

management of the problems. So, along with the मुक्तिभाषाश्रय — treatment, सत्त्वावलम (psychotherapy) has also been given due place.

Moreover, Caraka laid proper emphasis on individual psychic and somatic constitution which he termed as 'Prakriti'. Due to this prakriti, one individual with his characteristic psycho-somatic constitution is different from other individuals. During the period of administering a therapy, this fact should always be taken into account, it is the opinion of Caraka. The modern concept of allergy, anaphylaxis or idiosyncrasy may be interpreted on the basis of this old principle.

⑤ Expansion of the Discipline:

Another important contribution of the Caraka-Samhita is that that the original त्रिस्तोत्र or त्रिसूत Ayurveda was developed to पञ्चनिदान thereby introducing five different means of examination of disease instead of original three viz हेतु (etiology), लिङ्ग (signs and symptoms) and अङ्ग (therapeutics).

⑥ Scientific Method of Diagnosis:

By introducing the पञ्चनिदान system, the Caraka Samhita made actually the method of diagnosis of disease more and more scientific. Any disease is to be examined as per Caraka-Samhita, five different angles, विद्, निदान (etiology), पूर्वरूप (prodroma), रूप (signs and symptoms), उपशय (therapeutic suitability) and सम्प्राप्ति (pathogenesis) so as to get the result of proper diagnosis.

⑦ Importance of Nature :-

By laying emphasis on स्वभावोपरम् (recession, by nature) the Caraka Samhita advocates in favour of natural resistance of the patient, which again is dependent on संशोधन (evacuative therapy).