

Relevance of Ayurveda:

The Friendly Science of the Nature

(An Analysis based on the *Carakasamhitā*)

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Ayurveda, the most ancient medical system, valid up to date, is 'a special branch of knowledge on life dealing with both body and mind.'¹ The word Ayurveda has been originated with the two constituents, 'Āyus' and 'Veda'. The former 'Āyus' derived from the root 'ī' (to go), and therefore, the meaning of the term 'Āyus' is 'continuity of existence', simply, 'Jīvita' or 'life'. The later 'Veda' derived from the root 'Vid' (to know), and means 'Knowledge' or 'Science'. Hence, the literary meaning of Ayurveda is 'The Science of Life'.

Caraka has defined the term 'ayus' as 'the union of body, senses, mind and spirit' (*śarīrendriyasatvātmasamyogo dhāri jīvitam*).² And the utility of science of Ayurveda, according to Caraka, consists in the maintenance of the health in the healthy and the relief of abnormal states of health in the ailing. "*prayojanam cāsya svasthasya svāsthya rakṣaṇamāturasyavikārapraśamanam ca*".³ Ayurveda, as a science of life, is eternal. Not only Ayurveda has no beginning, but also, Caraka mentions, as it deals with tendencies that proceed from nature, and the nature of matter is eternal. ("*so'yamāyurvedaḥ śāsvato nirdiṣyate anādītvāt svabhāvasamsiddhalakṣaṇatvāt bhāvasvabhāvanityatvācca*").⁴

The importance of the livelihood has been well accepted and promoted. Mainly, three desires, according to Caraka, can be found for all the activities of human, such as: 1. *Prāṇaiśaṇā* - Desire for life-preservation, 2. *Dhanaiśaṇā* - Desire for wealth, 3. *Paralokaiśaṇā* - Desire for a happy life.

"*īha khalu puruṣeṇānupahatasattvabuddhipauruṣaparākramaṇa hitamiha cāmuṣmimśca loke samanupaśyatā tisra eṣaṇāḥ paryeṣṭavyā bhavanti tadyathā- prāṇaiśaṇā, dhanaiśaṇā, paralokaiśaṇā.*"⁵

Out of these three, the second, desire to earn denotes the relevance of livelihood, which should be engaged with such employment by the person