Ayurvedic Concepts in Thirukkural

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Abstract

Ayurveda, the ancient Indian medicine is applauded all over the world for its application in overcoming the maladies of human race. Many medical and non-medical treatises elaborate on various aspects of Ayurveda, though several texts have caught our attention still there are many which are yet to come into limelight. One such poetic masterpiece is 2,200 year old south Indian Dravidian classic “ThirukkuRural” [1]. Researchers are now slowly gaining foot focusing on the unpublished and unexplored manuscripts, which deals with the basic principles of this science. CCRAS and other such institutions are imparting observation and discussion.

Introduction

Ancient Indian medicine is applauded all over the world for its application in overcoming the maladies of human race. Many medical and non-medical treatises elaborate on various aspects of Ayurveda, though several texts have caught our attention still there are many which are yet to come into limelight. One such poetic masterpiece is 2,200 year old south Indian Dravidian classic “ThirukkuRural” [1]. Researchers are now slowly gaining foot focusing on the unpublished and unexplored manuscripts, which deals with the basic principles of this science. CCRAS and other such institutions are imparting observation and discussion.

Keywords: Ayurveda; Thirukkural; Medicine; Couplets

Materials and Methods

1. Thirukkural.

The materials are compared and summarized on the basis of similar existing theories.

Results are based on a qualitative aspect rather than quantitative.

Observation and Discussion

The chapter of Medicine in Thirukkural consists of 10 couplets. Among them the first couplet explains about the causes of diseases. The next consecutive six couplets explain about the maintenance of Health by adopting the right kind of food regimen. Eighth and ninth couplet explains about the method of treatment and the last one explains the importance of four limbs (Chatuspadas) in the treatment of a patient.

Causes of Disease

In the foremost couplet of kural, Thiruvalluvar says that the excess or deficiency of the three life forces viz Vata, Pitta and Kapha leads to diseases.


Similarly Ayurveda categorizes three basic types of functional principles (Doshas) namely Vata, Pitta and Kapha. These principles are essential for basic function of human body. Vata is essential for movement, Pitta for digestion and Kapha for Stability. Imbalance of these principles causes disease. The references pertaining to the causes for increase and decrease of these three functional principles are also available [6].

Nutritional Discipline

Valluvar has explained and given more importance to dietetic regimen for maintaining health in six couplets. Second couplet says

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that the one who takes the food after digestion of previous food will never suffer illness. Third couplet mentions that one who wishes long life should take diet in moderate quantity after being assured of digestion of the previous meal. In the next couplet, the person should take compatible diet only when he is hungry. Fourth couplet says that one who is interested in healthy life should take suitable diet in proper quantity. Sixth couplet explains that the disease will occur if food is taken in excess quantity [4,5]. Seventh couplet says that one who takes large quantity of food beyond the capacity of digestive fire suffers from various diseases.

In Ayurveda, Ahara (Diet/Food) is one among the three pillars/supports of life i.e., trayopasthambha. The three supports of life are intake of food, sleep and observance of brahmacarya; supported by these three well regulated factors of life, the body is endowed with strength, complexion and growth [7]. Ayurveda aims to maintain health. Health as well as disease is dependent on various factors, among which Diet is the most important one. Hence, Ayurveda emphasizes on the diet and dietetic regimen, as diet is the cause of health as well as diseases. And also Acharya’s have explained clinical features of a disease and its management based upon the properties and actions of diet and its regimen which was prevalent during that period [8]. Diet may be healthy or unhealthy. A healthy diet depends upon the variation in quantity, time of consumption, method of preparation, habitat and constitution of body, disease and the age of an individual. Even though a person is taking healthy diet, the amount of diet should not disturb the equilibrium of Doshas and Dhatus of the body, gets digested as well as metabolized in proper time is to be regarded as the proper quantity of food. Acharyas have also explained the signs and symptoms of the intake of food in proper quantity, i.e. the diet should not create pressure in the stomach and flanks, no obstruction to the function of heart, no heaviness in the abdomen, there should be proper nourishment of the senses, relief in hunger and thirst, feeling of comfort in regular work like standing, sitting, sleeping, walking, exhaling, inhaling, laughing and talking [9]. Acharyas have explained the concept of Jirma-Ajirma. So, one should take diet after the digestion of previous diet is considered as proper time for diet, which is most important factor for the health. By following the proper diet in proper time, it promotes longevity by motivating the Agni and it opens the channels of circulations, produces Pure belching, enthusiasm, elimination of malas (Urine and Stool) at the proper time, lightness of the body, appearance of hunger and thirst are the symptoms of good digestion [10]. Symptom of proper digestion is specifically mentioned under the dietetics because intake of food before the previous food is digested may aggravate all the three Doshas leading to serious consequences. Healthy individuals as well as the patients should observe the following, even while using food articles which are more wholesome by nature; one should eat food in proper quantity which is hot, unctuous and not contradictory in potency and that too, after the digestion of the previous meal. Food should be taken in proper place equipped with all the accessories, without talking or laughing, with concentration of mind and paying due regard to oneself.

