



Review Article

## CLINICAL APPLICATION OF *VIMANA STHANA* OF CHARAKA SAMHITA IN THE PRESENT ERA

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### ABSTRACT

From last few decades in health sector of India, role of traditional medicine enhanced whether it is Ayurveda, Siddha, Unani or Yoga. Ayurveda main aim is to maintain the health of the healthy individual and treatment of the ailments. This treatment related concept with their fundamentals were written in stepwise manner and classified in various *Sthana*. This article highlights the ancient view of *Charaka* and clinical applications of the concepts embedded in the *Vimana Sthana* of *Charaka Samhita*. **Aims and Objectives:** To explore the concepts clinical application of *Vimana Sthana* of *Charaka Samhita* in the present era. **Material and Methods:** The available *Samhita* mainly *Charaka Samhita*, with Sanskrit and Hindi commentaries on *Vimana Sthana* along with the available commentaries. **Discussion:** According to *Acharya Charaka*, *Vimana Sthana* is explained after *Nidana Sthana* where all the etiological factors are explained properly but still if a physician does not know the measurement and special features of *Doshas* he will not be able to treat the patient properly. There is total eight chapters in this *Sthana* having wide variety of topics that a clinician should know before entering into practice. Chapter wise clinical applicability are discussed. **Conclusion:** Approach to diseases concept by *Acharya Charaka* in *Vimana Sthana* is progressive, scientific and applied in clinical application of today's era also.

### INTRODUCTION

From last few decades in health sector of India, role of traditional medicine enhanced whether it is Ayurveda, Siddha, Unani or Yoga. Many national health policies were made by the government for the upliftment of these traditional medicines after the formation of independent ministry of AYUSH<sup>[1]</sup>. India is having rich legacy of civilizations, ritual practices and even health organization is also not an exemption for this. Ayurveda main aim is to maintain the health of the healthy individual and treatment of the ailments. In addition to it, it is considered that Ayurveda knowledge is a *Vaidik* treasure that comes from *Atharvaveda*. Although there are many branches of Ayurveda but main branches are considered to be eight.

Among these branches one is *Kayachikitsa* in which treatment part regarding body is discussed. Usually, all the *Chikitsa Sthana* of the *Charak Samhita*, *Shusruta Samhita*, *Ashtang Sanghriha* and *Ashtang Hridya* are considered to be the main content of this. Many Ayurvedic scholars' and researchers explore and analyzed the *Chikitsa Sthana* along with *Nidana Sthana* in the prospective of diagnosis and treatment of the patients.

Apart from this treatment line, Acharyas were also cognizant about the execution of health protocols in coordinated, systematic manner. This treatment related concept with their fundamentals were written in stepwise manner and classified in various *Sthana*. The different *Sthana* and their order of placement was done so wisely that depicts their higher intellectual level. *Charaka Samhita*, *Vimana Sthana* is one of the reliable and foremost tributary text of *Acharya Charaka* that describe various treasure of knowledge starting from the qualities of *Dosha*, *Dravya*, dietary regime, composition of channels, tools for the treatment, teaching process in Ayurveda along with many other jewel topics are deciphered. This article

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highlights the ancient view of *Charaka* and clinical applications of the concepts embedded in the *Vimana Sthana* of *Charaka Samhita*.

### AIMS AND OBJECTIVES

To explore the concepts clinical application of *Vimana Sthana* of *Charaka Samhita* in the present era.

### MATERIAL AND METHODS

#### Material

- The available Samhita mainly *Charaka Samhita*, with Sanskrit and Hindi commentaries on *Vimana Sthana* along with the available commentaries.
- Philosophical literature, other text books of Ayurveda.
- Texts of allied sciences, Physiology, Bio-chemistry etc.
- Prior research works, publications, related material available on internet and all other possible sources.

