

DAIVAVYAPASHRAYA CHIKITSA- IMPORTANCE AND ROLE IN TREATMENT OF AYURVEDA

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ABSTRACT

According to Ayurveda definition of *chikitsa*.

Chaturnam bhishagadinam shastanam dhatuvaikrite I Pravrutti dhatu samyatha chikitsa abhidhiyate II Cha.su.9/5.

Meaning of *shloka*: procedure or *chikitsa* done by Vaidya to maintain *samyavastha* of *dhatu*s.

Health is the supreme foundation of virtue, wealth, enjoyment and salvation. Diseases are the destroyer of health and itself. This is a great impediment to the progress of humanity. *Ayurveda* – A biological science is based on the three principles of life which may be termed as *trisutra* viz. etiology, symptomatology and the knowledge of therapeutics as a means to wellbeing par excellence to healthy and diseased. Thus the concept of *chikitsa* (principle of life) is considered

as a complete holistic approach to the elimination of the root cause of each and every disease. Instead of suppressing the main symptoms the root cause is eliminated and thus gives permanent relief.

CHIKITSA

DAIVAVYAPASHRAYA

Mantra – chanting of hymns

Aushadha- sacred HERBS

Gems – precious stone

Mangala karma- Auspicious offerings

Homa- holy rituals

YUKTYIVYAPASHRAYA

medicine counselling

shamana spending time with patients

shodhana winning satva of patients

SATVAVAJAYA

Niyama- regulations

Prayaschita- atonement

KEYWORDS- *Ayurveda, daivavyapashraya, chikitsa, satva, upavasa, homa, mani.*

AIM AND OBJECTIVES

TO evaluate and analyse effect and importance of *daivavyapashraya chikitsa*.

MATERIALS AND METHODS

Data collected from different articles, journals, *samhitas* and literature.

DEFINITION OF DAIVAVYAPASHRAYA CHIKITSA

Tatra daivavyapashrayam -mantra aushadhi mani mangala

Balyupahara homa niyama prayascitta upavasa svastyayanapranipatagamanadi Charaka sutrasthana 11/45.

DISCUSSION

Daivavyapashraya chikitsa mainly include pleasing of god also known as divine therapy. *Daiva* means God and *vyapashraya* means centered around. For example; in *jwara tarpana chikitsa* done with the help of mantra “*GANGAYA DAKSHINE KULAI*” To get relief as soon as possible. That means memorizing of God followed in this treatment. In *vishamajwara* also praising of God *SHIVA* done. In Ayurveda concept of *trividha aushadha* mentioned in texts.

i.e. *daivavyapashraya, satvavajaya, yuktivyapashraya. Deva* means *adrushta*. In short term shubha karma performed considering god. By following unique procedures in this treatment root cause of disease gets eliminated by praising of god. *Roga* are mainly classified as *nija roga* and *agantuja roga*. A healthy and wave of energy modulation induced maintain environment safe. In *vishamjwara* ‘*sahastravishnustravan*’ has explained along with medication. It can be considered as desired therapy. *yajna* can be done in *rajyakshmyadhi*. in treatment of *apasmara* (seizures), treatment explained in *agantuja unmada* can play important role. Along with that 24 upakramas has explained regarding *visha chikitsa*. Dana karma which is explained in *garuda purana* classified in 3 ways; *nitya, naimittika, kanya*. According to *harita Samhita* which is used from 16-17 century, sickness can be easily cured by doing *prayashitta*.



TRADITIONAL UPAKRAMAS

Gastric uneasiness – different types of bhasmas used with water.

Dushti dosha's- Red chilli and black salt mixed, kept in hand and surrounded the wholebody.

Sprains- large banana leaf is taken and kept on the affected part of body with roof tiles with *mantras*.

By wearing auspicious gems like topaz can give relief from fever.

CONCLUSION

Karma and karmaphala signifies daivavyapashraya chikitsa. Distinctions between adana and nidana i.e. cause and pathology can be clarified. Jyotishashatra used in olden days to treat diseases by vaidyas. *Daivavyapashraya chikitsa* can be experienced by using it in day to day clinical practice along with *yuktivyapashraya* and *satvavajaya chikitsa*. Along with this two treatments daivavyapashraya treatment can be used in mental and physical disorders.

Sometimes yuktivyapashraya chikitsa do not give any kind of response, at that time we can use daivavyapashraya chikitsa; like mani, mangala dharana. The main purpose of this article is to know how daivavyapashraya chikitsa will help in day to day medical practise.

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