



# INTERNATIONAL RESEARCH JOURNAL OF HUMANITIES AND INTERDISCIPLINARY STUDIES

( Peer-reviewed, Refereed, Indexed & Open Access Journal )

DOI : 03.2021-11278686

ISSN : 2582-8568

IMPACT FACTOR : 6.865 (SJIF 2023)

## *Vimana Sthana; measurable and their principles; a review*

**Dr. Sheetal Hrushikesh Avhad**

Associate Professor,

Samhita Siddhanta Department,

RJS Ayurved Medical College and Research Centre,

Kopargaon, Dist. Ahmednagar (Maharashtra, India)

DOI No. **03.2021-11278686**

DOI Link :: <https://doi-ds.org/doilink/07.2023-25689779/IRJHIS2307007>

### **Abstract:**

*Brihatrayi are the three basic and foundational classics of Ayurveda. Charaka Samhita is one among it and is considered prime in Chikitsa Karma. Vimana Sthana is one of the sections mentioned in Charaka Samhita out of its eight Sthana– Sections. Each Sthana has its own importance and aids to the overall application of Ayurvedic principles. Here Vimana word literally implies – that which is measured. So considering the context of science based text and its principles, the present article is an attempt to review the measurable mentioned and its principles in brief.*

**Keywords:** Charaka Samhita, Vimana Sthana, Chikitsa Karma

### **Introduction:**

Ayurveda is a life science. It holds the roots right from the dawn of the humanity. As the science progressed the principles of Ayurveda were designed and stated by the Acharya in their respective Ayurveda classics. *Brihatrayi* and *Laghutrayi* are considered as the fundamental texts of Ayurveda. These texts address the total Ayurveda science and its implementation. *Charaka Samhita* is one among the *Brihatrayi*. This classic was composed by *Acharya Charaka* in 1<sup>st</sup> B.C. it is considered as prime text in regards of *Chikitsa Karma*. When studied the treatment protocol or principles according to Ayurveda, we come to know the rightful relevance of other factors such as *Aushadhi*, *Paricharaka*, *Nidana*, *Rugna* etc. and thus the patient can be treated holistically. Here each aspect is to be studied or observed in context to some standard information or principle already mentioned regarding the same. For this purpose *Acharya Charaka* might have designed the *VimanaSthana*, which quantifies the vitiated *Dosha*, *Vyadhi*, its causative factors and other things such as *Rasa*, *Diet*, *Strotas- Dushya* etc. This quantification of body humors are of utmost importance as their imbalance leads to several disorders. Along with it, this section describes the

qualities of ideal teacher and student. The organized study of this field and the ways to enhance the knowledge through debates and conferences are been described in this section.

*Viamana Sthana* describes various aspects like medical education, patient examination, social health etc. All these have been described in eight chapters of this section. The chapter wise description can be brief as follows;

*Rasa Vimana* – in this first *Adhyay Acharya Charaka* had explained the importance of this whole section.

दोषादिमानज्ञानायतत्वाक्रियायाः |

### 1. *Charak Vimana 1/3*

Here Acharya had clearly mentioned the importance and necessity for knowing the specific quantification of *Dosha* and other things in order to perform the right treatment in a specific disease condition.

As the name suggest, this chapter describes the measurable related to *Rasa*. The role of *Rasa*, and other liquids like Ghee, honey and oils in the vitiation of *Dosha*. *Acharya* had described a peculiar regime to be followed in regards ones diet; *AshtoAharVidhiVisheshayatana*. These are eight steps to be considered to be having the food. Also *Acharya* had mentioned the Drugs which are to be used in limited quantity like *Kshara*, *Lavana* and *Pippali*.

*Trividhkukshiya Vimana* – here in this second *Adhyay*, *Acharya* explains about the importance of *Matra* – quantity of one's diet. If the diet is not taken in prescribed quantity, the production of *Aama* is mentioned and its hazardous effects are also elaborated. The benefits of taking proper diet and in right quantity is mentioned in this chapter.

*Janapadodhvansiya Vimana* – various epidemic disorders are been mentioned in this *Adhyay*. The environmental calamities or natural calamities which causes contamination of four factors viz; *Vayu*– air, *Udaka* – water, *Desha* – land, *Kala*- season causes diseases in living being. The broad classification of mode of treatment are been mentioned in this *Adhyay*, *Santarpan* and *Apatarpan*. The life span of humans and changes in it according to time is stated in this chapter.

