

Anonymous

Āyurvedasūtram

— A SARIT edition of chapters 1–5

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Part I

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The Ayurvedasūtram, chapters 1-5 [a machine-readable transcription by Zoe Slatoff]]The Ayurvedasūtram, chapters 1-5 [a machine-readable transcription by Zoe Slatoff]

1 Chapter 1

- 1.1 athāto dhātusthadoṣagatyavikārahetubhūtārthavārdha-
kadravyāṅyadyāt
- 1.2 cirāyuricchāpravṛttirāyurvedārthapurūṣārthopapādikā
- 1.3 taddhetubhūtārthaṃ rakṣet
- 1.4 nendriyātilālanātipīḍanau
- 5 1.5 doṣavṛddhikṣayopapādakau
- 1.6 lakṣaṅānyapi tathā
- 1.7 yogyaistacca nivartayet
- 1.8 anāmapālanam kuryāt
- 1.9 āmaṃ hi sarvarogāṅām
- 10 1.10 ādibhūtāmāha brahmā
- 1.11 tannivṛttiranāmayam
- 1.12 anāmayī ātmānam sammanyate
- 1.13 ahampratyayaḥ karmakartā
- 1.14 sthānavānahamkārī
- 15 1.15 yāvadarogī abhimanyate
- 1.16 sa eva bhukte
- 1.17 ajo hyadhiṣṭhātā
- 1.18 bhukte viṣayabhogān
- 1.19 anyaḥ karma bhukta
- 20 1.20 yaḥ kartā karmabhogī
- 1.21 kartā śarīrī
- 1.22 aśarīrī nānamatti
- 1.23 na kevalam śarīram bhogayogyamātmano yogāt
- 1.24 ajau hyadhiṣṭhitau
- 25 1.25 anyo 'nnamatti
- 1.26 anattyevamanyaḥ
- 1.27 sati śarīre bhogāya
- 1.28 aṣṭāṅgī śarīrī
- 1.29 yāvatkṛtividhdheḥ kāyaḥ
- 30 1.30 āmajāmayakārya hetukacittakṣobhabhayanigrahavigra-

- ho grahaḥ
- 1.31 āmajāmayakāryahetukānyahetukāmayanivartakā ap-
ūrvāṅgahetukāḥ
- 1.32 doṣasañcārābhāvajāsthikarṇanāsādisandhijarujaśśastreṇa-
ike nivartakāḥ 5
- 1.33 prakāśamānaprathamaprayāṅadhigatanissṛtāmṛtapra-
tiprayāṅāhṛtayogavibhāgadhātupoṣakasurasādanāda-
rogavānajaraḥ
- 1.35 ya evaṃ veda
- 1.36 sa cirāyurbhavati 10
- 1.37 tadeva bheṣajam
- 1.38 saiva cikitsā
- 1.39 tāvad dravyāvalokanaṃ kuryāt
- 1.40 rasāḥ svādvamlalavaṇatiktoṣaṇakaṣāyakāḥ tatparitr-
āṅakāḥ 15
- 1.41 svādvamlakaṭukāḥ pāyā rasāḥ
- 1.42 yathā samadoṣā yathāgnipravartakāḥ
- 1.43 siddhāṣṣaṭapāke trayāḥ
- 1.44 tiktassvādu pāke
- 1.45 kaṣāyo 'mlarasaḥ 20
- 1.46 ūṣaṇaṃ lavaṇaḥ pāke
- 1.47 vyutkramarasā vikārakārakāḥ
- 1.48 pācakapittaṃ pacatyāhāram
- 1.49 doṣadhātumaloṣmajamaṃ tathā
- 1.50 grahaṅīkalāyustejāṃsi dadhāti 25
- 1.51 bhaktādanenāmāśayātirodhanāt kalābalā bhavati
- 1.52 āmāśayātipūrṇāt kalābalādāmāśayasthitapavanaga-
titirodhānādanilaprakopo hi bhavati
- 1.53 yādṛśā doṣāstādṛśānilaprakopajātānalāstādṛśā jvarāḥ
- 1.54 akṣikarṇanāsāsīrorugvidāhajihvāsyaśoṣakukṣyo jval- 30
ayan jvalati
- 1.55 aṅgapīḍanamalamārgātirodhanātipīḍanadhātumārga-
vigamanānilādanalasthalacalanādinānilajvaraḥ
- 1.56 pavanapittahetukarasavirasajātājīrṇajanyāmarasāsṛgdhā-
tucarādyadoṣa ubhayalakṣaṇayuktarogaḥ pavanapi- 35
ttaprakopajvaraḥ
- 1.57 pavanakaphavikārahetukarasavirasajātājīrṇajanyāma-
yamāṃsamedodhātucara ubhayalakṣaṇasahitaḥ pa-

- vanakaphavikārajātajvaraḥ
- 1.58 kaphapittavikārahetukarasavirasajātājīrṇajanyāmayāsthimajjādhātucarādyadoṣaś cobhayalakṣaṇayukto rogaḥ kaphapittavikārajātajvaraḥ
- 5 1.59 manaḥkāmbhayaabhūtābhighātakālahetūtpannajvarasyāntarvidāhaśvāsakhāsamadabhramamūrcchacchardiyatisāraśokakrodhabhayaguṇāstannivartakanivartakā āgantukajvarāḥ
- 1.60 pavanādyaprakopādagnibalaṃ poṣayankriyākramaḥ
- 10 1.61 pathyādoṣe kṣīṇe 'gnibale jāte kṣutṭṛṇrucīśśaktiḥ balakālāvibhāgajño vamanavirekācchvāsakhāsahṛdrogaviṣamajvarātisārebhyo 'bhayātsukhībhavet
- 1.62 āmāśayasthitam sarvadhātubalakārakam
- 1.63 samānānilena tatsthān kalā jvalayan pacati
- 15 1.64 duṣṭagrahaṇī rogasya kārikā
- 1.65 dravadravvyairvibhajankālādannaṃ prāṇānilena koṣṭham gataṃ samānānilena tatsthā kalā jvalayantī pacati
- 1.66 rikte vāyūḥ prakupyate
- 20 1.67 analo 'lpo bhavati
- 1.68 madhurībhūtābhyavahṛtānnaṃ pavanaprakopahārakam
- 1.69 hṛdgatakaphaplutānnaṃamlībhūtāṃ pittaprakopānāśakam
- 25 1.71 hṛccyutāhāramanalaśoṣitamāmāśayastham kapham harati
- 1.72 svādvamlakaṭukāḥ pākyā rasā yathā samadoṣā yathāyatham yogaphaladāyakāḥ
- 1.73 ye rasāstaddhetubhūtāstadudbhūtājātānalāstadudbhūtadhātupoṣakāḥ
- 30 1.74 rasādraktam
- 1.75 pañcabhūtātmakam śarīram
- 1.76 śrotrāntassthitaśabdaguṇakabodhakasirābhyāṃ śrūyate
- 35 1.77 śabdaguṇaka ākāśaḥ
- 1.78 rasāsrghdhātujanyā tvak śvāsocchvāsāvahā
- 1.79 saptadhātutvagāvṛtānilo viyajjātaḥ
- 1.80 ṣaṭpañcāśatsirāvṛtākṣigatānalaḥ pañcarūpopapanna-

