

**CRITICAL REVIEW OF ASHTANGA HRIDAYAM AS PER CHHANDA  
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**ABSTRACT**

Ashtanga Hridayam (AH) is the most legitimate and extensive summary of Ayurvedic principles. It is neither a very brief nor an elaborate form of Ashtanga Samgraha. AH is divided into 6 sthanas with a total of 7471 verses. All these verses are in poetic form but in different Chhanda. Chhandas or Sanskrit prosody alludes to the investigation of poetic metres and verse in Sanskrit. Major Ayurvedic texts are written in Sanskrit in prose and poetry forms. Along these lines, the information on Chhanda helps in retaining the verses of Ayurvedic writings. This study targets discovering Chhanda of every single verse of AH and to contemplate the distribution of Chhanda in AH. Arundutta has depicted a sum of 44 Chhanda. Out of these Anushtupa Chhanda is the most used Chhanda in AH (95.11%).

**KEYWORDS:** Ashtanga Hridayam, Chhanda, Sanskrit prosody, meters, Arundutta.

**1. INTRODUCTION**

Chhandas or Sanskrit prosody refers to the study of poetic metres and verse in Sanskrit. <sup>[1]</sup> It is one of the six Vedangas or pillars of Vedic studies. <sup>[1]</sup> (Shiksha, Chhandas, Vyakarana, Nirukta, Kalpa and Jotisha). There are two types of Chhanda based on Matra and Varna. <sup>[2]</sup> In Matra Chhanda only Matras are counted while in Varna Chhanda Varna or Akshara are counted. Chhanda is beneficial in reciting a particular verse. Before the writing material came

into existence, the one major source to memories the oral teachings was Chhanda. Major Ayurvedic texts are written in Sanskrit in prose and poetry forms. So, the knowledge of Chhanda helps in memorizing as well as understanding the poetic parts of Ayurvedic literature.

## 2. Introduction to Ashtanga Hridayam (AH)

AH is the most legitimate and extensive summary of Ayurvedic principles. It is neither a very brief nor an elaborate form of Ashtanga Samgraha. It was written by Vagbhata around 7<sup>th</sup> century. AH is divided into 6 sthanas with a total of 7471 verses. All these verses are in poetic form but in different Chhanda.

## 3. AIMS AND OBJECTIVES

- i. To find the Chhanda of each and every verse of AH.
- ii. To study the distribution of Chhanda in the verses of AH.

## 4. MATERIALS AND METHODS

For this review study, Arundutta's Sarvangasundara commentary of AH edited by Pt. Hari Sadashiv Shastri Paradakara was thoroughly screened to study the Chhanda of AH. Similarly Kedarbhatt's Vrittataratnakara with Sanskrit and Hindi commentary of Nrisimhadeva was studied to understand the Chhanda.

## 5. OBSERVATIONS

Arundutta has ascertained the Chhanda of all the verses of the AH and clarified it with portrayal. The Chhanda of the verses are generally taken by Arundutta from the book 'Vrittataratnakara' composed by Kedar Bhatt.<sup>[3]</sup> The details of these Chhanda is given in [Table – 1].

**Table 1: List of Chhanda in Ashtanga Hridayam (in alphabetic order).<sup>[4]</sup>**

(In this table different groups of a same Chhanda are considered as different Chhanda, for example – 5 different groups of Arya, viz. Arya, Geeti, Udgeeti, Upageeti and Aryageeti are considered as five different Chhanda. There are further more types of Arya based on position of ganas, viz. Vipula, Geeti, Chapala, etc., they are also considered as different Chhanda here.)

Name of Chhanda	Verses in Ashtanga Hridayam	Total no. of verses
Anushtupa	All verses except the following references.	7106
Arya	Sutrasthana 15/8, 15/34. Chikitsasthana 8/148, 8/159, 14/34, 14/39-40,	44

