

organs round the navel as the central point, knowledge can be gained of the bodily system.

In the Āyurvedic system of medicine, wind, bile, and phlegm are regarded as the roots of all ailments. Suśruta says that this division follows the three Guṇas or constituent principles, *viz.* Sattva, Rajas and Tamas. Thus wind is disturbance of the sentient functions, bile of the mutative functions and phlegm of the retentive functions. In fact, a review of their symptoms supports this view.

As from Sāṃkhya philosophy have been gained the highest rules of conduct like Ahimsā, truth etc. and the whole world has benefited from the doctrines of Yoga, so has mankind obtained the first principles of medical science therefrom.

कण्ठकूपे क्षुत्पिपासानिवृत्तिः ॥ ३० ॥

भाष्यम्—जिह्वाया अधस्तात्तन्तुः, ततोऽधस्तात्कण्ठः, ततोऽधस्तात्कूपः, तत्र संयमात्क्षुत्पिपासि न बाधते ॥ ३० ॥

**On The Trachea, Hunger And Thirst Can Be Subdued. 30.**

Below the tongue are the vocal cords and the larynx, and below that is trachea. On practising Saṃyama on trachea hunger and thirst can be avoided (1).

(1) When by Saṃyama on the trachea a calm and placid feeling is gained, the feelings of hunger and thirst are also conquered. The feelings of hunger and thirst arise in the alimentary canal no doubt but sometimes nervous action can be better controlled from a distance.

कूर्मनाद्यां स्थैर्यम् ॥ ३१ ॥

भाष्यम्—कूपादध उरसि कूर्माकारा नाडी, तस्या कृतसंयमः स्थिरपदं लभते, यथा सर्पो गोधा वेति ॥ ३१ ॥

**Calmness Is Attained By Saṃyama On The Bronchial Tube. 31.**

Within the breast, below the trachea is a tortoise-shaped tube, by Saṃyama on which freedom from restlessness can be secured, as a snake or an iguana does (1).