

॥ Āyurvedasūtram

By Anonymous

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Chapter 1

- 1.1 athāto dhātusthadoṣagatyavikārahetubhūtārthavārdhakadravyānyadyāt
- 1.2 cirāyuricchāpravṛttirāyurvedārthapuruṣārthopapādikā
- 1.3 taddhetubhūtārthaṃ rakṣet
- 1.4 nendriyātilālanātipīdanau
- 1.5 doṣavṛddhikṣayopapādakau
- 1.6 lakṣaṇānyapi tathā
- 1.7 yogyaistacca nivartayet
- 1.8 anāmapālaṇaṃ kuryāt
- 1.9 āmaṃ hi sarvarogāṇām
- 1.10 ādibhūtamāha brahmā
- 1.11 tannivṛttiranāmayam
- 1.12 anāmayī ātmānaṃ sammanyate
- 1.13 ahampratyayaḥ karmakartā
- 1.14 sthānavānaḥkārī
- 1.15 yāvadarogī abhimanyate
- 1.16 sa eva bhukte
- 1.17 ajo hyadhiṣṭhātā
- 1.18 bhukte viṣayabhogān
- 1.19 anyaḥ karma bhukta
- 1.20 yaḥ kartā karmabhogī
- 1.21 kartā śarīrī
- 1.22 aśarīrī nānamatti
- 1.23 na kevalaṃ śarīraṃ bhogayogyamātmano yogāt
- 1.24 ajau hyadhiṣṭhitau
- 1.25 anyo 'nnamatti
- 1.26 anattyevamanyaḥ
- 1.27 sati śarīre bhogāya
- 1.28 aṣṭāṅgī śarīrī
- 1.29 yāvatkṛtividhdheḥ kāyaḥ
- 1.30 āmajāmayakāryaHetukacittakṣobhabhayanigrahavigraho grahaḥ
- 1.31 āmajāmayakāryaHetukānyahetukāmayanivartakā apūrvāṅgahetukāḥ
- 1.32 doṣasañcārābhāvajāsthikarṇanāsādisandhijarujaśśastrenaike nivartakāḥ
- 1.33 prakāśamānaprathamaprayāṇādhigatanissṛtāmṛtapratiprayāṇāhṛtayogavibhāgadhātupoṣak
asurasādanādarogavānajaraḥ
- 1.35 ya evaṃ veda
- 1.36 sa cirāyurbhavati
- 1.37 tadeva bheṣajam
- 1.38 saiva cikitsā
- 1.39 tāvad dravyāvalokanaṃ kuryāt

- 1.40 rasāḥ svādvamlalavaṇatiktoṣaṇakaśāyākāḥ tatparitrāṇakāḥ
 1.41 svādvamlakaṭukāḥ pāyā rasāḥ
 1.42 yathā samadoṣā yathāgnipravartakāḥ
 1.43 siddhāṣṣaṭapāke trayāḥ
 1.44 tiktassvādu pāke
 1.45 kaṣāyo 'mlarasāḥ
 1.46 ūṣaṇaṃ lavaṇaḥ pāke
 1.47 vyutkramarasā vikārakārakāḥ
 1.48 pācakapittaṃ pacatyāhāram
 1.49 doṣadhātumaloṣmajaṃ tathā
 1.50 grahaṇīkalāyustejāṃsi dadhāti
 1.51 bhaktādanenāmāśayātirodhanāt kalābalā bhavati
 1.52 āmāśayātipūrṇāt kalābalādāmāśayasthitapavanagatitirodhānādanilaparakopo hi bhavati
 1.53 yādṛśā doṣāstādṛśānilaparakopajātānalāstādṛśā jvarāḥ
 1.54 akṣikarṇanāśāsiroṣṭhāḥ jvalayan jvalati
 1.55 aṅgapīḍanamalamārgātirodhanātipīḍanadhātumārgavigamanānilādanalasthalacalanādinān
 ilajvaraḥ
 1.56 pavanapittahetukarasavirasajātājirṇajanyāmarasāsṛgdhātucarādyadoṣa
 ubhayalakṣaṇayuktarogaḥ pavanapittaparakopajvaraḥ
 1.57 pavanakaphavikārahetukarasavirasajātājirṇajanyāmayamāmsamedodhātucara
 ubhayalakṣaṇasahitaḥ pavanakaphavikārajātajvaraḥ
 1.58 kaphapittavikārahetukarasavirasajātājirṇajanyāmayāsthimajjādhātucarādyadoṣaś
 cobhayalakṣaṇayukto rogaḥ kaphapittavikārajātajvaraḥ
 1.59 manaḥkāmbhayabhūtābhīghātakālahetūtpannajvarasyāntarvidāhaśvāsakhāsamadabhram
 amūrccachardiyatisāraśokakrodhabhayaguṇāstannivartakanivartakā āgantukajvaraḥ
 1.60 pavanādyaparakopādagnibalaṃ poṣayankriyākramaḥ
 1.61 pathyāddoṣe kṣiṇe 'gnibale jāte kṣuttrṇrucīśśaktiḥ balakālavibhāgajño
 vamanavirekācchvāsakhāsahṛdrogaviṣamajvarātisārebhyo 'bhayātsukhībhavet
 1.62 āmāśayasthitaṃ sarvadhātubalakārakam
 1.63 samānānilena tatsthān kalā jvalayan pacati
 1.64 duṣṭagrahaṇī rogasya kārīkā
 1.65 dravadravvyairvibhajankālādannaṃ prāṇānilena koṣṭhaṃ gataṃ samānānilena tatsthā kalā
 jvalayantī pacati
 1.66 rikte vāyūḥ prakupyate
 1.67 analo 'lpo bhavati
 1.68 madhurībhūtābhyavahṛtānnaṃ pavanaparakopahārakam
 1.69 hṛdgatakaphaplutānnaṃ pittaṃ pavanaparakopānāśakam
 1.71 hṛccyutāhāramanalaśoṣitamāmāśayasthaṃ kaphaṃ harati
 1.72 svādvamlakaṭukāḥ pākya rasā yathā samadoṣā yathāyathaṃ yogaphaladāyākāḥ
 1.73 ye rasāstaddhetubhūtāstadudbhūtājātānalāstadudbhūtadhātupoṣakāḥ
 1.74 rasādraktam
 1.75 pañcabhūtātmakam śarīram
 1.76 śrotrāntassthitaśābdaguṇakabodhakasirābhyāṃ śrūyate
 1.77 śābdaguṇaka ākāśaḥ

