

**GADANIGHAHA - A CRITICAK REVIEW**Vd. Neha Potdar^{1*} and Vd. Shital Raskar²¹MD Scholar at Dept of RSBK, LRP Ayurvedic College, Islampur, Maharashtra, India.²Associate Professor, Dept of RSBK, LRP Ayurvedic College, Islampur, Maharashtra, India.***Corresponding Author: Vd. Neha Potdar**

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ABSTRACT

Ayurveda is a science of healthy living treasures deals with physical, Psychological and spiritual well-being of the human being. Gadanigraha written by Vaidya Sodhal in 12 century. He belongs to Gujarat. This text is based on Brihatrayee. This text Include number of experimental yoga, diet, behavior, mantra-tantra, etc. Total 10 khand present in this text which is divided into two parts. First part contain information about Grita, Taila, Churna, Vati, Avaleha, Asav-arishta. second part contain Kayachikitsa, Shalakyas, Shalya, Kaumarbhrukya, Vishatantra, Bhoot-tantra, Rasayana, Vajikarana and Panchakarma. Hindi translation is done by Sri Indradeva Tripathi and edited by Sri Ganga Sahaya Pandeya. This text divided into three parts. 1st part (Prayoga khand), 2nd part (Kayachikitsa khand) and 3rd part (Shalakyas to Panchakarma). Vaidya Sodhal explain diseases with their causes, sign and symptoms and treatment. This text explains how one aushadhi yoga can be used in different diseases. Gadanigraha is very useful for doctors with less resources.

KEYWORDS: Gadanigraha, Vaidya Sodhal.**INTRODUCTION**

Ayurveda is a branch of Atharva Veda. It is a science of healthy living treasures deals with Physical, Psychological and spiritual well-being of the human being. Brihatrayee - Charak Samhita, Sushrut samhita and Ashtang hridaya are there fundamental text in Ayurveda. Gadanigraha is based on Brihatrayee like other texts e.g sharangdhar samhita, Bhavprakash, etc. Gadanigraha is written by Vaidya Sodhal In 12th century.

Vaidya Sodhal

Vaidya Sodhal Belongs to Gujarat. His father's name is Vaidya Nandana. He is devotee of bhanu(Surya) and introduced himself as Jyotisha Shastri. Sodhal is of brahmana caste born in vatsa gotra, belonging to traditional family of rayakavala. He is disciple of Sanghadayalu.

Acharya Sodhal created a simple and understandable book Gadanigraha coordinated with Ayurvedas sutra knowledge and ashtanga therapy. Gadanigraha is useful for doctors with less resources. In this book the interpretation of classical principles, number of experimental yoga, diet, behavior, mantra-tantra, tricks .etc. Vaidya Sodhal had a good knowledge about Madhavanidan and Vrind. In 12th century Vaidya Sodhal was the first who separate yogas in chikitsa. After that Acharya Sharangdhar followed this style.

Gadnigraha

It is divided into two sections. In the first section there are 6 chapters related to Grita, Taila, Churna, Vati, Avaleha and Asav-arishta in which there are about 600 very useful formulations mentioned. In the second section there are 9 chapters related to kayachikitsa, Shalakyas, shalya, Bhoot-tantra, Kaumarbhrukya, Vishatantra, Rasayana, Vajikarana and panchakarma.

Hindi translation of this book is done by Sri Indradeva Tripathi and edited by Sri Ganga Sahaya Pandeya. This book is available in three parts. First part contain Ghrita, Taila etc. Second part contain only Kayachikitsa and Third part contain Shalakyas, shalya etc.

1st part (Prayoga khand)

1st part of book is known as Prayoga khand. It is related to formation or preparation of medicines. Various forms of medicines are explained in this book along with their therapeutic uses. Also he explained how one drug can be used in different diseases like Phalaghrita is mostly used In gynecology but sodhal used this in Balgrah. 6 chapters are present in Prayoga khand-1) Ghrutadhikar, 2) Tailadhikar, 3) Churnadhikar, 4) Gutikadhikar, 5) Lehadhikar, 6) Aasavadhikar.