- māhāraṃ pacan anilajātānalassvagatārthaṃ paśyati
- 1.81 lālārūpo rasādibhedānvibhajan jihvayā rasam gr̥hṇāti
- 1.82 jihvāsaṃsthitadvisirādhārasarvarasābhijñā
- 1.83 caturviṃśatisirā nāsikāgragatodbhavā pṛthivī catu-
rvimśatitvatvabodhikā 5
- 1.84 yatsirāvṛtaṃ śarīram | annādbhūtāni jāyante, jātāny-
annena vardhante, adyate 'tti ca bhūtāni, tasmāda-
nnaṃ taducyate
- 1.85 nāsikādhikyavikārabhūtāḥ nāsāgre pratiyante
- 1.86 mātṛjaṃ raktamāṃsamedah, pitṛjaṃ majjāsthiretaḥ, 10
satvarajastamogunātmakaṃ śarīram
- 1.87 āyurārogyatejobalaśuddhādi vapussatvagunotpāda-
kam
- 1.88 yatrasthā rasāstadbhūtajātāste dhātupoṣakāḥ
- 1.89 athāta ādibhūtaṃ yaḥ kartā yāvatkṛtestathā tadeva 15
bheṣajaṃ manaḥkāmaḥṛdgatakaphaśuklādibhirāvṛ-
taṃ śarīraṃ daśa

2 Chapter 2

- 2.1 dvirasārtharasahīnārthahīnarasavānanilanivāraḥ
- 2.2 ṣaṣṣahasratrimśatsirāstrimśacchalyāśśatadvayadaśotta-
rasandhayo navāśītisnāyupeśidharā bhavanti 20
- 2.3 saptadhātudharāssaptāśayāstanmadhyagagrahaṇīkalā-
jātaḥ svāduraso 'nilaprapakopam harati
- 2.4 aṣṭamo garbhāśayaḥ strīṇām
- 2.5 svaṃ svaṃ svoṣmaṇā sravadrasātmaṃ caujaḥ | svaṃ
svaṃ svasya svayameva heturbhavati 25
- 2.6 śiraḥpāṇipādapārśvaprṣṭhorūdarajaṅghaśīśnopasthapā-
yvaṅgāni bhavanti
- 2.7 śrotravakcakaṣurjihvāghrāṇāstathā
- 2.8 sarandhrakābhyantaradharāstrayastrayassirāḥ | pāda-
yoścatutrimśatsarandhrakābhyantaradharāḥ 30
- 2.9 pādasthitapadmamavarṇajanakam catustrimśatsirāvṛ-
tam
- 2.10 jānupadmagaṭamivarṇajanakam catustrimśatsirāvṛ-
tam
- 2.11 uvarṇātmakamūrupradeśapadmam vimśatisirāvṛtam 35

- 2.12 r̥varṇajanakam̐ śronipradeśapadmam̐ viṃśatisirāvṛtam
- 2.13 l̥r̥varṇajanakam̐ śronipradeśapadmam̐ catustrimśatsirāvṛtam
- 5 2.14 evarṇajanakam̐ kaṭipradeśagatapadmam̐ catustrimśatsirāvṛtam
- 2.15 aivarṇajanakam̐ bījagatapārśvagatapadmam̐ catustrimśatsirāvṛtam
- 2.16 ovarṇājanakam̐ vaṅkṣaṇapradeśagatam̐ padmam̐ dvādaśasirāvṛtam
- 10 2.17 auvarṇajanakam̐ bījapradeśagatam̐ padmam̐ dvisirāvṛtam
- 2.19 gaghavarṇajanakamedhrapradeśastriṣaṣṭisirāvṛtaḥ
- 2.20 ṅoccāraṇahetukam̐ pṛṣṭhadeśagatam̐ padmam̐ catustrimśatsirāvṛtam
- 15 2.21 ṅoccāraṇahetukam̐ pṛṣṭhadeśagatam̐ padmam̐ catustrimśatsirāvṛtam
- 2.22 cachavarṇotpādakam̐ tatpārśvapadmam̐ caturdaśasirāvṛtam
- 20 2.23 jajhavarṇoccāraṇahetukam̐ jaṭharānalapadmam̐ caturdaśasirāvṛtam
- 2.24 ṅavarṇotpādakam̐ nābhipradeśapadmam̐ viṃśatisirāvṛtam
- 2.25 ṭathavarṇotpādakam̐ nābhipradeśapadmam̐ trimśatsirāvṛtam
- 25 2.26 ḍadhavarṇahetukam̐ romarājipārśvagatam̐ dvāvimśatisirāvṛtam
- 2.27 ṇavarṇādhārabhūtam̐ hr̥tkamalam̐ trimśatsirāvṛtam
- 2.28 tathavarṇotpādakam̐ stanadvayapadmam̐ pañcāśatsirāvṛtam
- 30 2.29 dadhavarṇotpādakam̐ kaṅṭhadeśapadmam̐ pañcāśatsirāvṛtam
- 2.30 navarṇotpādakam̐ grīvāpadmam̐ ṣoḍaśasirāvṛtam
- 2.31 paphavarṇotpādakam̐ bāhupadmam̐ ṣoḍaśasirāvṛtam
- 35 2.32 babhavarṇajanakam̐ prakoṣṭhapradeśapadmam̐ pañcāśatsirāvṛtam
- 2.33 mavarṇoccāraṇahetukam̐ sakalaśabdārthajñāpakam̐

