

Structure of charaka samhita: Path for the development of ayurved

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Research in Ayurved depends mainly on the texts. Texts like charaka samhita serves as a good food for thoughts for scholars. The texts like charaka samhita are found to be in different format. Various views are given to prove the authenticity of that format. But many times its importance is forgotten.

Few thousand years back it was only Ayurved being practiced solely. Only now, it has become a part of alternate medicine. There are many myths regarding the efficacy of Ayurvediya treatment. It is mainly found to be due to inability to understand the text and that's due to taking texts as educational burden. The science always serves good if it is understood well. The books like charaka samhita were written with an easy method of study and research in mind. Hindu culture shows various things through literature which reveals marvelous methods of teaching for psychiatric involvement of reader. To enhance the practice of a science, it's necessary to understand the way to understand. That can be achieved by knowing the method used to create the text. If it is followed, we come across various modes of researches hidden in these texts.

This would be an attempt to reveal methodology used by ancient ayurvediya scholars to improve propagation of medical science.

Biography

Amit Pal has completed his B.A.M.S. from GAM & RC Goa, India and currently doing M.D. (Ayu) in Samhita from S.D.M. College of Ayurveda, Udupi, Karnataka, India.

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