

## PHILOSOPHICAL AND PRACTICAL ASPECTS OF AYURVEDA AS DISCUSSED IN AGNIPURANA

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## ABSTRACT

### Objectives

Ayurvedic blends our modern lifestyle and health-oriented habits with the ancient wisdom of using natural substances, medicines and herbs to help us lead a healthy, happy, stress-free, disease-free life. Ayurveda is the science of life. Ayurveda has two main goals. The first is to maintain the health of a healthy person by following Dinacharya, Rithucharya, and Sathvrithi. Another is to treat diseases of the sick.,

**Review Method** Ayurveda in Puranas and Upapuranas a study

**Keywords:** Vedic, Puranas, Upa Puranas, Ayurvedic

## INTRODUCTION

Research is a common term that refers to a search for knowledge. Research is a structured enquiry that utilises acceptable scientific methodology to solve problems and create new knowledge that is generally applicable. Agnipurana is a Sanskrit text and one of the eighteen Puranas of Hinduism. The text is classified as a Purana related to Shavism, Vaishnavism, Shektism and Smartism, but it is also considered a text that covers them all impartially with our learning.

Agni Purana is more an encyclopedia than a Purana that deals with anything and everything. In ancient times, knowledge was not explicitly systematised. Agni Purana is a treasure house of ancient India's knowledge. This knowledge is still relevant in our time. Our ancient forefathers have left enough legacy for us to maintain an accomplished life. Puranas are related to Ayurveda, the most ancient medical science known to the earth. The object of Puranas is to repre-

sent natural descriptions from Vedas and some historical events in the form of stories. The compilation of Puranas was attributed to Vyasa, the author of Mahabharata. More than 180 puranas are existing in Hindu literature. Among them, 18 can be considered as "Mahapuranas". The propagation of the study of Ayurvedic medicine was attempted through Puranas only. The benefits of establishing free hospitals were praised in many Puranas.

Ayurveda, the traditional system of Indian medicine, is a particular branch of knowledge that deals with all branches of life, the body and mind. Ayurveda comes from two Sanskrit words: 'Ayush' means life, and 'Veda' means knowledge or science. Ayurveda is an alternative medicine system historically rooted in the Indian Subcontinent. The primary classical Ayurveda texts begin with accounts of the transmission of Medical Knowledge from the gods to sages and then to human Physicians. In Shushruta Samhita (Sushruta's Compendium), Sushruta wrote that Dhanvantari, the Hindu God of Ayurveda, incarnated himself as a king of Varanasi and taught medicine to a group of Physicians, including Sushruta. Some of the concepts of traditional Indian medicine have existed since the Indus Valley civilisation. Many ancient works of Ayurvedic medicine have been lost to posterity, but manuscripts of three principal early texts on Ayurveda have survived to the present day. These works are the Charaka-Samhita, the Sushruta Samhita and the Bhela Samhita. British Physicians travelled to India to observe rhinoplasty being performed using Indian methods, and reports on their rhinoplasty methods were published in the Gentleman's magazine in 1794. During British colonial rule in India, the practice of Ayurveda was not adopted by the British India Government, which favoured modern medicine. After Indian Independence, there was more focus on Ayurveda, which became a part of the Indian National health care system, with hospitals for Ayurveda established nationwide.

**Ayurveda has a lot of independent treaties based on Vedic and Puranic references.** Ayurveda is an alternative medicine system with historical roots in the Indian subcontinent. The theory and practice of Ayurveda is Pseudo Scientific. The primary classical Ayurveda texts begin with accounts of the transmission of medical knowledge from the Gods to sages and then to human physicians. In Sushrutasamhita, sushruta wrote that Dhanvantari. The Hindu God of Ayurveda incarnated himself as a king of Varanasi and taught medicine to a group of physicians, includ-

