

AYURVED PRAKASH - A BOOK REVIEW

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ABSTRACT

Ayurved Prakash' is a classical book composed in 17th century by Madhava Upadhyaya, and edited by Vaidya Vachaspati Shri Gulraj Sharma Mishr which focuses on Ras shastra. This book comprises of 5 chapters which include discussion about Ras Shodhan, Ras Yogas, Ras Maaran, Types of Rasa, Types of Uprasa, Ratan, Upratan, Bhasma, Mani and many more. This review focuses on presenting rare procedures and Yogas included in the book for the benefit of mankind.

KEYWORDS: Ras Shastra, Ratan, Maaran, Bhasma, Ras Yogas.

INTRODUCTION

Among All Old Ayurvedic Medicines, Raschikitsa Was Always Superior and will always remain so. This is clearly justified by the users of raschikitsa. As miraculous raschikitsa is as it is difficult. Considering this difficulty level many Rasacharya's have written different 'Grantas' Some of them are very descriptive while some are summarized. Among all the grantha's 'Ayurved Prakash' written by Madhavopadhyay is one granth which is neither too short nor too long. Rasvidya is considered to be precious and not easily available for all. It is superior among all the three Lokas. It considered being the reason for Bhukti (pleasure) as well as Mukti (salvation) so it is appreciated very well for its noble qualities.

Even Ras Shastra specialists don't know the importance of Ras in the field of clinical practice. If someone claims to be expert of Ras shastra then he is considered as an excellent clinical practitioner among all.

All Ayurveda doctors agree upon the fact that in treatment of chronic diseases, use of Ras definitely leads to success in curing the disease. As Mahabhoot are an essential requirement of being of a body, similarly Ras is the most important component of Ras Shastra. Those Ayurved acharyas, who claim to be expert of all other

Shastra but Ras Shastra, are not considered an expert Ayurveda Acharya at all. Even a small dose of Ras is considered as very effective which provides Arogyata very soon. All the other Aushadhi are considered effective in curable diseases but Ras are considered as the best line of treatment in incurable diseases as well. It is said that all the deities have achieved heavenly bodies with help of Ras Aushadhi. Ayurvedic texts are mostly in Sanskrit because Sanskrit was the major medium of communication and education for a long time. This book is also written in Sanskrit.

About author

This book was written in 17th century A.D. by Madhava Upadhyaya. He was born in Savrashttra in Brahmin family. During his residence in Kashi he wrote "Ayurved Prakash". This is conclusion derived from the ending of the Grantha. The Grantha Seems to have been written during 17th Century as there is mention of Bhavprakash which was written in 1600 Century A.D. Apart from this Grantha Madhavopadhyay composed Pakawali Grantha is also found Besides this no other information is available about the writer.

Ayurved Prakash is Edited by Vaidya Vachaspati Shri Gulraj Sharma Mishr in 01-01-1943. He was the student of Pranacarya Pandit Govardhan Sharma Chhangani

Bhisaka Kesari. He encourage him to write this book. He Prepared this book with tika named Arthavidyotini Tika itis written in Sanskrit as well as Hindi. This book is not only useful for Ras Shastri but also useful for clinical practitioners.

