



ANIMAL BASED REMEDIES OF CHAKRADUTTHA

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ABSTRACT

During prehistoric period man used to wander like animals and live by hunting animals and birds. Gradually man made close association with them and they became pets. Animals became the wealth of ancient Aryans and they were used for farm work and also to pull vehicles. Animals gave milk and food to the human beings. In day-to-day life animals and birds became part and parcel of their life. Hence special care was taken regarding their health and man developed *Pasu Ayurveda*. During the *Vedic* period, *Maharishis* observed the importance of animals and birds in sacrificial rituals and they also started the protection of health of animals. *Pasu Ayurveda* was developed in various branches like *Ashwa Ayurveda*, *Gaja Ayurveda* and *Go Ayurveda* etc. The World Health Organization (WHO) estimates that as many as 80% of the world's more than six billion people rely primarily on animal and plant-based medicines. The healing of human ailments by using therapeutics based on medicines obtained from animals or ultimately derived from them is known as zoo-therapy. Despite their importance, studies on the therapeutic use of animals and animal parts have been neglected, when compared to plants¹. Chakraduttha was the greatest and a renowned commentator of various Ayurvedic samhitas. Chakrapani's best known books on ancient medical science are *Chikitsa samgraha*, *Dravyaguna* and *Sarvasara samgraha*. So the attempt is made to reveal the contribution of *Chakraduttha* towards zoo- therapy has taken.

Keywords: *Chakraduttha, animals and animal products, Zoo-therapy*

INTRODUCTION: *Chakrapaniduttha* composed a text book on medicine entitled "*Chikitsa Sangraha*" commonly known as *Chakraduttha*. This work set a historical land mark in the development of medical principles in India. *Nischalakara* (13th Century AD) wrote an exhaustive commentary on *Chakraduttha* entitled as *Ratnaprabha*. Basing on the information furnished by the author himself at the end of the treatise; *Shivadas Sen* interpreted that *Chakrapani* belongs to *Lodhravali* family. His father *Narayanadatta* was kitchen superintendent during the period of Gouda king *Nayapala* and his brother *Bhanudatta* was court physician. Most of the historians fixed the period of *Chakrapaniduttha* as 11th century

AD. A verse at the end of *Chakraduttha* clearly indicates that he followed the text of *Vrinda's Siddhayoga* clearly suggests that this work is considered as post *Vrinda* treatise². According to *Nischalakara*, it is known that he has traced the sources of many verses of *Chakraduttha* are from as many as 49 works of preceding authors viz. Charaka, Susruta, Harita, Bhela, Kharanada, Krishnatreya, Videha, Ksharapani, Nagarjuna, Vagbhata, Chandrata, Ravigupta, Vrinda etc.

Animals and their derived products are essential ingredients in the preparation of many traditional remedies. Despite its prevalence in traditional medical practices worldwide, research on medicinal animals

has often been neglected in comparison to medicinal plant research.

Single animal based recipes :

Ksheeram : Milk boiled in a metallic vessel and allow cool and then administer internally by mixing honey is useful in dysentery.³

- Intake of milk boiled in an iron vessel and keeping on wholesome diet for a period of one week alleviates *Panduroga*, *Sodha* and *Grahani dosha*⁴.

- Nasal administration of *Kshira* (milk) alleviates even severe case of *Trishna*⁵.

- *Mada* (narcosis) caused by *Dhat-tura* is relieved by the intake of *Dugdha* (milk) with *Sarkara* (sugar)⁶.

- *Antardaha* (burning sensation inside the body) is relieved by intake of *Kshira* (milk) in the cold form⁷.

- Intake of milk with equal quantity of water removes *Udavarta* caused by retention of urine⁸.

- *Kshira* mixed with *Sarkara* taken through nostrils (*Nasa-pana*) is useful for the management of *Ardhavabhedaka* and *Suryavarta*⁹.

- Intake of *Paya* (milk) mixed with *Ghrita* alleviates *Pradara*¹⁰.

- Intake of *Ksheerajala* (milk mixed with water) controls *Kshayaja Trishna*¹¹.

- The persons who are *Atiruksha* (excessively rough) and *Durbala* (weakened) suffering from *Trishna* should be given *Paya* (milk).¹²

Takram: *Takra* is wholesome for those suffering from the disorder of *Grahani*¹³.

- Buttermilk or curd made from a jar which is pasted with the root bark of *Chitraka* is destroys the piles¹⁴.

- *Dhwajabhanga* (impotence) caused by witchcraft is removed by washing the organ with buttermilk (*Madhita*)¹⁵.

