Literature review of Bhela Samhita related to Shalakya tantra

AKASH PARASHAR 1,* and S.M PASHA 2

1 PG Scholar, Department of P.G studies in Shalakya Tantra, G.A.M.C, and Bengaluru, India.
2 Professor & HOD, Department of P.G studies in Shalakya Tantra, G.A.M.C, and Bengaluru, India.

World Journal of Biology Pharmacy and Health Sciences, 2022, 12(02), 001–004
Publication history: Received on 18 September 2022; revised on 27 October 2022; accepted on 29 October 2022
Article DOI: https://doi.org/10.30574/wjbphs.2022.12.2.0166

Abstract

Shalakya Tantra is one among the ashtanga of Ayurveda, it is also called Urdhvanga. Understanding of Shalakya Tantra will help the physician in the planning of treatments for the diseases related to urdhvanga. Sushruta Samhita is considered as the main text for the shalakya references. There are many other treatises which are having hidden chikitsa principles related to shalakya diseases. One such text is bhela Samhita written by acharya bhela. Acharya bhela explained nidana, Lakshana, and chikitsa of various shalakya tantra-related diseases. Unfortunately, 50% part of shiroga roga chikitsa adhyaya is not available. So, it is an attempt to analyze and explore the remaining part for finding out new hidden treatment principles.

Keywords: Bhela Samhita; Shalakya; Ayurveda; Shiro roga; Chikitsa

1. Introduction

Acharya bhela was one among six disciples of atreya punarvasu. He wrote a treatise named bhela Samhita. It comprises 120 chapters divided into 8 sthana. As per the point of view of shalakya tantra chapter no 21- Shiro roga chikitsa is of much importance. This chapter contains nidana, Lakshana, and chikitsa of shiro rogas karna roga, mukha roga & arochaka like suryavarta, anantavata, Shira Kampa, krimija karna roga. 50% part of this chapter is missing. So, this study is done by keeping in mind to enlighten the knowledge of the importance of the remaining part related to the shalakya tantra in bhela Samhita. This study will review the hidden knowledge of various chikitsa principles & help in better understanding of diseases related to shalakya tantra in bhela Samhita.

2. Material and methods

2.1. Chapter No.21- Shiro Roga Chikitsa

Starting part and last part of this chapter are missing. Available contents regarding chikitsa are reviewed in this study

2.1.1. shankhak chikitsa (1)

Application and pouring of cold Kashaya of Dravyas should be done repeatedly.

2.1.2. suryavarta (2)

- intake of kalyanaka ghrita should be done
- both Vamana and shirovirechana should be performed.
after snehana, Nasya karma should be done.
- Shirobasti procedure with ghrita, taila, and vasa should be done.
- Nasya prepared by mamsa of Mayura, kukkuta processed with butter and jeevaniya drugs helps in relieving from suryavarta.
- Parisechana should be done overhead by ksheera Siddha Kashaya prepared from dravyas like bilwa, amsumati, rasna, sahdeva, punarnava, guducchi, Bala, yasthimadhu, etc.
- Poultice made by jangala mamsa is beneficial in daruna suryavarta.

2.1.3. anantavata (3)
- acharya bhela told special nidana like palalam, dadhi, matsya, pistha anna sevana & divaswapana for the manifestation of anantavata vyadhi
- Chikitsa- siravyadhana of lalata Pradesh sira
- Snehapana followed by virechana should be done.
- Suryavarta treatment principles should be followed.

2.1.4. ardhavbheda (4)
- Chikitsa- shirovirechana, nasya
- Maximum dose of taila or ghrita or vasa should be given to patient for the purpose of Snehana and pacification of disease.
- Nadi swedana should be done.
- Upnaha sweda should be done to head by using ushna ksheer siddha drugs.

2.1.5. Nasyadi karma in shiroroga (5)
- In all type of shiro roga shiroverchana with done by using drugs like -karanja, shigru, twak, patri, sharkara.
- Dahana karma should be done in shiras and lalata Pradesh last part & manya Pradesh by using pippali kanda.
- If there is severe pain in vatajanya shiro roga & kaphaja shiroroga then wise physician should done dahana karma by using aarandya pippali kanda.