	19/37, 19/43, 19/50-52 19/63, 19/74, 19/77-78, 19/82, 19/86-87, 19/94, 19/95, 20/1, 20/5, 20/8, 20/13, 20/18. Uttarasthana 13/46, 22/96, 22/111, 27/37, 30/40, 32/23, 37/42, 37/85, 39/24-26, 39/72-74, 39/134-135, 40/56, 40/89.	
<b>Aryageeti</b>	Chikitsasthana 19/44, 19/54, 19/55, 19/94, 20/6. Uttarasthana 13/25, 13/42, 13/44, 13/66-67, 16/8, 16/10, 22/86, 22/99, 22/100-101, 39/27.	17
<b>Arya jaghana Chapala</b>	Chikitsasthana 19/73-74, 19/88. Uttarasthana 40/58	4
<b>Arya mukha Chapala</b>	Uttarasthana 13/23-24	2
<b>Arya Vipula</b>	Chikitsasthana 19/43	1
<b>AupChhandasikvritam</b>	Chikitsasthana 17/8, 19/19, 8/146 Uttarasthana 27/38, 28/37, 39/46-47, 39/152	8
<b>Bhadra</b>	Chikitsasthana 8/153	1
<b>Dandaka Aranakhya</b>	Uttarasthana 5/19	1
<b>Dandaka Vyalakhya</b>	Uttarasthana 5/20	1
<b>Dharilaleeta</b>	Sutrasthana 8/55	1
<b>Dodhaka vritam</b>	Chikitsasthana 14/31, 1/177, 7/81 Uttarasthana 28/40, 40/44-45	6
<b>Drutvilambita</b>	Sutrasthana 15/22 Sharirasthana 3/91 Chikitsasthana 21/56, 7/79, 8/157 Uttarasthana 39/171, 48/85	7
<b>Geeti</b>	Uttarasthana 40/51-55	5
<b>Geetirarya</b>	Chikitsasthana 19/55	1
<b>Geetisumukhchapala</b>	Uttarasthana 16/5	1
<b>Harini</b>	Chikitsasthana 7/87	1
<b>Indravajravritam</b>	Sutrasthana 15/40. Sharirasthana 3/88, 3/100. Chikitsasthana 6/23, 8/162, 8/164, 9/47, 19/18, 19/30, 20/16-17. Uttarasthana 5/15-17, 16/7, 22/95, 22/97, 27/40, 30/32, 30/38, 37/82, 39/30, 39/41, 39/56-57, 39/75-77, 39/103, 39/110, 39/160, 39/164, 40/46-47, 40/39, 40/50.	36
<b>Kusumitlata</b>	Chikitsasthana 17/42	1
<b>Malinivritta</b>	Sutrasthana 15/1, 15/20, 15/31 Chikitsasthana 14/35, 19/98, 7/78, 8/154 Uttarasthana 39/78, 39/107, 39/168, 40/84	11
<b>Mandakranta</b>	Chikitsasthana 19/41	1
<b>Matrasamakam</b>	Sutrasthana 15/15	1
<b>Mattamayuram</b>	Chikitsasthana 19/40	1
<b>Mukhachapala</b>	Uttarasthana 39/72-74	3
<b>Narkutaka</b>	Chikitsasthana 7/88	1
<b>Praharshini</b>	Sutrasthana 12/78 Sharirasthana 3/92 Uttarasthana 13/33, 16/6, 22/102	5

<b>Prithvivrittam</b>	Chikitsasthana 3/58 Uttarasthana 39/80	2
<b>Pushpitagra</b>	Sutrasthana 15/3, Chikitsasthana 17/41, 8/150 Uttarasthana 40/46-47	5
<b>Rathoddhata</b>	Chikitsasthana 7/80 Uttarasthana 28/42, 16/9	3
<b>Shalinivritta</b>	Sutrasthana 15/29, 15/47, 15/6 Shrirasthana 3/90, 3/93, 3/96 Chikitsasthana 7/82, 8/148, 10/92-93, 14/33, 19/20, 19/32, 19/79-80, 19/97, 20/7, 20/10, 21/32-33, 21/67-69, 21/82 Uttarasthana 13/35, 15/24, 16/35, 22/89, 32/32, 39/75-77, 39/167, 40/59, 40/86	35
<b>Shardula vikreedita</b>	Sutrasthana 15/44 Chikitsasthana 7/86, 8/149, 14/36 Uttarasthana 5/18, 32/31, 39/169, 40/48	8
<b>Sragdharavritta</b>	Sutrasthana 15/45 Chikitsasthana 8/144 Uttarasthana 39/172	3
<b>Shuddha virata</b>	Sutrasthana 15/38	1
<b>Swagatavritta</b>	Sutrasthana 15/27 Sharirasthana 3/86 Chikitsasthana 7/76, 19/38-39, 19/64, 21/67-69 Uttarasthana 13/43, 13/38, 27/41, 28/44, 37/84, 39/50-51, 39/75-77, 39/153, 40/40-41, 40/42-43	24
<b>Totaka</b>	Chikitsasthana 8/161	1
<b>Udgeetirarya</b>	Uttarasthana 40/44-45	2
<b>Upachitra</b>	Sutrasthana 15/12	1
<b>Upajativrittam</b>	Sutrasthana 4/36, 15/2, 15/10. Sharirsthana 3/94, 3/97, 3/102. Chikitsasthana 6/24, 7/17, 8/145, 8/148, 8/163, 10/92-93, 14/32, 14/37, 17/8, 17/16, 17/39, 19/29, 19/38-39, 19/46, 19/70, 20/14-15, 20/16- 17, 20/35, 21/32-33. Uttarasthana 5/15-17, 13/45, 13/47, 13/97, 16/56, 16/66-67, 22/87, 22/104, 28/43, 29/31, 30/31, 30/39, 35/35, 36/84-85, 37/44, 39/31-32, 39/44-45, 39/50-53, 39/56-57, 39/108, 39/142, 39/151, 39/154-159, 39/163, 39/166, 39/177, 40/39-40, 40/42-43, 40/49, 40/83.	77
<b>Upendravajra</b>	Chikitsasthana 19/31 Uttarasthana 35/36, 39/126, 39/147	4
<b>Vaishvadevivrittam</b>	Sutrasthana 15/4 Sharirasthana 3/101 Chikitsasthana 8/151-152, 19/79-80, 20/11, 21/64 Uttarasthana 13/98, 16/57, 22/98, 39/170	12
<b>Vaitaleeya</b>	Chikitsasthana 17/40	3