Dadhi & Dadhisara

- Intake of *Dadhi Sara* mixed with honey is useful in dysentery¹⁶.

- Regular use of *Dadhisara* (supernatant layer of curd) subside *Raktarshas*.¹⁷

- Intake of *Dadhi* (curd) with *Guda* (jaggery) alleviates *Vataja Trishna*¹⁸.

Ghrita : Intake of *Kshira ghrita* (Ghee prepared from milk) with sugar controls epistaxis¹⁹.

- Intake of ghee (*Ghrita*) or gheescum (*Ghritamanda*) alleviates *Talusosha*.²⁰

- *Kaumbha sarpi* (ten years old ghee) is recommended in *Murcha*²¹.

- *Purana Ghrita* alone is useful for the management of *Unmada*²².

- *Seka* (pouring) with *Satadhouta Ghrita* is useful for the management of *Vatarakta*²³.

- *Purana Ghrita* is useful for the management of all types of eye diseases, if used as *Pana*, *Nasya*, *Anjana* etc²⁴.

- *Sarpi* (ghee) mixed with *Sarkara* (sugar) and taken through nostrils (*Nasa-pana*) are useful for the management of *Ardhavabhedaka* and *Suryavarta*²⁵.

Navanita: Intake of *Navanita* (butter) mixed with *Sarkara* (sugar) and *Madhu* (honey) and by keeping on milk diet (*Kshirasi*) gives strength to the person afflicted with *Kshaya*²⁶.

Makshika : Nasal administration of *Madhu* (honey) alleviates even severe case of *Trishna*.²⁷

- Inducing vomiting by the intake of *Madhu* (honey) and *Sita Vari* (cold water) up to full capacity (*Akanthapitam*) relieves *Trishna*²⁸.

- *Gandusha* (mouth gargles) with *Madhu* (honey) results in cleanses the mouth, heals mouth ulcers, pacifies burning sensation and thirst²⁹.

- Nasal administration of *Makshika Vishta* (excreta of fly) mixed with *Sthanya* (breast milk) is useful for the management of *Hicca*.³⁰
- Intake of *Madhudaka* (honey mixed with water) controls *Kshayaja Trishna*.³¹

Mamsarasa:

- Intake of *mamsarasa* which is cold and having *brimhana* property is useful in *Trishna*.³²
- Intake of *Mamsodka* (mutton soup) controls *Kshayaja Trishna*.³³
- Nasal administration of *Mamsarasa* for a period of one month makes the arm of a man as strong as *Vajra* (*Vajrasamana Bahu*).³⁴

Go: (cow)

Milk : *Chaga* or *GavyaPaya* (goat's milk or cow's milk) boiled with *Pancha guna jala* (5 times water) and taken with *Sita* (sugar) and *Kshoudra* (honey) alleviates *Raktapitta*.³⁵

Dung: Smelling wild cow dung gives relief from *Mada* (narcosis) caused by intake of *Puga phala* (betel nut).³⁶

Mutra : Intake of only *Gomutra* and keep on milk diet is useful for the management of *Udara* associated with *Sodha*.³⁷

- *Karnapurana* with *Gomutra* is useful for the management of *Putikarna*.³⁸

Gavam Dantam: The paste prepared by pounding cow's tooth (*Gavam Dantam*) with water is to be applied a small quantity (*Bindu matra*) over the hard inflammatory region (*Atyrdha Kathina Sodha*) for *Pachana* and *Bhedana* in children, aged etc.³⁹

Vasa :

- Anointment of *Go-vasa* (muscle fat of cow / ox) keeps the prolapsed rectum into its normal position, even in a difficult case of *Gudabhramsa*.⁴⁰

Sringa :

- One who performs sex with woman after wearing cloth fumigated with the powder of *Gosringa* (cow's horn) is exhilarated and doesn't fail in sex.⁴¹
- External application of the paste of cow's horn removes *Dhwajabhanga* (impotence) caused by witchcraft.⁴²

Chaga :(Goat) Intake of *Chaga Mamsa, Paya, Sarpi* (goat's meat, milk and ghee) with *Sarkara* (sugar) along with *Chagopaseva sayanam Chaga madhye* (living with goats and sleeping in the midst of them) alleviates *Yakshma*.⁴³

Milk : *Seka* (pouring) with *Chaga Paya* (goat's milk) alleviates *Gudadaha* (burning sensation in the rectum), *Gudapaka* (inflammation of the rectum) and *Gudabhramsa* (prolapsed rectum).⁴⁴

