**Influence of Charaka Samhita and Sushruta Samhita on Modern Medical Practices**

**By Group no. 2 – AIML (C)**

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**An Innovative Examination (IE) Report**

**Submitted for the**

**Subject of**

**Introduction to Indian Knowledge System**

**Under the Guidance of**

**Ms. Laly Saman**

**Professor**

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**Theoretical Background:**

**The *Charaka Samhita* and *Sushruta Samhita* are foundational texts of ancient Indian medicine, known as Ayurveda. These texts encompass profound knowledge of medicine and surgery, respectively. The *Charaka Samhita* primarily deals with general medicine, emphasizing diagnostics, herbal treatments, and holistic well-being. The *Sushruta Samhita* is renowned for its surgical techniques and anatomical insights. Together, they laid the groundwork for comprehensive health management practices, many of which parallel modern medical principles.**

**Introduction:**

**Modern medical practices owe their roots to several ancient systems, with Ayurveda being one of the most influential. The *Charaka Samhita* provides guidelines on internal medicine, patient care, and pharmacology, while the *Sushruta Samhita* is credited with pioneering surgical techniques and detailed anatomical studies. This report explores how these texts have influenced contemporary medical approaches, bridging ancient wisdom with modern science.**

**Literature Survey:**

1. **Charaka Samhita:**

Discusses the concept of *Tridosha* (Vata, Pitta, Kapha) and their impact on human health.

Emphasizes preventive care, nutrition, and holistic treatment.

Highlights the role of ethics and patient-centric care in medicine.

2. **Sushruta Samhita**:

Describes over 120 surgical instruments and 300 surgical procedures.

Includes comprehensive sections on plastic surgery, cataract removal, and wound management.

Demonstrates a systematic understanding of human anatomy and physiology.

3. **Comparative Studies:**  
Research reveals overlap between Ayurvedic principles and modern medical practices, such as detoxification (Panchakarma), which parallels detox protocols in modern medicine.

**Methodology Used / Current Trends:**

1. **Methodology:**

* Comparative studies of ancient procedures and modern surgical techniques.
* Integration of traditional herbal formulations with pharmacological research.
* Analysis of ancient texts to extract practices relevant to modern medicine.

2. **Current Trends:**

* Surgical Techniques: Modern reconstructive surgery and aseptic techniques echo principles from the Sushruta Samhita.
* Holistic Care: The Charaka Samhita’s emphasis on mind-body balance inspires integrative medicine.
* Pharmacology: Research into Ayurvedic herbs has led to drug development, such as turmeric (curcumin) and neem.

**Applications and Implications:**

**Clinical Applications:**

Surgical techniques inspired by the Sushruta Samhita are now standard in modern surgery.

Herbal remedies are increasingly included in pharmacological studies for alternative therapies.

**Public Health:**

The focus on preventive care, as outlined in the Charaka Samhita, is incorporated into modern health campaigns.

**Ethical Practices:**

The texts’ emphasis on physician ethics and empathy has influenced medical oaths and codes of conduct.

**Future Scope:**

* Deeper integration of Ayurveda into modern healthcare systems.
* Collaborative research on ancient formulations to address contemporary health issues like antibiotic resistance.
* Development of biocompatible surgical tools inspired by ancient designs.
* Expansion of Ayurvedic principles in global wellness and lifestyle programs.

**Conclusion:**

**The *Charaka Samhita* and *Sushruta Samhita* have significantly influenced modern medical practices, offering insights into surgery, pharmacology, and holistic care. By merging ancient wisdom with modern science, these texts provide a blueprint for future advancements in healthcare.**

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