



## REVIEW ON CHAKRADATTA - A GREAT TREATISE BY CHAKRAPANIDATTA

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### ABSTRACT

*Rasashastra* (Indian Alchemy) forms the basis of *Ayurvedic* pharmaceuticals. In ancient *Ayurveda*, the emphasis has been over the herbs and their therapeutic usages. Later on the animal products, metals and minerals started to find favor of the *Ayurvedic* practitioners. Ample of literature is available on *Rasashastra*. *Chakradatta* is one of the great treatise composed by *Shri Chakrapanidatta*, the well known *Tikakarta* of *Charak Samhita*. *Chakradatta* holds an important place amongst academicians, researchers and students of *Rasashastra*. Many verses of *Chakradatta* are derived from 50 sources. The principle source of this book as stated by the author himself at the end of the work is *Vrnda's Siddhayoga*. *Chakradatta's* main aim was to present it as an up to date text of *Ayurveda* medicine for the benefit of ailing mankind. The uniqueness of *Chakradatta* is in the description of several metallic and mercurial preparations for the purpose of internal use as medications. Therapeutic principles specific for the disease recommended by *Chakradatta* are beneficial even today for the practitioners of *Ayurveda*. Present paper will highlight the framework of *Chakradatta*, providing information about the author, text, characteristics & innovations. It will also throw a light towards the contribution of '*Chakradatta*' in the field of *Ayurveda*.

**KEYWORDS:** *Ayurveda*, *Chakradatta*, *Chakrapanidatta*, *Rasashastra*.

### INTRODUCTION

*Rasashastra* or the Indian Alchemy is an important branch of *Ayurvedic* Pharmacology. This branch deals with the use of metals, minerals, gemstones and their processing.

In an ancient *Ayurveda* the emphasis has been over the herbs and their therapeutic usages. Later on the animal products, metals and minerals started to find favor of the *Ayurvedic* practitioners. The minerals and metal are very effective and potent for immunization, rejuvenation and elimination of diseases.

A series of books on *Ayurveda* therapeutics started with '*Siddhayoga*' by *Vrnda* in the 9<sup>th</sup> century and followed by '*Chakradatta*', *Gada Nigraha*, *Sharangadhara Samhita*, *Bhavprakash*, *Yogratnakara* and *Bhaishajyaratnavali*. These works incorporated many new concepts thoughts and therapeutics and further enriched *Ayurveda* as a result of exchange and sharing of different medical thoughts entered into India along with foreign rulers.

*Chakradatta* is one of the important treatises composed by *Acharya Chakrapanidatta*. The well known *Tikakarta* of *Charak Samhita*, actually this book is named as '*Chikitsa sangraha*' by the author, but because of immense popularity it gained and also due to the towering personality of *Shri Chakrapanidatta*, in later time it is transformed as '*Chakradatta*'. This shows the authority, popularity of *Chakrapani*. *Chakradatta* has proposed principle line of treatment for various diseases, several herbals and herbomineral formulation are prescribed in *Chakradatta*, which are beneficial for the *Ayurvedic* practitioners. The uniqueness of *Chakradatta* is in the description of several metallic and mercurial preparations

for the purpose of internal use as medication. Eg. *Rasaparpati* made from purified and processed mercury and sulphur is an useful innovation of *Chakradatta*

### About the Author & Period

*Chakrapani* belonged to the eastern part of India. In the 11<sup>th</sup> century AD era. His father *Narayana* was the kitchen-incharge of the king with the status of minister in the kingdom of *Gauda*. His elder brother *Bhanu* was a royal physician to the king *Nayapala*.

*Chakrapani* acknowledges *Naradatta* as his guru who inspired his writings, particularly his commentary on *Charak samhita*. *Chakrapani* has contributed compendia viz.

*Ayurveda dipika* - a commentary on *Charak Samhita Bhanumati* - a commentary on *Sushrut Samhita Chikitsasangraha*, *Vyagradaridrashubhankara* & *Vyakarantatvachandrika*, *Dravyagunasangraha*, *Muktavali*, *Shabdachandrika* etc.

