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ABSTRACT

Rasashastra (Indian Alchemy) forms the basis of Ayurvedic pharmacetics. In ancient Ayurveda, the emphasis has been over the herbs and their therapeutic usages. Later on the animal products, metals and minerals started to find favor of the Ayurvedic practitioners. Ample of literature is available on Rasashastra. Chakradatta holds an important place amongst academicians, researchers and students of Rasashastra. Many verses of Chakradatta are derived from 50 sources. The principle source of this book as stated by the author himself at the end of the work is Vrnda’s Siddhayoga. Chakradatta’s main aim was to present it as an up to date text of Ayurveda medicine for the benefit of ailing mankind. The uniqueness of Chakradatta is in the description of several metallic and mercurial preparations for the purpose of internal use as medications. Therapeutic principles specific for the disease recommended by Chakradatta are beneficial even today for the practitioners of Ayurveda.

KEYWORDS: Ayurveda, Chakradatta, Chakrapanidatta, Rasashastra.

INTRODUCTION

Rasashastra or the Indian Alchemy is an important branch of Ayurvedic Pharmacology. This branch deals with the use of metals, minerals, gemstones and their processing.

In an ancient Ayurveda the emphasis has been over the herbs and their therapeutic usages. Later on the animal products, metals and minerals started to find favor of the Ayurvedic practitioners. The minerals and metal are very effective and potent for immunization, rejuvenation and elimination of diseases.

A series of books on Ayurveda therapeutics started with ‘Siddhayoga’ by Vrnda in the 9th century and followed by ‘Chakradatta’, Gada Nigraha, Sharangadharasamhita, Bhavprakash, Yogratnakara and Bhaishajyaratnavali. These works incorporated many new concepts thoughts and therapeutics and further enriched Ayurveda as a result of exchange and sharing of different medical thoughts entered into India along with foreign rulers.

Chakradatta is one of the important treatises composed by Acharya Chakrapanidatta. The well known Tikakarta of Charak Samhita, actually this book is named as ‘Chikitsa sangraha’ by the author, but because of immense popularity it gained and also due to the towering personality of Shri Chakrapanidatta, in later time it is transformed as ‘Chakradatta’. This shows the authority, popularity of Chakrapani. Chakradatta has proposed principle line of treatment for various diseases, several herbal and herbomineral formulation are prescribed in Chakradatta, which are beneficial for the Ayurvedic practitioners. The uniqueness of Chakradatta is in the description of several metallic and mercurial preparations for the purpose of internal use as medication. Eg. Rasaparpati made from purified and processed mercury and sulphur is an useful innovation of Chakradatta.

About the Author & Period

Chakrapani belonged to the eastern part of India. In the 11th century AD era. His father Narayana was the kitchen-incharge of the king with the status of minister in the kingdom of Gauda. His elder brother Bhanu was a royal physician to the king Nayapala.

Chakrapani acknowledges Naradatta as his guru who inspired his writings, particularly his commentary on Charak samhita. Chakrapani has contributed compendia viz. Ayurveda dipika - a commentary on Charak Samhita Bhanumati - a commentary on Sushrut Samhita Chikitsasangraha, Vyagrardirashubhankara & Vyakarantaravachandrika, Dravyagunasangraha, Muktavali, Shabdachandrika etc.

Subject Matter of Chakradatta at Glance

- Entire Chakratadda is composed of 4800 verses which are divided into 79 chapters.
- More than 50 sources have been acknowledged from where Chakrapani was inspired for these verses. The principle source of this book as stated by the author himself at the end of the work is Vrnda’s Siddhayoga.
- The chapters of Chakradatta are divided as per the diseases, clinical syndromes, therapeutic procedures and include also a chapter on preventive medicine.
First 65 chapters are in the order of Madhava-Nidan who had dealt only with the diagnostics whereas Chakradatta only deals with therapeutics.

Chapter 66 & 67 deals with the rejuvenative therapy (Rasayana & Vajikarana).

Various purificative procedures (Panchakarma) and various formulations for those procedures are mentioned in chapter 68 to 77.

Last two chapters are about Siravedha (venesection) and Dincharya, Ritucharya etc. (routine for healthy).

Various divine therapies (Daivavyapashraya chikitsa) and various Mantras are also mentioned in the text.

Information about the author is mentioned at the end of the text.