- 1.78 rasāsr̥gdhātuḥ janyā tvak śvāsocchvāsāvahā
 1.79 saptadhātutvagāvṛtānilo viyajjātaḥ
 1.80 ṣaṭpañcāśatsirāvṛtākṣigatānalaḥ pañcarūpopapannamāhāraṃ pacan
 anilajātānalassvagaṭārthaṃ paśyati
 1.81 lālārūpo rasādibhedānvibhajan jihvayā rasaṃ gr̥hṇāti
 1.82 jihvāsaṃsthitadvisirādhārasarvarasābhijñā
 1.83 caturviṃśatisirā nāsikāgragatodbhavā pṛthivī caturviṃśatitavabodhikā
 1.84 yatsirāvṛtaṃ śarīraṃ | annādbhūtāni jāyante, jātānyannena vardhante, adyate 'tti ca
 bhūtāni, tasmādanṇaṃ taducyate
 1.85 nāsikādhikyavikārabhūtāḥ nāsāgre pratiyante
 1.86 mātr̥jaṃ raktamāṃsamedāḥ, pitṛjaṃ majjāsthiretaḥ, satvarajastamoguṇātmakaṃ śarīraṃ
 1.87 āyurārogyatejobalaśuddhādi vapussatvaguṇotpādakam
 1.88 yatrasthā rasāstadbhūtajātāste dhātupoṣakāḥ
 1.89 athāta ādibhūtaṃ yaḥ kartā yāvatkṛtestathā tadeva bheṣajaṃ
 manaḥkāmaḥṛdgatakaphaśuklādibhirāvṛtaṃ śarīraṃ daśa

Chapter 2

- 2.1 dvirasārtharasahīnārthahīnārasavānanīlanivāraḥ
- 2.2 ṣaṭsahasratrimśatsirāstrimśacchalyāśśatadvayadaśottarasandhayo navāśītisnāyupēśidharā bhavanti
- 2.3 saptadhātudharāssaptāśyāstanmadhyagagrahaṇīkalājātaḥ svāduraso 'nilaprapoḥ harati
- 2.4 aṣṭamo garbhāśayaḥ strīṇām
- 2.5 svaṃ svaṃ svoṣmaṇā sravadrasātmaṃ caujaḥ | svaṃ svaṃ svasya svayameva heturbhavati
- 2.6 śīraḥpāṇipādapārśvapṛṣṭhorūdarajaṅghaśīśnopasthapāyvaṅgāni bhavanti
- 2.7 śrotatvakcakṣurjihvāghrāṇāstathā
- 2.8 sarandhrakābhyantaradharāstrayastrayassirāḥ |
pādayoścatutrimśatsarandhrakābhyantaradharāḥ
- 2.9 pādasthitapadmamavarṇajanakaṃ catustrimśatsirāvṛtam
- 2.10 jānupadmagaṭamivarṇajanakaṃ catustrimśatsirāvṛtam
- 2.11 uvarṇātmakamūrupradeśapadmaṃ viṃśatsirāvṛtam
- 2.12 ṛvarṇajanakaṃ śroṇipradeśapadmaṃ viṃśatsirāvṛtam
- 2.13 lṛvarṇajanakaṃ śroṇipradeśapadmaṃ catustrimśatsirāvṛtam
- 2.14 evarṇajanakaṃ kaṭipradeśagatapadmaṃ catustrimśatsirāvṛtam
- 2.15 aivarṇajanakaṃ bijagatapārśvagatapadmaṃ catustrimśatsirāvṛtam
- 2.16 ovarṇajanakaṃ vaṅkṣaṇapradeśagataṃ padmaṃ dvādaśasirāvṛtam
- 2.17 auvarṇajanakaṃ bijapradeśagataṃ padmaṃ dvisirāvṛtam
- 2.19 gaghavarṇajanakamedhrapradeśastriṣaṣṭisirāvṛtaḥ
- 2.20 ṅoccāraṇahetukaṃ pṛṣṭhadeśagataṃ padmaṃ catustrimśatsirāvṛtam
- 2.21 ṅoccāraṇahetukaṃ pṛṣṭhadeśagataṃ padmaṃ catustrimśatsirāvṛtam
- 2.22 cachavarṇotpādakaṃ tatpārśvapadmaṃ caturdaśasirāvṛtam
- 2.23 jajhavarṇoccāraṇahetukaṃ jaṭharānalapadmaṃ caturdaśasirāvṛtam
- 2.24 ṅavarṇotpādakaṃ nābhipradeśapadmaṃ viṃśatsirāvṛtam
- 2.25 ṭaṭhavarṇotpādakaṃ nābhipradeśapadmaṃ trimśatsirāvṛtam
- 2.26 ḍaḍhavarṇahetukaṃ romaṛājipārśvagataṃ dvāvīṃśatsirāvṛtam
- 2.27 ṇavarṇādhārabhūtaṃ hṛtkamalaṃ trimśatsirāvṛtam
- 2.28 tathavarṇotpādakaṃ stanadvayapadmaṃ pañcāśatsirāvṛtam
- 2.29 dadhavarṇotpādakaṃ kaṇṭhadeśapadmaṃ pañcāśatsirāvṛtam
- 2.30 navarṇotpādakaṃ grīvāpadmaṃ ṣoḍaśasirāvṛtam
- 2.31 paphavarṇotpādakaṃ bāhupadmaṃ ṣoḍaśasirāvṛtam
- 2.32 babhavarṇajanakaṃ prakoṣṭhapradeśapadmaṃ pañcāśatsirāvṛtam
- 2.33 mavarṇoccāraṇahetukaṃ sakalaśabdārthajñāpakaṃ hastagatapadmaṃ pañcāśatsirāvṛtam
- 2.34 yavarṇajñāpakaṃ rasabandhanapadmaṃ dvisirāvṛtam
- 2.35 rephavarṇotpādakamoṣṭhapadmaṃ ṣoḍaśasirāvṛtam
- 2.36 lavarṇajanakaṃ vācaspatipradeśasthaṃ dvisirāvṛtam
- 2.37 vavarṇotpādakaṃ nāsikāgragatapadmaṃ catustrimśatsirāvṛtam
- 2.38 śavarṇajñāpakaṃ gandhavahapadmaṃ dvisirāvṛtam

