

द्वितीयोऽध्यायः

CHAPTER II

अथातोऽपामार्गतण्डुलीयमध्यायं व्याख्यास्यामः ॥१॥

Now (I) shall expound the chapter on seeds of apāmārga etc. [1]

इति ह स्माह भगवानात्रेयः ॥२॥

As propounded by Lord Ātreya. [2]

अपामार्गस्य बीजानि पिप्पलीर्मरिचानि च । विडङ्गान्यथ शिशूणि सर्षपांस्तुम्बुरूणि च ॥३॥

अजार्जी चाजगन्धां च पीलून्येलां हरेणुकाम् । पृथ्वीकां सुरसां श्वेतां कुठेरकफणिज्झकौ ॥४॥

शिरीषबीजं लशुनं हरिद्रे लवणद्वयम् । ज्योतिष्मतीं नागरं च दद्याच्छीर्षविरेचने ॥५॥

गौरवे शिरसः शूले पीनसेऽर्धावभेदके । क्रिमिव्याधावपस्मारे घ्राणनाशे प्रमोहके ॥६॥

Seeds of apāmārga; fruits of pippalī, marica, viḍaṅga, śigru, sarṣapa and tumburu, jīraka, ajagandhā, pīlu (fruits), elā, hareṇukā, pṛthvīkā, susrasā, śvetā, kuṭheraka, phaṇijjaka, śirīṣa (seeds), laśuna, haridrā (two types), salts (two types), jyotiṣmatī and śuṇṭhī are used for evacuation (of doṣas) of head in heaviness and pain in head, chronic rhinitis, helminthiasis, epilepsy, anosmia and fainting. [3-6]

मदनं मधुकं निम्बं जीमूतं कृतवेधनम् । पिप्पलीकुटजेक्ष्वाकूण्येलां धामार्गवाणि च ॥७॥

उपस्थिते श्लेष्मपित्ते व्याधावामाशयाश्रये । वमनार्थं प्रयुञ्जीत भिषग्देहमदूषयन् ॥८॥

Madana, madhuka, nimba, devadālī, koṣātakī, pippalī, kuṭaja, ikṣvāku, elā and dhāmārgava should be used by the physician for emesis in presence of kapha and pitta in disorders of āmāśaya without producing any harmful effect on the body. [7-8]

त्रिवृतां त्रिफलां दन्तीं नीलिकां सप्तलां वचाम् । कम्पिल्लकं गवाक्षीं च क्षीरिणीमुदकीर्यकाम् ॥९॥

पीलून्यारग्वधं द्राक्षां द्रवन्तीं निचुलानि च । पक्काशयगते दोषे विरेकार्थं प्रयोजयेत् ॥१०॥

Trivṛtā, triphalā, dantī, nīlinī, saptalā, vacā, kampillaka, gavākṣī, kṣīriṇī, udakīryakā, pīlu, āragvadha, drākṣā, dravantī and nicula—these drugs may be used for purgation in doṣa located in pakvāśaya (colon). [9-10]

पाटलां चाग्निमन्थं च बिल्वं श्योनाकमेव च । काश्मर्यं शालपर्णीं च पृश्निपर्णीं निदिग्धिकाम् ॥११॥

बलां श्वदष्टां बृहतीमेरण्डं सपुनर्वम् । यवान् कुलत्थान् कोलानि गुडूचीं मदनानि च ॥१२॥

पलाशं कटुघ्नं चैव स्नेहांश्च लवणानि च । उदावर्ते विबन्धेषु युञ्ज्यादास्थापनेषु च ॥१३॥

अत एवौषधगणात् संकल्प्यमनुवासनम् । मारुतघ्नमिति प्रोक्तः संग्रहः पाञ्चकर्मिकः ॥१४॥

Pāṭalā, agnimantha, bilva, śyonāka, kāśmarya, śālaparṇī, pṛśniparṇī, kaṇṭakārī, balā, gokṣura, bṛhatī, eraṇḍa, punarnavā, yava, kulattha, kola, guḍūcī, madana, palāśa, kattrṇa, fats and salts—these may be used for non-unctuous enema in

udāvarta and constipation. With this very group of drugs may be prepared unctuous enema for alleviation of vāta. Thus pañcakarma (five measures) is said in brief. [11-14]