### Subject Matter of Chakradatta at Glance

- Entire *Chakradatta* is composed of 4800 verses which are divided into 79 chapters.
- More than 50 sources have been acknowledged from where *Chakrapani* was inspired for these verses. The principle source of this book as stated by the author himself at the end of the work is *Vrnda's Siddhayoga*.
- The chapters of *Chakradatta* are divided as per the diseases, clinical syndromes, therapeutic procedures and include also a chapter on preventive medicine.

- First 65 chapters are in the order of *Madhava-Nidan* who had dealt only with the diagnostics whereas *Chakradatta* only deals with therapeutics.
- Chapter 66 & 67 deals with the rejuvenative therapy (*Rasayana & Vajikarana*).
- Various purificative procedures (*Panchakarma*) and various formulations for those procedures are mentioned in chapter 68 to 77.
- Last two chapters are about *Siravedha* (venesection) and *Dincharya, Ritucharya* etc. (routine for healthy).
- Various divine therapies (*Daivavyapashraya chikitsa*) and various Mantras are also mentioned in the text.
- Information about the author is mentioned at the end of the text.

#### 79 Chapters of *Chakradatta* are as Follows

1. *Jvarachikitsa*
2. *Jvaratisarchikitsa*
3. *Atisarchikitsa*
4. *Grahanichikitsa*
5. *Arshachikitsa*
6. *Agnimandyachikitsa*
7. *Krimichikitsa*
8. *Pandurogachikitsa*
9. *Raktapittachikitsa*
10. *Rajayakshmachikitsa*
11. *Kasachikitsa*
12. *Hikkashwaschikitsa*
13. *Swarbhedachikitsa*
14. *Arochakchikitsa*
15. *Chhardichikitsa*
16. *Trishnachikitsa*
17. *Murchhachikitsa*
18. *Madatyayachikitsa*
19. *Dahachikitsa*
20. *Unmadachikitsa*
21. *Apasmarchikitsa*
22. *Vatavyadhichikitsa*
23. *Vataraktachikitsa*
24. *Urustambhachikitsa*
25. *Amvatachikitsa*
26. *Shoolachikitsa*
27. *Parinamshoolchikitsa*
28. *Udavartachikitsa*
29. *Anahachikitsa*
30. *Gulmachikitsa*
31. *Hridrogachikitsa*
32. *Mutrakruchrachikitsa*
33. *Mutraghatachikitsa*
34. *Ashmarichikitsa*
35. *Pramehachikitsa*
36. *Sthaulychikitsa*
37. *Udarachikitsa*
38. *Plihayakrutchikitsa*

39. *Shothachikitsa*
40. *Vruddhibradhnachikitsa*
41. *Galagandagandamalapachigranthiarbudchikitsa*
42. *Shlipadchikitsa*
43. *Vidradhichikitsa*
44. *Vranashothachikitsa*
45. *Nadivranachikitsa*
46. *Bhagandarchikitsa*
47. *Upadanchikitsa*
48. *Shookadoshachikitsa*
49. *Bhagnachikitsa*
50. *Kushthachikitsa*
51. *Udardakothashitapittachikitsa*
52. *Amlapittachikitsa*
53. *Visarpavisfotchikitsa*
54. *Masurikachikitsa*
55. *Kshudrarogachichikitsa*
56. *Mukharogachikitsa*
57. *Karnarogachikitsa*
58. *Nasarogachikitsa*
59. *Netrarogachikitsa*
60. *Shirorogachikitsa*
61. *Asrugdarachikitsa*
62. *Yonivyapadchikitsa*
63. *Stri rogachikitsa*
64. *Balarogachikitsa*
65. *Vishachikitsa*
66. *Rasayanadhikar*
67. *Vrushyadhikar*
68. *Snehadhikar*
69. *Swedadhikar*
70. *Vamanadhikar*
71. *Virechanadhikar*
72. *Anuvasanadhikar*
73. *Niruhaadhikar*
74. *Nasyadhikar*
75. *Dhoompanadhikar*
76. *Kawalagandushadhikar*
77. *Ashchotanantantarpan putapakadhikar*
78. *Siravyadhikar*
79. *Susthadhikar*

#### Chapter Discussion

##### Chapter 1 (*Jvara chikitsa*)

- The text has been started with the *Jvara chikitsa* (Fever) which is always present in many diseases.
- First of all *Chakrapani* paid respectful salutation to the Lord Shiva.
- *Chakrapani* mentioned that, this great work of compiling most effective *Yogas* (the medicinal formulation) from various medical texts for various diseases / disorders was undertaken by *Chakrapani* in the interest of ailing human kind duly

incorporation his own clarification, explanation etc. wherever required.