ing sushruta. Ayurveda developed significantly during the Vedic period, and later, some of the non-vedic systems, such as Buddhism and Jainism, also developed medical concepts. Puranas are Hindu religious texts of ancient times and are parts of Vedas. They contain narratives about the universe's history from creation to destruction and the genealogies of kings, heroes, sages and demigods. They were primarily composed in Sanskrit and regional languages; several texts are named after Hindu deities such as Vishnu, Siva, and Devi. The basic principles of Ayurveda are eternal truths, as they are based on sound scientific facts. Understanding the basic principles of Ayurveda will help humanity live a better life. But it will also help all present and future scientists and research workers understand and unravel the mysteries and intricacies of human life in a better way. The mind is the man, so says Bacon. The human mind has mysterious powers. The mind has no limits or bounds for its development. It is up to develop or degrade our minds. It can convert an enemy into a friend, a moment into years, a hell into heaven and man into Almighty. The philosophy of Ayurveda stresses the importance of utilising the mind, the most potent instrument of man, as given in the following prayer. From unreal, lead me to the real from darkness, lead me to light from ignorance, lead me to knowledge from death, and lead me to immortality. Science is advancing by leaps and bounds with recent scientific advances. Our understanding of the Universe and of man is presently the most essential Indian Literary tradition admired by scientists worldwide. It is not just about recognising the disease and treating it; it is also about determining the core causes of the sickness and preparing ourselves to avoid these diseases. Better today. However, the more we know about the intricacies of human life, the more we realise how much more we are yet to understand. Students of modern medicine can rattle out the functions of various organs like the heart, kidneys, liver, brain, etc., very well. Indian Philosophers classify the qualities of the mind into good attributes, i.e., 'Sattva'guna and undesirable qualities, further divided into 'rajo'guna and 'tamo'guna. We all possess excellent and bad qualities and are classified into the following groups depending on the predominance of Sattva, Raja and Tama gunas. A person with perfect control of mind, having all qualities of mind and who works for the well-being of society. The human body is composed of earth, water, energy, air, space, etc., the five essential elements of the universe.

## **SCOPE OF STUDIES**

Many writings have been contributed to Ayurveda by Charaka, Sushruta and Vagbhata. I chose a legendary subject since Veda Vijnanas had evolved long before Ayurveda became independent. During those times, understanding Ayurveda aided many practitioners and theorists somehow. The narrative style is presented in a completely different manner. Each mythology serves a distinct function, with distinct simulations through which spiritual and material knowledge is disseminated. As a result, Ayurveda was more than just a healing method. It was also a cultural and diplomatic scientific perspective. This gives the subject a broad scope that Ayurveda practitioners are unaware of, and they continue to present it as a therapeutic theory. Ayurveda is a self-contained system. Ayurveda explains the body (Sthulemaya, Annanaya, Pranamaya, Sthula, Sooksha) as human existence's outer spirit or layer.

### **Today's Relevance**

As soon as the CORONA PANDEMIC impacted on the modern world, the Ayurveda system reclaimed its lost glory and respect, paving the door for all modern medical systems to adopt the Ayurvedic system as a base for care. The study of how to fight against the PANDEMIC by employing the system on the human body (AS PRESCRIBED IN AYURVEDA) as armour is presently the most essential Indian literary tradition admired by scientists worldwide.

### **Ayurveda in Agni Purana**

The Guru teaches his disciples as mentioned here below. In Agnipurana, Ayurveda and its methods are not just for humans, but just for animals too. Numerous/Ample mantras have mentioned Toxicology and Pediatric-related aspects. 'Agnina Proktham' Puranam Agni Puranam'. Although Agni is the main deity, there are references to other deities, including Narada, Haya, Dhanvanta, and Skanda. There are 16000 slokas (verses) distributed in 383 chapters in Agnipurana. The first chapter discusses Lord Vishnu's glory and the Lord's Malsya and Kurma Avatar, Ratna Lakshanam, Dhanur Vidhya and Ayurvedam. The Ayurvedic system of medicine evolved from the basic knowledge of medicine found throughout the Vedas. Maharshi Athreya was the first guru of Ayurveda. Ayurveda came into prominence later, during Samhita's time. The Puranic period is the period after the formation of the Vedas. Hence, Ayurveda is mentioned in all the Puranas. Agni Purana specifically describes the mantras and how to practise, practise the mantras medicines for treatment. It also describes