- hastagatapadmaṃ pañcāśatsirāvṛtam
- 2.34 yavarṇajñāpakam rasabandhanapadmaṃ dvisirāvṛ-
tam
- 2.35 rephavarṇotpādakamoṣṭhapadmaṃ ṣoḍaśasirāvṛtam
- 2.36 lavarṇajanakam vācaspatipradeśastham dvisirāvṛtam 5
- 2.37 vavarṇotpādakam nāsikāgragatapadmaṃ catustri-
mśatsirāvṛtam
- 2.38 śavarṇajñāpakam gandhavahapadmaṃ dvisirāvṛtam
- 2.39 ṣavarṇotpādakatāludvayapadmamekaikasirāvṛtam
- 2.40 savarṇajñāpakamakṣipradeśagatapadmaṃ catuḥpa- 10
ñcāśatsirāvṛtam
- 2.41 havarṇotpādakam pakṣapradeśapadmaṃ dvisirāvṛ-
tam
- 2.42 ḷavarṇotpādakamapāṅgadeśapadmaṃ dvisirāvṛtam
- 2.43 kṣavarṇajñāpakam dantapaṅktipradeśapadmaṃ tri- 15
mśatsirāvṛtam
- 2.44 rephotpādakam kapolapadmaṃ ravarṇadevatātma-
kam
- 2.45 sirāsyadoṣagatijātaśabdaḥ karṇayoḥ prapadyate
- 2.46 riktātiriktātipūrṇāssirā na vedhyāḥ 20
- 2.47 tāssirā marmāśayagā riktāḥ
- 2.48 sirāsṛgvibhāgavidhiṃ jñātvā vimocayet
- 2.49 nīrujāvayavādīdṛśau pitarau
- 2.50 śuddhāśayaśuddhadoṣaśuddhānalaśuddhendriyagu-
ṇahetukapārthivadravyaiḥ prajāḥ prajāyante 25
- 2.51 śukraśoṇitasannipāto yoniḥ
- 2.52 yonyāmāvirabhūdajo vidhicoditaḥ
- 2.53 yāvadāhārānugūṇarūpavān bhavati
- 2.54 yāvadārogyadā rasā nivartakāḥ
- 2.55 yāvadabhyavahr̥tarasebhyo mātṛjam pālayet 30
- 2.56 reto 'dhikātpituḥ putro bhavati
- 2.57 raktādhikānmātuḥ putrikā bhavati
- 2.58 dvisamo yatra ṣaṇḍo bhavati
- 2.59 ajo nānā jāyate
- 2.61 caturthe 'hni snāyāt 35
- 2.62 śuddhā patim vrajet
- 2.63 prajākāmāstāvātprayatnam mithunam tāvaddhetu-
kam

- 2.64 dvicatuḥṣaṣṭhāṣṭadaśadvādaśe 'hani jātāḥ putrāḥ ta-
ditare 'hani jātāḥ putrikāḥ
- 2.65 prathamartau poṣakaṃ nivartakam
- 2.66 tadūrdhve ṛtau śoṣakaṃ tadanantaramapi śoṣakara-
5 sāḥ garbhābhivardhakā yāvatkālopayogyāḥ
- 2.67 prathamadvitrimāseṣu madhurarasāḥ pavanaharā ni-
vartakāḥ
- 2.68 catuḥpañcaṣaṭsu māseṣu amlarasāḥ pittaharā nivart-
akāḥ
- 10 2.69 ṣaṣṭhāṣṭanavamāseṣūṣṇarasāḥ kaphaśoṣakāḥ prava-
rtakāḥ
- 2.70 nivartyo vikāraḥ
- 2.71 āmavṛddhivikārassarvarogahetubhūtaḥ
- 2.72 tattaddravyaṃ tattatkāle tattadviṣaye tattannivarty-
15 eṣu nivartakam
- 2.73 nivartakam bheṣajam
- 2.74 doṣatrayahetukaḥ
- 2.75 sarvajantūnāmanāmapālanam nivartakam
- 2.76 vahnipravardhakadravyaṃ yāvaccharīropavṛmhaṇa-
20 jaṭharānalapravardhakadravyam
- 2.77 tattadarthāssnehayogyāḥ pravardhakāḥ
- 2.78 viśuddhasnehamayaṃ nivartakam
- 2.79 aṅgāṅgasaṅgo 'ṅgavilepanādaṅgāṅgavibhajanam vi-
bhāti
- 25 2.80 antarvatnījanyaajātavedā antarvatnīghṛtādanajanyaḥ
- 2.81 khecarāṅgāṃ janayatassaha sārpiṣā pakṣiśarīre
- 2.82 ārohaṇam gaganavartmasu vrajatām
- 2.83 ghṛtaplutānnādanādvāyustejojretāṃsi dadhāti
- 2.84 yogyadravyopayogairabhivardhate
- 30 2.85 edhante 'smā ṛtavaḥ
- 2.86 annādbhūtāni jāyante
- 2.87 jātānyannaena vardhante
- 2.88 adyate 'tti ca bhūtāni
- 2.89 tasmādannaṃ taducyata iti
- 35 2.90 ghṛtaplutānnamantarvatnyāḥ pradāpayet
- 2.91 tasmātsvāvayavavibhavam dhātuvardhanam kurva-
tyaḥ prajāḥ prajāyante
- 2.92 tacchoṣakapoṣakadravyaṃ tatra bheṣajam