79 Chapters of Chakradatta are as Follows

1. Jvarachikitsa
2. Jvaratisarchikitsa
3. Atisarchikitsa
4. Grahanichikitsa
5. Arshachikitsa
6. Agnimandyachikitsa
7. Krimichikitsa
8. Pandurogachikitsa
9. Raktapittachikitsa
10. Rajayakshmachikitsa
11. Kasachikitsa
12. Hikkashwaschikitsa
13. Swarbdhayachikitsa
14. Arochakchikitsa
15. Chhardichikitsa
16. Trishnachikitsa
17. Murchhachikitsa
18. Madatayachikitsa
19. Dahachikitsa
20. Unmadachikitsa
21. Apasmarchikitsa
22. Vatavyadhichikitsa
23. Vataraktaachikitsa
24. Urustambhachikitsa
25. Amvatachikitsa
26. Shoolachikitsa
27. Purinamshoolchikitsa
28. Udavartachikitsa
29. Anahachikitsa
30. Gulmachikitsa
31. Hridrogachikitsa
32. Mutrakruchachikitsa
33. Mutraigatachikitsa
34. Ashmarichikitsa
35. Pramehachikitsa
36. Sthauyachikitsa
37. Udachikitsa
38. Phlhayakrutchikitsa
39. Shothachikitsa
40. Vruddhibradhnachikitsa
41. Galagandagandamalapachigranthiaryabdachikitsa
42. Shlpadchikitsa
43. Vidradhichikitsa
44. Vranasothachikitsa
45. Nadiyvarachikitsa
46. Bhagandarchikitsa
47. Upadanchikitsa
48. Shookodashachikitsa
49. Bhagnachikitsa
50. Kashtchikitsa
51. Udardakothashtapittachikitsa
52. Amalapittachikitsa
53. Visarpavishchikitsa
54. Masurikachikitsa
55. Kshudrarogachichikitsa
56. Mukharogachikitsa
57. Karnarogachikitsa
58. Nasarogachikitsa
59. Netrarogachikitsa
60. Shirorogachikitsa
61. Asrugdarachikitsa
62. Yonivapadhichikitsa
63. Strirogachikitsa
64. Balarogachikitsa
65. Vishachikitsa
66. Rasayanadikar
67. Vrushyadikar
68. Snehadikar
69. Swedadikar
70. Vamanadikar
71. Virechanadikar
72. Anuvasanadikar
73. Niruhaadikar
74. Nasyadikar
75. Dhoopanadikar
76. Kawalagandushadhikar
77. Ashchotananantarpandapakadhikar
78. Siravyadhikar
79. Susthadikar

Chapter Discussion

Chapter 1 (Jvara chikitsa)

The text has been started with the Jvara chikitsa (Fever) which is always present in many diseases.

First of all Chakrapani paid respectful salutation to the Lord Shiva.

Chakrapani mentioned that, this great work of compiling most effective Yogas (the medicinal formulation) from various medical texts for various diseases / disorders was undertaken by Chakrapani in the interest of ailing human kind duly
incorporation his own clarification, explanation etc. wherever required.

- He mentioned the treatment procedure as physician should examine the patient first before considering about medicine.
- The line of treatment for Jvara and types of Jvara is prescribed.
- Also the divine therapy (Daivavyapashraya karma) for Jvara is prescribed as Mantra, worship of Lord Shiva along with the goddess and reciting Vishnusahasraanam.
- Snehapa, paribhasha, snehapa, pariksha (testing of oils and ghrita) are described.

Chapter 2 & 3 (Jvaratisara and Atisara – chikitsa)

- Treatment of diarrhea associated with fever is mentioned.
- Langhana is mentioned first. Then various dietetic items (Peya, Vilepi etc) are prescribed.
- Features of Ama & Pakva purisha (mature & immature stool) is described.
- Line of treatment for diarrhea is given and various formulation as well as diet is prescribed.

Chapter 4 (Grahanichi chikitsa)

- Line of treatment for Grahanichi vikara is described.
- Amapachana, Langhana, purificative procedures (Vamana virechana etc.), light diet of Panchakola peyu should be given first followed by other appetizers.
- Various herball & metallic preparations are described. Rasaparpati made by purified and processed mercury and sulphur is the characteristic of the text.

Chapter 5 to 55

- Same as the above 4 chapters. Line of treatment according to diseases / disorders is described.
- Various herbal and herbomineral formulation are mentioned for the treatment.
- Various purificative procedures, dietetic items and Pathya apatrya (diet regimen) are described.