तान्युपस्थितदोषाणां स्नेहस्वेदोपपादनैः । पञ्च कर्माणि कुर्वीत मात्राकालौ विचारयन् ॥१५॥

These five measures may be applied to those having presence of doṣas after performing unction and sweating with due consideration of dosage and time. [15]

मात्राकालाश्रया युक्तिः, सिद्धिर्युक्तौ प्रतिष्ठिता । तिष्ठत्युपरि युक्तिज्ञो द्रव्यज्ञानवतां सदा ॥१६॥

Proper administration (of drugs) depends on dosage and time and success is based on proper administration. Hence, knower of proper administration always stand at the top among the knowers of drugs. [16]

अत ऊर्ध्वं प्रवक्ष्यामि यवागूर्विविधौषधाः । विविधानां विकाराणां तत्साध्यानां निवृत्तये ॥१७॥

Further, (I) will speak about gruels (prepared with) various drugs for alleviations of various disorders amenable to them. [17]

पिप्पलीपिप्पलीमूलचव्यचित्रकनागरैः । यवागूर्दीपनीया स्याच्छूलघ्नी चोपसाधिता ॥१८॥

The gruel prepared with pippalī, pippalīmūla, cavya, citraka and śuṇṭhī stimulates appetite and relieves (colic) pain. [18]

दधित्थबिल्वचाङ्गेरीतक्रदाडिमसाधिता । पाचनी ग्राहिणी, पेया सवाते पाञ्चमूलिकी ॥१९॥

The gruel prepared with kappittha, bilwa, cāṅgerī, buttermilk and pomegranates is digestive and astringent. The liquid gruel of smaller five roots¹ is useful for diarrhoea with vāta. [19]

शालपर्णीबिलाबिल्वैः पृश्निपर्ण्या च साधिता । दाडिमाम्ला हिता पेया पित्तश्लेष्मातिसारिणाम् ॥२०॥

The liquid gruel prepared with śālaparnī, balā, bilwa, pṛśniparnī and soured pomegranates is useful for paittika and ślaiṣmika diarrhoeas. [20]

पयस्यर्धोदके छागे ह्रीबेरोत्पलनागरैः । पेया रक्तातिसारघ्नी पृश्निपर्ण्या च साधिता ॥२१॥

The liquid gruel Processed with hrībera, utpala, musta and pṛśniparnī and prepared with goat's milk having half water alleviates blood diarrhoea and so is that prepared with pṛśniparnī. [21]

दद्यात् सातिविषां पेयां सामे साम्नां सनागराम् । श्वदंष्ट्राकण्टकारीभ्यां मूत्रकृच्छ्रे सफाणिताम् ॥२२॥

One should prescribe the gruel prepared with ativiṣā and śuṇṭhī and soured (with pomegranates) in diarrhoea having āma. That of gokṣura and kaṇṭakārī along with phāṇita should be prescribed in dysuria. [22]

विडङ्गपिप्पलीमूलशिग्रुभिर्मरिचेन च । तक्रसिन्ध्या यवागूः स्यात् क्रिमिघ्नी ससुवर्चिका ॥२३॥

The gruel of viḍaṅga, pippalīmūla, śigru and marica prepared with buttermilk and having suvarcikā (a kind of alkali) alleviates krimis (helminths). [23]

1. śālaparnī, pṛśniparnī, bṛhatī, kaṇṭakārī and gokṣura.

मृद्धीकासारिवालाजपिप्पलोमधुनागरेः । पिपासाघ्नी, विषघ्नी च सोमराजीविपाचिता ॥२४॥

That prepared with drākṣā, sārivā, parched paddy, pippalī, honey and śuṇṭhī alleviates (excessive) thirst. The one cooked with somarājī is anti-poison. [24]

सिद्धा वराहनिर्यूहे यवागूर्बृहणी मता । गवेधुकानां भृष्टानां कर्शनीया समाक्षिका ॥२५॥

The gruel prepared with pork juice is bulk-promoting. The one prepared with fried gavedhuka alongwith honey is emaciating. [25]

सर्पिष्मती बहुतिला स्नेहनी लवणान्विता । कुशामलकनिर्यूहे श्यामाकानां विरूक्षणी ॥२६॥

The gruel prepared with profuse sesamum and added with ghee and salt provides unctuousness. The one of śyāmāka prepared with decoction of kuśa and āmalaka produces roughness. [26]