**Method:** All the compiled literary materials has been critically analyzed.

#### *Charaka Samhita Vimana Sthana: A Brief Review*

According to *Acharya Charaka*, *Vimana sthana* is explained after *Nidana Sthana* where all the etiological factors are explained properly but still if a physician does not know the measurement and special features of *Doshas* he will not be able to treat the patient properly<sup>[2]</sup>. There are total eight chapters in this *Sthana* having wide variety of topics that a clinician should know before entering into practice.

The first chapter of the *Vimana Sthana* is *Rasa Vimaniya Adhyaya*. Relation between *Rasa* and *Doshas* explained as *Rasa* is a part of our food by knowing their interrelation one can easily predict that which type of *Rasa* is necessary to pacify the vitiated *Dosha* or which type of *Rasa* should be avoided in excess in order to stay healthy. As permutation and combination of various *Dosha* and *Rasa* described which help the physician to prescribe *Dravya* on the principle of *Prakriti-Sam-Samveta* and *Vikriti-Visham-Samvaya*<sup>[3]</sup>. Rules are described how one should consume food and their benefits are also given. One should not take alkali and salt in high amount on regular basis as they have ill effect on health along with their prolonged continuous use further cause ailments<sup>[4]</sup>.

The second chapter is *Trividhakukshiya Adhyaya*. This chapter explains the dietary regulations about how much amount of food one should consume and what are the consequences if these are not followed. Disorders caused by the formation of *Ama* are explained<sup>[5]</sup>.

The third chapter is *Janapadodwansaniya Adhyaya* explains various epidemic disorders caused due to polluted air, water, soil and season respectively.

The contamination of these four factors is dangerous to the society as one cannot able to avoid these factors. The lifespan and its gradual decrease according to change in *Yuga* is also depicted<sup>[6]</sup>.

The fourth chapter is *Trividha Roga Visheshha Vijnaniya Adhyaya* describes three ways to obtain knowledge of various diseases. These are *Aptopadesha* (authentic knowledge given by *Aapta*), *Pratyaksha* (direct observation by senses) and *Anumana* (observation based on logical reasoning)<sup>[7]</sup>.

*Strotasam Adhyaya*, is fifth chapter, explains with comprehensive description of *Strotas* (channels of circulation) in the body. It describes the root of each *Strotas*, common causes of particular *Strotas Dusti*<sup>[8]</sup> including their line of treatment.

*Roganikam Adhyaya*, is the sixth chapter, specifies the five group of diseases based upon prognosis (curable, incurable), severity (mild, severe), location (mental or physical), aetiology (endogenous, exogenous) and place of origin (*Amashaya*, *Pakvashaya*). It also explains the *Anubandhya* and *Anubandha*<sup>[9]</sup>. The distinction of disease based upon *Dosha* and their treatment principles are also explained.

The seventh chapter is *Vyadhitarupiyam Adhyaya* specifies patient's presentation that can misguide the Vaidya about the severity of disease. Importance of complete clinical examination is necessary to avoid such error and to predict correct diagnosis. *Krimi*<sup>[10]</sup> (micro-organisms and parasites) classification, names, causative factors and their management is also explained.

The eighth chapter, *Rogabhishagjitiya Adhyaya* deals with intellectual excellence that a physician should have. It enlightens selection of *Shastra*, features of an ideal teacher and student four types of discussions in a conference are told. Ten types of examination of a patient, the characteristic features of fundamental constitution and eight *Sara* are explained. Wide-ranging list of herbs used in *Panchkarma* procedures is given<sup>[11]</sup>.

### DISCUSSION

#### *Rasa Vimaniya Adhyaya*

Clinical application of this chapter includes all the three *Doshas*, how their permutation and combination occurs, without this knowledge physician is not able to make the diagnosis. how regular use of certain *Dravya* (*Pippali*, *Kshar*, *Lavana*) results in ailments are described so as to avoid them which present generation use on regular basis knowingly or unknowingly. Food is main thing that nourishes our body modern science dietetics branch include this.

