

Caraka Samhita ; Caraka is

one of the three ancient Indian

medicine literature - Caraka,

Sushruta and Vagbhata.

According to Chinese trans-
lation of the Buddhist
Tripitaka, Caraka was the
personal physician of King
Asoka in the 1st C. A.D.
Caraka Samhita is the earliest
treatise (ग्रन्थ) on Ayurveda,
now preserved. It consists of 8 parts
and has thirty chapters in the
form of ~~stose~~ ^{prose} and verse. Caraka
deals with anatomy, embry-
ology, diagnostics (अनुसंधान विज्ञान)
pathology (science of disease) and
many other medical topics.
According to Caraka, ~~the~~ the three
sustainers of the body are food, sleep
and patience. He also adds and

interesting discourse on the importance
of sleep for good health. ~~the~~ The 8th

स्थान - ~~the~~ ① सूत्रस्थान, ② निदानस्थान,

③ विमानस्थान, ④ शरीरस्थान,

⑤ तुल्यस्थान, ⑥ चिकित्सास्थान

⑦ ~~कल्याण~~ कल्याण and ⑧ स्थानस्थान.