*Trividhrogavisheshavidnyaniya Viamana* – as the name suggest, this *Adhyay* explains the three ways to gain the knowledge about the disease. This has its own importance in the diagnosis of the disease, also it plays a vital role in understanding whatever is to be known in other aspects of life too. The three ways are as follows, *Aptopadesha* – authoravtive instructions, *Pratyaksha* – direct observation, *Anumana*– inference. The things which can be accessed by this three methods are been described in it.

*Stroto Vimana* – this *Adhyay* describes the *Strotas* in detail. They are the biological transport system from gross to minute level in the body which facilitates the production, and flow of body humors. The number of the *Strotas* in one's body are innumerable, but on gross level 13 *Strotas* are

been mentioned. It is stated that any *BhavaPadartha* which is present in the body is because of its *Strotas* present in the body. These *Strotas* forms the *sthana* for the vitiated *Doshato* act and hence gives a guiding light in its respective treatment. The function of these *Strotas* have been described in it, their under functioning and over functioning and its resulting disorders have been mentioned in it.

**Roganik Vimana** – in this *Adhyay*, *Acharya* had described the classification of diseases. The basis of this classification is also described. The concept of *Anubandha* and *Anubandhya Roga* have been explained. The types of *Agni* with their importance is given. The root cause of all diseases is the vitiation or imbalance of three *Dosha*. Accordingly, the treatment protocol of each *Dosha* has been described in this *adhyay*.

**Vyadhitarupiya Vimana** – the type and nature of *Vyadhi* are said to be of two types,

गुरुव्यधितः लघुव्यधितश्च |

## 2. Charaka Vimana 7/3

The through explanation of micro and macro cosmos in context to *Purush* is been described in this *adhyay*. In later section of the *adhyay* the detail description of *Krumi* has been given. The types of *Krumi*, their causative factors, signs and symptoms and respective treatment protocol is mentioned in detail. The three step treatment regime of *Nidana Parivarjana*, *Apakarshana* and *Prakruti Vighata* is explained in the same context. But this regime is widely applicable in pathophysiology of each disease. By this the numerouno of *Acharya Charaka* in the field of *Chikitsa* can be seen.

**Roghishagitiya Vimana** – this *Adhyay* gives the guideline for a medical student for perceiving comprehensive knowledge. The conduct of student and characteristics of an ideal student is mentioned. Along with it the characteristics of ideal teacher is also mentioned in it. The selection of branch of medicine for study and practice purpose is also explained in it. Means and methods of learning and teaching have been described. The seminars and symposia of expertise in their respective field are to be conducted for the continuous refreshment of knowledge. Kinds of assembly i.e. *Parishad* have been stated. The types and methods of *Sambhasha* – discussion are mentioned. Guidelines for debating are also mentioned, this proves a guiding light for debates conducted even today. Ten topics for investigation are mentioned in later part of the chapter. The applied aspect of these ten investigations have also been discussed. The ten investigations regarding patients and their applicability is explained. Pathological investigations are also listed. Drugs used for *Panchakarma* have also been discussed, along with it the *Shad Rasa Skanda* mentioned under *Asthapana Dravya* are also listed in this chapter.

### Inference:

Right from the onset of a disease to the treatment part along with medicine, all expect the importance of quantification in their respective aspect. Here *Acharya Charaka* had designed a

separate section dedicated to this aspect. This proves to be a pivotal guideline for the study, diagnose and treat the disorders. It also throws light to various tools and methods used for knowing the unknown terrain of medical knowledge.

**Reference:**

1. Acharya Charaka, Charak Samhita, edited by Dr. Brahmanand Tripathi, Chaukhamba Surbharti Prakashan, Varanasi, Vol. 1, reprint 2009.
2. Deole Y. S., Vimana Sthana. In: Basisht G., eds. Charak Samhita New Edition. 1<sup>st</sup> ed. Jamnagar, Ind: CSRTSDC; 2020.
3. [https://www.carakasamhitaonline.com/mediawiki-1.32.1/index.php?title=Vimana\\_Sthana&oldid=41254](https://www.carakasamhitaonline.com/mediawiki-1.32.1/index.php?title=Vimana_Sthana&oldid=41254). Accessed June 15, 2023.