Paying due consideration to the quality and time, a self-controlled men should regularly take such useful food and drinks as are conducive to the internal power of digestion, including metabolism like an Ahittagni (a men who perform Yajna), who takes diet conductive over of digestion being aware of wholesomeness of food and drinks, who resort to meditation of “Brahma” and charity, enjoys bless without any disease during the present as well as future lives [11].

Treatment of Disease

In the eighth couplet, the physician who needs success in treatment should understand the stage of disease, cause of disease and then treat the disease. The next couplet says the physician who treats by understanding the patient’s strength, nature of the disease and season will succeed in his carrier.

Hetu (aetiology), Linga (sign and symptoms), Ousadha (drug and therapy) are the three principles of Ayurveda [12]. Without the knowledge of Hetu (cause of a disease) and Linga (sign and symptoms), the implication of Ousadha (drug and therapy) is not possible. In the classics, the Acharyas said that “ragamadou pareekshet tathonantaram aoushadam” it is very essential that before planning any treatment one should have complete knowledge of Desha, kala, Rogibala, Rogabala and Agni. To understand the nature of disease, one should adopt three fold (Trividiha pariksha), six fold (Shadvidha pariksha), eight fold (Asta sthana pariksha) and tenfold (Dashavidha pariksha) examinations. To understand the cause and pathogenesis of the diseases, Nidana Panchakas are explained. Examination of patient is conducted for the knowledge of lifespan, degree of strength and intensity of morbidity. Detailed examination of the patient is the initial step for planning suitable/appropriate therapy.

Fourfold of Treatment

The last couplet says that four pillars namely Physician, Medicine, medical attendant and patient for responsible for prognosis of a disease.

Ayurveda also explains the importance of these four pillars for successful execution of a treatment. They are physician, medicaments, nursing personnel and the patient. The physician is considered as the foremost among them and should possess technical skill, scientific knowledge, purity and dexterity human understanding. Next, comes the drugs and they should possess of high quality, wide application, with high potency and should be available adequately. Attendant or nursing personnel is the third component of treatment and should have good knowledge of nursing, skilled in their art and be
affectionate, clean and resourceful. The fourth component is the patient himself, who should be cooperative, obedient, fearless and able to communicate or describe his ailment. These sixteen qualities are needed for successful treatment [13]. Here within the scope of an article we could discuss only a few things related to the topic, while Valluvar has encapsulated these details in just two lines giving prime importance to treatment; detailed descriptions are available in the classics regarding Cause of the disease, Nutritional discipline, treatment principles and importance of four pillars of treatment. The similarity between Ayurveda and Thirukkural is not only in the concept of medicine, but also with regard to the code and conduct of life, sexual and seasonal regimen etc.

Conclusion

This presentation is a sincere and honest effort to put forth the various references pertaining Ayurveda principles mentioned in one of the well-known Tamil literary classic. We further suggest that this would form a wonderful and invaluable work, if carried out as a research topic which would bring to lime light various aspects, unknown to our present and future generation.

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