

The seasonal regimen as stated in the *Carakasamhitā*- A Study

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If we go to the origin of Indian medicinal sciences we must go to the Vedic age. We know that the knowledge of healing herbs and an art of healing belonging to the *Atharvaveda*. The ancient name of the Indian medicine is *Āyurveda* the Vedas for lengthening of or the span of life (*dīrgha āyusah*). The *Āyurveda* is an *upānga* or auxiliary of the *Atharvaveda*. Traditionally, the *Āyurveda* consists of eight parts (*astānga*), i.e, major surgery (*śalya*), minor surgery (*sālākya*), etc. The *Caraka* and *Shusruta* was the two prominent scholar or follower of *Āyurvedaśāstra*. The *Carakasamhitā* and *Susrutasamhita* are the two great treatises on ancient Indian medicines. The *Caraka* was not only a physician but he was too a good philosopher and moralist. The *Carakasamhitā* is of a great work on the ancient Indian medicine. The work consists of eight parts i.e., *Sūtrasthāna*, *Nidānasthāna*, *Vimānasthāna*, *śarirasthāna*, *Indriyasthāna*, *Cikitsasthāna*, *Kalpasthāna* and *Siddhāntasthāna*. In the very beginning, that is in the *sūtrasthāna* of the *Carakasamhitā*, the *Caraka* describes the means of healing, diet, duties of physician etc. *Caraka* says man strive for attainment of the three objectives: preservation of vitality, gaining of wealth and peace in the world to come.