

# ॥ aṣṭaṅga hṛdaya ॥

॥ śānti pāṭhaḥ ॥

rāgādi-rogān satatānuṣaktān a-śeṣa-kāya-prasṛtān a-śeṣān |  
autsukya-mohā-rati-dāñ jaghāna yo '-pūrva-vaidyāya namo  
'stu tasmai || 1 ||

āyuh-kāmāyamānena dharmārtha-sukha-sāadhanam |  
āyur-vedopadeśeṣu vidheyah param ādaraḥ || 2 ||

brahmā smṛtvāyuso vedaṃ prajāpatim ajigrahat | so 'śvinau  
tau sahasrākṣaṃ so 'tri-putrādikān munīn || 3 ||

te 'gniveśādikāṃs te tu pṛthak tantrāṇi tenire | tebhyo  
'ti-viprakīrṇebhyaḥ prāyaḥ sāra-taroccayaḥ || 4 ||

kriyate 'ṣṭāṅga-hṛdayaṃ nāti-saṃkṣepa-vistaram |  
kāya-bāla-grahordhvāṅga-śalya-daṃṣṭrā-jarā-vṛṣān || 5 ||

1.5bv nāti-saṃkṣipta-vistṛtam aṣṭāv aṅgāni tasyāhuś cikitsā  
yeṣu saṃśritā | vāyuh pittaṃ kaphaś ceti trayo doṣāḥ  
samāsataḥ || 6 || vikṛtā-vikṛtā dehaṃ ghnanti te vartayanti ca  
| te vyāpino 'pi hṛn-nābhyor adho-madhyordhva-saṃśrayāḥ ||  
7 ||

1.7bv ghnanti te vardhayanti ca vayo-'ho-rātri-bhuktānām te  
'nta-madhyādi-gāḥ kramāt | āyuh kāmāyamānena dharmārtha  
sukhasāadhanam | āyurvedopadeśeṣu vidheyah paramādaraḥ

kāyabālagrahaordhvāṅga śalyadaṃṣṭrā jarāvṛṣān || aṣṭāvaṅgāni  
tasyāhuḥ cikitsā yeṣu saṃśritā

vāyuh pittaṃ kaphaśceti trayo doṣāḥ samāsataḥ ||  
vikṛtā'vikṛtā dehaṃ ghnanti te varttayanti ca