Chapter 56 to 60

- These chapters are on various ENT diseases in these chapters line of treatment for the diseases of throat and tongue is prescribed
- Line of treatment for the diseases of ear, nose, eyes and head is mentioned.
- Various formulations and procedures like Kavala, Gandusha (methods of gargling), Ashchotan, anjan (eye drops collyrium), Shirobasti etc. are prescribed.

Chapter 61 to 63

- These chapters are on the gynecological problems.
- Herbal preparation like Siddha ghrita, Taila (ghee and oil), Kwath (decotion) are prescribed for internal and external use. Lepas for external applications are also mentioned.
- Suvarna yoga is prescribed in Yoniyapad chikitsa. In this yoga Suvarna (gold), Rajata (silver) and Tamra (copper) Bhasma mixed with ghee should be given to women. It purifies the reproductive system and creates favorable ground for conception.
- Formulations like Loma Shatana yoga (hair removing medication) are also mentioned.
- Treatment of Striroga (Women diseases during pregnancy etc) is described, treatment of miscarriage is given.
- Divine therapy has been also suggested in Striroga. In this Garbha-chyavana mantra, various Yantras of numbers are mentioned.
- Aparapatama upachara (treatment for falling of placenta) is given. Chanting of mantras has also suggested for the same.

Chapter 64 (Bairoga chikitsa) (Pediatrics)

- Treatment for various children's diseases is prescribed in this chapter.
- Kushthadi lehya is mentioned for the new born baby. In this Suvarna bhasma added with fine powder of Kushtha, Vaca, Haritaki & Bramhi should be administrated to the child duly mixed with honey and ghee. It improves complexion and life span of the child.
- Treatment of various umbilical problems / diseases is described.
- Treatment for the diseases of eyes of children is given.
- Daivavyapashraya karma (divine therapy) to pacify Grahas by chanting the mantra (hymn) is mentioned in this chapter.
- Features of Grahadoshas and their treatment are compiled from 'Kumartantram' of Ravana.

Chapter 65 (Visha chikitsa)

- In this chapter treatment of poisoning is described.
- General treatment for snake bite, ingested poison, Garavisha, etc. is described.
- ‘Mrutasanjeevana agada’ which is a herbomineral preparation prepared in Pushya nakshatra relieves all types of poisons revives seriously poisoned one, relieves fever.

Chapter 66 (Rasayanadhikara)

- The therapy which slows down ageing process and related disorders is known as Rasayana. This should be administrated in early or middle youthful age after Shodhana (purification) of the body.
- Rasayana therapy, if administered to the unpurified body, it does not produce its effects properly like dying in a dirty cloth.
- Various herbal Rasayanas are mentioned in the text, like Pippali rasayana, Ashwagandha rasayana etc.
- Paryusita jala prayag: regular intake of water in early morning alleviates all diseases originated by Vata, Pitta, Rakta and Kapha, it is stated that Jala Nasya (intake if water through nostrils) in early
morning acts like Rasayana, corrects vision alleviates wrinkles etc.

- Amrtsara lauha is described. In this the whole procedure of preparing it is compiled from Lauhashastra by Nagarjuna. Lauha marana is also mentioned in the text.

For the relief of various diseases as well as Rasayana therapy, one should take the Lauha (iron) on an auspicious day after worshiping Lord Shiva, in the dose of 10 Rattis (10x125 mg). keeping in view the strength and age etc. factors.

- Pure water or milk should be taken as Anupana after consuming Amrtsara. Diet regimen after the intake is also described.

- Treatment of constipation if caused after intake of Amrtsara is given, i.e., Anupana of hot milk or water of tender coconut as laxative or warm water mixed with Yavakshara or Triphala kwoth should be taken.

- The first dose should be taken by two Ratti (250 mg) continued for three days. From fourth day onward it should be gradually increased up to eight grams which should not be increased further.

- Thus in ninety Shloka (verses) in Arya meter. Processing including seven methods as revealed traditionally has been described.

- Other than Amrtsara rasayana, samanya lauhabhasma prayoga is also mentioned.

- Properties of different Lauha, Tamra (copper) Rasayana, Shilajatu rasayanam, types of Shilajatu its anupana restrictions during Shilajatu therapy. Production of Shilajatu is described.

- Shiva gutika, it Anupana is described. As the recipe of Shiva gutika was revealed by Lord Shiva hence it is named as Shiva gutika.

Chapter 67 (Vrushyadhikar) Aphrodisiacs

- In this chapter formulation which acts as aphrodisiacs are described.