This chapter describe the way of eating on which modern science is still working.

### **Trividhakukshiya Adhyaya**

Clinical application of this chapter includes sign and symptoms of the intake of food in proper quantity. By knowing these physicians easily able to understand the status of digestion of food. here in addition to food quantity other factors that affect the digestion process are also given like intake of food when the individual is affected with the emotions like anger, grief, greed anxiety and fear. Concept of *Ama Visha* is given which further became causative factor for many diseases itself.

### **Janapadodwansaniya Adhyaya**

Clinical application of this chapter includes all the epidemics that are caused due to polluted air, water, land and season. These are the factors that affect a large number of people in population as these are common to all. Use of hot water in diseases is explained in terms of *Dosha*. By giving this example *Acharya* here wants to describe the treatment principle that is administration of cold things and hot things in diseases caused by hot and cold respectively. Similarly, treatment of other disease is also on this basis are explained. For example, ailments due to depletion of *Dhatu*s are cured only with the help of nourishment, likewise ailments caused by over nourishment can be cured with the help of *Aptarpana* therapy.

### **Trividha Roga Visheshha Vijnaniya Adhyaya**

Clinical application of this chapter lies within the three factors that are needed for better understanding of specific characteristic of diseases. A disease can be correctly diagnosed by the physician by examining the special characteristic like etiology as mentioned in *Samhita*, through direct observation or interference. A good physician can be able to deal with each and every aspect of ailment by knowing aggravating factors, origin of ailment, mode of manifestation, location, pain, features of diseases, complications, indications and contraindications in diseases, all these factors are considered in modern medicine to understand and cure a disease. Examples of various examinations by auscultation are also explained.

### **Strotasam Adhyaya**

Clinical application of this chapter lies within basic body system involved in disease and its treatment protocol in general. As there are innumerable number of *Strotus* but some gross channels are described here with respect to their main organ and symptoms arise due to their vitiations are also explained. Health condition depend upon these *Strotus* as these channels of circulation remains their functional without any disturbance. As explained in the

end of this chapter by *Acharya* that a clinician who is well known with these all aspects of body, he will not do any mistake in treatment.

### **Roganikam Adhyaya**

This chapter deals with the classification of diseases although main feature of all disease is pain as per told by *Acharya* but still classification on the basis of different criteria helps in better understanding of the diseases. Depending upon specific nature of aetiological factors and involvement of specific *Dhatu*s aggravation of *Doshas* can be easily accessible. Relation between mental and physical disease explained to further elucidate the treatment.

### **Vyadhitarupiyam Adhyaya**

Specially giving instructions to the physician two types of patients are explained. One who suffers from severe disease but not shows it and the other type is the one who suffers from the mild disease and shows it abruptly. This happens due to different level of *Satva* in different personalities, so physician should be careful while treatment. Hence factors responsible for good diagnosis are minutely prescribed. *Krimi* (micro-organisms and parasites) and their management are explained in detail with treatment. Since the field of microbiology has mostly established in the last ten decades, the treatment of *Krimi* is still not adequate many strains of virus and bacteria still evolved or change their strains but prevention should be done at every step.

### **Rogabhishagjitiya Adhyaya**

This chapter specifies how a medical student can attain wide-ranging acquaintance. Ten types of examination of a patient are described that are must for practice. Features of types of fundamental constitution and eight *Sara* are explained for the physician to further understanding of disease. This chapter has gathering of guiding principle for a student to accomplish achievement in medical practice.

Although the method and understanding of *Acharya Charaka* in *Vimana Sthana* are very well known still this article is an effort to understand the *Vimana Sthana* with its clinical approach.

### **CONCLUSION**

Approach to diseases concept by *Acharya Charaka* in *Vimana Sthana* is progressive, scientific and applied in clinical application of today's era also. Many topics directly written for the physician reference seems to be practical in modern medicine also.

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