1ST Chapter

Manglacharan, Granth Vashishth, Ras Vaidyak Prashansa, Ras Dosa, Shodhit Ras Guna, Sanskararth Parad Grahan Pramanam, Ras Sanskar Balipoojadi Vidhan, Khalv Lakshan Ras SanskarSankhya, Sweden Vidhi, Mardan Vidhi, Murchana Vidhi, Kanchuk Haranam, Utthaapan Vidhi, Patan Vidhi, Bodhan Vidhi, Niyaman Vidhi, Deepan Vidhi, Anuvasan Shuddh Parad Lakshan, Jaarana Sanskar Lakshan, Gandhak Jaarana Vidhi, Ras Murchana Upaya, Ras Mukhakaranam, Sikta Yantra for Gandhak Jaarana, Kachhap Yantra for Gandhak Jaarana, SwarnJaarana Vidhi, Dola Yantra for Swarn Jaarana, Kachhap Yantra for Swarn Jaarana, Abhrak sattva Jaarana Vidhi, Garbh Drati Lakshan, Ranjan Vidhi, Ranjanarth Saaranarth tail vidhan, Shwet Kriya Tail Vidhana, Jaaranaya Bangadi Vishisht Guna, Ras Bandh Vidhan, Bhaya Druti Vidhan, Saran vidhi, Kaaman Vidhi, Khotmaargen Jaarana Ranjanani, Rajatkarana, Heamkarana, Ras Bandhan Vidhya, Types of Rasa Bandh, Symptoms with Ras Moorchan, Ras Sindoor Vidhan, Ras Karpur Vidhan, Sindoor Ras, Ras Maaran vidhi, Mrit Soot Lakshan, types of Ras Maaran, Jaloka Bandha Vidhan, Khechhari Gutika, Parad Sevan Vidhi, Ras Bhakshan Kaal, Ras Bhakshan Matra, Ras Sevan Niyam, Ashodhit Ras Bhakshan Shamanoupay, Rasajeern Shamanoupay, Ras Sevan Pathyaapthya, Gandha Amrit Ras, Heam Sundar Ras, Mrityunjay Ras, Anandsoot Ras, Pranikalpadrumgoal Ras, Trinetra Ras, Shardul Ras, Amritarnav Ras, Jaya Vati, Gandhaloham, Siddhi Laxmishavaro Ras, Chaturmukh Ras etc are mentioned.

2nd Chapter

Types of Uparas, Origin of Gandhak, Name of Gandhak, GandhakSwaroop, Suddha Gandhak Guna, Ashuddh Gandhak Dosha, Gandhak Shodhan, GandhakGandh Nashan Vidhi, Trayo desh Gandhak Kalpa, Name of Hingul, Types of Hingul, Hingul Guna, Ashuddh Hingul Dosha, Hingul Shodhan, Hingul Maaran, Kritrim Hingulkarana, Hinguloutapaadak Paradkarshan vidhi, Abhrak Utpati, Symptoms of Abhrak, Vajraabhrak Guna, Ashuddh Abhrak Maaran Dosha, Symptoms of Mrit Abhrak, Numbers of Putt Required for Abhrak Maaran, Abhara Anupana & Matra, Abhrak Shodhan, Dhanyaabhrakaran, Abhrak Maaran Prayog, Mrit Abhrak Amritikarana, Abhrak Sevan Pathya, Abhrak Satva Nishkaasan vidhi, Abhrak Satva Shodhan Maaran, Satva Pathan vidhi, Abhrak Druti Vidhana, Mukyadi Druti Vidhana, Abhrak Kalpa, Name of Haratala, Types of Haratala, Symptoms of Haratala, Talak Guna, Tala Dosha, Symptoms of Mrit Tala, Tala Shodhan Maaran, Tala Satva Pathan, Name of Manah shila, Types of Manah shila, Symptoms of Manah shila, Suddha Manah shila Guna, Ashuddh Manah shilaDosha, Manah shila

Shodhan, Manah shilaSatva Pathan, Name of Anjana, Types of Anjana, Symptoms of Anjan, Strotoanjan Sauviranjan Guna, Strotoanjan Sauviranjan Shodhan, Strotoanjan Sauviranjan Satva Patana, Name and Origen of Rasanjan, Rasanjan Guna, Symptoms of Nilanjan, Symptoms of Pushpanjan, Anjana Saamaany Guna, Nilanjan Suddhi, Anjana Saamaany Suddhi, Name of Kulithanjan, Kulithanjan Guna, Name of Tankan, Ashuddh Tankan Dosh, Tankal Guna, Symptoms of Rajavarta, Rajavarta Guna, Rajavarta Sodhan Maaran, Rajavarta Satva Patana, Types & Symptoms of Chumbak, Chumbak Guna, Chumbak Sodhan, Name of Sphatik, Sphatik Guna, Name & Symptoms of Shankh, Shanka Guna, Name, Types, Symptoms of Khatika, Khatika Guna, Name, Symptoms of Gairika, Gairika Guna, Symptoms of Kasis, Symptoms of Rasaka, Rasaka Guna, Symptoms of Ashuddh Kharpar, Kharpar Sodhan, Kharpar Maaran, Kharpar Satva Patana, Name, Symptoms of Kapardaka, Kapardaka Guna, Sodhan & Maaran of Kapardaka, Name of Sikta, Sikta Guna, Name and Type of Bol, Bol Guna, Shayam Bol Guna, Manush Bol Guna, Origin, Name, Symptoms of Kankushta, Kankushta Guna, Kankushta Vish Shaman Upaya, Name & Guna of Soraashtri, Name & Guna of Samudra fen, Name & Guna of Shoodrashankh, Name & Guna of Mukta Shukti, Name & Guna of Jal Shukti, Sodhan & Maaran of Shukti, Name & Guna of Krishna Mritikaa, Name & Guna of Panka, Symptoms of Kampillaka, Name & Guna of Kampillaka, Symptoms & Guna of Gauripashana, Symptoms & Guna of Nawasar, Symptoms & Guna of Agnijaar, Symptoms & Guna of Giri sindoor, Symptoms & Guna of Bodaarshrang, Sadharan Sanshodhan, Upapasa Sankhaya etc are mentioned.