2.1.6. shira kampa (6)
- Nidana- persons who consumes daily dry food & those are suffering from udavarta
- Chikitsa- mild sudation, internal intake of bala taila should be done
- Daily nasya karma, anuvasana, snehapana should be done.

2.1.7. murdha kshvyathu (7)
- Nidana- intake of Sarva rasa yukta bhojana in case of ajirna & doing adhyashana.
- Chikitsa- sira vyadhana of shiras sira.
- Purana ghrita pana
- Shodhana dhoomapana
- Shirovirechana

2.1.8. Kantha roga chikitsa (8)
- use of Bala taila is ideal for both nasya and oral intake.
- If Kantha roga is due to both Vata & Kapha dosha, then Kavala should be done by using Kalka or Kashaya in Mukha and Kantha.

2.1.9. arochaka chikitsa (9)
- Powder of drugs like pippali, pippalimoola, maricha, haritaki, shunthi, yavakshara, lodhra, and tejovati should be mixed with honey.
- Face should be washed by using the above-said drugs.
- Withholding of powders of drugs like adraka, kapittha, trikatu along with madhu & sharkara in the mouth is said as the best in all types of arochaka.
Kavala by using dravyas like jeeraka, maricha, draksha, chincha, dadima, souvarchala lavana mixed with jaggery and honey is said as best in arochaka

2.1.10. galasundika chikitsa (10)
- Chikitsa- siravyadhana, snehapan & shirovirechana should be done by using teekshna dravyas
- Shastra karma & dumapana can be done

2.1.11. Karna roga (11)
- Dosha predominance - karna shola- vatajanya, karna vata- vata, badhirya – vata & kapha

2.1.12. Karna roga chikitsa
- Snehapan, nasya, nadi sweda, poultice (upnaha). And karnapoorana by using vasa and majja of anoopa Pradesh animals.
- Bilwadi taila karnapoorana is said to be best for any type of daruna karnashoola
- A mixture of shaireesh taila & shatpaka taila & Bala taila karnapoorana is beneficial in severe earache &badhirya.

2.1.13. Raktaja Karna roga (12)
- Lakshana- swelling, pain & redness
- Chikitsa- siravyadana of lalata sira, virechana karma, shiro virechana & cotton dipped with amla dravya processed oil should be placed over the head.
- In case of the suppurative stage- poultice should be applied over wound & apply Vrana taila overwound
- If pus is coming- take a Probe and apply cotton over the head of it and clean the discharge slowly
- After cleaning karnapoorana should be done for 1 muhurta by using oil prepared by drugs like sunthi, maricha, pippali, saindhava lavana, majishta, rasna, haridra, tilvaka, tila, asana, eranda, moorva, arka, etc along with mamsa of mangoos & donkey and skin of snake, etc .this will help in reducing the karnasrava, karnashoola, karnapaka, badhirya and also Shiro rogas.

2.1.14. Krimija karna roga (13)
- lakshana- severe pain forehead along with burning sensation in the head, pricking type of pain, giddiness etc. all symptoms are similar to symptoms of krimija Shiro roga.
- If more than one symptom is present then the prognosis is considered to be very bad.
- chikitsa- Madhu shukta or milk or sura should be made lukewarm and karnapoorana should be done and the head should be made straight. if the discharge occurs after the removal of the insect, then the line of treatment of karna srava should be followed.

3. Conclusion
There are many other Samhitas in that knowledge related to shalakya tantra is extinct because of various factors or still not reviewed. Scholars mainly refer bruhat trayais for shalakya diseases treatment. So, this study will help scholars for getting added information on shalakya tantra written in bhela Samhita and also it will helpful for further research over chikitsa principles explained in bhela Samhita.

Compliance with ethical standards

Disclosure of conflict of interest
No conflict of interest.

References