	Uttarasthana 28/38, 37/83	
<b>Vanshastha</b>	Chikitsasthana 19/42	1
<b>Vasantatilakavrittam</b>	Sutrasthana 7/75, 15/18, 15/25, 15/42 Sharirasthana 3/85 Chikitsasthana 19/23, 19/81, 21/58-61, 7/75, 8/151-152 Uttarasthana 14/32, 14/38, 27/36, 39/49, 39/79, 40/80	20
<b>Vipula</b>	Chikitsasthana 19/43, 17/85	2
		<b>Total: 7471</b>

The Sthanawise Chhanda distribution used in AH can be summarized as in [Table - 2]:

**Table – 2: Distribution of Chhanda in different sthana of AH.**

<b>Name of Sthana</b>	<b>Chhanda used</b>	<b>Total no. of Chhanda</b>
<b>Sutrasthana</b>	Anushtupa, Arya, Indravajravrittam, Upachitra, Upajativrittam, Drutvilambita, Dharilaleeta, Pushpitagra, Praharshini, Matrasamakam, Malinivrittam, Vasantatilakavrittam, Vaishvadevivrittam, Shardula vikreedita, Shalinivritta, Shuddha virata, Sragdharavritta, Swagatavritta.	18
<b>Sharirsthana</b>	Anushtupa, Indravajravrittam, Upajativrittam, Drutvilambita, Praharshini, Vasantatilakavrittam, Vaishvadevivrittam, Shalinivritta, Swagatavritta.	9
<b>Nidanasthana</b>	Anushtupa	1
<b>Chikitsasthana</b>	Anushtupa, Arya, Aryageeti, Arya jaghana Chapala, Arya vipula, Indravajravrittam, Upajativrittam, Upendravajra, AupaChhandasikavrittam, Kusumitalata, Geetirarya, Totaka, Dodhakavrittam, Drutvilambita, Narkutaka, Pushpitagra, Prithvivrittam, Bhadra, Mattamayuram, Mandakranta, Malinivrittam, Rathoddhata, Vasantatilakavrittam, Vanshastha, Vipula, Vaitaleeya, Vaishvadevivrittam, Shardula vikreedita, Shalinivritta, Sragdharavritta, Swagatavritta, Harini.	32
<b>Kalpasiddhisthana</b>	Anushtupa	1
<b>Uttarasthana</b>	Anushtupa, Arya, Aryageeti, Arya jaghana Chapala, Arya mukha Chapala, Indravajravrittam, Udgeetirarya, Upajativrittam, Upendravajra, AupaChhandasikavrittam, Geeti, Geeti sumukhachapala, Dandaka arnaakhya, Dandaka vyalakhya, Dodhakavrittam, Drutvilambita, Pushpitagra, Prithvivrittam, Praharshini, Malinivrittam, Mukhachapala, Rathoddhata, Vasantatilakavrittam, Vaitaleeya, Vaishvadevivrittam, Shardula vikreedita, Shalinivritta, Sragdharavritta, Swagatavritta.	29

## 6. DISCUSSION AND CONCLUSION

Arundutta has portrayed a sum of 44 Chhanda. Out of these Anushtupa Chhanda is the most used Chhanda in AH (95.11%) while Arya vipla, Bhadra, Dandaka Aranakhya, Dandaka Vyalakhya, Dharilaleeta, Geetirarya, Geetisumukh Chapala, Harini, Kusumit lata, Madakranta, Matrasamakam, Mattamayuram, Narkutaka, Shudhha virata, Totaka, Upachitra and Vanshastha are the least used Chhanda (0.01% each). All the verses of Nidanasthana and Kalpasiddhisthana are in Anushtupa Chhanda. Maximum number of Chhanda are used in Chikitsasthan (i.e. 32). Chikitsasthana 19<sup>th</sup> and Sutrasthana 15<sup>th</sup> are the chapters that used most varied types of Chhanda.

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