- 2.39 ṣavarṇotpādakatāludvayapadmamekaikasiravṛtam
 2.40 savarṇajñāpakamakṣipradeśagatapadmaṃ catuḥpañcāsatsirāvṛtam
 2.41 havarṇotpādakaṃ pakṣapradeśapadmaṃ dvisirāvṛtam
 2.42 ḷavarṇotpādakamapāṅgadeśapadmaṃ dvisirāvṛtam
 2.43 kṣavarṇajñāpakam dantapaṅktipradeśapadmaṃ triṃśatsirāvṛtam
 2.44 rephotpādakaṃ kapolapadmaṃ ravarṇadevatātmakam
 2.45 sirāsyadoṣagatijātaśabdaḥ karṇayoḥ prapadyate
 2.46 riktātirikṭātipūrṇāsirā na vedhyāḥ
 2.47 tāssirā marmāśayagā riktāḥ
 2.48 sirāsrṅvibhāgavidhiṃ jñātvā vimocayet
 2.49 nīrujāvayavādīdrṣau pitarau
 2.50 śuddhāśayaśuddhadoṣaśuddhānalaśuddhendriyaguṇahetukapārthivadravyaiḥ prajāḥ
 prajāyante
 2.51 śukraśoṇitasannipāto yoniḥ
 2.52 yonyāmāvirabhūdajo vidhicoditaḥ
 2.53 yāvadāhārānugūṇarūpavān bhavati
 2.54 yāvadārogyadā rasā nivartakāḥ
 2.55 yāvadabhyavahr̥tarasebhyo mātṛjaṃ pālayet
 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
 2.62 śuddhā patiṃ vrajet
 2.63 prajākāmāstāvātprayatnaṃ mithunaṃ tāvaddhetukam
 2.64 dvicatuḥṣaṣṭhāṣṭadaśadvādaśe 'hani jātāḥ putrāḥ taditare 'hani jātāḥ putrikāḥ
 2.65 prathamartau poṣakaṃ nivartakam
 2.66 tadūrdhve ṛtau śoṣakaṃ tadanantaramapi śoṣakasāḥ garbhābhivardhakā
 yāvatkālopayogyāḥ
 2.67 prathamadvitrimāseṣu madhurarasāḥ pavanaharā nivartakāḥ
 2.68 catuḥpañcaṣaṭsu māseṣu amlarasāḥ pittaharā nivartakāḥ
 2.69 ṣaṣṭhāṣṭanavamāseṣuṣṇarasāḥ kaphaśoṣakāḥ pravartakāḥ
 2.70 nivartyo vikāraḥ
 2.71 āmavṛddhivikārassarvarogahetubhūtaḥ
 2.72 tattadravyaṃ tattatkāle tattadviśaye tattannivartyeṣu nivartakam
 2.73 nivartakam bheṣajam
 2.74 doṣatrayahetukaḥ
 2.75 sarvajantūnāmanāmapālanam nivartakam
 2.76 vahnipravardhakadravyaṃ yāvaccharīropavṛmhaṇajatharānalapravardhakadravyam
 2.77 tattadarthāssnehayogyāḥ pravardhakāḥ
 2.78 viśuddhasnehamayaṃ nivartakam
 2.79 aṅgāṅgasaṅgo 'ṅgavilepanādaṅgāṅgavibhajanaṃ vibhāti
 2.80 antarvatnījanyajātavedā antarvatnīghṛtādanajanyaḥ
 2.81 khecarāṇām janayatassaha sārpiṣā pakṣīsarīre

- 2.82 ārohaṇaṃ gaganavartmasu vrajatām
 2.83 ghṛtaplutānnādanādvāyustejoretāṃsi dadhāti
 2.84 yogyadravyopayogairabhivardhate
 2.85 edhante 'smā ṛtavaḥ
 2.86 annādbhūtāni jāyante
 2.87 jātānyannena vardhante
 2.88 adyate 'tti ca bhūtāni
 2.89 tasmādannaṃ taducyata iti
 2.90 ghṛtaplutānnamantarvatnyāḥ pradāpayet
 2.91 tasmātsvāvayavavibhavaṃ dhātuvardhanaṃ kurvatyaḥ 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 ṣaḍrasāssaptadhātupoṣakāḥ
 2.98 raso hyasṛk
 2.99 raso vai saḥ

