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A Review on *Sahasrayoga*

Dhanya Vasudevan^{1*}, Krishnendu O Nambiar², Rekha J³, Radhika Ranjan Geethesh P⁴, Ravindra Angadi⁵

¹⁻⁵Department of Rasasastra and Bhaishajya Kalpana, Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Kuthpady Udupi, KA, India

ABSTRACT

Bhaishajya kalpana deals with the process of preparation of medicine. It mainly involves the utilisation of *Panchavidha Kashaya kalpanas* as the base for these medicinal preparations. *Sahasrayoga* is one of the famous books, followed in the south especially by the physicians in Kerala. It provides details and contents that can be easily perceived by the students as well as the efficient physicians.

KEYWORDS

Kashaya, Kashaya Kalpana, Anubhoota Yoga



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INTRODUCTION

Sahasrayoga is a compilation of many other books, it is also known as Chikitsa Sara Sarvasvam¹. It is derived from different yogas seen on ancient manuscripts or palm leaves scattered across Kerala, and also include formulations, and many other *anubhoota yogas*. The Sahasrayoga referred here for the journal is a Malayalam book published in the year 2006.

In *puranas* there were two or three Sahasrayogas, but they were not enough for the daily treatments by the vaidyas. To overcome this issue, this book was created from the uncompromised own experiences, lots of criticizing reviews, and from so many precious ancient treatment prescriptions.

A good reference to Ayurvedic preparation is classical formulas. In South India many of the preparations are made from the yogas mentioned in Sahasrayoga. The title literally means 1000 formulas or yogas. Many of the popular medicines like *Ksirabala taila* or *Anu taila* are listed here, but few are no longer in preparation. The formulations are listed explain the ingredients, procedure and the indication of the medicine. Ultimately the book is of high significance as it holds formulations or yogas from many corners of India compiled in it.

This book can act as a guide for Ayurvedic students as well as procedural texts for *Vaidhyas*. During early periods the Sahasrayoga were of two different parts, which were *Purana Sahasrayoga* (Ancient Sahasrayoga) and *Adhunika sahasrayoga* (Modern sahasrayoga). Unfortunately *Purana Sahasrayoga* is not available now, its been missing since the recent past. So we are only left with the choice of *Adhunika sahasrayoga*. The *purana sahasrayoga* as its name suggests is derived from the formulations and medicines which were in use during the ancient ages. Those formulations are not available in *Adhunika sahasrayoga*.

Adhunika Sahasrayogam was written along with the '*Sujanapriya*' commentary by the deciples of His Highness Anantapurattu Muttakoyi Tamburan, who were K. S. Krishna Vaidyan and S. Gopala Pillai. This was published In Kollam District Kerala, during the Malayalam year 1122 and is now been published from Alapuzha District in Kerala with around 30 editions.

The text emphasized on the efficacy and utility of different kashaya kalpanas with special reference to Kashaya Yogas used in different disease.

Kashaya yogas: The author has mentioned about 401 *kashaya yogas* used popularly according to the diseases. *Shadanga paneeya*² is the first preparation explained



as it is the first line of treatment that is considered ideal for *jwara*. The author also elaborates the importance, and preparation, of *toya kalpana*.

A detailed description of *Kashaya Kalpana* is seen, wherein the author mentions specific *kashayas* for specific disease conditions. A total number of 56 *kashayas* are mentioned exclusively for *jwara* like commonly used *guduchyadi kashayam*³, *mrdhvikadi kasahyam*⁴, *valiyangadi kashaya*⁵ etc.

Many other diseases like *atisara*, *grahani*, *arsha*, *swasa*, *kasa* and respective *kashayas* used has been elaborated in this chapter. Also, *kashayas* used in *garbhini* and *sootikacharya* are enlisted. *Kashayas* used in *vamana kriya* has also been given importance. Lastly the chapter ends with the elaborate explanation of *dhanyamla dhara*⁶ preparation and procedure.

Gutika yogas: *Gutika yogas*⁷ (pills) are explained according to Malayalam alphabetic order starting from *Agnikumari rasa* to *Hinguwadi gutika*. About 77 gutikas are explained with shlokas. Unique preparations like, *Vettumaran gulika*⁸, *Gaganeshwara rasa*⁹, *Triguna rasa*, *Chandabhaskara rasa*¹⁰ etc has been found.

Churna yogas: *Churna yogas* (powders) are elaborated along with its mode of administration and its indications. 108 *churna* yoga preparations are explained in

detail according to the Malayalam alphabetic order. *Churnas* which are given for internal administration and certain *churnas* which are given for *talam* like *kozhi talam*¹¹ *triphalaadi talam*¹² are also mentioned in this book. Some of the *churnas* which are mentioned for internal administration are *Jeevantyaadi churnam*, *Narayana churnam*, *Pushyanuga churna* etc.

