

footing effecting the necessary refinement and advancement here in this Caraka-Samhitā. This work introduced first the method of interpreting logically all anatomical (physiological, pathological) phenomena of human body. The theory of त्रिकोष — वात, पित्त and कफ was also studied in detail in this book, work. The law of uniformity of nature was again established here which helped in applying the physical laws to the biological field.

### ② Rational Attitude:

इव्यापात्रय In early phase, perhaps the इव्यापात्रय (supernatural therapy) was the mostly relied upon, but it is Caraka who added 'युक्तिव्यापात्रय' (rational therapy) warding off all sorts of blind beliefs and superstitions to make it more logical and scientific. Caraka has emphasised on the process of investigation which is essential for arriving of scientific truths.

③ Organization of Symposia: — In the interest of providing a solid rational footing to the system and also for effecting the proper advancement of the



medical knowledge, Caraka adopted the method of discussion among experts who placed their own views freely often contradicting the others views in those sessions. This method of mutual discussion and holding of symposia which is the practice even of the modern times, helped greatly in providing the system a broader scientific outlook.

#### ④ Psychosomatic Approach :-

The psychosomatic approach (deha-mānasa) is a very important contribution of the Caraka-Samhitā in the field of medicine. According to the Caraka-Samhitā, <sup>विद्यते</sup> mind as well as psyche affect a <sup>पुरुष</sup> always wholly but never partly. As such, in health and disease, one will have to consider the person as a whole known as 'puruṣa' in Ayurveda. This gave rise to the psycho-somatic approach towards health and disease. Mind ~~effe~~ effects always a body and vice-versa. Hence any partial view regarding a person cannot lead to a proper understanding and successful