- 2.93 evamuttarottarābhivṛddhirmāse māse
2.94 yāvadvārdhikāstatra bheṣajāḥ
2.95 sarpiṣā poṣyapoṣakāḥ
2.96 na poṣakakāle śoṣakāḥ
2.97 ṣaḍrasāsaptadhātupoṣakāḥ 5
2.98 raso hyasṛk
2.99 raso vai saḥ

3 Chapter 3

- 3.1 atha yogānuśāsanam
3.3 prakṛtipuruṣāntarmukhajñānagocarapratyayaprakṛtipa-
riṇāmo yogaḥ 10
3.4 raja udrekaādasthiram bahirmukhātsukhaduḥkhahe-
tuḥ
3.5 tama udrekātkṛtyākṛtyājñānātkrodhādhibhirniyamito
mūḍhaḥ
3.6 sātvikodayātsukham 15
3.7 madhurarasānnādanādanusātvikaguṇahetukam
3.8 amlībhūtānnādanam rājasaguṇakāarakam
3.9 kaṭukāstamogūṇahetukāḥ
3.10 mumukṣormādhuryam
3.11 āmlarasādanātsukhamekamanubhūyate 20
3.12 uṣṇaraso duḥkhānuṣaṅgātsukham janayati
3.13 tadā draṣṭussvarūpāvasthānam
3.14 sukhaduḥkhamohātmikādhyāstrayaḥprādurbhavanti
3.15 tadrajastaddhetugūṇabhūtajātam
3.16 yathāroganivartakāḥ śoṣakapoṣakāḥ 25
3.17 योग्ययोगो योगः
3.18 cittavibhramo viparyayaḥ
3.19 atasminṣtaditi pratyayaḥ
3.20 pittādhikaikajātātpītaśśāṅkhaḥ
3.21 sā pratītiḥ pittaviruddhāhārajanyā 30
3.22 atinirīkṣaṇe doṣapramāyāṃ saṃśayo bhavati
3.23 atyantānimiṣadrṣṭyā cakṣurindriyadoṣassambhavati
3.24 rajastamogūṇahetukadravyapariṇāmakāt pittādvibhramo
bhavati
3.25 tadviṣaye cākṣuṣāṇyanubhūtārtheṣu 35

- 3.26 yāvadgarbhāśayasthaṃ piṇḍaṃ tāvaddravyaparipāl-
anam
- 3.27 adoṣajātapiṇḍaṃ kvacinnivartayet
- 3.28 nimitte hi pathyaṃ bheṣajam
- 5 3.29 yāvadāhārapariṇāmajātāḥ kliṣṭāḥ
- 3.30 kliṣṭāḥ kleśāḥ, akliṣṭā akleśāḥ
- 3.31 yāvatprastutamaharahrabheṣajam
- 3.32 yāvadudbhūtaśoṣakaguṇajātā rujaḥ tattadudbhūtap-
oṣakadravyaṃ tatra bheṣajam
- 10 3.33 āmanissaraṇakāryaṃ kartavyam
- 3.34 yāvaddhātvaṅkurābhivardhakadravyābhāvajātarogāḥ
tatpoṣakasamśkārayukta-snehādayo nivartakāḥ
- 3.35 māturāhārarasāhārajanitāvayavasthitarasāḥ pravart-
akāḥ
- 15 3.36 avikāraṃ nirīkṣyaināṃ mātṛjaṃ pāyayet
- 3.37 yogyadravyeṇa ca tānpoṣayet
- 3.38 yāvatstanyapāḥ tāvadbālakāḥ stanyapānam
- 3.39 bālayogyānivartakaṃ kuryāt
- 3.40 śrotrendriyācchabdajñānam
- 20 3.41 rasanendriyajanyabhramādāmavirasadoṣādikaikarasā-
tsamśayavibhramau bhavataḥ
- 3.42 ghrāṇendriyādgandhapratīṭistathā
- 3.43 śrotrendriyācchabdajñānaṃ tathā
- 3.44 śoṣakadravyādhikeyajātāsṛkpratibandhakapavanānala-
gatijātadoṣaviṣayakaviparyayajñānaṃ pramāpratib-
andhakahetukam
- 25 3.45 sārdradravyaṃ tatra bheṣajam
- 3.46 sasnehamārdraṃ kāryam
- 3.47 cākṣuṣapratīṭitarajanyabhinnaviṣayakajñānapramā pr-
amāṇam
- 30 3.48 nirdoṣacakṣustatra janakam
- 3.49 cakṣurgrhītalaiṅgikajñānaṃ pramāṇam
- 3.50 bhramābhāvajanakamāptavacanamāgamah
- 3.51 doṣajanyajñānaviṣayako viparyayaḥ
- 35 3.52 śabdaprayogajanitajñānapratīṭiviṣayo vikalpah
- 3.53 sadasatsambandhavivekavidhirahitajñānaviṣayakam
- 3.54 abhāvapratyayāvalambanā vṛttiḥ nidrā
- 3.55 sā pratīṭiḥ tiktakaṭurasavaddravyādanādbhavati