- *Ksheera* (milk) especially *Chaga Ksheera* (goat's milk) is beneficial and acts as nectar in *Jirnatissara* (chronic diarrhoea). It should be taken after processing with relevant drugs or with simple water.⁴⁵
- *Chaga* or *GavyaPaya* (goat's milk or cow's milk) boiled with *Pancha guna jala* (5 times water) and taken with *Sita* (sugar) and *Kshoudra* (honey) alleviates *Raktapitta*.⁴⁶

- Internal administration of *Aja ksheeram* processed with *Sunthi* is wholesome in *Hicca*.⁴⁷

Mamsa : Intake of the meat powder (*Mamsa Churna*) of *Chaga* (goat) along with *Aja kshira* (goat's milk) is the best remedy for the management of *Yakshma*.⁴⁸

- The persons who are *Atiruksha* (excessively rough) and *Durbala* (weakened) suffering from *Trishna* should be given *Ghrita bhrishta Chaga Mamsarasa* (meat soup of goat fried with ghee).⁴⁹

Mutra : By filling ear with the mixture of lukewarm state of goat's urine and rock

salt relieves severe case of *Karnasoola*, *Karnanada* and *Srava*⁵⁰.

Chaga Amara nalika:

- The ash of goat's umbilical cord (*Chaga Amara nalika*) cooked with sour gruel (*Amla sadhita*) and taken internally alleviates *Apasmara*⁵¹.

Avi (Sheep):

Milk : *Seka* (pouring) with *Avi Paya* (sheep's milk) is useful for the management of *Vatarakta*.⁵²

Bidala Sakrit (cat's faeces):

- *Vrishadamsa sakrit* (cat's faeces) mixed with milk is advised to take internally when the attack of the fever is expected in *Vishamajwara*.⁵³
- Fumigation with *Bidala Sakrit* (cat's faeces) is useful for relieving rigor.⁵⁴

Mahisha (Buffalo):

Mutra : Intake of *Mahisha mutra* (40-80ml) in the empty stomach and by keeping on milk diet alleviates *Udara roga* within 7 days, certainly.⁵⁵

Milk : Intake of *Mahisha Paya* (buffalo's milk) mixed with *Gomutra* is Useful for the management of *Udara* associated with *Sodha*.⁵⁶

Mala :

- Application of the first excreta of calf of a buffalo alleviates , *Sadyovrana*⁵⁷.

Paravata (Pigeon):

- Intake of the meat powder (*Mamsa Churna*) of *Paravata* (pigeon) along with *Aja kshira* (goat's milk) is the best remedy for the management of *Yakshma*⁵⁸.
- Intake of *Paravata Sakrit* (faeces of pigeon) along with *Sali tandula vari* (rice water) controls *Garbhapataja Raktasrava* (hemorrhage after abortion)⁵⁹.

Kapi (monkey):

- Intake of the meat powder (*Mamsa Churna*) of *Kapi* (monkey) along with *Aja*

kshira (goat's milk) is the best remedy for the management of *Yakshma*⁶⁰.

Kuranga (roe deer):

- Intake of the meat powder (*Mamsa Churna*) of *Kuranga* (deer) along with *Aja kshira* (goat's milk) is the best remedy for the management of *Yakshma*⁶¹.

- Intake of *Ena Rakta* (deer's blood) is useful for the management of *Pittaja Asrigdara*.⁶²

Sunah(dog): Application of collyrium (*Anjana*) with the bile of a dog (*Sunah Pitta*) which was extracted during *Pushya* constellation (*Pushyodhrutam*) alleviates *Apasmara*.⁶³

- dog's bile mixed with ghee (*Sarpi*) as *Dhupa* (fume) is also helpful for the management of *Apasmara*.⁶⁴

- Application of the paste of *Sunaka Asthi* (dog's bone) relieves *Bhagandara*⁶⁵.

- *Sadyovrana* healed by the application of dog's tongue powder.⁶⁶

Mushika(Rat): External application of *Mushika Vasa* (fat of a mouse) or fomentation with *Mushika mamsa* (flesh of rats) is useful for the management of *Gudabhramsa*⁶⁷.

