

Department :- Ayurved Samhita &
Siddhant

Topic: Introduction to Ayurveda &
Padartha Vigyan

What is Ayurveda ?

- ✦ Ayurveda is one of the world's oldest medical systems.
- ✦ Originated prior to 5,000 B.C.
- ✦ Ayurveda is the combination of two Sanskrit words, 'Ayu' and 'Veda'
- ✦ "Ayu" – means long life
- ✦ "Veda" – means of knowledge
- ✦ So Ayurveda is " the means (cause) for both knowledge and attainment of Ayus."

Defination of Ayurveda ?

✦ आयुषो वेद आयुर्वदः ।

✦ आयुर्वदयति इति आयुर्वदः । (च.सू.३०)

✦ Ayurveda can be defined as that which imparts knowledge and attainment of life.

✦ आयुरस्मिन् विद्यते, अनेन वाऽऽयुर्विन्दन्ति इत्यायुर्वदः ।
(सु.सू.१/१५)

✦ Ayurveda is a means through which the life can be attained or known.

Defination of Ayurveda ?

† हिताहितं सुखं दुखं आयुस्तस्य हिताऽहितम् !

मानं च तच्च यत्रोक्तमायुर्वदः स उच्यते !! (च.सू.१/४१)

- † Ayurveda is that wherein Hita Ayu (wholesome) – Ahita Ayu (unwholesome) and Sukha Ayu (happy) – Dukha Ayu (unhappy), entities wholesome and unwholesome to it and its measure are described.
- † The Hita Ayu and Ahita Ayu depicts its social aspect (Saamajika) like showing mercy to all human beings.
- † Sukha Ayu and Asukha Ayu presents the individual aspect of life.

What is Ayu ?

† शरीरेन्द्रियसत्वात्मसंयोगो धारि जीवितम् ।

नित्यगस्त्वानुबन्धश्च पर्यायैरायुच्यते ॥ (च.सू.१/४२)

† The term 'Ayus' stands for the combination of the body, sense organs, mind and soul.

† **Synonyms are -**

† Dhari (the one that prevents the body from decay)

† Jivita (which keeps alive)

† Nityaga (which serves as a permanent substratum of this body)

† Anubandha (which transmigrates from one body to another).

What is Veda ?

- ✦ The term Veda is derieved from the 'Vid' Dhatu, which means to Know.
- ✦ Vedas are 4 in number,

Vedas	Upavedas
Rigveda	Dhanur Vidya (archery)
Yajurveda	Gandharva Vidya (music)
Samaveda	Stapatya Vidya (architecture)
Atharvanaveda	Ayurveda (science of life)

Aim of Ayurveda -

‡ प्रयोजनं चास्य (आयुर्वेदस्य) स्वस्थस्य स्वास्थ्य रक्षण
आतुरस्य विकार प्रशमनं च । (च.सू.१/४२)

- ‡ The main aim of Ayurveda is,
- ‡ To maintain Health of Healthy and
- ‡ To cure the diseases of the diseased.

What is Padartha Vijnana ?

- ✦ It is the is a science which deals with study of Padarthas.
- ✦ **Padartha** – Substance
- ✦ **Vijnana** – Science
- ✦ The substances essential for the formation of the Srusti and Purusha have been explained.

What is Padartha ?

- ✦ A substance (may be solid, liquid or gas)
- ✦ Thing / material
- ✦ Object
- ✦ Man or a person.
- ✦ The word Padartha consists of two words viz. Pada and Artha. The aim, object or purpose of single or multiple Padas is known as Padartha.

What is Vijnana ?

- ✦ Science
- ✦ Doctrine
- ✦ The act of distinguishing the true knowledge.

Importance of Padartha Vijnana.

- ✦ As knowledge of Anatomy, Physiology, Biochemistry, Physics and Chemistry etc. are essential to learn Modern Medicine.
- ✦ Likewise knowledge of Ayurvediya Padartha Vijnana is most essential for an Ayurvedic student to understand the Principles of Ayurveda and its hidden treasure.
- ✦ Ayurvediya Padartha Vijnana is the basic knowledge of Ayurveda.

Thank you