Chapter 3

- 3.1 atha yogānuśāsanam
 3.3 prakṛtipuruṣāntarmukhajñānagocarapratyayaprakṛtipariṇāmo yogaḥ
 3.4 raja udrekaādasthiram bahirmukhātsukhaduḥkhaḥetuḥ
 3.5 tama udrekātkṛtyākṛtyājñānātkrodhādhirbhīriyamito mūḍhaḥ
 3.6 sātvikodayātsukham
 3.7 madhurasānnādanādanusātvikaguṇahetukam
 3.8 amlībhūtānnādanam rājasaguṇakārakam
 3.9 kaṭukāstamoguṇahetukāḥ
 3.10 mumukṣormādhuryam
 3.11 āmlarasādanātsukhamekamanubhūyate
 3.12 uṣṇaraso duḥkhānuṣaṅgātsukham janayati
 3.13 tadā draṣṭussvarūpāvasthānam
 3.14 sukhaduḥkhamohātmikādhyāstrayaḥprādurbhavanti
 3.15 tadrastaddhetuguṇabhūtajātam
 3.16 yathāroganivartakāḥ śośakapośakāḥ
 3.17 yogyayogo yogaḥ
 3.18 cittavibhramo viparyayaḥ
 3.19 atasmimstaditi pratyayaḥ
 3.20 pittādhikaikajātātpitaśśāṅkhaḥ
 3.21 sā pratītiḥ pittaviruddhāhārajanyā
 3.22 atinirikṣaṇe doṣapramāyām saṁśayo bhavati
 3.23 atyantāniṣadrṣṭyā cakṣurindriyadoṣassambhavati
 3.24 rajastamoguṇahetukadravyapariṇāmakāt pittādvibhramo bhavati
 3.25 tadviśaye cākṣuṣāṅyanubhūtārtheṣu
 3.26 yāvadarbhāśayastham piṇḍam tāvadravyaparipālanam
 3.27 adoṣajātapiṇḍam kvacinnivartayet
 3.28 nimitte hi pathyam bheṣajam
 3.29 yāvadhārapariṇāmajātāḥ kliṣṭāḥ
 3.30 kliṣṭāḥ kleśāḥ, akliṣṭā akleśāḥ
 3.31 yāvatprastutamaharabhbheṣajam
 3.32 yāvadudbhūtaśośakaguṇajātā rujaḥ tattadudbhūtapośakadravyam tatra bheṣajam
 3.33 āmanissaraṇakāryam kartavyam
 3.34 yāvaddhātvaṅkurābhivardhakadravyābhāvajātarogaḥ tatpośakasamṣkārayukta-snehādayo
 nivartakāḥ
 3.35 māturāhārarasāhārajanitāvayavasthitarasāḥ pravartakāḥ
 3.36 avikāram nirikṣyainām mātṛjam pāyayet
 3.37 yogyadravyeṇa ca tānpoṣayet
 3.38 yāvatstanyapāḥ tāvadbālakāḥ stanyapānam
 3.39 bālayogyānivartakam kuryāt

- 3.40 śrotrendriyācchabdajñānam
 3.41 rasanendriyajanyabhramādāmavirasadoṣādikaikarasātsamśayavibhramau bhavataḥ
 3.42 ghrāṇendriyādgandhapratitistathā
 3.43 śrotrendriyācchabdajñānaṃ tathā
 3.44 śoṣakadravyādhiyajātāsrkpratibandhakapavanānalagatijātadoṣaviṣayakaviparyayajñānaṃ
 pramāpratibandhakahetukam
 3.45 sārdradravyaṃ tatra bheṣajam
 3.46 sasnehamārdraṃ kāryam
 3.47 cākṣuṣapratītitaraṇyabhinnaviṣayakajñānapramā pramāṇam
 3.48 nirdoṣacakṣustatra janakam
 3.49 cakṣurgrhītalaiṅgikajñānaṃ pramāṇam
 3.50 bhramābhāvajanakamāptavacanamāgamaḥ
 3.51 doṣajanyajñānaviṣayako viparyayaḥ
 3.52 śabdaprayogajanitajñānapratitiviṣayo vikalpaḥ
 3.53 sadasatsambandhavivekavidhirahitajñānaviṣayakam
 3.54 abhāvapratyayāvalambanā vṛtīḥ nidrā
 3.55 sā pratīṭīḥ tiktakaṭurasavaddravyādanādbhavati
 3.56 pramāṇenānubhūtarthāsampramoṣaḥ smṛtīḥ
 3.57 madhurarasapariṇāmājñātasātvikodayāt so 'yamiti vyapadeśaḥ
 3.58 itarendriyayogavirāmo 'ntarniyamito 'bhyāsaḥ
 3.59 viṣayavirāgataḥ pravāhotsāhāt punaḥpunarabhiniveśanaṃ vairāgyam
 3.60 drṣṭānuśrāvīkaviṣayatṛṣṇāvaśīkaraṇasaṃjñāstathā
 3.61 tābhyāṃ cittavṛttinirodhaḥ
 3.62 yāvaddhātusirādīsañcaratprāṇāpānavyānodānasamānānilanīrodhanaṃ bhramahetukam
 3.63 āsannaṃviṣayakajñānahetukāntarātmāntaḥkaraṇayogābhyāśavaśāt pavananīrodhanādarogī
 sa cirāyurbhavati
 3.64 tasmātpṛāṇādīpañcakaphalībhūtaṃ kāryam
 3.65 adṛṣṭenendriyenātmā manasā saṃyujyate
 3.66 sarvadhātavaḥ satvavaśaṃ gatāḥ
 3.67 yatkāle yadyoge yathāvidhi phalapradaḥ prajāḥ prajāyante
 3.68 tatsaṃyogajātadhātavaḥ pravartakāḥ (yāṃ kāmayeta duhitaraṃ priyā syaditi | tāṃ
 niṣṭhāya dadyāt | priyaiva bhavati | sa na tu punarāgacchati)
 3.69 strīpuṃsāvātmabhāgau bhinnamūrtessīrṣkṣayā
 3.70 prakṛtipuruṣau pitarāvīti smṛtau
 3.71 vṛttivyavahitasvarūpaniṣṭhamana utsāhātpunaḥpunarabhiniveśanaṃ yogābhyāsaḥ
 3.72 ādarātīśayodbhūtabhūyobhūyonirīkṣāyogādiṣu bhūmiḥ
 3.73 tāṃ niṣṭhāya dadyāt
 3.74 priyaiva bhavati
 3.75 neha punarāgacchati
 3.76 aihikāmuṣmīkaviṣayānubhāvvyabhogaikanāśyamiti jñānaṃ vairāgyam
 3.77 aviṣayānandātmakanairantaryajñānānandahetukam vairāgyam
 3.78 tasmāddhātavastadrogabhūmyāvaṣṭambhāḥ
 3.79 bhogāyatanaṃ śarīram
 3.80 tatparamapuruṣakhyāterguṇavaitṛṣṇyam