3rd Chapter

Name of Sapta Dhatu, Dhatu Nirukti, Suryaadi Graha, Dhatuadi Nirupan, Updhatu Nirupan, Origin, Types, Symptoms, Name of Swarna, Swarna Shodhan, Sadasataswarna, Swarna Guna, Swarna Paak Vidhi, Swarna Anupana, Ashuddh Swarna Dosha, Swaranadi Matra, Swarna Maarana, Swarnaadi Lohatven Vyavhar, Lohanaam Saamaany Shodhan, Naag Vanga Vishesh Shodhan, Sarva Dhatu Maaran, Swarna Maarana, Swarna Bhasma Pariksha, Swarna Druti, Roopayotpati, Type & Symptoms of Roopya, Roopya Guna, Ashuddh Rajat Maaran Dosha, Rajat Shodhan, Rajat Maaran, Rajat Druti, Origen of Tamra, Name Symptoms of Tamra, Tamra Dosha, Tamra Shodhan, Tamra Maaran, Tamra Bhasma Symptoms, Tamra Guna, Name & Symptoms of Vang, Vang Guna, Ashuddh Vang Dosha, Vang Maaran, Yashad Symptoms, Guna, Maaran, Origin & Name of Naga, Naga Guna, Ashuddh Naga Dosha, Apakva Naga Dosha, Naga Marana, Nageshwar, Origin, Name, Types & Symptoms of Loha, Teekshan Loha Symptoms, Saar Loha Guna, Kanta Loha Symptoms, Kanta Loha Guna, Loha Saamaany Guna, Loha Naisargik Dosha, Ashuddh loha Dosha, Apakva Loha Dosha, Loha Anupana, Loha Sevan Pathya, Loha Updrav Chikitsa, Loha Marana, Mrit- Amrit Loha

Pariksha, Mrit Loha Amritikaran, Loha Druti, Loha kitta Lakshan, Loha Kitta Marana, Loha kitta Guna etc are mentioned.

4th Chapter

Name & Types of Swarna Makshik Bhasma, Symptoms of Swarna Makshika, Swarna Makshika Guna, Ashuddh Swarna Makshika Dosha, Swarna Makshika Shodhan, Swarna Makshika Maaran, Taar Makshika Symptoms, Taar Makshika Shodhan, Taar Makshika Maaran, Symptoms of Vimal, Vimal Makshika Nirupan, Vimal Guna, Vimal Anupana, Symptoms of Makshika, Makshika Shodhan, Makshika Maaran, Origin & Symptoms of Tutth, Tutth Guna, Tuttha Shodhan, Tutth Maaran, Tutth Satvakristi, Name, Symptoms, Types of Bhooaag, Tuttha Satva Bhooaag Satva, Symptoms Kansya, Kansya Guna, Name, Symptoms, Types of Pital, Ritika Guna, Kansya, Pital Shodhan, Maaran, Name, Symptoms of Panchaloha, Panchaloha Shodha, Maaran, Name, Symptoms, Guna of Sindoor, Sindoor Shodhan, Types, Symptoms of Shilajit, Shilajit Vishesa Guna, Ashuddh Shilajit Guna, Shilajit Shodhan, Shuddha Shilajit Pariksha, Name of Shilajit, Shilajit Guna Utkarsh, Shilajit Bhawana, Shilajit Maaran, Shilajit Satvaakristi, Kapoor Shilajit Symptoms, Kapoor Shilajit Guna, Kapoor Shilajit Shodhan, Chapal Symptoms, Chapal Types, Chapal Guna etc are mentioned.