- He mentioned the treatment procedure as physician should examine the patient first before considering about medicine.
- The line of treatment for *Jvara* and types of *Jvara* is prescribed.
- Also the divine therapy (*Daivavyapashraya karma*) for *Jvara* is prescribed as Mantra, worship of Lord Shiva along with the goddess and reciting *Vishnusahasranaam*.
- *Snehapaka paribhasha*, *snehapaka pariksha* (testing of oils and ghritha) are described.

#### Chapter 2 & 3 (*Jvaratisara* and *Atisara* – *chikitsa*)

- Treatment of diarrhea associated with fever is mentioned.
- *Langhana* is mentioned first. Then various dietic items (*Peya*, *Vilepi* etc) are prescribed.
- Features of *Ama* & *Pakva purisha* (mature & immature stool) is described.
- Line of treatment for diarrhea is given and various formulation as well as diet is prescribed.

#### Chapter 4 (*Grahani chikitsa*)

- Line of treatment for *Grahani vikara* is described.
- *Amapachana*, *Langhana*, purificative procedures (*Vamana virechana* etc.), light diet of *Panchakola peya* should be given first followed by other appetizers.
- Various herbals & metallic preparations are described. *Rasaparpati* made by purified and processed mercury and sulphur is the characteristic of the text.

#### Chapter 5 to 55

- Same as the above 4 chapters. Line of treatment according to diseases / disorders is described.
- Various herbal and herbomineral formulation are mentioned for the treatment.
- Various purificative procedures, dietic items and *Pathya apathya* (diet regimen) are described.

#### Chapter 56 to 60

- These chapters are on various ENT diseases in these chapters line of treatment for the diseases of throat and tongue is prescribed
- Line of treatment for the diseases of ear, nose, eyes and head is mentioned.
- Various formulations and procedures like *Kavala*, *Gandusha* (methods of gargling), *Ashchotan*, *anjan* (eye drops collyrium), *Shirobasti* etc. are prescribed.

#### Chapter 61 to 63

- These chapters are on the gynecological problems.
- Line of treatment for *Asrugdara* (menorrhagia). *Yonivyapad* (diseases of female genital treat).
- Herbal preparation like *Siddha ghritha*, *Taila* (ghee and oil), *Kwath* (decoction) are prescribed for internal and external use. *Lepas* for external applications are also mentioned.

- *Suvarna yoga* is prescribed in *Yonivyapad chikitsa*. In this *yoga Suvarna* (gold), *Rajata* (silver) and *Tamra* (copper) *Bhasma* mixed with ghee should be given to women. It purifies the reproductive system and creates favorable ground for conception.
- Formulations like *Loma Shatana yoga* (hair removing medication) are also mentioned.
- Treatment of *Striroga* (Women diseases during pregnancy etc.) is described, treatment of miscarriage is given.
- Divine therapy has been also suggested in *Striroga*. In this *Garbha-chyavana mantra*, various *Yantras* of numbers are mentioned.
- *Aparapatama upachara* (treatment for falling of placenta) is given. Chanting of mantras has also suggested for the same.

#### Chapter 64 (*Balroga chikitsa*) (Pediatrics)

- Treatment for various children's diseases is prescribed in this chapter.
- *Kushthadi lehya* is mentioned for the new born baby. In this *Suvarna bhasma* added with fine powder of *Kushtha*, *Vaca*, *Haritaki* & *Bramhi* should be administrated to the child duly mixed with honey and ghee. It improves complexion and life span of the child.
- Treatment of various umbilical problems / diseases is described.
- Treatment for the diseases of eyes of children is given.
- *Daivavyapashraya karma* (divine therapy) to pacify *Grahas* by chanting the *mantra* (hymn) is mentioned in this chapter.
- Features of *Grahadoshas* and their treatment are compiled from '*Kumartantram*' of *Ravana*.