- General factors of Vrushyadraya (aphrodisiacs) are mentioned i.e. All the drugs or substances which are Madhura (sweet), Snigdha (unctuous), Jivanam (vitalizer), Brhanam (bulk-promoter), Guru (heavy) and Harshana (pleasing mind) are considered as Vrushyad (aphrodisiac).

- It includes various Churnas (powders), Ghrita, (ghee), oils, Lepa (ointments) etc.

- Vastra dhupana is also mentioned as vrushya (fumigation).

Chapter 68 to 69 (Snehadhikar & Swedadhikar) Oleation and Sudation

- In this chapter procedures involved in panchakarma therapy are mentioned. Snehana (oleation) and Swedana (sudation) are the procedure to be done before Panchakarma therapy.

- In chapter 68 & 69 indications contraindications, doses and Anupana and diet after Snehana & Swedana are described. Various recipes for Snehana are mentioned.

- Firstly Snehana should be administrated followed by Swedana (sudation). Purification procedure like Vamana (emesis) etc. is done after proper Snehana & Swedana.

- Types of Swedana, excessive sudation treatment is described.

Chapter 70 to 78

- In these chapters formulations for Vamana (emesis), Virechana (purgation), and indications & contraindications for the same are described.

- Anuswasana basti (unctuous Basti), Niruha Basti (non-unctuous Basti) (medicated enema) are described. Various Kshar basti formulation containing Gomutra (cows urine) are mentioned.

- Nasya Karma (Nasal evacuation), its types indication & dosages etc. are mentioned in chapter 74.

- Procedures like Dhunapana (Medicated smoking) Kavala & Gandusha (gargles), Aschyotana, Anjana, Tarpana & Putapaka (procedures used in the treatment of eye diseases) are described.

- Procedure of Siravyadha (venesection) is described in chapter 78.

- Location of venesection, indications, contraindications, excessive bleeding treatment and diet after venesection is also described.

Chapter 79 Susthadhikara (Routine for healthy)

- In this chapter daily routine for being healthy is described. Vyayam (physical exercise) is also advised.

- Ritucharya (seasonal regimen) is also described.

- It is advised that the wise person should always be cautious about his health and take suitable measures, whenever required, just like the town administration looks after town and the owner of the vehicle takes care of it.

- At the end of the book information about the author (Chakrapanidatta) is given.

Commentaries on Chakradatta

Two commentaries are available on Chakradatta

1. Ratnaprabha – by Nischalakara in 13th century A. D.
2. Another authored by Shivadasa Sen in 15th century A. D.

Practical Aspects of Chakradatta

- Several herbal and herbomineral formulations are prescribed in Chakradatta which are useful for the Ayurvedic practitioners.

- Chakrapani described assistive devices and surgical techniques such as Ksharsutra (alkali thread) which has currently regained its popularity for its application in sinuses and fistula in ano.

- Use of Ksharabasti therapy is mentioned in Niruahadikara for the treatment of various Vatvyadhies.

- Routine for healthy is very well described in the last chapter.

- Chakrapanidatta recommends six therapeutic modalities for Amavata viz. Langhana (fasting),...
**Swedana** (sudation), **Tikta-deepana-katu dravya** (medicinal substances with bitter, pungent taste and digestion-metabolism facilitator), **Virechana** (laxation), **Snehipana** (use of medicinal oils), and **basti** (mediated enemas) which are to be employed sequentially if the patient reports at an early stage of disease. Several formulations prescribed for **Amavata** are still popular among the **Ayurvedic** practitioners such as **Yograj guggula**, **Sinhanada guggula**, **Rasanasaptak**, **Kwath**, **Panchakola kashyam**, **Nagarchoorna**, **Eranda taila** etc. regulation in dietary management with avoidance of certain food substances is emphasized in the chapter on **Amavatachikitsa**.

- Many new herbs are introduced in the formulation such as ‘**Asthisamhara**’, i.e., **Asthisandhana** (*Cissus quadrangularis*) commonly used in traditional practices and for its bone healing activity.

**Demerits of the Text**

Only the line of treatment is given for the diseases. Description of diseases, signs and symptoms are not given in the text.

**CONCLUSION**

- This book is mainly deals with the therapeutics.
- The line of treatment for the diseases is given systematically.

- The therapeutic principles specific for the disease recommended by **Chakradatta** are beneficial even today for the practitioners of **Ayurveda** and the researchers also.
- **Chakradatta** can be considered as one of the important book from the treasure of **Ayurveda**.
- **Chakradatta** withstood like a rock against the waves of changing times and situations and even today it is admired followed by many scholars, physicians and teachers of **Ayurveda**.

**REFERENCES**


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