- Oil mix with *Mushika Mamsa* (rat's flesh) and expose to sunlight for 7 days. Application of such oil alleviates *Yonyarshas* (prolapsed uterus).⁶⁸

- Fomentation with the flesh of rat mixed with rock salt is useful for the management of *Yonyarshas* (prolapsed uterus).⁶⁹

- Application of *Mushika Vasa* (rat's muscle fat) corrects the prolapsed vagina / uterus.⁷⁰

Sarpa(snake):

- Similarly rubbing with the ash of snakes slough (*Nirmoka bhasma*) also relieves *Masaka*.⁷¹

Sasasya(Rabbit):

- *Sasasya Rudhira* (hare's blood) is efficacious as paste in vyanga.⁷²

- Application of Ghee cooked with the paste of the head of the *shashaka* (hare) along with the decoction of its remaining parts destroys ajaka.⁷³

Aswa(Horse):

- External application of *Aswa varcha rasa* (juice of horse dung) mixed with *Lavana* (rock salt) is useful for the management of *Arumshika*.⁷⁴

Kukkuta(Hen):

- External application of or *Kukkuta Purisha* pounded with *Mutra* is useful for the management of *Arumshika*.⁷⁵

Karkata(Crab)

- *Dantasabda* (cracking sound of teeth) is alleviated by the application of ghee cooked with *Karkata Anghri* (Crab's feet) and *Kshira* (milk) or simply application of the paste of *Karkata Anghri* is also useful.⁷⁶

Matsya(fish):

- *Saphari Matsya Kshara* mixed with honey is useful as collyrium in *Naktandhya*.⁷⁷

- Intake of *Matsyanda* mixed with *Kesaraja* alleviates the *Naktandhya* in a week if the patient is kept on wholesome diet.⁷⁸

- Intake of freshly collected fish especially *Safari* variety fried in ghee never loses strength in performing sex with women.⁷⁹

Varaha(Boar):

- External application of *Varaha Vasa* (boar's muscle fat) mixed with honey over the penis makes stiff even after sexual intercourse.⁸⁰

Mayura(Peacock):

- Initially take the ash of *Mayura Paksha Bhasma* (peacock feather) and pour water and keep it overnight and taken

internally for the management of *Trishna* (thirst).⁸¹

Suragopa:

- *Abhyanga* by means of the paste prepared by pounding *Suragopa* (insect *Indragopa*) with *Ajya* (ghee) makes the lax vagina tight.⁸²

Vrushabham (Bull):

- Dung of bull mixed with *Saindhalavana* and is advised to take along with *Dadhi manda* (whey) or *Sura* (wine) in irregular fever.⁸³

Chataki (Sparrow):

- Intake of uncooked sparrow is pounded and mixed with milk destroys *Unmada*.⁸⁴

Harina(copper coloured deer)

- Intake of *Mrigasringa Bhasma* along with cow ghee alleviates pain in cardiac and buttocks region.⁸⁵

- Intake of *Harina Vishana Bhasma* (burnt in puta and rubbed in a mortar) with ghee overcomes even severe heart pain and back pain.⁸⁶

Manusha(Human):

- External application of the paste of the human skull or its bone (*Manusha Sirah Kapalam Tadasthi va*) is pounded with *Mutra* and apply the paste for healing the wound, which was not responded to other remedial measures.⁸⁷

- Dusting (*Avachurna*) with the powder of *Narasthi* (human bone) relieves *Upadamsa*.⁸⁸

- *Aschyotana* with *Stri paya* (breast milk) is useful in *Agantuja Netraroga*.⁸⁹

- *Karnamala* mixed with honey is useful as *Anjana* in *Naktandhya*.⁹⁰

- External application of *Sleshma* (sputum / saliva) is useful in severe poisoning.⁹¹

- External application of *Karnagudha* (earwax) collected with the left ring

finger (*Anamika*) is useful in severe poisoning⁹².

- *Seka* (sprinkling) with *Nri-mutra* (human urine) alleviates poison⁹³.

Firefly :

- Intake of Firefly mixed with *Tambula* (betel leaf) destroys *Naktandhya*⁹⁴.

Matruvahaka Kita:

- External application of the paste of *Matruvahaka Kita* also alleviates *Grandhi* and *Arbuda*⁹⁵.

Gandupada (Earth Worm):

- External application (*Abhyanga*) of the oil cooked with *Gandupada* (earth-worms) heals all types of wounds⁹⁶.

Putikita:

- Application of the paste of *Putikita* alleviates *Switra*⁹⁷.

CONCLUSION: Critical study of *Chakraduttha* reveals that animal products are useful for therapeutic aspect either solely or by combination of herbs as well as metals and minerals also. Altogether 73 animals and 40 animal products and more than 50 single animal based recipes are mentioned in this treatise by the author. Utilization of different parts and products of herbs, animals as well as metals and minerals of various forms for the management of several disease conditions suggests the comprehensive knowledge of the author in respect of materia medica of Ayurveda. Hence *Chakraduttha* can be considered as one of the excellent works of Indian systems of medicine as it provides complete information useful for the students, teachers, research workers as well as general practitioners.

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