- 3.81 yāvadindriyaviṣayajñānānām yadārthollekhibhāvanā kriyate savitarkaḥ
 3.83 antaḥkaraṇadharmāvacchinnaviṣayāvalambitadeśakālabhāvanāyogaḥ savicāraḥ
 3.84 asmindeśakāladharmāvacchinnadharmamātrāvabhāsanam nirvicāraḥ
 3.85 sukhaprakāśodrekāccicchaktiviṣayakassa ānandaḥ
 3.86 asmingrāhyasatyasattāmātraviṣayakatvena samādhiḥ sā smṛta
 3.87 madhuraraso rasāsṛggatapavanāvikṛtamadhupravāhotsāhodayaḥ pūrayan aṅguṣṭham ca
 samāśritaḥ
 3.88 tatra sthitakalā daśadalakamalaṃ vikāsayantī pracalati
 3.89 aṅguṣṭhamātraḥ puruṣo 'ṅguṣṭham ca samāśritaḥ
 3.90 īśvarassarvasya jagataśśarīraṃ vahati
 3.91 mūlādhāramādibhūtaṃ sakaladhātupoṣakam
 3.92 sirāpathagatapavanaśśiraḥkamalasthāmṛtamāharansiñcati
 3.93 śarīrāṅkuraśākhānāmādibhūtaṃ tathā
 3.94 tattadadhiṣṭhānavarṇadevatānām sirāmārgagatāmṛtaṃ poṣakam
 3.95 tatpādapadmādhāre saritpravahati
 3.96 māṃsānusṛtasirāmārgagatapavanena kalāḥ pūrayan amṛtaṃ secayet
 3.97 māṃsānusṛtasirābhāvāssanti
 3.98 dviśahasrasirāśākhāvat pādapadmamūlakam
 3.99 saptadhātumayaṃ śarīram

Chapter 4

- 4.1 gatāgatāmṛtavaśādāgatasamādhikriyayā yogasānnidhyam
 4.2 tīvrasaṃyogākhyāmāsannaḥ samādhiḥ
 4.3 saṃvegaḥ kriyāheturḍḍhatarasamskāraḥ
 4.4 gatāgatopāyabhedavatām samādhiphalaṃ cāsannam
 4.5 mṛdumadhyātimātratvāttato viśeṣaḥ
 4.6 mṛdumadhyātimātrā ityupāyabhedāḥ
 4.7 mṛdusaṃyogo madhyamasāmyogastīvrasaṃyogaśca
 4.8 tridhā bhedanena vāyornavayogino bhavanti
 4.9 pañcadaśakamalaṃ jaṅghādeśagataṃ sahasrasirādhārakaṃ pañcāśanmarmagataṃ
 4.10 gatāgatasamskāropakārapavanayogassamādhiḥ
 4.11 īśvarapreritaceṣṭāśrayaṃ hitāhitakāryoddeśyaviśayapravartakaceṣṭāśrayaṃ śarīram
 4.12 śuddharasāhārajanyadhātupreritasirāgatapavanavaśaccalanātmakam
 4.13 jaṅghāpadmapośakāmṛtapravāhapariṇāmayogavaśaccalati
 4.14 lavaṇarasajanyapavanayogarasapravartaka kleśakarmavipākāśayāparāmṛṣṭaḥ puruṣaviśeṣa
 īśvaraḥ
 4.15 srotomārgasirātrīsatadharāṣṭādaśadaḷapadmaṃ pratīgamanāgamana ceṣṭāśrayaṃ bhavati
 4.16 svādvamlalavaṇarasajanyānilasirayā pūrayan jaghanapadmaviśayaṃ pracalati
 4.17 svādurasavirasadravyādanādajīrṇādāmāmbuvṛddhirudaraṃ jāyate
 4.18 svādurasavadvirecanadravyaṃ tatra bheṣajam
 4.19 śanaiśśanairēva recayet
 4.20 pavanādyaprakopādagnerbalaṃ pośayankriyākramaḥ
 4.21 virasadravayādanājīrṇajanyasirāmārgasthitapavanavigatyā sirārasātiprasravaṇād
 ajīrṇādāmāmbuvṛddherudaraṃ jāyate
 4.23 pavanaprakopahetukarūkṣātiśītalalaghvativedanārucivivarṇavirasāśyatandrāmūrchādāhab
 hramatṛṣṇājvarātisārāṅgapītatvaṃ pittaprakopodarāmaya hetukam
 4.24 śvāsakhāsabhramavidāhatimiratvakpalitatanureto dhātusirājātarasaḥ kaphaḥ kaphaṃ karoti
 4.25 pavanapittaprakopajanakadvitirāsajātānūsarita uktobhayalakṣaṇagrasta-
 vātapittodarāmāyo jñeyaḥ
 4.26 kaphapittaprakopajanakadvitirāsajātānūsaritatattallakṣaṇalakṣitakapha-pittodarāmāyo
 jñeyaḥ | kaphavātdodarāmāyaṃ dvitirāsajātānūsaritobhayalakṣaṇa-
 jñānajanyakaphavātmāyaṃ vidyāt |
 rasāśrṇmāmsamedovikārajanakadvitirāsānūsaritatattallakṣaṇajñānagocarapavanapittakap
 hodarāmāyo dussādhyāḥ
 4.27 krimijanakaplihodarāmāyastathā
 4.28 kaṭvamlalavaṇarasavadravyādanajātamalamārgāvarodhanāt
 tatsirārandhramārgagator dhvahr̥tparipūraṇapavanaprakopanāt
 pāṇḍuśophavisarparukprado bhavati

