

Caraka Samhita

Qn: Define आयुर्वेद as you find in the 'चरकसंहिता'?

Ans: The definition of आयुर्वेद is —

"द्विधाद्वितं सुखं दुःखमायुस्तस्य द्विधाद्वितम् ।
मानं च तच्च यन्नोन्तमायुर्वेदः स उच्यते ॥"

Ayurveda is that which deals with good, bad, happy and unhappy life, its promoters and non-promoters, measurement and nature.

Qn: Define आयुः .

Ans: The definition of आयुः is —

"शरीरोन्द्रियसत्त्वात्मसंयोगो धारि जीवितम् ।
नित्यगद्धानुबन्धश्च पर्यायैरामुरुच्यते ॥"

'Āyus' means the conjunction of body, sense organs, mind and self and is known by the synonyms dhāri, jivita, nityaga and anubandha.

Qn: What are the त्रिकण्डः?

Ans: The त्रिकण्डः are — मनः (mind), आत्मा (Self) and शरीर (body).

Qn: What are the द्रव्यः?

Ans: The द्रव्यः are — ākāśa, vāyu, tejas, ap and pṛthivī, Self, mind, time and space.

Qn: Define कर्म.

Ans: The definition of कर्म is -

'प्रयत्नादि कर्म चेषितमुच्यते।'

The movement initiated by effort is called Karma (action).

Qn: Define गुण.

Ans: The definition of गुण is -

'सार्था गुर्वादिषु बुद्धिः प्रयत्नात्
परादयः गुणाः प्रोक्ताः।'

Sense objects (Sabda, Sparsha, rūpa, rāsa, gandha), properties beginning with guṇa, knowledge, qualities ending with prayatna and beginning with para are called guṇas.

Qn: Define समवाय.

Ans: The definition of समवाय is -

'समवायोऽपृथग्भावो भूम्यादीनां गुणैर्मतः।
स नित्यो यत्र द्वि क्रमं न तत्रानियतो
गुणः।'

Samavāya (inherence) is the inseparableness of Prithivī etc. (dravya) with their guṇas (properties). This is eternal because no dravya (substance) is devoid of property.

Qn: Define द्रव्य.

Ans: The definition of द्रव्य is -
'यत्राश्रिताः कर्मगुणाः कारणं समवायि
यत् तदद्रव्यं ।

Dravya (Substance including drugs) is that where actions and properties are located and which is the material cause (of its effect).

Qn: What are the bodily dosas (दोषः)?

Ans: Vāyu (वायु), Pitta (पित्त) and Kapha (कफ) are the bodily dosas (दोषः).

Qn: What are the mental dosas?

Ans: Rajas (रजः) and Tamas (तमः) are the mental dosas.

Qn: Mention the qualities of कफ.

Ans: The qualities of कफ are -
heaviness, coldness, softness,
unctuousness, sweetness, immobility
and sliminess.