- 3.56 pramāṇenānubhūtārthāsampramoṣaḥ smṛtiḥ
3.57 madhurarasapariṇāmājñātasātvikodayāt so 'yamiti vy-
apadeśaḥ
3.58 itarendriyayogavirāmo 'ntarniyamito 'bhyāsaḥ
3.59 viṣayavirāgataḥ pravāhotsāhāt punaḥpunarabhinive- 5
śanaṃ vairāgyam
3.60 dr̥ṣṭānuśrāvikaṣayatr̥ṣṇāvaśīkaraṇasamjñāstathā
3.61 tābhyāṃ cittavṛttinirodhaḥ
3.62 yāvaddhātusirādisañcaratprāṇāpānavyānodānasamā-
nānilanirodhanaṃ bhramahetukam 10
3.63 āsannaṣayakajñānahetukāntarātmāntaḥkaraṇayogā-
bhyāsaśāt pavananirodhanādarogī sa cirāyurbha-
vati
3.64 tasmātprāṇādipañcakaphalībhūtaṃ kāryam
3.65 adr̥ṣṭenendriyeṇātmā manasā saṃyujyate 15
3.66 sarvadhātavaḥ satvavaśaṃ gatāḥ
3.67 yatkāle yadyoge yathāvidhi phalapradāḥ prajāḥ pra-
jāyante
3.68 tatsaṃyogajātadhātavaḥ pravartakāḥ (yāṃ kāmayeta
duhitaraṃ priyā syaditi | tāṃ niṣṭhāya dadyāt | pr- 20
iyaiva bhavati | sa na tu punarāgacchati)
3.69 strīpumaśvātmabhāgau bhinnamūrtessir̥kṣayā
3.70 prakṛtipuruṣau pitarāviti smṛtau
3.71 vṛttivyavahitasvarūpaniṣṭhamana utsāhātpunaḥpun-
arabhiniveśanaṃ yogābhyāsaḥ 25
3.72 ādarātiśayodbhūtabhūyobhūyonirīkṣāyogādiṣu bhū-
miḥ
3.73 tāṃ niṣṭhāya dadyāt
3.74 priyaiva bhavati
3.75 neha punarāgacchati 30
3.76 aihikāmuṣmikaviṣayānubhāvvyabhogaikanāśyamiti jñ-
ānaṃ vairāgyam
3.77 aṣayānandātmakanairantaryajñānānandahetukaṃ va-
irāgyam
3.78 tasmāddhātavastadrogabhūmyāvaṣṭambhāḥ 35
3.79 bhogāyatanaṃ śarīram
3.80 tatparamapuruṣakhyāterguṇavaitr̥ṣṇyam
3.81 yāvadindriyaviṣayajñānānāṃ yadārthollekhibhāvanā

- kriyate savitarkaḥ
- 3.83 antaḥkaraṇadharmāvachchinnaviṣayāvalambitadeśakā-
labhāvanāyogaḥ savicāraḥ
- 3.84 asmindeśakāladharmāvachchinnadharmamātrāvabhāsanam
5 nirvicāraḥ
- 3.85 sukhaprakāśodrekāccicchaktiviṣayakassa ānandaḥ
- 3.86 asmingrāhyasatyasattāmātraviṣayakatvena samādhiḥ
sā smṛta
- 3.87 madhuraraso rasāsṛggatapavanāvikṛtamadhupravā-
10 hotsāhodayaḥ pūrayan aṅguṣṭham ca samāśritaḥ
- 3.88 tatra sthitakalā daśadalakamalaṃ vikāsayantī praca-
lati
- 3.89 aṅguṣṭhamātraḥ puruṣo 'ṅguṣṭham ca samāśritaḥ
- 3.90 īśvarassarvasya jagataśśarīram vahati
- 15 3.91 mūlādhāramādibhūtaṃ sakaladhātupoṣakam
- 3.92 sirāpathagatapavanaśśiraḥkamalasthāmṛtamāharansi-
ñcati
- 3.93 śarīrāṅkuraśākhānāmādibhūtaṃ tathā
- 3.94 tattadadhiṣṭhānavarṇadevatānām sirāmārgagatāmṛ-
20 taṃ poṣakam
- 3.95 tatpādapadmādhāre saritpravahati
- 3.96 māmsānusṛtasirāmārgagatapavanena kalāḥ pūrayan
amṛtaṃ secayet
- 3.97 māmsānusṛtasirābhāvāssanti
- 25 3.98 dvisahasrasirāśākhāvat pādapadmamūlakam
- 3.99 saptadhātumayaṃ śarīram

4 Chapter 4

- 4.1 gatāgatāmṛtavaśādāgatasamādhikriyayā yogasānnidhyam
- 4.2 tīvrasaṃyogākhyāmāsannaḥ samādhiḥ
- 4.3 saṃvegaḥ kriyāheturdr̥ḍhatarasaṃskāraḥ
- 30 4.4 gatāgatopāyabhedavatāṃ samādhiphalaṃ cāsannam
- 4.5 mṛdumadhyātimātratvāttato viśeṣaḥ
- 4.6 mṛdumadhyātimātrā ityupāyabhedāḥ
- 4.7 mṛdusaṃyogo madhyamasānyogastīvrasaṃyogaśca
- 4.8 tridhā bhedanena vāyornavayogino bhavanti
- 35 4.9 pañcadaśakamalaṃ jaṅghādeśagataṃ sahasrasirādhā-

- rakaṃ pañcāśanmarmagatam
- 4.10 gatāgatasamṣkāropakārapavanayogassamādhiḥ
- 4.11 īśvarapreritaceṣṭāśrayaṃ hitāhitakāryoddeśyaviṣay-
appravartakaceṣṭāśrayaṃ śarīram
- 4.12 śuddharasāhārajanyadhātupreritasirāgatapavanavaśa- 5
ccalanātmakam
- 4.13 jaṅghāpadmapoṣakāmṛtapravāhapariṇāmayogavaśa-
ccalati
- 4.14 lavaṇarasajanyapavanayogarasappravartaka kleśakarm-
avipākāśayāparāmṛṣṭaḥ puruṣaviśeṣa īśvaraḥ 10
- 4.15 srotomārgasirātrisatadharāṣṭādaśadalapadmaṃ pra-
tītigamanāgamana ceṣṭāśrayaṃ bhavati
- 4.16 svādvamlalavaṇarasajanyānilasirayā pūrayan jaghan-
apadmaviṣayaṃ pracalati
- 4.17 svādurasavirasadravyādanādajīrṇādāmāmbuvṛddhi- 15
rudaraṃ jāyate
- 4.18 svādurasavadvirecanadravyaṃ tatra bheṣajam
- 4.19 śanaiśśanaireva recayet
- 4.20 pavanādyaprakopādagnerbalaṃ poṣayankriyākramaḥ
- 4.21 virasadravyādanājīrṇajanyasirāmārgasthitapavanavi- 20
gatyā sirārasātiprasravaṇād ajīrṇādāmāmbuvṛddhe-
rudaraṃ jāyate
- 4.23 pavanaprakopahetukarūkṣātiśītalalaghvatedanāru-
civivarṇavirasāsyatandrāmūrchādāhabhramatṛṣṇājva-
rātisārāṅgapītatvaṃ pittaprakopodarāmayahtukam 25
- 4.24 śvāsakhāsabhramavidāhatimiratvakpalitanuretodhā-
tusirājātarasaḥ kaphaḥ kaphaṃ karoti
- 4.25 pavanapittaprakopajanakadvitirāsajātānusarita uktobhayalakṣaṇaḥ
vātapittodarāmāyo jñeyaḥ
- 4.26 kaphapittaprakopajanakadvitirāsajātānusaritatattalla-30
kṣaṇalakṣitakapha-pittodarāmāyo jñeyaḥ | kaphav-
ātodarāmāyaṃ dvitirāsajātānusaritobhayalakṣaṇa-
jñānajanyakaphavātāmāyaṃ vidyāt | rasāsrīmā-
msamedovikārajanakadvitirāsānusaritatattallakṣaṇa-
jñānagocarapavanapittakaphodarāmāyo dussādhyāḥ 35
- 4.27 krimijanakapliḥodarāmāyastathā
- 4.28 kaṭvamlalavaṇarasavaddravyādanajātāmalamārgāva-
rodhanāt tatsirārandhramārgagatordhvahr̥tparipūra-