- 4.29 bhramavamipipāsācharditr̥ṣṇāmūrchāntarvidāhāṅgaspandanārucipāṇḍutā
pittapāṇḍuśobhalakṣaṇam | pādajānujaṅghrorukaṭipr̥ṣṭhabijapārśvāti vyathātisāra-
rūkṣatātīśītasarvāṅgaspandanam pavanaśobhapāṇḍulakṣaṇam
- 4.30 śvāsakhāsanāsākṣipakṣmakarṇakapoladantārtipīnasaśīrastodanam
pāṇḍuśobhavisarpāmayaalakṣaṇam
- 4.31 bāhyaviṣagrastavaddhātudūśakāḥ
- 4.32 vātapittarasavirasadravyasaṃsargajātavātagatirodhanādrasāsr̥gdhātuvidūṣaṇat-
tvakpālicityam pāṇḍurogahetukam
- 4.33 hṛdi sthitāmapittaviṣasāram pādapadmaśoṣakam
avarṇabodhakacatuśtriṃśatsirāsaṃsargavaśādāmṛtapravāharodhanātpavanajanyāmayāḥ
pravardhante
- 4.34 amṛtapravāhālavālopajīvyāvarṇodbodhaka
sarandhrakābhyantaradharasāṣīrāmāpittaviṣasāragrasanam pavanaprakopahetukam
- 4.35 sirāmārgagatapavanamāṃsadhātvanuṣṭajānujaṅghrorubijapārśvapadmagata i, u, ṛ, e, o, ai
varṇodbodhakasarandhrakābhyantaradharasirāmārggagatapavanagati-
nirodhānādanilapr̥kopo bhavati
- 4.36 tatsirāmārggagatapavanaprakopabhedādhiṣṭhānopādhibhedātpavanavikāra-bhedāḥ |
āmāpittaviṣarasavirodhiddravyam bheṣajam
- 4.37 pūrvasmāddviguṇam pṛthutayā bhāti
- 4.38 trisahasrasirāhetukam madhurībhūtam jvalayati
- 4.39 prajotpādakahetubhūtam bhavati
- 4.40 madhurarasādanādasr̥gdhāturbhavati
- 4.41 āmlarasādanam māṃsadhātupradam bhavati
- 4.42 lavaṇaraso medodhātupradaḥ
- 4.43 ādyadvidhātusāram jaṅghāpadmahetukam
- 4.44 tiktarasābhivardhitam medodhātusthitadaśadalapadmam kaṭipradeśagatam |
sahasrasirādāgatāmṛtam tasya tatpoṣakam | tiktarasādhikakaphapradeśāmṛtam tatra
doṣajanyam | piṅgalāmārgādāgatapavananirodhanam subheṣajam supoṣakam
- 4.45 bahiḥ pavanam recayet tameva pūrayet
- 4.46 tasmāccirāyurbhavati
- 4.47 candrakalāyatamarutpracoditapadmam mukulibhavati | sūryakalāgatapavanād vikasati
- 4.49 ṣaṭkamaḥānāmādhībhūtam mūlādhārakam
- 4.50 tiktoṣaṇarasapradānajanyamedomajjādhārakadaśadalapadmam sahasrasirād āgatāmṛtam
tatra siñcati
- 4.51 iḍāpiṅgalāgatāmṛtam siñcati
- 4.52 sarvārthānām hetubhūtānām sarvasukhasādhakam
- 4.53 prakṛtipuruṣayoraikyam bhavati
- 4.54 pārthivāvayavādhikyopalabdhiryatra tatsārakam pārthivaguṇam
- 4.55 ekadoṣanivartakam yāvattadekasārakam
- 4.56 abdravyāvayavādhikyajanyasvādurasopalabdhiryadyattattatsārakam
- 4.57 ye ye śarīrāssamadravayātmakāḥ tatra tatra kiṃciducitasvādurasāḥ
- 4.58 tatpavananivartakam subheṣajam
- 4.59 analadravyāvayavādhikyajātādhikarūpopalambhakayāvadravasaddravyam tatsārakam
- 4.60 gaganadravyādhikaśabdaguṇopalambhakatvam pramāṇam

- 4.61 tiktoṣaṇakaṣāyarasāḥ rasāsṛṇmāṃsamedobalapradāḥ
 4.62 recakapūrakadhārakebhyo vikasati
 4.63 liṅgayonisamyogācca prajayā paśubhiḥ prajānanaṃ prajāyate
 4.64 pṛṣṭhajaṅghrāśīśnopasthadeśabhedātsvarādayaḥ prabhavanti
 4.65 kaṭipradeśagataṃ kāyādhāraḥ
 4.66 nābheradhassthitam kuṇḍalyādibhūtam pañcasahasrasirāvṛtam śatadaḥpadmaṃ prajāyate