#### Chapter 65 (*Visha chikitsa*)

- In this chapter treatment of poisoning is described.
- General treatment for snake bite, ingested poison, *Garavisha*, etc. is described.
- '*Mrutasanjevana agada*' which is a herbomineral preparation prepared in *Pushya nakshatra* relieves all types of poisons revives seriously poisoned one, relieves fever.

#### Chapter 66 (*Rasayanadhikara*)

- The therapy which slows down ageing process and related disorders is known as *Rasayana*. This should be administrated in early or middle youthful age after *Shodhana* (purification) of the body.
- *Rasayana* therapy, if administered to the unpurified body, it does not produce its effects properly like dying in a dirty cloth.
- Various herbal *Rasayanas* are mentioned in the text, like *Pippali rasayana*, *Ashwagandha rasayana* etc.
- *Paryusita jala prayog*: regular intake of water in early morning alleviates all diseases originated by *Vata*, *Pitta*, *Rakta* and *Kapha*, it is stated that *Jala Nasya* (intake if water through nostrils) in early

morning acts like *Rasayana*, corrects vision alleviates wrinkles etc.

- *Amrtasara lauha* is described. In this the whole procedure of preparing it is compiled from *Lauhashastra* by *Nagarjuna*. *Lauha marana* is also mentioned in the text.

For the relief of various diseases as well as *Rasayana* therapy, one should take the *Lauha* (iron) on an auspicious day after worshipping Lord Shiva, in the dose of 10 *Rattis* (10x125 mg). keeping in view the strength and age etc. factors.

- Pure water or milk should be taken as *Anupana* after consuming *Amrtasara*. Diet regimen after the intake is also described.
- Treatment of constipation if caused after intake of *Amrtasara* is given, i.e., *Anupana* of hot milk or water of tender coconut as laxative or warm water mixed with *Yavakshara* or *Triphala kwath* should be taken.
- The first dose should be taken by two *Ratti* (250 mg) continued for three days. From fourth day onward it should be gradually increased up to eight grams which should not be increased further.
- Thus in ninety *Shloka* (verses) in *Arya meter*. Processing including seven methods as revealed traditionally has been described.
- Other than *Amrtasara rasayana*, *samanya lauhabhasma prayoga* is also mentioned
- Properties of different *Lauha*, *Tamra* (copper) *Rasayana*, *Shilajatu rasayanam*, types of *Shilajatu* its *anupana* restrictions during *Shilajatu* therapy. Production of *Shilajatu* is described.
- *Shiva gutika*, its *Anupana* is described. As the recipe of *Shiva gutika* was revealed by Lord Shiva hence it is named as *Shiva gutika*.

#### Chapter 67 (*Vrushyadhikar*) Aphrodisiacs

- In this chapter formulation which acts as aphrodisiacs are described.
- General factors of *Vrushya dravya* (aphrodisiacs) are mentioned i.e. All the drugs or substances which are *Madhura* (sweet), *Snigdha* (unctuous), *Jivanam* (vitalizer), *Brhanam* (bulk-promoter), *Guru* (heavy) and *Harshana* (pleasing mind) are considered as *Vrushya* (aphrodisiac).
- It includes various *Churnas* (powders), *Ghrita*, (ghee), oils, *Lepa* (ointments) etc.
- *Vastra dhupana* is also mentioned as *vrushya* (fumigation).

#### Chapter 68 to 69 (*Snehadhikar & Swedadhikar*) Oleation and Sudation

- In this chapter procedures involved in panchakarma therapy are mentioned.
- *Snehana* (oleation) and *Swedana* (sudation) are the procedure to be done before *Panchakarma* therapy.
- In chapter 68 & 69 indications contraindications, doses and *Anupana* and diet after *Snehana & Swedana* are described. Various recipes for *Snehana* are mentioned.

