahmasakshatkar etc. which were not only ahead of their time but also became a source of inspiration for ages to come for mankind. On other side in field of Physics, mechanics etc. too great work was done though this knowledge could not be preserved through ages. The little knowledge which was

successfully preserved has been a proof of miracles performed in the respective fields.

Today is the age of development of science. Technological advancements in world have provided us with many facilities. These advancements have facilitated development in various fields. There is an urgent need to rediscover the ancient science of India of which Ayurveda is an exceptionally important part. There was a time when instead of advancing with age the science of Ayurveda went back in time. Had the development of Ayurveda continued, there

is no doubt that in today's medicine science Ayurveda would have been playing a major role. So it is our duty to rediscover this prestigious science of India and play our part in advancement of Ayurveda in today's context.

This book is written in Hindi, shloka's are beautifully written by the author in the form of chanda. Author tried to cover all the aspects of treatment to make a good compilation of Ayurvedic yoga.

About author

The book has been written in total five chapters by Shree Swami Janardan Bhatta. The author does not disclose any information about his, place, period, patron etc. in book.

It is very difficult to decide the period of book, because in this book author has not mentioned any of his personal information and also the *Granthas* from which he has taken the quotations.

After studying this book it was found that the sequence of *yogas* described in this book are not entirely similar to any *Ayurvedic Grantha*. Since *the* author does not disclose any information about his time period therefore there is no direct evidence to prove the period of this book.

In second Prakash, the name of author mentioned is Goswami Bhatta. There is a possibility that Janardan Bhatta and

Goswami Bhatta might be same person referred by different names.

Specialty of literature: Author pays reverence to the *Lord Ganesh* in the beginning and worships god Shiva. After the Naman to God Shiva author directly starts with Naadi Pariksha and the last chapter has ended with VirudhaAhara.

Influence of the author and text in field of Ayurveda: The ms is entirely based on *Ayurvedic lakshan & Rasyogas*. The references used in ms vary in number and variety but the authenticity of references is justified. The collection of *yogas* in book is very useful in a variety of diseases which will prove to be very fruitful for upcoming vaidyas.

1st Prakash

Atha Nadipariksha, Atha Jivhpariksha, Atha Netra pariksha, Atha Asadhyavyadhinirupan, Atha Javaradhikaar, Atha Pitta jwar, Atha Kaphaja warlakshan, Atha Vaatpitta jwar, Atha Kapha-vaata jwara lakshan, Atha Sannipataja warlakshan, Atha Jwarlanghana Karan, Atha Jwaroupachar, Atha Awaleha, Atha Churna, Atha Tail, Atha Rasa, Atha Sannipatchikitsa, Atha Sannipat Awaleha, Atha Adhuro, Atha Naas, Atha Karnika Sannipat, jwardashoupdrav .

2nd Prakash

Atha Atisaarchikitsa, Atha Sangrahani, Atha Nagaradichurna, AthaArsh, Atha Ajeernarog,

Atha Visuchikaroga upachar, Atha Pandu roga, Atha Raktapitta upachar, Atha Khasroga, Atha Swasarogachikitsa, Atha Hikka, Atha Kshaya rog pratikaar

3rd Prakash

Atha Aruchi, Atha Chhardiroga, Atha Murcharoga, Atha Daah, Atha Mirgee rog chikitsa, Atha Apasmara, Atha Vatavyadhi, Atha Guggul, Atha Tail, Atha Rasa, Atha vatarakt, Atha Amavata, Atha shool, Atha Parishramshool, Atha Gulma, Atha Hridayaroga, Atha Pliha, Udarroga, Atha Ashmariroga, Atha Prameh, Atha Bhed, Atha S hothroga, Atha Andavrddhiroga, Atha Vighnroga, Atha Galagand, Atha Gandmala, Atha Shleepadroga, Atha Vidradhi, Atha Saghanvran Atha Videern Sadhovran , Atha Bhagandar, Atha Updanshroga, Atha Visarp, Atha Sneharoga, Atha Masurikashitala , Atha Amlapitta, Atha Udar rog , Atha Kushthroga.

4th Prakash

Atha Shiroroga, Atha Nrtraroga, Atha Karna roga, Atha Nashikaroga, Atha Mukhroga, Atha Striroga, Atha Garbhasthita, Atha Garbharaksha, Atha Sukhprasavshodha, Atha Aparapatanvidha, Atha Sutikaroga, Atha Chirvivadhanam, Atha Pradar, Atha Garbhanivaranavidha, Atha Kuvdradhkarana, Atha Yoni sankochan, Atha Yoni rom door karana, Atha Baalakroga, Atha Grasthaupachaar.

5th Prakash

Atha Vajikarana, Atha Kundaliya, Atha Laxmivilasras, Atha Chandrodayaras, Atha Sarpvishupachar, Atha Bichhuvisupachar, Atha Alarkvishupachar, Atha Kookarvisha upachar, Atha Makadeevisha upachar, Atha Mahurkhaye to upachaar, Atha Kuchh rog, Atha Vaaykeupachaar, Atha Trikatu, Atha dashmoolvidha, Atha panchkoolvidha, Kshudhaakararak, Pivanekeevidha, Atha Viruddhahar.

DISCUSSION:

Author has mentioned in a shloka that many vaidyas find it difficult to study long and many granthas so author has successfully written a book which contains the crux of many granthas. Instead of wasting a lot of time in referencing many large granthas vaidyas can simply refer this book. This is made possible because author has covered almost all varieties of diseases and their cure so most of the times referring this book is more than enough.

The book has been written by the author in a very systematic and practical way. First of all pariksha are mentioned which is the first step when treating a patient. After pariksha disease is detected in most of the cases jwar is primary symptom which has been thoroughly described by the author. After this many other diseases like Galgand, Amlapitta, Atisaar, Pandu, Raktapita, Kasaroga. Which are common have been discussed at the end of 5th

parikshaVirudhaahara has been discussed by the author.

The author has discussed Asadyavyadhi nirupan which gives us information about those diseases which are not to be treated. All these parikshas have been written in chanda form which is not found very often in Ayurvedic granthas.

CONCLUSION

This Book Vaidya Ratna Bhasha is a classical book composed in Shree Swami Janardan Bhatta which focuses on chikitsashastra. This book contains details of procedures like, Nadipariksha, Jivhpariksha, Netra pariksha, Asadyavyadhinirupan, Javaradhikaaralong with some Yogas like Laxmivilasras, Atha Chandrodayaras, Dashmool, Trikatu, and many more. Some important diseases like Jwar, Vaatrakta, Galgand, Amlapitta and many more are discussed along with various procedures for their treatment and Vajikarana, is also mentioned. The book starts with worship of Lord Ganesh and Chapter numbers are mentioned at the end of each chapter.

This book has been written with the purpose of reducing the efforts to be made by vaidyas and after analyzing the book we can conclude that the author has been successful in doing so.

REFERENCES

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