18 Vidyas, Veda (4) Purana, Naya, Mimamsa, Dharmashastra and Six Vedangas. In Upapurana, Dhanvantara discusses Ayurveda. In Indian mythology, Dhanwantri is considered the icon of healing health and well-being. Hence, Dhanwantri is immortal and is known as the Hindu god of Ayurveda. (without ageing) Among the 18 Puranas, Brahma Purana describes temples, war and warfare. Garuda Purana details literature, yoga, astrology, minerals and stones. The Linga Mahapurana, Markandeya Purana, and Vaishnava Purana are mainly based on religious texts. Veda Vyasa divided the Vedas into four parts to make it simple for his disciples to acquire the knowledge. According to the Vedas, the earth is Panchabodha's. Each of these five elements, namely earth, fire, air, water, and space, has power and different characteristics. Ayurveda is the knowledge about life or lifespan. Various treatment methods are discussed in Vedas (Rigveda and Atharvaveda). The Indian knowledge system is a philosophical tradition that has played a vital role in influencing India's lifestyle, including health and trade. This knowledge system is based on the 18 vidyas, four Vedas (Rigveda, Yajurveda Samaveda, Atharvaveda) Puranas, Nyaya, Mimamsa, Dharmashastra, Vedanga (6 Vedangas) and subsidiary Vedas Ayurveda (Medicine) Dhanurveda (Weaponry) Gandharvaveda (Music, Shilpa Architecture) In Ayurveda. Indian Philosophy The human body is made of five elements. Different practices existed to prove the advent of Ayurveda. Ayurveda gained prominence during Charaka Samhita, Sushruta Samhita, and Kashyapa Samhita are some books of great importance in Ayurvedic medicine. Agnivesha, a disciple of Athreya, originally wrote Charaka Samhita Charaka Samhita. Charaka corrected its limitations later, and hence, the name was given. The diction is similar to Brahmanas and Upanishads. Sushruta Samhita: Sushruta, a Dhanvantri disciple during the Upanishads period, wrote Sushruta Samhita. 'In this book, the importance of treatment is highlighted'. Kashyapa Samhita: Maricha Kashyapa is the method of teaching the 'Vritha Jeevaka'. The human body should be considered as a chew. So, it can be used as a tool to perform Dhanvantri. The ancient Acharyas used mantras in Puranas to perform mantras and medicinal practices. In ancient times, medical practices involved magic wars in temples and kumaras. The use of mantras with medicines was familiar, too. Through Vedas, spiritual guidance is given to humanity; therefore, the knowledge of the scholars who experienced the es-

sence of Vedas must be approved and followed for man's benefit and well-being. This is mentioned in 'Ayurved Dharshan' by Vaidya Ratnam 'Raghavan Thirumulpadu' Agneya Puranam' is a mythological epic. 'Paravidya' or spiritual knowledge, and 'para-Vidhya' or worldly knowledge is Lord Vishnu himself. There are four Vedas: Rig Veda, Yajur Veda, Sama Veda, and Atharvavedha. Any knowledge of the source and goal of eternal Brahman is Paravidya. Only humanity can comprehend the rich heritage of the country (Ayurvedam encrypted in Vedas). This is done by preserving and following the ancient system of medicinal practices and analysing the three basic texts of Vedanta, namely Yoga, which already existed. According to Ayurvedic history, many medicinal plants in Kerala yogas (native) cannot be found in Charakam, Sushrutam, or Vagbhatam. There is a reference to 'Ashta Vaidya' in 'Kottarathil Shankunni' Ethics. There was a general body that these Vaidyas possessed divine powers to bless humanity.

## CONCLUSION

The Puranas genre of Literature is found in both Hinduism and Jainism. Puranas are related to Ayurveda, the most ancient medical science known to the earth. The 4<sup>th</sup> century would be considered a turning point in Indian History. The publication of several Puranas and epics accelerated the popularisation of Vedas and Hindu Philosophy. Agni Purana is a text of a comprehensive character. It contains materials about all the branches of Indian tradition and culture, including medicines. The propagation of the study of Ayurveda medicine was attempted through Puranas only. Ayurveda was taught as a compulsory subject, along with the studies of Vedas and Shastras. Origin of Ayurveda and its branches Description of Pancha Mahabhutas, Pacnha Gnanendriyas, Trigunas, Tridoshas, Sapta, Dhatus etc. As soon as the CORONA PANDEMIC impacted the modern world, the Ayurveda system

reclaimed its lost glory and respect, paving the door for all modern medical systems to adopt the Ayurvedic System as a base for the cure. The study of how to fight against the PANDEMIC by employing the system on the human body (As prescribed in Ayurveda) as armour is presently the most essential Indian Literary tradition admired by scientists worldwide.

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