- ṇapavanaprakopanāt pāṇḍuśophavisarparukprado
bhavati
- 4.29 bhramavamipipāsācharditrṣṇāmūrchāntarvidāhānga-
spandanārucipāṇḍutā pittapāṇḍuśobhalakṣaṇam |
5 pādajānujaṅghrorukaṭiprṣṭhabījapārśvāti vyathātisāra-
rūkṣatātīśītasarvāṅgaspandanam pavanaśobhapāṇḍ-
ulakṣaṇam
- 4.30 śvāsakhāsanāsākṣipakṣmakarṇakapoladantārtipīnasa-
śirastodanam pāṇḍuśobhavisarpāmayaalakṣaṇam
- 10 4.31 bāhyaviṣagrastavaddhātudūṣakāḥ
4.32 vātapittarasavirasadravyasaṃsargajātavātagatirodha-
nādrasāsrghātuvidūṣaṇat-tvakpālityam pāṇḍurog-
ahetukam
- 4.33 hṛdi sthitāmapittaviṣasāram pādapadmaśoṣakam a-
15 varṇabodhakacatuṣṭriṃśatsirāsasaṃsargavaśādāmṛtapra-
vāharodhanātpavanajanyāmayāḥ pravardhante
- 4.34 amṛtapravāhālavālopajīvyāvārṇodbodhaka sarandhra-
kābhyanantaradharasātsirāmapittaviṣasāragrasanam pa-
vanaprakopahetukam
- 20 4.35 sirāmārgagatapavanamāṃsadhātvanuṣṭajānujaṅghoru-
bījapārśvapadmagata i, u, ṛ, e, o, ai varṇodbodhaka-
sarandhrakābhyanantaradharasirāmārgagatapavanaga-
ti-nirodhānādanilaprakopo bhavati
- 4.36 tatsirāmārgagatapavanaprakopabhedādhiṣṭhānopādhi-
25 bhedātpavanavikāra-bhedāḥ | āmapittaviṣarasavir-
odhiddravyam bheṣajam
- 4.37 pūrvasmāddvigūṇam pṛthutayā bhāti
- 4.38 trisahasrasirāhetukam madhurībhūtam jvalayati
- 4.39 prajotpādakahetubhūtam bhavati
- 30 4.40 madhurarasādanādasrghāturbhavati
- 4.41 āmlarasādanam māṃsadhātupradam bhavati
- 4.42 lavaṇaraso medodhātupradaḥ
- 4.43 ādyadvidhātusāram jaṅghāpadmahetukam
- 4.44 tiktarasābhivardhitam medodhātusthitadaśadalapa-
35 dnam kaṭipradeśagatam | sahasrasirādāgatāmṛtam
tasya tatpoṣakam | tiktarasādhikakaphapradeśāmṛ-
tam tatra doṣajanyam | piṅgalāmārgādāgatapavan-
anirodhanam subheṣajam supoṣakam

- 4.45 bahiḥ pavanaṃ recayet tameva pūrayet
4.46 tasmāccirāyurbhavati
4.47 candrakalāyatamarutpracoditapadmaṃ mukulībha-
vati | sūryakalāgatapavanād vikasati
4.49 ṣaṭkamalānāmādibhūtaṃ mūlādhāraḥ 5
4.50 tiktoṣaṇarasapradānajananyamedomajjādhāraḥkadaśada-
lapadmaṃ sahasrasirād āgatāmṛtaṃ tatra siñcati
4.51 idāpiṅgalāgatāmṛtaṃ siñcati
4.52 sarvārthānām hetubhūtānām sarvasukhasādhakam
4.53 prakṛtipuruṣayoraikyam bhavati 10
4.54 pāṛthivāvayavādhikyopalabdhiryatra tatsāraḥ pā-
rthivaguṇam
4.55 ekadoṣanivartakam yāvattadekasāraḥ
4.56 abdravyāvayavādhikyajanyasvādurasopalabdhiryadya-
ttattatsāraḥ 15
4.57 ye ye śarīrāssamadbravyātmakāḥ tatra tatra kiṃciduc-
itasvādurasāḥ
4.58 tatpavananivartakam subheṣajam
4.59 analadravyāvayavādhikyajātādhikarūpopalambhaka-
yāvadrāsavadravyam tatsāraḥ 20
4.60 gaganadravyādhikaśabdaguṇopalambhakatvam pra-
māṇam
4.61 tiktoṣaṇakaśāyarasāḥ rasāśrīmāṃsamedobalapradāḥ
4.62 recakapūrakadhāraḥkebhyo vikasati
4.63 liṅgayonisamyogācca prajayā paśubhiḥ prajānam 25
prajāyate
4.64 pṛṣṭhajaṅghrāśīśnopasthadeśabhedātsvarādayaḥ pr-
abhavanti
4.65 kaṭipradeśagataṃ kāyādhāraḥ
4.66 nābheradhassthitam kuṇḍalyādibhūtaṃ pañcasaha- 30
srasirāvṛtaṃ śatadalapadmaṃ prajāyate