Bhasma Kshara yogas: 19 *bhasma kshara yogas* have been explained in this chapter. Some of the important *bhasma ksharas* which were practised earlier in Kerala like *Naadheyaadi ksharam*¹³ *Gandhaka churnam*, *Swayam bhasma*¹⁴ etc have been found.

Lehya yogas: This chapter contains *leyha yogas* (confections) like *rasayanas*, *gulam*, *lehyas*. About 50 *lehya yogas* have been explained with its method of preparation and its indications. A unique preparation called *puli kuzhambu*¹⁵ which is widely used in Kerala has also been mentioned in this book.

Arishta yogas: *Arishta yogas* are explained in this chapter. From *Abhayarishtam*¹⁶ to *Mustaarishtam* about 22 *arishta yogas* have been mentioned along with its method of preparation and indication.

Asava yogas: *Asava yogas* are elaborated in detail according to alphabetic order. 20 *asava yogas* like *aravindasavam*,



*kharjuraasavam*¹⁷ , *gandiraasavam*¹⁸ etc has been found along with its preparation.

Taila yogas: The *taila yogas* that are used for abhyanga, nasya, vasti are explained in this chapter. About 96 taila yogas has been mentioned in this chapter. Some of them are *Angolaadi tailam*¹⁹, *Anu tailam*, *Shadkadvara tailam*²⁰ etc. There are also mentioning of tailas which can be used for internal administration like *Vranabhairava tailam*²¹, *Swasaari tailam* etc.

Ghrita yogas: 135 *ghrita yogas* are detailed in this chapter. *Mayura ghrutam*²² indicated for *urdhwajatru roga* is explained. The author mentions the ratio of the ingredients of *panchagavya ghruta*²³ in this chapter.

Urdhwanga roga chikitsa: *Urdhwanga roga nidana* and chikitsa description is seen here. Special *netra chikitsas* and the *oushadhas kalpas* required for *vidalaka*, *anjanna*, *dhara*, *seka* etc are explained in this chapter .Some of the formulations which are largely used in Kerala like *mukkadipurambada*²⁴, *ilaneer kuzhambu*²⁵, *tutha anjanam*, *Shataahvaadi ghritam* are also found. There are also mentioning about certain formulations that are made from *ratnas*, *jaangama dravyaas* which are used for *netra roga chikitsa*.Some of them are *ratnaadi gulika*, *danta varti*, *tamaala patraadi gulika* etc. It also describes the pathyas and certain regimens to be followed

during medication. *Karna roga chikitsas*, *surasaadi gana*, *karna poorana* with *dadma phala swarasa* etc are also mentioned.

Nasika roga nidanas and its effective treatments are also described in this chapter. Many practically effective combinations for *kavala* as well as *gandusha* procedure are elucidated. *Urdhva roga nidanas* like *kantha* , *jihva*, *oshta*, *danta* etc and their *chikitsas* have been mentioned briefly here. Other than that there is special elaboration of *Sannipataja vyadhi*, its lakshana with its chikitsa and their respective yogas.

A small part of this chapter has also been dedicated for the explanations regarding different types of visha chikitsa²⁶ (loota visha, sarpa visha etc)

Shudhi kramas: Shodhanas of various drugs which are of plant and mineral origin, a variety of *pratya oushadhas* for different conditions, *oushadha paka vidhi* for different kalpanas can be found in this chapter. The chapter is also having an exclusive description about *Dhara kalpa*²⁷, gunas of dhaara, description about *dhaara paathi* (wooden stand and bed), *kaala*, *dhara karma* along with few details of *pizhichil* too.

Nidana: This chapter of sahasrayoga has been dedicated to emphasise nidanas of different diseases like that of *jwara*,



raktapitta, kaasa, hikka, swasa, rajayakshma, aruchi, chardi, etc. Nidanās of more than 40 disorders have been elucidated in the same chapter.

Guna padha: Last chapter has briefly explained about different vargas like *jala varga, ksheera varga, ikshu varga* etc.

Discussion and conclusion

Lacunae:

The contents are not arranged in an order and some of the slokas mentioned are in Malayalam that may prove to be difficult for some to follow.

Few slokas contain hidden meaning that can only be well perceived by experts and practically efficient physicians.

Highlights

It contains numerous easy and commonly practised yogas, especially by the physicians of Kerala.

Sahasrayoga is a textbook where in the diseases and its treatments have been explained in a very systematic manner. This 548 page book contains more than 1250 yogas which has a narration about *sannipata chikitsa, visha chikitsa, pratyashadha vidhi, dhara kalpa* etc. The book has been designed in such a way that both common man and vaidyas can use it for a relief from any illness. Sahasrayoga is considered to be one among the authoritative textbooks which is widely

followed by the physicians and manufacturing companies in South India.



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