- Firstly *Snehana* should be administered followed by *Swedana* (sudation). Purification procedure like *Vamana* (emesis) etc. is done after proper *Snehana & Swedana*.

- Types of *Swedana*, excessive sudation treatment is described.

#### Chapter 70 to 78

- In these chapters formulations for *Vamana* (emesis), *Virechana* (purgation), and indications & contraindications for the same are described.
- *Anuwasana basti* (unctuous *Basti*), *Niruha Basti* (non-unctuous *Basti*) (medicated enema) are described. Various *Kshar basti* formulation containing *Gomutra* (cows urine) are mentioned.
- *Nasya Karma* (Nasal evacuation), its types indication & dosages etc. are mentioned in chapter 74.
- Procedures like *Dhumapana* (Medicated smoking) *Kavala & Gandusha* (gargles), *Aschyotana*, *Anjana*, *Tarpana & Putapaka* (procedures used in the treatment of eye diseases) are described.
- Procedure of *Siravyadha* (venesection) is described in chapter 78.
- Location of venesection, indications, contraindications, excess bleeding treatment and diet after venesection is also described.

#### Chapter 79 *Susthadhikara* (Routine for healthy)

- In this chapter daily routine for being healthy is described. *Vyayam* (physical exercise) is also advised.
- *Ritucharya* (seasonal regimen) is also described.
- It is advised that the wise person should always be cautious about his health and take suitable measures, whenever required, just like the town administration looks after town and the owner of the vehicle takes care of it.
- At the end of the book information about the author (*Chakrapanidatta*) is given.

#### Commentaries on *Chakradatta*

Two commentaries are available on *Chakradatta*

1. *Ratnaprabha* – by *Nischalakara* in 13<sup>th</sup> century A. D.
2. Another authored by *Shivadasa Sen* in 15<sup>th</sup> century A. D.

#### Practical Aspects of *Chakradatta*

- Several herbal and herbomineral formulations are prescribed in *Chakradatta* which are useful for the *Ayurvedic* practitioners.
- *Chakrapani* described assistive devices and surgical techniques such as *Ksharsutra* (alkali thread) which has currently regained its popularity for its application in sinus and fistula in ano.
- Use of *Ksharabasti* therapy is mentioned in *Niruhadhikara* for the treatment of various *Vatvyadhies*.
- Routine for healthy is very well described in the last chapter.
- *Chakrapanidatta* recommends six therapeutic modalities for *Amavata* viz. *Langhana* (fasting),

*Swedana* (sudation), *Tikta-deepana-katu dravya*, (medicinal substances with bitter, pungent taste and digestion-metabolism facilitator), *Virechana* (laxation), *Snehapana* (use of medicinal oils), and *basti* (medicated enemas) which are to be employed sequentially if the patient reports at an early stage of disease. Several formulations prescribed for *Amavata* are still popular among the *Ayurvedic* practitioners such as *Yograj guggula*, *Sinhanada guggula*, *Rasanasaptak*, *Kwath*, *Panchakola kashyam*, *Nagarchoorna*, *Eranda taila* etc. regulation in dietary management with avoidance of certain food substances is emphasized in the chapter on *Amavatachikitsa*.

- Many new herbs are introduced in the formulation such as 'Asthisamhara', i.e., *Asthisandhana* (*Cissus quadrangularis*) commonly used in traditional practices and for its bone healing activity.

#### Demerits of the Text

Only the line of treatment is given for the diseases. Description of diseases, signs and symptoms are not given in the text.

#### CONCLUSION

- This book is mainly deals with the therapeutics.
- The line of treatment for the diseases is given systematically.

- The therapeutic principles specific for the disease recommended by *Chakradatta* are beneficial even today for the practitioners of *Ayurveda* and the researchers also.
- *Chakradatta* can be considered as one of the important book from the treasure of *Ayurveda*.
- *Chakradatta* withstood like a rock against the waves of changing times and situations and even today it is admired followed by many scholars, physicians and teachers of *Ayurveda*.

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