दशमूलीशृता कासहिक्काश्वासकफापहा । यमके मदिरासिद्धा पक्काशयरुजापहा ॥२७॥

The one prepared with ten roots¹ alleviates cough, hiccup, dyspnoea and kapha. The one prepared with dual fat (ghee and oil) alongwith madirā (wine) alleviates pain in colon. [27]

शाकैर्मांसैस्तिलैर्माषैः सिद्धा वर्चो निरस्यति । जम्ब्वाम्रास्थिदधित्याम्लबिल्वैः । साङ्गाहिकी मता ॥२८॥

That prepared with potherbs, meat, sesamum and black gram evacuates bowels. That (prepared) with seeds of jambū and āmra (mango), sour kapittha and bilwa is astringent. [28]

क्षारचित्रकहिङ्गवम्लवेतसैर्भेदिनी मता । अभयापिप्पलीमूलविश्वैर्वातानुलोमनी ॥२९॥

That (prepared) with yavakṣāra (alkali obtained from barley plant), citraka, hiṅgu and amlavetasa is mass-breaking. The one with harītakī, pippalīmūla and śuṇṭhī helps carmination (passing of flatus). [29]

तक्रसिद्धा यवागूः स्याद् घृतव्यापत्तिनाशिनी । तैलव्यापदि शस्ता स्यात्तक्रपिण्याकसाधिता ॥३०॥

The gruel prepared with buttermilk relieves of untoward effects caused by (excessive intake of) ghee. The one prepared with buttermilk and sesame paste is useful in conditions caused by (excessive intake of) oil. [30]

गव्यमांसरसैः साम्ला विषमज्वरनाशिनी । कण्ठ्या यवानां यमके पिप्पल्यामलकैः शृता ॥३१॥

The gruel prepared with beef juice and soured with pomegranates alleviates intermittent fevers. The one prepared from barley in ghee and oil with pippalī and āmalaka is useful for throat. [32]

ताम्रचूडरसे सिद्धा रेतोमार्गरुजापहा । समाषविदला वृष्ट्या घृतक्षीरोपसाधिता ॥३२॥

That prepared in chicken juice alleviates pain in seminal passage. That with split black grams prepared in ghee and milk is aphrodisiac. [32]

1. bilwa, agnimantha, śyonāka, gambhārī, pāṭalā, śālaparnī, pṛśniparnī, bṛhatī, kaṇṭakārī and gokṣura. The first five are called as bigger roots (bṛhat pañcamūla) and the latter one as smaller roots (laghu pañcamūla). Both together make daśamūla (ten roots).

उपोदिकादधिभ्यां तु सिद्धा मदविनाशिनी । क्षुधं हन्यादपामार्गक्षीरगोधारसैः शृता ॥३३॥

The one prepared with upodikā and curd alleviates narcosis. That of apāmārga cooked with milk and juice of inguana meat destroys hunger. [33]

तत्र श्लोकः—

अष्टाविंशतिरित्येता यवाग्वः परिकीर्तिताः । पञ्च कर्माणि चाश्रित्य प्रोक्तो भैषज्यसंग्रहः ॥३४॥

Thus these twenty eight gruels have been described and the groups of drugs in connection with five measures have been said. [34]

पूर्वं मूलफलज्ञानहेतोरुक्तं यदौषधम् । पञ्चकर्माश्रयज्ञानहेतोस्तत् कीर्तितं पुनः ॥३५॥

The drugs, which were mentioned earlier for the sake of knowledge of their (useful) roots and fruits, have again been described (here) to indicate their participation in the five measures. [35]

स्मृतिमान् हेतुयुक्तिज्ञो जितात्मा प्रतिपत्तिमान् । भिषगौषधसंयोगैश्चिकित्सां कर्तुमर्हति ॥३६॥

The physician endowed with memory, proficient in rational management, having self-control and presence of mind is capable of treating (a patient) with combination of durgs. [36]

इत्यग्निवेशकृते तन्त्रे चरकप्रतिसंस्कृते श्लोकस्थानेऽपामार्गतण्डुलीयो नाम द्वितीयोऽध्यायः ॥३७॥

Thus ends the second chapter on seeds of apāmārga etc. in Ślokaśthāna in the treatise composed by Agniveśa and redacted by Caraka. (2)