5 Chapter 5

- 5.1 nābheradhastādūrdhvaṃ hr̥di sthitavātapittakaphad-
oṣāssamastā asamastā asamagrā anyonyam te āmay-
otpādakāḥ

- 5.2 yatrasthā ye rasāstattadudbhūtajātāste dhātupoṣakāḥ
 5.3 dvirasārtharasahīnārthahīnārasavānanilanivāraḥ
 5.4 madhurātimadhuraṃ kramādvātapittaghnaḥ kaphaṃ
 kurutaḥ
 5 5.5 āmlātyāmlau ca tathā
 5.6 lavaṇaṃ pavanaṃ hanti | kaphapittakaraṇaṃ
 5.7 hīnādhikalavaṇarasaḥ kaphapavanaṃ hanti pittaṃ
 kurute
 5.8 tiktaḥ kaphapittaṃ hanti mārutaṃ kurute
 10 5.9 kaṭu kaphaṃ hanti | vātapittahetukaṃ
 5.10 kaṭukātikaṭukaḥ kaphānilaṃ hanti | pittaṃ kurute
 5.11 kaṣāyaḥ kaphapittaṃ hanti | mārutaṃ kurute | hīnā-
 dhikakaṣāyaḥ kaphamārutaṃ hanti | pittaṃ kurute
 5.12 doṣe tridoṣahetvanyahetukavikāraviruddhayāvādra-
 15 saikabhāvātmakaikarasādiḥ nivartakaḥ
 5.13 rasādidravyasārajāssakalāmāyanivartakāḥ
 5.14 adoṣadhātupoṣakasāraḥ
 5.15 pakvāmāśayagāḥ pavanādyāḥ svādukaṣāyakaṭukai-
 stiktāmlalavaṇaiḥ kālāpākajayogyaiḥ dhāraṇareca-
 20 kātmakadravyairvividhaiḥ dvividhāmāyāḥ prava-
 rdhante
 5.16 bhūguṇau gurumandau | snigdhamāyāpāḥ | śl-
 akṣṇasāndratarāgneḥ | mṛdusthitā gurumārutaḥ |
 sukṣmaviśadā viyataḥ | viruddhaviṣayaḥ pratik-
 25 āraḥ | deśadehakāladravyakarmanāṃ yathāyogo
 yāvādrogapātaḥ
 5.17 svasthāsvasthāssāmāyāssadoṣagā vidoṣagāḥ
 5.19 dehadeśakāladravyakarmanāṃ yathāyogakaraṇaṃ yā-
 vādrogaghātaḥ
 30 5.20 virasaviṣamapacana-jātadvidoṣaikavidhadhātumārgagā
 dvidoṣagāḥ
 5.21 caramarasapacatarogastridoṣagāḥ
 5.22 yāvādādoṣapacanaṃ nirvitarkaṃ
 5.23 yāvāddhātuprasādādhīno doṣapacanaḥ
 35 5.24 viruddharasajātayāvāddhātavadhirohaṇādekadhātukaḥ
 5.25 rasājīrṇavirasādhikaviruddharasajadoṣādhikaikaśā-
 bhībhūtassvasthānacyuto bahirujjvalayan jvarassā-
 majātaḥ

- 5.26 viṣamarasapacanasavirasādiyāvaddhātuprasādādhi-
no doṣapacanakālaḥ
- 5.27 ekamekaadhātugatāssusādhyāḥ
- 5.28 dvirasadvidoṣapracāramāṃsamedonugatarasapradhā-
naikadoṣapacnadvidoṣajā dussādhyāḥ 5
- 5.29 evamanyonyadoṣajātāśca
- 5.30 dvirasādhikaikajātatridoṣarasarūpānugūṇarogā asā-
dhyāḥ
- 5.31 evamekadhātugatāścāsādhyāḥ
- 5.32 adoṣāssadoṣāssamadoṣāssarujā rujāḥ 10
- 5.33 te trayo doṣahetubhūtāssaptadhātava iti
- 5.34 sānilānanilādhikānilarūkṣalaghubhāvito rasāsṛggataḥ
- 5.35 pittāśrayāttadadhīnapittamāṃsamedonusarannasthi-
mṛdukāraḥ
- 5.36 mandoṣṇādisamadoṣādhikākṣīṇavṛddhiguṇakāsthima¹⁵
jjāmedo 'dhiṣṭhitāḥ
- 5.37 adoṣadhāturasānusārānusarāsthirasapacanaacaramadhā-
tupracāraḥ
- 5.38 bhūtapūrvapadārthajātadhātuhetubhūtānalasamara-
sapacana viruddhārtharasapākayogād-viparyaya 20
- 5.39 ṣaṭkamalānāmādibhūtaṃ mūlādhāraḥ
- 5.40 idāpiṅgalāpūritānilatatsarāgatāmṛtaṃ siñcati
- 5.41 pṛṣṭhorūdarajaṅghāśīśnopasthadeśādyairabhivardha-
te
- 5.42 nābheradhassthitam kuṇḍalyādhibhūtaṃ śatadalap- 25
admaṃ pañcasahasrasirāvṛtaṃ saroruhama jāyate
- 5.43 jaṭarāgnerālavālakatayā bhāti
- 5.44 madhurarasam pracālayan śukladhātusthāne svatej-
asā bhāti
- 5.45 āmlarasam vipācayan mahhādhātusthāne svatejasā 30
bhāti
- 5.46 lavaṇarasam vipācayan asthidhātusthāne svatejasā
bhāti
- 5.47 tiktarasam vipācayan medodhātusthāne svatejasā bh-
āti 35
- 5.48 uṣaṇarasam vipācayan māmsadhātusthāne svatejasā
bhāti
- 5.49 kaṣāyarasam vipācayan rasāsṛgdhātusthāne svatejasā