5th Chapter

Mani Guna, Ratn Nirukti, Name of Ratn, Types of Ratn, Hirak Name, Hirak Origin, Hirak Symptoms, Hirak Origin Mataantar, Asth Prakar Hirak Vigyan Nirupan, Types of Hirak, Symptoms of Hirak, Hirak Dosha, Bindu Symptoms, Kaakpad Symptoms, Yav Symptoms, Mal Symptoms, Rekha Symptoms, Vajra Guna, Vajra Nirupan, Maan Definition, Vajra Molya Nirupana, Molya Guna, Mudraado Vajra Vinyas Kram, Vajra Pariksha Prakar, Vajra Parikshak Mandali Pravesha, Mauktika Types, Mauktika Symptoms, Mauktika Guna, Vajra Guna, Vajra Dosha, Shreshth Vajra Symptoms, Ashuddh Vajra Symptoms, Vajra Shodhan, Vajra Maaran, Shreshta Praval Symptoms, Tyajya Praval Symptoms, Pravala Guna, Shreshta Mauktika Symptoms, Mauktika Symptoms, Manikya Guna, Shreshta Manikya Symptoms, Tyajya Manikya Symptoms, Gurutmat Name, Gurutmat Symptoms, Gurutmat Guna, Vaidurya Name, Vaidurya Symptoms, Vaidurya Guna, Gomed Name, Gomed Symptoms, Gomed Guna, Indra neel Name, Indra neel Symptoms, Indra neel Guna, Pushpa Raag Name, Pushpa Raag Symptoms, Pushpa Raag Guna, Sarva Ratnana Combined Symptoms, Panchratan Nirupan, Mani Nirupan, Vajra Vyatirek Mani Origin, Sphatik Name, Sphatik Symptoms, Sphatik Guna, Suryakant Name, Suryakanta Symptoms, Suryakanta Guna, Chandrakant Name, Chandrakant Symptoms, Chandrakant Guna, Rajavartta Name, Rajavartta Symptoms, Rajavartta Guna, Prroja Name, Prroja Symptoms, Prroja Guna, Upratn Shodhan, Upratn Maaran, Ratn Maaran Vichar, Vaikaraant Origin, Vaikaraant Name, Vaikaraant Shodhan, Vaikaraant

Maaran, Ratn Upratn Guna, Mudrika Dik Bhed Ratna Vinyas Kram, Grah Pratikul Nivaaran Ratn Dharan Daan, Ratna Druti Karana, Sauraashtri Satva Patan, Samyak Satva Patan, Vish origin, Vish Types, Vish Symptoms, Vish Guna, Vish Shodhan, Vish Maaran, Vish Sevan Types, Vish Rogaadhikar, Vish Dose, Vish Pathya, Vish Vega and Symptoms, Vish Chikitsa, Vish har Mantra, Upvish Nirupan, Upvish Shodhan vidhi, Vish Tail, Vish Vajra Paat Ras, Vish Roge Suddha Nidhi Ras, Kshar Kalpana etc are mentioned.

CONCLUSION

This book was written in 17th century A.D. by Madhava Upadhyaya Ayurved Prakash is Edited by Vaidya Vachaspati Shri Gulraj Sharma Mishr in 01-01-1943. He was the student of Pranacarya Pandit Govardhan Sharma Chhangani Bhisaka Kesari. This book contains details of procedures like Ras Shodhana, Ras Maaran, Murchan, Paatan, Bhasma Prakaran, along with some rare Yogas like Mrityunjay Ras, Anandsoot Ras, Pranikalpadrumgoal Ras, Trinetra Ras, Shardul Ras, Amritarnav Ras, Jaya Vati, Gandhaloham, Siddhi Laxmishavaro Ras, Chaturmukh Ras and many more. Some important Procedures like Satvapatan, Satvaakristi, many more are discussed along with various Symptoms, name, guna. The book starts with worship of Lord Ganesh, and Chapter names are not mentioned. The book truly justifies its name 'Ayurveda Prakasha' it is a summarized book along with some of its own important contribution.

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