2nd part (Kayachikitsa khand)

In this part of Gadanigraha, Vaidya Sodhal Explain diseases with their causes, sign and symptoms and

treatment. 41 chapters are explained in this part. These are- 1) Jwaradhikara(682 shloka), 2)Atisaradhikara(133), 3)Grahanirogadhikara(89), 4)Arshoadhikara(182), 5)Ajirnavisuchika- Aalsakvilambikadhikar(78), 6)Krumirogadhikar(48), 7)Pandurogadhikar(71), 8)Raktapittadhikar(75), 9)Rajyakshma-kshatakshinashopadhikar(112), 10)Kasadhikar, 11)Hikkashwasadhikar(181), 12)Swarabhangadhikar(21), 13)Arochakadhikar(33), 14)Chardidhikar(67), 15)Trushnadhikar(42), 16)Murchadhikar(25), 17)Madyatyadhikar(59), 18)Dahadhikar(20), 19)Vatarogadhikar(225), 20)Vataraktadhikar(64), 21)Urustambhadhikar(47), 22)Aamvatadhikar(39), 23)Shooladhikar(154), 24)Udavartadhikar(49), 25)Gulmadhikar(92), 26)Hrudrogadhikar(40), 27)Mutrakruhhadhikar(46), 28)Mutraghatadhikar(57), 29)Ashmaryadhikar(63), 30)Pramehadhikar(98), 31)Medorogadhikar(37), 32)Udararogadhikar(154), 33)Shwayathudhikar(78), 34)Vidradhyadhikar(49), 35)Vrudhyadhikar(58), 36)Kushtadhikar(261), 37)Sheetpittadhikar(20), 38)Amlapittadhikar(43), 39)Visarpadhikar(71), 40)Visphotakadhikar(47), 41)Masoorikadhikar(74).

3rd part (Shalakyā to Panchakarma)

Third part of Gadnigrah contain 8 chapters or khandas.

1. Shalakyatantra khand-It contains 5 chapters- 1) Shirorogadhikar(136), 2)Karnarogadhikar(85), 3)Netrarogadhikar (488), 4)Nasarogadhikar(74), 5)Mukharogadhikar(177)
2. Shalyatantra khand-It contains 10 chapters-1) Granthadyadhikar(126), 2)Slipadadhikar(42), 3)Vranashothadyadhikar(79), 4)Sadyovranadhikar(68), 5)Bhagnadhikar(24), 6)Nadivranadhikar(33), 7)Bhagandharadhikar(56), 8)Updanshadhikar(36), 9)Shookdoshadhikar(28), 10)Kshudrarogadhikar(141).
3. Bhootvidyatantra khand -It contains 3 chapters-1) Bhootonmadadhikar(95), 2)Unmadadhikar(62), 3)Apasmaradhikar(39).
4. Kaumarbhryatanta khand- It contains 12 chapter's- 1) Pradaradhikar(74), 2)Yonirogadhikar(34), 3)Garbhsravadhikar (25), 4)Moodhagarbhadhikar(38), 5)Vandhyadhikar(24), 6)Yonishukradoshadhikar(17), 7)Sootikarogadhikar(16), 8)Stanarogadhikar(24), 9)Yonigadhikarnadhikar(18), 10)Yoninirmolikarnadhikar(7), 11)Balrogadhikar(144), 12)Balgrahadhikar(115).
5. Vishatantra khand-It contains 9 chapters-1) Sthavarvishanidanadhikar(14), 2)Jangamvishanidanadhikar(56), 3)Sarpavishachikitsadhikar(35), 4)Lootavishachikitsadhikar(10), 5)Vruschikvishchikitsadhikar(11),6) Mushikavishchikitsadhikar(12), 7)Nakhadvishchikitsadhikar(7), 8)Garvishachikitsadhikar(10), 9)Samastvishachikitsadhikar(13)
6. Rasayanatantra khand-It contains 5 chapters-1) Samanyarasayanadhikar (63), 2) Aushadhikalpadhikar (333), 3) Bheshajkalpadhikar (29), 4) Dincharyadhikar (59), 5) Rutucharyadhikar(56)
7. Vajikarantantra khand-It contains various Vajikarana yogas. (165)
8. Panchakarmadhikar khand-It contains 5 chapters-1) Snehadhikar (33), 2) Svedadhikar (35), 3) Vamanadhikar (94), 4) Virechanadhikar (100), 5)Nasyadhikar (118).

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