- bhāti
- 5.50 sakalarasādhārādibhūtamaṅguṣṭhadalaṃ nābhipadm-
ādhiṣṭhitaṃ trikoṇaṃ nāma saroruhamaṃjāyata
- 5.51 tasmāttanurajāyata | tasmācchākhāśśarīre bhānti
- 5 5.52 tajjanyaṃrtaṃ tapoṣakam
- 5.53 acalo 'jo manoviṣayakaḥ
- 5.54 tadjñānaṃ tatpuruṣārthakam
- 5.55 sātvikadravyādanaṃ tadbodhakam
- 5.56 itarārthādanāntanna bhāti
- 10 5.57 rajastamogūṇau ātmajñānapratibandhakau
- 5.58 sarvārthānāṃ hetubhūtaṃ śarīram
- 5.59 so 'jassamaṃ paśyati
- 5.60 sa sarvānamatti
- 5.61 tatpoṣakocitarasāstacchākhāphalakāṇḍatatpoṣakāḥ
- 15 5.62 prātaḥpūrvāhṇādanai rasavikāraṃ nirīkṣayet
- 5.63 visrṣṭaviṇmūtrādvimalāśayaḥ
- 5.64 arogasyāśayāssarvaśarīrasādhakāḥ
- 5.65 rasāśayassāśayassarvāśayo vā śarīrī
- 5.66 ṣaṭpañcāśadvasumatīkalā hṛddeśā bhānti
- 20 5.67 nābhyāmudbhūtajātāḥ pañcāśatprabhāḥ pravibhānti
- 5.68 tadūrdhvānale dvāṣaṣṭimayūkhāḥ pratibhānti
- 5.69 catuḥpañcāśatkukṣau pavananiṣṭhāḥ prabhāḥ prapa-
dyante
- 5.70 tadūrdhvaṃ viyadgatā dvāṣaṣṭiprabhāḥ prakāśante
- 25 5.71 śrotranetranāsikāmadhyagatamanassu mayūkhā vik-
asanti
- 5.72 tadūrdhvakāyāntassthitasahasrāre padme śuklarūpa-
dvayaṃ yatra pratibhāti
- 5.73 kṣityādimaṃ 'ntāḥ ṣaḍṛtava iti
- 30 5.74 ṣaḍrasāssamarasāstāḥ kalārūpāḥ kalākhyāḥ praty-
aḥ pradrṣyante
- 5.75 kṣitimabbhaktakalāḥ puṣṇanti
- 5.76 āpo 'nalapoṣitāḥ
- 5.77 anilādanalaḥ
- 35 5.78 analādākāśaḥ
- 5.79 anantaraṃ manaḥ
- 5.80 mano yugātmetyabhidhīyate
- 5.81 ebhirāvṛttaṃ śarīram

- 5.82 ṣaṭpadārthajātāṣṣaḍrasātmakāstattaddravyādeśā ity-
upadeśaḥ
- 5.83 tattadrasānāsvādya viraktamanojaḥ anyonyamanyo-
nyamanubhūyate
- 5.84 svatassvayamevaṃvit 5
- 5.85 tattalokātpretya etamānandamayamātmānamupas-
aṅkrāmati
- 5.86 etaṃ vijñānamayamātmānamuppasaṅkrāmati
- 5.87 etaṃ manomayamātmānamuppasaṅkrāmati
- 5.88 imānlokānkāmarūpyanusamṅcarannetatsāma gāyann- 10
āste
- 5.89 ūrdhvādastiryaṅmayūkhānalo bhavati
- 5.90 tacchākhāgravirāṭpuruṣassarvamaśnute
- 5.91 anāmapālanamanāmayahetukam
- 5.92 dhātupoṣakamānandahetukam 15
- 5.93 rasadravyavijñānamānandahetukam
- 5.94 tadanyonyasaṃyogajñānapūrvakamātmāsvarūpavijñā-
namānandahetukam
- 5.95 vijñānasāmagrī ātmamanoviṣayapūrvakam tattadvi-
ṣayavijñānasyāśrayavān bhavati 20
- 5.96 rogapāpavisarjanam sāśrayasthitasthāpakam
- 5.97 tābhyāmadhibhūtaṃ abhayadaṃ sarvaśarīradhāra-
kam dhātulakṣaṇam
- 5.98 ivartyanivartakaviṣayavidhiṃ jñātvā viṣaye napram-
attaṃ sādhyāsādhyavidhiniṣedhajñānapūrvikā kā- 25
ryā cikitsā
- 5.99 ekaikaśarīradravyabhedamekaikabheṣajam
- 5.100 pṛthivyudbhavaguṇo 'mlarasavannirasadravyayo-
śśoṣakapoṣakaḥ
- 5.101 abbhūtaguṇo gatarasavannirasadravyayośśoṣakap- 30
oṣakaḥ
- 5.102 tejabhūtodbhavāvūṣaṅarasāntarhitalavaṇoṣaṅarasau
ambupavanayośśoṣakapoṣakau
- 5.103 pavanabhūtodbhavaḥ sakalarasāvagatasparśayogya-
dravyarasāpahṛtarasādikīrṇarakta-rasassakaladoṣanivartakaḥ
- 5.104 gaganabhūtodbhavatacchāyātmabhūniṣṭhatiktarasā-
dhīnānilānaloṣmaruja ākāśādhīnakaṣāyarasā yāvats-
arvadoṣasthāmayāpahāḥ

- 5.105 yāvaddhātupoṣakadravyādanāttattadroganivartakāḥ
5.106 viṣayaviṣayāṇāmātmābhīdhātānmārutodrekahetukam
5.107 adanābhīdhātajarūjo 'danābhīdhātahetoradanajām-
anivartakanivṛttiḥ
5 5.108 dussādhyā abhīdhātajāḥ
5.109 sirānivartakāśśarīranāśakāḥ
5.110 antyakālavasyanādabhīdhātaja iti
5.111 kṣayārśogulmanetrarukpravacanahetukam
5.112 dehaśoṣāddehapākāddehasāro 'tisarati
10 5.113 svādurasāśśuklapoṣakaḥ
5.114 svādurasavirasaśśuklaśoṣakaḥ
5.115 amlaraso majjāpravardhakaḥ
5.116 amlarasavi so majjāhīnatāpradaḥ

The TEI Header

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