Chapter 5

- 5.1 nābheradhastādūrdhvam ḥṛdi sthitavātapittakaphadoṣāsamastā asamastā asamagrā anyonyam te āmayotpādakāḥ
- 5.2 yatrasthā ye rasāstattadubhūtajātāste dhātupoṣakāḥ
- 5.3 dvirasārtharasahīnārthahīnārasavānanilanivārakāḥ
- 5.4 madhurātimadhuram kramādvātapittagnau kapham kurutaḥ
- 5.5 āmlātyāmlau ca tathā
- 5.6 lavaṇam pavanam hanti | kaphapittakaraṇam
- 5.7 hīnādhikalavaṇarasah kaphapavam hanti pittaṁ kurute
- 5.8 tiktaḥ kaphapittaṁ hanti mārutaṁ kurute
- 5.9 kaṭu kapham hanti | vātapittahetukam
- 5.10 kaṭukātikaṭukaḥ kaphānilam hanti | pittaṁ kurute
- 5.11 kaṣāyaḥ kaphapittaṁ hanti | mārutaṁ kurute | hīnādhikakaṣāyaḥ kaphamārutaṁ hanti | pittaṁ kurute
- 5.12 doṣe tridoṣahetvanyahetukavikāraviruddhayāvadrāsaikabhāvātmakaikarasādīḥ nivartakaḥ
- 5.13 rasādidravyasārajāssakalāmayanivartakāḥ
- 5.14 adoṣadhātupoṣakasārakam
- 5.15 pakvāmāśayagāḥ pavanādyāḥ svādukaṣāyakaṭukaistiktāmlalavaṇaiḥ kālāpākajayogyaiḥ dhāraṇarecakātmakadravyairvividhaiḥ dvidvidhāmāyāḥ pravardhante
- 5.16 bhūguṇau gurumandau | snigdhamāyāpaḥ | ślakṣṇasāndratarāgneḥ | mṛdusthitā gurumārutaḥ | sukṣmavīśadā viyataḥ | viruddhaviṣayakāḥ praktikārakāḥ | deśadehakāladravyakarmanām yathāyogo yāvadrogapātakaḥ
- 5.17 svasthāsvasthāssāmajāmāyāssadoṣagā vidoṣagāḥ
- 5.19 dehadeśakāladravyakarmanām yathāyogakaraṇam yāvadroghātakam
- 5.20 virasaviṣamāpacanajātadvidoṣaikavidhadhātumārgagā dviddoṣagāḥ
- 5.21 caramarasapacatarogastridoṣagāḥ
- 5.22 yāvādādoṣapacanam nirvitarkaṁ
- 5.23 yāvaddhātuprasādādhīno doṣapacanakālaḥ
- 5.24 viruddharasajātayāvaddhātavadhirohaṇādekadhātukaḥ
- 5.25 rasājīrṇavirasādhikaviruddharasajadoṣādhikaikavaśābhibhūtassvasthānacyuto bahirujjvalayan jvarassāmajātaḥ
- 5.26 viṣamarasapacanasavirasādiyāvaddhātuprasādādhīno doṣapacanakālaḥ
- 5.27 ekamekaadhātugatāssusādhyāḥ
- 5.28 dvirasadvidoṣapracāramāmsamedonugatarasapradhānaikadoṣapacanaḥ dviddoṣajā dussādhyāḥ
- 5.29 evamanyonyadoṣajātāśca
- 5.30 dvirasādhikaikajātatridoṣarasarūpānugūṇarogā asādhyāḥ
- 5.31 evamekadhātugatāścāsādhyāḥ
- 5.32 adoṣāssadoṣāssamadoṣāssarujā rujaḥ

- 5.33 te trayo doṣahetubhūtāssaptadhātava iti
5.34 sānilānanilādhikānilarūkṣalaghubhāvito rasāsṛggataḥ
5.35 pittāśrayāttadadhīnapittamāmsamedonusarannasthimṛdukāraḥ
5.36 mandoṣṇādisamadoṣādhikākṣiṇavṛddhiguṇakāsthimajjāmedo 'dhiṣṭhitāḥ
5.37 adoṣadhāturasānusārānusarāsthirasapacanacaramadhātupracāraḥ
5.38 bhūtapūrvapadārthajātadhātuhetubhūtānalasamarasapacanaviruddhārtharasapākayogād
-viparyaya
5.39 ṣaṭkamaḥnāmādibhūtaṃ mūlādhāraḥ
5.40 idāpiṅgalāpūritānilatatsarāgatāmṛtaṃ siñcati
5.41 pṛṣṭhorūdarajaṅghāśīsnopasthadeśādyairabhivardhate
5.42 nābheradhassthitam kuṇḍalyādhībhūtaṃ śatadalapadmaṃ pañcasahasrasirāvṛtaṃ
saroruhamaḥjāyate
5.43 jātarāgnerālavālakatayā bhāti
5.44 madhurarasaṃ pracālayan śukladhātusthāne svatejasā bhāti
5.45 āmlarasaṃ vipācayan mahhādhatusthāne svatejasā bhāti
5.46 lavaṇarasaṃ vipācayan asthidhātusthāne svatejasā bhāti
5.47 tiktarasaṃ vipācayan medodhātusthāne svatejasā bhāti
5.48 ūṣaṇarasaṃ vipācayan māmsadhātusthāne svatejasā bhāti
5.49 kaṣāyarasaṃ vipācayan rasāsṛgdhātusthāne svatejasā bhāti
5.50 sakalarasādhārādibhūtamaṅguṣṭhadalaṃ nābhipadmādhiṣṭhitam trikoṇam nāma
saroruhamaḥjāyata
5.51 tasmāttanurajāyata | tasmācchākhāśārīre bhānti
5.52 tajjanyaṃmṛtaṃ tapoṣakam
5.53 acalo 'jo manoviṣayakaḥ
5.54 tadjñānam tatpuruṣārthakam
5.55 sātvikadravyādanam tadbodhakam
5.56 itarārthādanāttanna bhāti
5.57 rajastamogūṇau ātmajñānapratibandhakau
5.58 sarvārthānām hetubhūtaṃ śarīram
5.59 so 'jassamaṃ paśyati
5.60 sa sarvānnamatti
5.61 tatpoṣakocitarasāstacchākhāphalakāṇḍatatpoṣakāḥ
5.62 prātaḥpūrvāhṇādanai rasavikāram nirīkṣayet
5.63 viṣṭāviṇmūtrādvimalāśayaḥ
5.64 arogasyāśayāssarvāśarīrasādhakāḥ
5.65 rasāśayassāśayassarvāśayo vā śarīri
5.66 ṣaṭpañcāśadvasumatikalā hṛddeśā bhānti
5.67 nābhyāmudbhūtajātāḥ pañcāśatprabhāḥ pravibhānti
5.68 tadūrdhvānale dvāṣaṣṭimayūkhāḥ pratibhānti
5.69 catuḥpañcāśatkuṣau pavananiṣṭhāḥ prabhāḥ prapadyante
5.70 tadūrdhvaṃ viyadgatā dvāṣaṣṭiprabhāḥ prakāśante
5.71 śrotranetranāsikāmadhyagatamanassu mayūkhā vikāsanti
5.72 tadūrdhvakāyāntassthitasahasrāre padme śuklarūpadvayaṃ yatra pratibhāti
5.73 kṣityādimano 'ntāḥ ṣaḍṛtava iti

- 5.74 ṣaḍrasāssamarasāstāḥ kalārūpāḥ kalākhyāḥ pratyahaṃ pradṛśyante
5.75 kṣitimabbhaktakalāḥ puṣṇanti
5.76 āpo 'nalapoṣitāḥ
5.77 anilādanalah
5.78 analādākāśaḥ
5.79 anantaraṃ manaḥ
5.80 mano yugātmetyabhidhīyate
5.81 ebhirāvṛttaṃ śarīram
5.82 ṣaṭpadārthajātāṣṣaḍrasātmakāstattaddravyādeśā ityupadeśaḥ
5.83 tattadrasānāsvādyā viraktamanojaḥ anyonyamanyonyamanubhūyate
5.84 svatassvayamevaṃvit
5.85 tattalokātpretya etamānandamayamātmānamupasaṅkrāmati
5.86 etaṃ vijñānamayamātmānamuppasaṅkrāmati
5.87 etaṃ manomayamātmānamupasaṅkrāmati
5.88 imānlokānkāmarūpyanusamcarannetatsāma gāyannāste
5.89 ūrdhvādastiryaṅmayūkhānalo bhavati
5.90 tacchākhāgravirāṭpuruṣassarvamaśnute
5.91 anāmapālanamanāmaya hetukam
5.92 dhātupoṣakamānandahetukam
5.93 rasadravyavijñānamānandahetukam
5.94 tadanyonyasamyogajñānapūrvakamātmāsvārūpavijñānamānandahetukam
5.95 vijñānasāmagrī ātmamanoviśayapūrvakaṃ tattadviśayavijñānasyāśrayavān bhavati
5.96 rogaḥpāpavisarjanaṃ sāsrayasthitasthāpakam
5.97 tābhyāmadhibhūtaṃ abhayadaṃ sarvaśarīradhāraḥ dhātulakṣaṇam
5.98 ivartyanivartakaviśayavidhiṃ jñātvā viśaye napramattaṃ
5.99 sādhyāsādhyavidhiniṣedhajñānapūrvikā kāryā cikitsā
5.100 ekaikaśarīradravyabhedamekaikabheṣajam
5.101 pṛthivyudbhavaguṇo 'mlarasavannirasadravyayośśoṣakapoṣakaḥ
5.102 abbhūtaguṇo gatarasavannirasadravyayośśoṣakapoṣakaḥ
5.103 tejabhūtodbhavāvūṣaṅarasāntarhitalavaṇaṣaṅarasau ambupavanayośśoṣakapoṣakau
5.104 pavanabhūtodbhavaḥ sakalarasāvagatasparśayogyadravyarasāpahṛtarasādikīrṇaraktar-
5.105 rasassakaladoṣanivartakaḥ
5.106 gaganabhūtodbhavatacchāyātmabhūniṣṭhatiktarasādhinānilānaloṣmaruja
5.107 ākāśādhinakaśāyarasā yāvatsarvadoṣasthāmayāpahāḥ
5.108 yāvaddhātupoṣakadravyādanāttattadroganivartakāḥ
5.109 viśayaviśayāṅmātmābhīdhātānmārutodrekahetukam
5.110 adanābhīdhātajarūjo 'danābhīdhātahetoradanajāmanivartakanivṛttiḥ
5.111 dussādhyā abhidhātājāḥ
5.112 sirānivartakāśśarīranāśakāḥ
5.113 antyakālavasyanādabhidhātaja iti
5.114 kṣayārśogulmanetrarukpravacanahetukam
5.115 dehaśoṣāddehapākāddehasāro 'tisarati
5.116 svādurasāśśuklapoṣakaḥ
5.117 svādurasavirasaśśuklaśoṣakaḥ

- 5.115 amlaraso majjāpravardhakaḥ
5.116 amlarasavi so majjāhīnatāpradaḥ